

**EGO DEFENCE MECHANISMS OF CHARLIE AS THE MAIN  
CHARACTER IN CHBOSKY'S THE PERKS OF BEING A  
WALLFLOWER**

**A THESIS**

Submitted in partial fulfillment of the requirements for the Degree of *Sarjana  
Sastra (S.S.)* Program in English Language Specialized in Literature



By:  
R. Ulfa Dzikriya  
C11.2008.00938

**FACULTY OF HUMANITIES  
DIAN NUSWANTORO UNIVERSITY  
SEMARANG  
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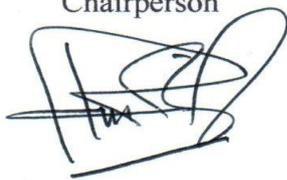
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SEMARANG  
2014**

## PAGE OF APPROVAL

This thesis has been approved by Board of Examiners, Strata 1 Study Program of English Language, Faculty of Humanities, Dian Nuswantoro University on February 18, 2014.

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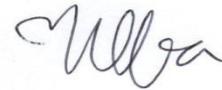


**Achmad Basari, S.S, M.Pd**

## PAGE OF ORIGINALITY

I hereby certify that this thesis is definitely my own work. I am completely responsible for the comment of this thesis, opinion or feelings of others included in this thesis are quoted with respect to original standard.

Semarang, 18 February 2014



R. Ulfa Dzikriya

## MOTTO

“So be sure when you step, step with care and great tact.

And remember that life's A Great Balancing Act.

And will you succeed?

Yes! You will, indeed! (98 and  $\frac{3}{4}$  percent guaranteed)

Kid, you'll move mountains.”

— Dr. Seuss, *Oh, The Places You'll Go!*

## **DEDICATION**

I dedicate this thesis to:

- My beloved parents
- My beloved brother
- My best friends
- Everyone who support me

## ACKNOWLEDGEMENT

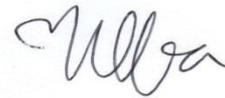
Thank to God and His countless blessings, that I can finish this thesis. And also, I would like to express my sincere thanks to:

1. Mr. Achmad Basari, S.S, M.Pd, dean of the Faculty of Humanities of Dian Nuswantoro University, who gave permission to conduct this study;
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10. My best friends, Debby Febrina and Janet Pratiwi for the support and for being such a great friends I could ever have.

Finally, the writer does realize due to this limited ability this thesis must have shortcoming. For this the writer welcomes any suggestions and critiques.

Semarang, 18 February 2014



R. Ulfa Dzikriya

## ABSTRACT

This thesis entitled “*Ego Defence Mechanisms of Charlie as the Main character in Chbosky’s The Perks of Being a Wallflower*”, analyzed the ego defence mechanisms experienced by Charlie as the main character.

There are two methods applied in this thesis. They are library research method and approach. Library research method is used to gain references dealing with the object of analysis. While approaches used are structural approach and psychological approach. Structural approach was used to analyze the structural elements of the novel, like character, setting, and conflict. Psychological approach was used to analyze the ego defence mechanisms of Charlie caused by the trauma in his past as a result of bad experience where Charlie was sexually molested by his own Aunt.

The result of the analysis shows that Charlie is described as a loner, sentimental, open to experience, honest, aggressive, observant, and optimistic person. He belongs to round and dynamic characters. Charlie experiences two kinds of conflict, internal conflict and external conflicts. He experiences an internal conflict because he is always thinks too much and it affects his feeling about many things in his life. He also experiences external conflict against some people he knows, namely Sam, Mary Elizabeth, his sister, Aunt Helen, and Patrick and Brad.

Finally, Charlie’s ego defence mechanisms help him to ease his anxiety. He finally accept the truth about his past, able to participate more in real life, fall in love and cherished a friendship with his friends, and move on with his life.

*Keywords: Conflict, Defence mechanisms, Ego defence mechanisms, Main character, Psychology, Setting, The Perks of Being a Wallflower*

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# CHAPTER I

## INTRODUCTION

### 1.1 Background of the Study

Literary work is a literary study that connected with human being and life. It is related to various aspects in behavior, feelings, social condition and tradition of human. In its relationship with society's life and psychology, a literary work is made to portray an essentials part of cultures and how it affect people. The study of literature aims to expose the perpetual characteristics of human and to make sense of human experience, also the ways in which human beings perform that experience and come to an understanding of themselves and of the world around them.

Literary genre is divided into three; they are fiction, drama, and poetry. Literature distinguish into two; non imaginative literature and imaginative literature. Non imaginative comprises essay, memoir, critique, biography, historical note and daily note, while imaginative literature consists of prose and poetry. Prose is divided into two; they are narration prose and drama. Narrative prose and fiction consist of novel, novelette, and short story. Poetry is classified into epic, dramatic, and lyric. Drama consists of prose drama and poetry drama. Prose drama covers tragedy, comedy, and melodrama (Christopher, 1996: 5).

A novel is a work of literature in a form of prose narrative with a considerable length and a certain complexity that deals imaginatively with human experience, usually through a connected sequence of events involving a group of persons in a specific setting.

In Chbosky's *The Perks of Being a Wallflower*, the story is narrated by an introverted teenager who goes by the alias of "Charlie", an average teenager who appears to have a dysfunctional personality trying to navigate his adolescence that stirs him into a dramatic character. As a freshman at the school, Charlie has a reputation for being nerd. He is socially awkward and every time he was being bullied by his friend he did not do anything instead of crying and keep silent. Those amounts of burden are getting worse by the fact that his only best friend just killed himself. The situation turn around when Charlie meets seniors Sam and Patrick that nicely invites and soon includes him on their little group at school. During his adventures with his new friends, Charlie finally open his eyes about many new things in the world which unknown for him before. But the things are not run smooth as it should be when Charlie getting deeper in his friendship, love, and a save feeling he thankful for, the repressed secret of his past emerge through a series of flash back which stressing him out. While the past is chasing him, instead of facing it Charlie choose to run away from it and causing some mental breakdown in the end.

According to the explanation above, the writer decides to discuss about the process of the defence mechanisms of Charlie as the main character while overcame his adolescence and anxiety caused by unknown trauma from his childhood. Finally, the writer chooses "Ego Defence mechanisms of Charlie as the Main Character in Chbosky's *The Perks of Being a Wallflower*" as the title of the thesis.

## **1.2 Statements of the Problem**

According to the background of the study, the statements of the problem as following are:

1. What is the general description of Charlie as the main character in Chbosky's *The Perks of Being a Wallflower*?
2. What are settings described in Chbosky's *The Perks of Being a Wallflower*?
3. What are conflicts experienced by Charlie in Chbosky's *The Perks of Being a Wallflower*?
4. How is Charlie's ego defence mechanisms described in Chbosky's *The Perks of Being a Wallflower*?

## **1.3 Objective of the Study**

According to the background of the study, the objectives of the study as the following are:

1. To describe the general description of Charlie in Chbosky's *The Perks of Being a Wallflower*.
2. To describe the settings presented in Chbosky's *The Perks of Being a Wallflower*.
3. To describe conflicts experienced by Charlie in Chbosky's *The Perks of Being a Wallflower*.
4. To describe Charlie's ego defence mechanisms in Chbosky's *The Perks of Being a Wallflower*.

## **1.4 Scope of the Study**

The writer will focused on analyzing the general description of Charlie as the main character, settings, and conflict experienced by Charlie. The writer also focused on the study of psychological approach especially defence mechanisms.

## **1.5 Significance of the Study**

### **1. For the writer**

The writer wants to find out how Charlie's Defence mechanisms affect his character development psychologically.

### **2. For the reader**

To give more knowledge about the structural elements in literature like character and conflict, beside to improve the reader's knowledge in defence mechanisms as the psychological aspects.

### **3. For the university**

To give a contribution for the library of Dian Nuswantoro University as the additional references, especially in Literary Department.

## **1.6 Method of the Study**

### **1.6.1 Research Design**

The writer use qualitative descriptive method to analyze this data. Qualitative research has its roots in social science and is more concerned with understanding why people behave as they do: their knowledge, attitudes, beliefs, fears, etc.

### **1.6.2 Source of Data**

In this thesis, the writer uses Chbosky's *The Perks of Being a Wallflower* as the object of the analysis and source of data. It is a coming-of-age epistolary novel Published by MTV USA in 1999.

### **1.6.3 Unit of Analysis**

The writer focuses on discussing about main character, setting, and conflict, which are both internal conflict and external conflict. Besides the writer also focuses on the analysis of the defence mechanisms which are experienced by the main character.

### **1.6.4 Technique of Data Collection**

On getting the data, the writer needs materials to build up her research because of that the writer do a library research, a method of collecting data by reading books and other references, which are related to the topic. This method was used to complete the data needed for this research. The writer searches and collects all the necessary and important references, information and ideas from significant sources related to the subject matter to support the ideas in writing the thesis.

In collecting the data, the writer was doing two steps. First step, the writer reading the novel. On it the writer got the interesting topic that wanted to discuss and analyze.

The second step the writer collects the data which related to the topic from this novel. On this matter, the writer applied reading book and read articles from internet, which are related to the topic, find some quotations which are also related to the topic, and makes some notes which can help the writer when analyze the topic, discuss the topic with friends, and then analyzing the topic.

## **1.6.5 Technique of Data Analysis**

### **1.6.5.1 Structural Approach**

According to Jabrohim (2003: 60) “Structural approach is an approach in literary research which focuses on literary autonomy in a work of fiction”. It is the basic assumption that literary work as a creative work has full autonomy, which has to be seen as a figure, which part from the outside of intrinsic element.

The writer uses the structural approach to analyze the structural elements like main character and internal and external conflict experienced by Charlie.

Main character is the main topic of the analysis. The characteristic of the main character has a close relation with the topic that the writer wants to analyze which is about “ego defence mechanisms”. Settings and conflicts, both internal conflicts and also external conflict, are the elements which also important to support the analysis of the main topic of the thesis.

First, the writer identifying the basic definitions of structural elements which build the literary work. In this thesis, the structural element which identified are main character and conflict. Then the writer analyzing the character and characterization that have a correlation with conflict. Last step before the writer start analysis the novel using psychological approach is the writer analyzing the intrinsic elements such as character, setting, and conflict dealing with Charlie’s action, attitude, and behavior in the novel.

### **1.6.5.2 Psychological Approach**

Psychological approach is an attempt to study someone's personality, not only on how they build their personality but also how the personality develops (Hurlock, 1980: 2).

In this thesis, psychological approach is used to analyze Charlie's ego defence mechanisms. The writer wants to describe the process of Charlie's ego defence mechanisms and the reason and also the purpose of why it happens. Because "ego defence mechanisms" has a close relation with psychological approach, that's why, by the explanation about ego defence mechanisms, the writer wants to describe the analysis of this topic.

On conducting the research, the writer did some steps as following:

1. Analyzing the structural elements in the novel.
2. Finding common psychological tendencies experienced by Charlie.
3. Connecting Charlie's psychological condition with settings and conflicts in the novel.
4. Analyzing if Charlie's psychological condition is a part of human ego defence mechanisms.
5. Describing ego defence mechanisms experienced by Charlie.
6. Composing the research report.

## **1.7 Thesis Organization**

This thesis consists of five chapters as the following:

Chapter I is Introduction. This chapter consists of the background of the study, statement of the problem, objective of the study, scope of the study, significance of the study, methods of the study and thesis organizations.

Chapter II is Author's Biography and Synopsis of the Story. This chapter tell about biography and works of Stephen Chbosky and synopsis of the story of *The Perks of Being a Wallflower*.

Chapter III is Review of Related Literature. This chapter presents the intrinsic element which is main character, settings, and conflict; both internal and external and also extrinsic element which is about psychology, especially in ego defence mechanisms.

Chapter IV is Discussion. This chapter is about discussion of intrinsic element which are character, setting, and conflict; both internal and external and also extrinsic element which is about psychology, especially about ego defence mechanisms encountered by Charlie in *The Perks of Being a Wallflower* by Stephen Chbosky.

Chapter V is Conclusion and Suggestion.

## CHAPTER II

### AUTHOR AND SYNOPSIS OF THE STORY

#### 2.1 Stephen Chbosky Biography and His Works

Stephen Chbosky, born January 25, 1970 is an American novelist, screenwriter, and film director best known for writing the New York Times bestselling coming of age novel “The Perks of Being a Wallflower” (1999), as well as for screenwriting and directing the film version of the same book, starring Logan Lerman, Emma Watson, and Ezra Miller. He also wrote the screenplay for the 2005 film *Rent*, and was co-creator, executive producer, and writer of the CBS television series *Jericho*, which began airing in 2006.

Chbosky was born in Pittsburgh, Pennsylvania, and raised in the Pittsburgh suburb of Upper St. Clair, Pennsylvania. He is the son of Lea (née Meyer), a tax preparer, and Fred G. Chbosky, a steel company executive and consultant to CFOs. Chbosky has a sister, Stacy. He was raised as a Catholic. As a teenager, Chbosky "enjoyed a good blend of the classics, horror, and fantasy." He was heavily influenced by J. D. Salinger's novel *The Catcher in the Rye* and the writing of F. Scott Fitzgerald and Tennessee Williams. Chbosky graduated from Upper St. Clair High School in 1988, around which time he met Stewart Stern, screenwriter of the 1955 James Dean film *Rebel Without a Cause*. Stern became Chbosky's "good friend and mentor", and proved a major influence on Chbosky's career.

In 1992, Chbosky graduated from the University of Southern California's screenwriting program. He wrote, directed, and acted in the 1995 independent film *The Four Corners of Nowhere*, which got Chbosky his first agent, was

accepted by the Sundance Film Festival, and became one of the first films shown on the Sundance Channel. In the late 1990s, Chbosky wrote several unproduced screenplays, including ones titled *Audrey Hepburn's Neck* and *Schoolhouse Rock*.

In 1994, Chbosky was working on a "very different type of book" than *The Perks of Being a Wallflower* when he wrote the line, "I guess that's just one of the perks of being a wallflower." Chbosky recalled that he "wrote that line and stopped. And realized that somewhere in that sentence was the kid I was really trying to find." After several years of gestation, Chbosky began researching and writing *The Perks of Being a Wallflower*, an epistolary novel that follows the intellectual and emotional maturation of a teenager who uses the alias Charlie over the course of his first year of high school. The book is semi-autobiographical; Chbosky has said that he "relate[s] to Charlie[...] But my life in high school was in many ways different."

The book, Chbosky's first novel, was published by MTV Books in 1999, and was an immediate popular success with teenage readers; by 2000, the novel was MTV Books' best-selling title, and *The New York Times* noted in 2007 that it had sold more than 700,000 copies and "is passed from adolescent to adolescent like a hot potato". As of May 2013, the number of copies in print reached over two million. *Wallflower* also stirred up controversy due to Chbosky's portrayal of teen sexuality and drug use. The book has been removed from circulation in several schools and appeared on the American Library Association's 2004, 2006, 2007, 2008, and 2009 lists of the 10 most frequently challenged books. As of July 2013, *The Perks of Being a Wallflower* has spent over a year on the *New York Times* Bestseller list, and is published in 31 languages. And in late 2005, Chbosky said that he was writing a film adaptation of *The Perks of Being a Wallflower*.

Chbosky wrote the screenplay and directed the film *The Perks of Being a Wallflower*, based on his novel. Production took place in mid-2011, and the film was released in fall 2012. It starred Logan Lerman, Ezra Miller, and Emma Watson. Chbosky was nominated in the Best Adapted Screenplay category for the 2013 Writers Guild Awards, and the film won the 2013 Independent Spirit Awards for Best First Feature, as well as the 2013 People's Choice Award for Best Dramatic Movie.

Chbosky currently resides in Los Angeles, California.

## **2.2 Synopsis of *The Perks of Being a Wallflower***

A fifteen-year-old Charlie is having a hard time after the suicide of his friend Michael. To lessen the fear and anxiety of starting high school alone he starts writing letters to an unknown recipient, someone he heard was nice but has never met in person. First time enter school as a freshman, Charlie has no friends and his only wish was everybody would continue unnoticed him until he graduates, but surviving high school alone is hard and lonely, so finally Charlie braves himself to make friends. At school Charlie finds a friend and teacher that makes him able to start control flashbacks he has had about his Aunt Helen dying on his birthday. His English teacher, Bill, recognizing something special in Charlie and feeds him literature that guide him into growth and maturity. Charlie also befriends a senior named Patrick who is gay and is dating a football player secretly. Patrick introduces Charlie to Sam, Patrick's step-sister that Charlie is attracted to, but says nothing for a while. Patrick also introduces Charlie to his group of friends.

Charlie was facing a lot of new things with his new group. To the extent he experienced many taboo things like some of his friends were having sex, although

Charlie himself only goes as far as making out. The characters also smoking pot, drink, and do drugs. Even Charlie happened to drive his own sister went to do an abortion.

During the course of the school year, Charlie started dating Mary Elizabeth, a member of the group but soon break up because the relationship becomes too one-sided. On truth or dare game, Charlie dared to kiss the prettiest girl in the room and kisses Sam, which cause a warned from Patrick to stay away from the group. After that he begins having a flashback about his aunt again which was causing a panic attack and mental breakdown.

One day during lunch, Patrick was beaten up by a group of football players and Charlie saved him and is let back into the group. When the school year is ending, Charlie attacks by an anxiety again. Finally Charlie decided to tell Sam his feelings for her. She got angry about why Charlie never told her anything about it before. They kissed and when she touched his inner thigh, he became scared and told her that he is not ready. The next day, he experienced a flood of emotion caused by hurtful memories about his Aunt Helen touching him the way that Sam did. In the end the truth that Helen had sexually molested Charlie when he was little comes out, but Charlie loves her too much that caused him to repress these memories. Charlie has a severe mental breakdown and ends up hospitalized.

Charlie's final letter closes with a said of hope. After released from hospital, forgiving his aunt Helen, finding new friends, he stop writing letters and decided to participate in life instead of being a wallflower.

## **CHAPTER III**

### **REVIEW OF RELATED LITERATURE**

#### **3.1 Character**

Characters, to begin with, are fictitious creations and thus the dramatist and the novelist may both be judged with regard to their ability in the art of characterization (Reaske, 1964:40).

Sumardjo (1986:63) stated that, the character becomes conspicuous and dominant which is caused by psychology development, especially psychoanalysis that offered a new area on deepens of life human soul.

Meanwhile, Sumardjo (1986:64) also say there are many ways to identify the character on the story:

1. By the action, especially when the person has attitude on serious situation
2. By the utterance. We can know people's character from what their utterance.
3. By the description of physic of person. That matter seemed on the way of dressed, the body, etc
4. By thinking. This matter described on what would think of people in developing their characterization.
5. By direct application. On this matter the author explained the characterization of the person directly.

##### **3.1.1 Main Character**

Main character is the individual who contributes the most to the story and the one which the stories written about and embodied. This character has the important role in developing the story. As state below:

Tokoh utama adalah tokoh yang diutamakan penceritaannya dalam novel yang bersangkutan. Ia merupakan tokoh yang paling banyak diceritakan, baik sebagai pelaku kejadian maupun yang dikenai kejadian.

(Nurgiyantoro, 2005: 176)

Main character is kind of character which often shows up repeatedly as if it dominates every parts of the event in the novel. Regarding to the meaning of the active-passive in doing something, both of them can act as a subject that has capability in doing something or as an object that suffers the impact from treatment done by the subject or circumstances. In the other words, main character does not only act as subject but also as object. This kind of character plays important role in the novel and it cannot be ignored.

Round character is a character with more complex and differentiated features. Dynamic character is a character that undergoes an inner change in their personality and attitude.

### **3.2 Setting**

Setting is another aspect traditionally included in analyzes of prose fiction. The term setting denotes to location, historical period, and social surroundings in which the section of text develops.

Settings are chose for its own sake, but rather embed a story in particular context of time and place in order to support action, characters, and narrative perspective from an additional level.

### **3.3 Conflict**

The clash happens in the story is the thing will lead to the conflict. The conflict is the part that makes the story alive and interesting.

In literature, conflict is the struggle of opposing external or internal forces. Conflict is at the heart of every story. In fact, we don't have a story – at least not

one most of us would want to hear or read. The impediments and complications of conflict keep us reading. The more important, challenging believable, and coherent the conflict is, the more we are engaged by the story and want to follow it to its conclusion (Madden, 2002: 90).

Madden also states that the kinds of the conflict are internal and external conflicts. Internal conflict is a struggle of opposing forces within a character. The best stories contain elements of both types of conflict, but the emphasis is usually on internal conflict. Internal conflict has much to do with the make up of the characters in the story. Consider the personality of each character. What provokes an internal conflict in one person may go unnoticed by another. Meanwhile, External conflict is a struggle between the character and the element of nature that are beyond his/her control. External conflict involves a struggle, mental or physical, between two characters in the story.

The conflict or conflicts in literary work are usually reflected or accompanied by the external and internal action. In addition to conflict inside the mind, literary works may focus on conflicts between individuals, between an individual and a social force, and between an individual and natural forces. It's important to note that conflicts do not necessarily belong in just one category (Stanford, 2006:30).

Conflict in the zone of relations between person and environment feeds back into the mind to affect the regulatory control of internal conflict and the choice of defense against internal conflict (Ackerman, 1958: 73)

According to Perrine (1988:42), conflict is a clash of actions, idea, desires or will. It is divided into internal conflict and external conflict.

### 3.3.1 Internal Conflict

Internal conflict is a struggle of opposing forces within the character himself. Most stories contain elements of both types of conflict, but the emphasis is usually on internal conflict. Internal conflict has much to do with the contrast temper between the characters in the story. Consider the personality of each character and usually ended up with solution. What provokes an internal conflict in one person may go unnoticed by another.

### 3.3.2 External Conflict

External conflict is a struggle between a character and an outside force. External conflict can be divided into:

1. Person against person

Characters may have a conflict against some other person or group of person.

2. Person against environment

They may be a conflict with someone external-physical nature, society, or fate.

3. Person against nature

A conflict that sometimes cannot being resisted, as in it is already a part of common cycle of life.

## 3.4 Psychology

According to [psychologyupdates.com](http://psychologyupdates.com), the word psychology is made of two ancient Greek words – *psyche* meaning soul and *logos* meaning word. Thus, Psychology pertains to the study of mind, thought, and behavior. Its immediate goal is to understand behavior and mental processes by researching and establishing both general principles and specific cases.

### 3.4.1 Psychology in Literature

Psychology on Literature is an interdisciplinary between Psychology and Literature (Endaswara, 2008: 16).

According to Professor Dr. Travis Langley in fac.hsu.edu, “Psychological study of literature, explore structure, function, and psychological value. Topics of discussion include symbolism, the purpose of storytelling, application of psychological theories and concepts, different literary genres, accuracy in the depiction of psychological variables and mental health professionals, how writing and reading reflect cognitive processes, and the therapeutic value of literature. Character analyses involve examination of personality, mental illness, developmental issues, conflicts, and motivation”

Psychology takes a very important part in literature works. The psychological study of literature can help the literary learner to explore the literature structure and the function which are have a relation with the psychological value, such as a symbolism, the purpose of storytelling, application of psychological theories and the concept, which are related to different literary genres, accuracy in the depiction of psychological variable and mental health professional. In *The Perks of Being a Wallflower*, the main character gets through one crisis phase as an adolescence known as grow up, but because some unresolved problems from the past, the process of growing up get distract and causing a really problematic defence mechanisms in the main character’s ego development. The psychological literature will help to analyze the personality, the mental illness, and the conflicts which are experienced by Charlie as the main character.

Fathali M. Moghaddam, in his journal *From 'Psychology in Literature' to 'Psychology is Literature', An Exploration of Boundaries and Relationship*, published by Georgetown University, stated that psychology and literature selectively examine particular parts of the whole of human experience. Specifically, the goal of both psychology and literature is to get the better understanding of overt behavior and the mental life of individuals, and how these are related.

### **3.4.2 Defence mechanisms**

Defence mechanisms are a tactic developed by the ego to protect against anxiety. A thought to safeguard the mind against feelings and thoughts those are too difficult for the conscious mind to cope with.

Defence mechanisms have a tight connection with a Freudian Psychoanalysis concept. It is stated that the conscious is only one aspect of the human mind, there being also an unconscious in which many things come into play, such as repressed emotions, desire, and experience (Ryan, 2007: 93). According to Freud (1960: 18), there are three division of personality:

1. Id that completely unconscious and only seeks to satisfy the most basic human urges;
2. Ego that responsible for self-preservation and denies the id desires in order to keep away from harm;
3. Superego that is the center of personality which distinguishes moral from right and wrong, and learns to follow the rules.

When Id gets into conflict with the superego, the ego creates a measure to satisfy both areas. These conflicts may create anxiety in the ego from time to

time. In order for three parts to function accordingly it must be managed, that is when defence mechanisms come to play.

According to Vaillant's categorization of psychoanalytical development there are four levels of defence mechanisms that include various symptoms of mechanisms:

1) Level 1, Pathological

The mechanisms on this level, when predominating, almost always are severely pathological. These defences permit one to effectively rearrange external experiences to eliminate the need to cope with reality. The pathological users of these mechanisms frequently appear irrational or insane to others. These are the "psychotic" defences, common in overt psychosis. However, they are found in dreams and throughout childhood as well. They include: Delusional projection, conversion, denial, distortion, splitting, extreme projection, superiority complex, inferiority complex.

2) Level 2, Immature

These mechanisms are often present in adults. These mechanisms lessen distress and anxiety produced by threatening people or by an uncomfortable reality. Excessive use of such defences is seen as socially undesirable, in that they are immature, difficult to deal with and seriously out of touch with reality. These are the so-called "immature" defences and overuse almost always leads to serious problems in a person's ability to cope effectively. They include: Acting out, fantasy, wishful thinking, idealization, passive aggression, projection, projective identification, somatization.

### 3) Level 3, Neurotic

These mechanisms are considered neurotic, but fairly common in adults. Such defences have short-term advantages in coping, but can often cause long-term problems in relationships, work and in enjoying life when used as one's primary style of coping with the world. They include: Displacement, dissociation, hypochondriasis, intellectualization, isolation, rationalization, reaction formation, regression, repression, undoing, withdrawal, upward and downward social comparison.

### 4) Level 4, Mature

These are commonly found among emotionally healthy adults and are considered mature, even though many have their origins in an immature stage of development. They have been adapted through the years in order to optimize success in human society and relationships. The use of these defences enhances pleasure and feelings of control. These defences help to integrate conflicting emotions and thoughts, whilst still remaining effective. Those who use these mechanisms are usually considered virtuous. They include: Humility, mindfulness, acceptance, gratitude, altruism, tolerance, mercy, forgiveness, anticipation, humor, identification, sublimation, thought suppression, emotional self-regulation.

In Charlie's case, clearly seen that most of his acts are under the effect of defence mechanisms. But not every stage from each level on Vaillant's categorization of psychoanalytical development are able to applied based on Charlie's situation, Charlie employs few stages of defence mechanisms to protect himself and his ego, the stage that passed are:

1. Denial

Denial is the first common symptoms among the defence mechanisms. It is the refusal to acknowledge or recognize some anxiety-provoking situation or piece of information.

2. Superiority Complex

Superiority complex is an attempt to trying to make up for areas in which is a lack perceived by becoming superior in some other areas.

3. Projection

Projection involves placing one's own unacceptable thought onto others, as if the thoughts belonged to them and not to oneself.

4. Displacement

Defence mechanisms that develop attempt to turn a feeling into different direction so it will be less threatening compared if the feeling is directed at the real target.

5. Rationalization

Convincing oneself to making up excuses for unacceptable behavior.

6. Reaction Formation

Converting unconscious wishes or impulses that are perceived to be dangerous or unacceptable into their opposites; behaviour that is completely the opposite of what one really wants or feels; taking the opposite belief because the true belief causes anxiety.

7. Regression

Regression is falling back on childlike patterns as a way of coping with stressful situations.

8. Repression

The process of attempting to repel desires towards pleasurable instincts, caused by a threat of suffering if the desire is satisfied; the desire is moved to the unconscious in the attempt to prevent it from entering consciousness; seemingly unexplainable naivety, memory lapse or lack of awareness of one's own situation and condition; the emotion is conscious, but the idea behind it is absent.

9. Acceptance

A person's assent to the reality of a situation, recognizing a process or condition (often a negative or uncomfortable situation) without attempting to change it, protest, or exit.

## CHAPTER IV

### DISCUSSION

This chapter discusses the topic of the study. The writer analyzes the structural elements, which are main character and conflicts. The writer also analyzes the extrinsic element, which is psychological approach, discussing about defence mechanisms, based on few steps applied from Vaillant's categorization of psychoanalytical development. By analyzing the structural elements, the writer believes that this can support the analysis of the psychological approach. Based on the literary review in the previous chapter, the discussion of the thesis can be stated as the following:

#### **4.1 The General Description of Charlie as the Main Character**

Charlie, the main character in Chbosky's *The Perks of Being a Wallflower*, belongs to round and dynamic characters. Charlie's character has several changes in the novel, since the beginning of the story until the end of the story. It begins when Charlie starts high school as freshman and continues to deal with one of his best friend's death after he killed himself not long before, then he made friends with new people, made peace with his past, until finally Charlie found an amenable relationship with himself and his life in the end of the story.

##### **4.1.1 Loner**

At the beginning of the story, Charlie is described with his awkward personality, in some circumstances he even considered weird. He does not have many friends and the situation becomes worse when Michael, his friend at middle school, committed suicide and left him without notice. Michael's death gives him a

bad effect that seems Charlie himself does not aware of. It can be seen in this following quotation:

I don't know how news travels around school and why it is very often right. Maybe it was in the lunchroom. It's hard to remember. But Dave with the awkward glasses told us that Michael killed himself. His mom played bridge with one of Michael's neighbors and they heard the gunshot. I don't really remember much of what happened after that except that my older brother came to Mr. Vaughn's office in my middle school and told me to stop crying. Then, he put his arm on my shoulder and told me to get it out of my system before Dad came home.

(Chbosky, 1999:4)

Charlie's friend death brings back his issue of being left by people whom he loves. As the result is Charlie's tendency to keeping a distance from other person is getting worst. Not long after Charlie starts his high school with doubt. He is very afraid to go to school because he thinks that he has no one to trust at that school. It can be seen in this following quotation:

I do not like high school. The cafeteria is called the "Nutrition Center," which is strange. There is this one girl in my advanced english class named Susan. In middle school, Susan was very fun to be around. She liked movies, and her brother Frank made her tapes of this great music that she shared with us. But over the summer she had her braces taken off, and she got a little taller and prettier and grew breasts. Now, she acts a lot dumber in the hallways, especially when boys are around. And I think it's sad because Susan doesn't look as happy. To tell you the truth, she doesn't like to admit she's in the advanced english class, and she doesn't like to say "hi" to me in the hall anymore.

(Chbosky, 1999:8)

The fact that Charlie's attempt to get close with new people seems good, but it is not working as smoothly as he thought, as seen from the quotation above

his old friend from junior school is avoiding him. Leave Charlie think that the best choice is probably being on his own.

As a loner, Charlie gets a feeling of loneliness no matter everywhere he is. The fact that he actually has a complete normal family is not helping much. Charlie is the youngest son with one older brother and sister, and Charlie never feels special compared to his siblings. That is what he has been felt until he finally able to make a new friends at school:

It has been very lonely because my sister is busy being the oldest one in our family. My brother is busy being a football player at Penn State. After the training camp, his coach said that he was second string and that when he starts learning the system, he will be first string. My dad really hopes he will make it to the pros and play for the Steelers. My mom is just glad he gets to go to college for free because my sister doesn't play football, and there wouldn't be enough money to send both of them. That's why she wants me to keep working hard, so I'll get an academic scholarship.

So, that's what I'm doing until I meet a friend here.

(Chbosky, 1999: 9)

#### **4.1.2 Sentimental**

Charlie is a boy with a very soft heart. He often finds himself cry over a small stuff and unable to control his own emotion. His sentimental side makes him easily feel guilty over unnecessary things. As stated in the quotation below, Charlie cries because he thinks that he just did an awful mistake towards Sam, while in fact he is not even need to cry, because Sam actually feel fine about it:

I told Sam that I dreamt that she and I were naked on the sofa, and I started crying because I felt bad, and do you know what she did? She laughed. Not a mean laugh, either. A really nice, warm laugh. She said that she thought I was being cute. And she said it was okay that I had a dream about her. And I stopped crying.

(Chbosky, 1999: 24)

Not only cry a lot, Charlie also sometimes failed to manage his own thought in a right way. At the beginning of the story he is not really grasp the idea what will his life will going to be yet. As he said early in the letter:

So, this is my life. And I want you to know that I am both happy and sad and I'm still trying to figure out how that could be.  
(Chbosky, 1999: 3)

Soon after he gets closer to Patrick and Sam, the senior who also happen to become Charlie's best friends, he starts to realize more about how it feels to live a life outside the box. But his anxiety and emotional unstableness is still as bad as it is used to be. He realizes the bad effect from thinking too much about unnecessary think and fully aware about it, but at that time he still has no idea how to stop himself from doing it. As seen on this quotation:

I don't know what I'm supposed to do now. I know other people have it a lot worse. I do know that, but it's crashing in anyway, and I just can't stop thinking that the little kid eating french fries with his mom in the shopping mall is going to grow up and hit my sister. I'd do anything not to think that. I know I'm thinking too fast again, and it's all in my head like the trance, but it's there, and it won't go away. I just keep seeing him, and he keeps hitting my sister, and he won't stop, and I want him to stop because he doesn't mean it, but he just doesn't listen, and I don't know what to do.  
(Chbosky, 1999: 220)

### **4.1.3 Open to Experiences**

Charlie is a very open and a creative person. He is brave himself to participate in society, change his true self who actually really shy and kind of a little bit loner to become better person by open his mind toward any possibilities and not afraid to say yes to that many occasions, or in his own term, to

'participate' more. He do all of things above after a friendly advice from his advanced English teacher, Bill. As seen in this quotation:

I don't know what it was, and I know we didn't really accomplish anything, but it felt great to sit there and talk about our place in things. It was like when Bill told me to "participate." I went to the homecoming dance like I told you before, but this was much more fun. It was especially fun to think that people all over the world were having similar conversations in their equivalent of the Big Boy.  
(Chbosky, 1999: 113)

Not only tries to participate, Charlie is also a kind of person who is willing to try something new, whether it is a good or bad things. Charlie's ability in making new friend is not good, but he willing to change it. When his friend asks him to join them for hang out, he said yes because he thinks it is such a good opportunity to do. However, Charlie's friend also brings a bad impact for him, as how they influence Charlie to smoke and consuming drugs. It can be seen in this following quotation:

Some of the questions I was asked was what grade I was in and what did I want to be when I grow up.  
"I am a freshman, and I don't know just yet."  
I looked around, and I saw that Sam and Patrick had left with Brad. That's when Bob started passing around food.  
"Would you like a brownie?"  
"Yes. Thank you."  
I was actually quite hungry because normally Sam and Patrick take me to the Big Boy after the football games, and I guess I was used to it by now. I ate the brownie, and it tasted a little weird, but it was still a brownie, so I still liked it. But this was not an ordinary brownie. Since you are older, I think you know what kind of brownie it was.  
(Chbosky, 1999: 37)

#### **4.1.4 Honest**

Charlie is a boy who finds it is uncomfortable to lie. Even considering careless, he almost always chooses to tell people the truth about his feeling.

Because he cannot stand feeling bad after lying about something. For example, we can see from this following quotation:

I could also say that I had forgotten the time Mary Elizabeth asked me if I thought she was pretty. But I would be lying. The truth is that when Patrick dared me, I knew that if I kissed Mary Elizabeth, I would be lying to everyone. Including Sam. Including Patrick. Including Mary Elizabeth. And I just couldn't do it anymore. Even if it was part of a game.  
(Chbosky, 1999: 145)

#### 4.1.5 Aggressive

Through whole novel, we can see Charlie have this tendency in losing his emotional control. It is not that Charlie is a violent boy, but his anxiety and the way he managed it cause many sides effect. One of the side effect is the unstableness in the emotional department. As seen in this following quotation:

I used to play sports when I was little, and I was actually very good, but the problem was that it used to make me too aggressive, so the doctors told my mom I would have to stop.  
(Chbosky, 1999: 56)

Charlie can change from calm and laid back boy into someone who suddenly able to beat people into a pulp. Like what we see when Charlie fights his first bully in high school name Sean:

I just don't understand why Sean wanted to hurt me. I didn't do anything to him. I am very small. That's true.

But I guess Sean didn't know I could fight. The truth is I could have hurt him a lot worse. And maybe I should have.  
(Chbosky, 1999: 9)

Well aware about how dangerous he can be, Charlie tries anything to control his emotion, but there is time when he totally lost it, his aggressive side

take control over his body and make him do something unimaginable. As seen in this following quotation:

I don't really want to go into detail except to say that by the end of it, Brad and two of his buddies stopped fighting and just stared at me. His other two friends were lying on the ground. One was clutching the knee I bashed in with one of those metal cafeteria chairs. The other one was holding his face. I kind of swiped at his eyes, but not too bad. I didn't want to be too bad.  
(Chbosky, 1999: 162-163)

#### **4.1.6 Observant**

Charlie is a smart boy, not only academically as prove with his straight A's mark on his report card but also there is a side of him that enjoy observing what life is and what life supposed to be.

Even somehow his young mind cannot totally understand the situation but Charlie is shown to be very observant as he watches people and analyzes them:

I walked over to the hill where we used to go and sled. There were a lot of little kids there. I watched them flying. Doing jumps and having races. And I thought that all those little kids are going to grow up someday. And all of those little kids are going to do the things that we do. And they will all kiss someone someday. But for now, sledding is enough.  
(Chbosky, 1999: 78)

His friends also recognized Charlie's tendency to observe almost everything in his life. Also his ability to keep things as a secret if he knows it really unnecessary to surface it to public, that is why his friends nicknamed him as a wallflower. As stated below:

"He's something, isn't he?"  
Bob nodded his head. Patrick then said something I don't think I'll ever forget.  
"He's a wallflower."

And Bob really nodded his head. And the whole room nodded their head. And I started to feel nervous in the Bob way, but Patrick didn't let me get too nervous. He sat down next to me.

"You see things. You keep quiet about them. And you understand."

(Chbosky, 1999: 40-41)

#### 4.1.7 Optimistic

In the end of the story when Charlie finally figure out what happened in his past and able to accept it. He starts to see a life from different perspective, a better perspective. As stated below:

And I started crying and smiling at the same time. Because I couldn't help feeling just how much I loved my aunt Helen for buying me two presents. And how much I wanted the present I bought my mom for my birthday to be really special. And how much I wanted my sister and brother and Sam and Patrick and everyone else to be happy.

(Chbosky, 1999: 230)

Charlie changes from a boy who have no clue and always blames himself about everything, to a person who able to see his future a little bit clearer, even able to decide what he want to do in the future:

I have decided that maybe I want to write when I grow up. I just don't know what I would write.

(Chbosky, 1999: 49)

He finally realizes that life is pathway which has to get through with peace in his mind and the important thing about 'participate' in it. As seen in this following quotation:

Tomorrow, I start my sophomore year of high school. And believe it or not, I'm really not that afraid of going. I'm not sure if I will have the time to write any more letters because I might be too busy trying to "participate."

(Chbosky, 1999: 231)

## 4.2 Settings in *The Perks of Being a Wallflower*

### 4.2.1 Setting of Time

Based on the date on each letters that Charlie sends anonymously, the setting of time is around August 1991 to August 1992. As proof in these following quotations:

August 25, 1991  
 Dear friend,  
 I am writing to you because she said you listen and understand and didn't try to sleep with that person at that party even though you could have.  
 (Chbosky, 1999: 3)

August 23, 1992  
 Dear friend,  
 ....  
 So, if this does end up being my last letter, please believe that things are good with me, and even when they're not, they will be soon enough.  
 And I will believe the same about you.  
 Love always,  
 Charlie  
 (Chbosky, 1999: 231)

### 4.2.2 Setting of Social

The youth in the 90's were known as the new wave generation who dare to experiment with everything. Underground music is a big part of 90's era and it can sees through all over Charlie's story. As stated in the following quotation:

But the second side is the one I like the most. It has winter kind of songs.  
 Here they are:  
*Asleep* by the Smiths  
*Vapour Trail* by Ride  
*Scarborough Fair* by Simon and Garfunkel  
*A Whiter Shade of Pale* by Procol Harum  
*Time of No Reply* by Nick Drake  
*Dear Prudence* by the Beatles  
*Gypsy* by Suzanne Vega  
*Nights in White Satin* by the Moody Blues  
*Daydream* by Smashing Pumpkins  
*Dusk* by Genesis (before Phil Collins was even in the band!)

*MLK* by U2  
*Blackbird* by the Beatles  
*Landslide* by Fleetwood Mac  
 And finally ...  
*Asleep* by the Smiths (again!)  
 (Chbosky, 1999: 65-66)

Charlie is caught between trying to live his life and trying to run from it. The world of first dates and mixed tapes, family dramas, and new friends. The world of sex, drugs, and *The Rocky Horror Picture Show*. Every cliché things that happened when someone is a teenager in early 90's.

### 4.2.3 Setting of Place

The outline of setting of place in this novel is a suburb area in America. And most part of the story take place at Charlie's house, school, Charlie's friends' house, Big Boy, and a few more minor places. As seen in these following quotations:

We got to the house where the party was, and Patrick did this secret knock. It would be hard to describe to you this knock without sound. The door opened a crack, and this guy with frizzy hair looked out at us.

"Patrick known as Patty known as Nothing?"

"Bob."

(Chbosky, 1999: 36)

But Monday in school, Brad kept saying the same thing.

"Man, I was so wasted. I don't remember a thing."

He said it to everyone who was at the party. He said it a few times to the same people.

(Chbosky, 1999: 47)

## 4.3 Conflict Experienced by Charlie

### 4.3.1 Internal Conflict

The internal conflict happened because there is a clash between Charlie and himself. The main problem of Charlie is that how he always thinks too much and it is result an overrated feeling towards many things in his own life.

Charlie has this urge that he need to talk to someone who actually want to hear him and every things he wants to say. So he decides to write a series of letters to someone who he thinks is a good person just for the sake of his feelings:

I am writing to you because she said you listen and understand.... I just need to know that someone out there listens and understands and doesn't try to sleep with people even if they could have. I need to know that these people exist.  
(Chbosky, 1999: 3)

Charlie experiences many great losses in his life, first is when he lost his Aunt Helen, who died in a car accident and Charlie feels that Aunt Helen passed away because of him. Second is when his best friend in junior high school died because of suicide and that makes thing start to get worst that he must see the psychiatrist to help him. As it is seen in this following quotation:

I'd do anything not to be this way. I'd do anything to make it up to everyone. And to not have to see a psychiatrist, who explains to me about being "passive aggressive." And to not have to take the medicine he gives me, which is too expensive for my dad. And to not have to talk about bad memories with him. Or be nostalgic about bad things.  
(Chbosky, 1999: 148-149)

Charlie's tendency to think over anything influence his way on living his life. Instead of really involved himself in real life, he choose to just sit in the corner and watch everything. But the problem arises when Charlie has this urge to try change himself:

"Do you always think this much, Charlie?"  
"Is that bad?" I just wanted someone to tell me the truth.  
"Not necessarily. It's just that sometimes people use thought to not participate in life."  
"Is that bad?"  
"Yes."

"I think I participate, though. Don't you think I am?"  
 (Chbosky, 1999: 26)

The moment when Charlie decide to do some change in his life, that the moment when many new conflicts arise. The situation bring good and new things for Charlie but also bring some things that cause anxiety even mental breakdown, make Charlie even more confuse about himself. As seen in the following quotation:

I can't think again. Not ever again.  
 I don't know if you've ever felt like that. That you wanted to sleep for a thousand years. Or just not exist. Or just not be aware that you do exist. Or something like that. I think wanting that is very morbid, but I want it when I get like this. That's why I'm trying not to think. I just want it all to stop spinning. If this gets any worse, I might have to go back to the doctor. It's getting that bad again.  
 (Chbosky, 1999: 100)

Not only feeling confuse about what he should do with his life which come through a sudden change. He also starts to experience weird feeling when he falls in love with this girl, Sam, his senior. As the story goes when Charlie and Sam relationship progress forward and Charlie start to experience a sexual encounter. He starts to feel weird, as seen in the following quotation:

And I touched her. And I just couldn't believe it. It was like everything made sense. Until she moved her hand under my pants, and she touched me.  
 That's when I stopped her.  
 "What's wrong?" she asked. "Did that hurt?"  
 I shook my head. It felt good actually. I didn't know what was wrong.  
 "I'm sorry. I didn't mean to--"  
 "No. Don't be sorry," I said.  
 "But, I feel bad," she said.  
 "Please don't feel bad. It was very nice," I said. I was starting to get really upset.  
 "You're not ready?" she asked.

I nodded. But that wasn't it. I didn't know what it was.  
(Chbosky, 1999: 217)

The weird feeling that Charlie feels when he gets involved in sexual encounter leave a big question mark in Charlie's mind but for a meantime he decide to not think further about that.

Charlie experiences another trouble when he faces the fact that in the end of the school year he must separate with his friends. Charlie suddenly face an unknown fear, the idea about being alone without his friends scares him and makes him panic. Until one night he has a dream about his Aunt Helen who does something to him when he was a child. What Aunt Helen did was similar to what Sam did when she intentionally put her hands to Charlie's pants. That is when Charlie realized that Aunt Helen was sexually molested him when he was a child, leaving an undetected psychologically scars in Charlie until that day. As seen in this following quotation:

I don't know what's wrong with me. It's like all I can do is keep writing this gibberish to keep from breaking apart. Sam's gone. And Patrick won't be home for a few days. And I just couldn't talk with Mary Elizabeth or anybody or my brother or anybody in my family. Except maybe my aunt Helen. But she's gone. And even if she were here, I don't think I could talk to her either. Because I'm starting to feel like what I dreamt about her last night was true. And my psychiatrist's questions weren't weird after all.  
(Chbosky, 1999: 220)

After that Charlie experiences a massive mental breakdown. He feels like he going out of his mind, to the point that he do not aware of what his body is doing anymore and have to admit to hospital until his condition is getting better.

As stated below:

I've been in the hospital for the past two months. They just released me yesterday. The doctor told me that my mother and father found me sitting on the couch in the family room. I was completely naked, just watching the television, which wasn't on. I wouldn't speak or snap out of it, they said. My father even slapped me to wake me up, and like I told you, he never hits. But it didn't work. So, they brought me to the hospital where I stayed when I was seven after my aunt Helen died.  
(Chboksy, 1999: 225)

### **4.3.2 External Conflicts**

#### **4.3.2.1 Charlie against Sam**

From their first meeting, Charlie was already developing interested feeling for Sam. When Charlie starts senior high school he does not really have any friend to hang out with until one day he go to watch a football match and make friends with Patrick, one of his senior in school who introduce Charlie to his step-sister, Sam. As stated below:

"Hey, Charlie." Sam had a very nice smile....  
Incidentally, Sam has brown hair and very very pretty green eyes. The kind of green that doesn't make a big deal about itself.  
(Chbosky, 1999: 21-22)

In the night after Charlie had a weird dream about Sam, he dreams about Sam naked and Charlie feels extremely bad about it so he decides to tell Sam about that dream. That is when Sam realizes that Charlie likes her more than a friend. Sam then turn down Charlie's feeling in a nice way. It can be seen in this following dialogue:

"You know you're too young for me, Charlie? You do know that?"  
"Yes, I do."  
"I don't want you to waste your time thinking about me that way."  
"I won't. It was just a dream."  
(Chbosky, 1999: 24)

After that Charlie and Sam become a good friend. But what Sam does not know is that Charlie never really stops liking her. Sam is dating a college boy name Craig who is not really Charlie's favorite. As seen in the following quotation:

I want Sam to stop liking Craig.

Now, I guess maybe you think that's because I am jealous of him. I'm not. Honest. It's just that Craig doesn't really listen to her when she talks.

(Chbosky, 1999: 51-52)

Not long after, Charlie starts to have a date with one girl from the group name Mary Elizabeth. Even Charlie states that he likes her a lot but deep in his heart he still have hope for Sam. Charlie wish when Sam sees him settling down with a new girl it will make Sam jealous, that she is not. This disappointed Charlie a bit:

But after I said yes, and Mary Elizabeth announced it to the group, I wanted Sam to be jealous. I know it's wrong to want something like that, but I really did.

Sam wasn't jealous, though. To tell you the truth, I don't think she could have been happier about it, which was hard.

(Chbosky, 1999: 120)

Charlie's feeling towards Sam is not lessening even Charlie now dating with another girl. One day when Charlie and his friends are playing truth or dare game, Charlie was dared to kiss the most beautiful girl in the room and he kissed Sam, while in fact his girlfriend is actually sit in that very room too. This incident causing a big fuss between them, Sam gets really angry because of what Charlie did:

Mary Elizabeth walked quickly out of the room and into the bathroom. Patrick told me later that she didn't want anyone to see her cry. Sam followed

her, but before she completely left the room, she turned to me and said serious and dark,  
 "What the fuck is wrong with you?"  
 It was the look on her face when she said it. And how much she meant it. It suddenly made everything seem like it really was. I felt terrible.  
 (Chbosky, 1999: 145)

The situation stays bad for a while. Charlie asked to maintain his distance from the group for a while. In the end Charlie and Sam make up and be friends again after Charlie does a heroic action from saving Patrick from the middle of fight and makes Sam feel thankful for him.

#### **4.3.2.2 Charlie against Mary Elizabeth**

Mary Elizabeth is the bound girl Charlie makes a date in order to make him forget Sam. But Charlie does really like her that much. It is just Mary Elizabeth have this characters that come up unpleasant for Charlie. She appears very intimidating to Charlie and makes him feels very uncomfortable with her unstoppable brag about everything. As seen in this following quotation:

She's nice all the time, but it doesn't feel right. I don't know how to describe it. It's like we'll be having a cigarette outside with Sam and Patrick at the end of the day, and we'll all be talking about something until it's time to go home. Then, when I get home, Mary Elizabeth will call me right away and ask me, "What's up?" And I don't know what to say because the only thing new in my life is my walk home, which isn't a lot. But I describe the walk anyway. And then she starts talking, and she doesn't stop for a long time.  
 (Chbosky, 1999: 137)

The biggest crisis with Mary Elizabeth is when Charlie finally decides to express his true feeling about their relationship, Charlie feels tired to have to lies about his feeling towards Mary Elizabeth all the time. So in the truth or dare game when Charlie dare to kiss the most beautiful girl in the room, instead of kissing Mary Elizabeth he kiss Sam and causing a big problem. That big problem leaving

Charlie feels extremely miserable that he try to say sorry to Mary Elizabeth, but she not forgive Charlie easily. As stated below:

I did call Mary Elizabeth, and I told her that I'd been listening to the record every night and reading the every. every. Cummings book. She just said, "It's too late, Charlie."  
(Chbosky, 1999: 147)

#### **4.3.2.3 Charlie against His Sister**

When his sister dating a boy from their school and Charlie watch their fighting over how that boy been bullied by his friends but do nothing and Charlie's sister told him how coward he is for not stand up against the bully, it makes that boy angry and hit Charlie's sister who later asked Charlie to not tell their parents about it. Charlie indeed not say anything to their parents but he tells Bill, his teacher, who in the end relay the news to the parents and put Charlie's sister in huge trouble. Makes Charlie's sister angry to him:

...and my sister looked at me.  
"I hate you."  
My sister said it different than she said it to my dad.  
She meant it with me. She really did.  
"I love you," was all I could say in return.  
"You're a freak, you know that? You've always been a freak. Everyone says so. They always have."  
(Chbosky, 1999: 28)

Not long after, Charlie found his sister crying in the basement and when he asks her what happen, she refuse to tell. But Charlie insists then found the truth about the fact that his sister is probably pregnant. As seen in this following dialogue:

"Are you okay?"  
"Leave me alone, Charlie."  
"No, really. What's wrong?"  
"You wouldn't understand."  
"I could try."  
"That's a laugh. That's really a laugh."  
"Do you want me to wake up Mom and Dad then?"

"No."  
 "Well, maybe they could--"  
 "CHARLIE! SHUT UP! OKAY?! JUST SHUT UP!"

....

That's when she told me she was pregnant.

(Chbosky, 1999: 124)

#### **4.3.2.4 Charlie against Aunt Helen**

Charlie blames himself for Aunt Helen dead. Because Aunt Helen dead on the way to buy a gift for Charlie's birthday. As seen in this following quotation:

And I know that my aunt Helen would still be alive today if she just bought me one present like everybody else. She would be alive if I were born on a day that didn't snow.

(Chbosky, 1999: 98)

Aunt Helen used to sexually molest Charlie when he was a child. When they were watching television, she will put her hands into Charlie's pants and do something harassing to that little child. But Charlie not realized it until he experience the further sexual encounter with a girl he likes then recalls the memory about what happened to him in the past with Aunt Helen:

When I fell asleep, I had this dream. My brother and my sister and I were watching television with my Aunt Helen. Everything was in slow motion. The sound was thick. And she was doing what Sam was doing.

(Chbosky, 1999: 218)

#### **4.3.2.5 Charlie against Patrick and Brad**

Charlie caught Patrick and Brad making out in a party. Makes Patrick finally admitted that he is a gay and Brad is his partner. But nobody knows about it since Brad's father is kind of strict about his son manner, and Charlie promise to keep it secret.

Until someday, Brad's father caught Patrick and Brad together. What happened next is they stop talking, and both get upset until they get involved in

physical fight. Charlie cannot stand silent just watching it so he is explode and join the fight to defend Patrick. As stated below:

I looked down at the ground, and I saw Patrick. His face was pretty messed up, and he was crying hard. I helped him to his feet, and then I looked at Brad. I don't think we'd ever really exchanged two words before, but I guess this was the time to start. All I said was,  
 "If you ever do this again, I'll tell everyone. And if that doesn't work, I'll blind you."  
 (Chbosky, 1999: 163)

#### **4.4 Charlie's Defence mechanisms**

Defence mechanisms is a state of mind created when the ego try to cope with anxiety. Human tends to choose comfort their mind against feeling and thoughts that are seems too hard for their mind to deal with. According to Vaillant's categorization of psychoanalytical development there are various symptoms appear, each of them occur differently for some people.

Based on the analysis, we can ensure that Charlie's defence mechanisms allow certain unhappy memories and unacceptable desires to be kept buried within the unconscious.

In the beginning of story, Charlie described as a socially awkward boy who not really understands yet about the causes of why he unable to deal with his life and his own self. All because he unconsciously push down his past memories when he was sexually molested by Aunt Helen whom he love so much and who died not long after, left Charlie in hard times that he failed to cope with. Until he finally get a chance to open himself to new experiences and friends that bring out the real him as we can analyze from several stage of defence mechanisms.

#### 4.4.1 Denial

Denial is the first common symptoms among the defence mechanisms. It is the refusal to acknowledge or recognize some anxiety-provoking situation or piece of information (Plotnick & Kouyumdjian, 2011: 437).

When Charlie's and his friends swapping gift at Christmas party, Charlie read aloud a poem to them. As seen in following quotation:

*Once on a yellow piece of paper with green lines  
he wrote a poem  
And he called it "Chops"  
because that was the name of his dog  
And that's what it was all about  
And his teacher gave him an A  
and a gold star  
And his mother hung it on the kitchen door  
and read it to his aunts  
That was the year Father Tracy  
took all the kids to the zoo  
And he let them sing on the bus  
And his little sister was born  
with tiny toenails and no hair  
And his mother and father kissed a lot  
And the girl around the corner sent him a  
Valentine signed with a row of X's  
and he had to ask his father what the X's meant  
And his father always tucked him in bed at night  
And was always there to do it*

*Once on a piece of white paper with blue lines he  
wrote a poem  
And he called it "Autumn"  
because that was the name of the season  
And that's what it was all about  
And his teacher gave him an A  
and asked him to write more clearly  
And his mother never hung it on the kitchen door  
because of its new paint  
And the kids told him  
that Father Tracy smoked cigars  
And left butts on the pews  
And sometimes they would burn holes  
That was the year his sister got glasses  
with thick lenses and black frames  
And the girl around the corner laughed  
when he asked her to go see Santa Claus*

*And the kids told him why  
 his mother and father kissed a lot  
 And his father never tucked him in bed at night  
 And his father got mad  
 when he cried for him to do it.*

*Once on a paper torn from his notebook  
 he wrote a poem  
 And he called it "Innocence: A Question"  
 because that was the question about his girl  
 And that's what it was all about  
 And his professor gave him an A  
 and a strange steady look  
 And his mother never hung it on the kitchen door  
 because he never showed her  
 That was the year that Father Tracy died  
 And he forgot how the end  
 of the Apostle's Creed went  
 And he caught his sister  
 making out on the back porch  
 And his mother and father never kissed  
 or even talked  
 And the girl around the corner  
 wore too much makeup  
 That made him cough when he kissed her  
 but he kissed her anyway  
 because that was the thing to do  
 And at three A.M. he tucked himself into bed  
 his father snoring soundly*

*That's why on the back of a brown paper bag  
 he tried another poem  
 And he called it "Absolutely Nothing"  
 Because that's what it was really all about  
 And he gave himself an A  
 and a slash on each damned wrist*

*And he hung it on the bathroom door  
 Because this time he didn't think  
 he could reach the kitchen.*

*(Chbosky, 1999:75)*

The poem sounds a lot like a suicide note made by someone. It is about a child who has problems at home about lack of his parents' attention towards his act. Judging from the lines on that poem which is picturing some kid who eventually have a happy childhood but as he growing up his life drive into a bad

direction and in the end he cannot take it anymore then kill himself. Charlie turn down the facts about this poem, as seen on this quotation:

That was the poem I read for Patrick. Nobody knew who wrote it, but Bob said he heard it before, and he heard that it was some kid's suicide note. I really hope it wasn't because then I don't know if I like the ending.  
(Chbosky, 1999:78)

Charlie denies the truth about the poem, how it really seems talking a lot about suicide because if he admits that the poem is actually talking about suicide then he cannot like the poem anymore, and suicide is not Charlie's favorite topic after all.

Christmas day also used to remind Charlie of the horrors of dealing with Aunt Helen's death. Aunt Helen died on a car accident when she was on the way to buy a gift for Charlie's birthday, which happens every Christmas eve. Since Aunt Helen is such an important person for Charlie, his loss of her meant a great deal every time Charlie face holiday and his birthday. He started to experience breakdowns, which he pictures as a "bad place" in that particular time of the year. This denial is a form to protect him from the scary experience of experiencing a breakdown, of going to "that place". As seen in his interaction with a psychiatrist:

I'm really glad that Christmas and my birthday are soon because that means they will be over soon because I can already feel myself going to a bad place I used to go. After my Aunt Helen was gone, I went to that place. It got so bad that my mom had to take me to a doctor, and I was held back a grade. But now I'm trying not to think about it too much because that makes it worse.  
(Chbosky, 1999: 78)

In the middle of story, Charlie's sister thought that she was pregnant. She freaked out and asked Charlie to drive her to a doctor to confirm this pregnancy which turns out as a false alarm. When their back to home, their parents ask a

series of questions to know their whereabouts. Of course they both do not dare to say that they just went to doctor. This is also another form of denial, instead of tell them what is really has been going on, Charlie choose to deny the truth with made up reasons. As seen on this quotation:

We pulled into the driveway. We got out. We went inside. And we heard our mother and father's voices from the top of the stairs.

"Where have you two been all day?"

"Yeah. Dinner's almost ready."

My sister looked at me. I looked at her. She shrugged. So, I started talking a mile a minute about how we saw a movie and how my sister taught me how to drive on the highways and how we went to McDonald's.

"McDonald's?! When?!"

"Your mother cooked ribs, you know?" My father was reading the paper.

As I talked, my sister went up to my father and gave him a kiss on the cheek. He didn't look up from his paper.

"I know, but we didn't go to McDonald's until before the movie, and that was a while ago."

Then, my father said matter-of-factly, "What movie did you see?"

I froze, but my sister came through with the name of a movie just before she kissed my mother on the cheek. I had never heard of this movie.

(Chbosky, 1999: 128-129)

Charlie state of deny things are also surface when he was in relationship with Mary Elizabeth. In the middle of process of getting to know each other, Charlie has an idea to asking Mary Elizabeth out. Now that he able to drive a car, he wanted to borrow hid dad's car. His dad then asks him a couple of questions about why he needs to borrow the car. Charlie answered was:

So, I told him a little about Mary Elizabeth, leaving out the part about the tattoo and belly button ring. He kind of smiled for a little while, trying to see if I was already guilty of something. Then, he said yes. I could borrow his car.

(Chbosky, 1999: 131)

This denial of the obvious rebellious side of Mary Elizabeth as seen on her tattoo and the belly button ring is Charlie's urge to protect himself of uncomfortable dealing with bad response for his father if he were about the told him the truth.

And in the middle of his one-sided relationship with Mary Elizabeth, Charlie became upset toward her frequent rants and boastfulness. Not comfortable with his current situation with Mary Elizabeth, he look for advice from his sister and psychiatrist. As recalled in:

I asked my sister what I should do, and she said the best thing to do is be honest about my feelings. My psychiatrist said the same thing. And then I felt really sad because I thought maybe I was different from how Mary Elizabeth originally saw me, too. But I was just trying to be nice like Sam said I should.

(Chbosky, 1999: 140)

But still, even Charlie tries to be nice. Mary Elizabeth always asked Charlie about his whereabouts. She needs to know every little things Charlie do when he arrive at home back from school. Not only question everything, she also brags about herself a lot and Charlie not really able to confront her, instead what Charlie did was:

...I told her that I bought a pack of cigarettes, went to the Big Boy, and spent the entire day reading the every. every. cummings book and eating club sandwiches. I knew I was safe saying that because she would never ask me any questions about the book. And I was right.

(Chbosky, 1999: 143)

As seen clearly from what Charlie's attitude regarding Mary Elizabeth, he choose to avoid conflict with Mary Elizabeth by deny her intimidating act

because if Charlie confront her back, it might put him in anxious situation that he steer clear of from.

#### 4.4.2 Superiority Complex

Superiority complex is an attempt to trying to make up for areas in which is a lack perceived by becoming superior in some other areas (Cicarelli, 2009: 461).

Charlie knows that he has troubled with anything relating to numbers and math. As seen in many references in the story:

I decided to do my math homework, which was a mistake because math has never made any sense to me.  
(Chbosky, 1999:115)

Finding difficulties with math, Charlie try to search for a way to cope with it. Luckily, Charlie is great with novel. Since he was a child he always been proud with the fact how he love reading and how he good in doing it. Moreover when Charlie meet Bill, his literature professor whom sensing a potential in him and give him numerous books to read then ask Charlie to make an essay based on those books. This things makes Charlie feel a little bit better about himself, finding that he is actually have something to admire and to proof for. As seen in the quotation:

He says that I have a great skill at reading and understanding language, and he wanted me to write an essay about *To Kill a Mockingbird*.  
(Chbosky, 1999: 11)

His outstanding skill was highly appreciated by Bill, giving Charlie a new perspective about his future life which later bring him to an actual self actuation and change him to be a better person. As seen in the following quotation:

Bill gave me my first B in advanced English class for my paper on *Peter Pan!* To tell you the truth, I

don't know what I did differently from the other papers. He told me that my sense of language is improving along with my sentence structure. I think it's great that I could be improving on these things without noticing. By the way, Bill gives me A's on my report cards and letters to my parents. The grades on these papers are just between us. I have decided that maybe I want to write when I grow up. (Chbosky, 1999: 49)

On the other hand, Charlie's superiority complex also seen in how he managed his non-academical problem. One day Charlie and his friends play a truth or dare game where Charlie was dared to kiss the most beautiful girl in the room. He kisses Sam while in fact he is still in a relationship with Mary Elizabeth and what he did angered not only Mary Elizabeth, but also the group. Charlie maintain his distance from his friends for weeks that cause his anxiety and worry comes back so he try very hard to apologize to them even it means he must degrading himself by put himself in the uncomfortable situation that he used to avoid whatsoever. As seen in the following quotation:

I did call Mary Elizabeth, and I told her that I'd been listening to the record every night and reading the every. every. Cummings book. She just said, "It's too late, Charlie." (Chbosky, 1999: 147)

The burden that Charlie must take almost unbearable for him and slowly start to weaken his condition again. As he recalls:

I know that I brought this all on myself. I know that I deserve this. I'd do anything not to be this way. I'd do anything to make it up to everyone. And to not have to see a psychiatrist, who explains to me about being "passive aggressive." And to not have to take the medicine he gives me, which is too expensive for my dad. And to not have to talk about bad memories with him. Or be nostalgic about bad things. (Chbosky, 1999: 149)

But he still put his effort to clear the problem he created. He chooses to do everything he can to change things, to correct them, and to make them go away. In the end his effort result in his friend accept his apology and take him again as they used to be. As seen in this following quotation:

I said I was sorry, and then I asked her if there was anything she wanted to say to me. And like before, I asked a question and got a very long answer. When I was done listening (I really did listen), I said I was sorry again. Then, she thanked me for not trying to make what I did seem less by offering a lot of excuses.  
(Chbosky, 1999: 166)

#### **4.4.3 Projection**

Projection involves placing one's own unacceptable thought onto others, as if the thoughts belonged to them and not to oneself (Cicarelli, 2009: 461).

At the beginning of the story, Charlie tells about how he dealt with his best friend who dead because of suicide. He felt strange when nobody cry at Michael's funeral and leave him wondering about what actually happen in Michael's family that suggest on how Charlie meddle on something that supposed to be not his problem. Charlie conclude that there must be something wrong with Michael's family while in fact he is the one who face a problem at home and project his problem towards Michael's family. As seen in the following quotation:

Michael's funeral was strange because his father didn't cry. And three months later he left Michael's mom. At least according to Dave at lunchtime. I think about it sometimes. I wonder what went on in Michael's house around dinner and TV shows. Michael never left a note or at least his parents didn't let anyone see it. Maybe it was "problems at home." I wish I knew.  
(Chbosky, 1999: 6)

#### 4.4.4 Displacement

Displacement develop attempt to turn a feeling into different direction so it will be less threatening compared if the feeling is directed at the real target.

Charlie once saw his senior, Dave raped his girl at a party in Charlie's house. The next time Charlie meeting Dave at homecoming dance, Charlie cannot control his anger and feels like wanting to beat Dave because of what he did to that girl. But instead of really beat him, Charlie choose to direct his anger to a less threatening target, Dave's car. As seen in this following quotation:

She calmed me down, and I guess I'm glad she did because I think I would have gotten even madder if I started hitting Dave, and his girl stopped me because she loved him. I think I would have gotten even madder about that.

So, I decided to do the next best thing and let the air out of Dave's tires. Sam knew which was his car.

(Chbosky, 1999: 35)

Another proof of Charlie's tendency on how he controls his anger is when Mary Elizabeth cannot stop brag about herself to Charlie. As seen in this following quotation:

At one point two days ago, she was talking about books, and she included a lot of books I had read. And when I told her that I had read them, she asked me very long questions that were really just her ideas with a question mark put at the end. The only thing I could say was either "yes" or "no." There was honestly no room to say anything else. After that, she started talking about her plans for college, which I had heard before, so I put down the phone, went to the bathroom, and when I came back, she was still talking. I know that was the wrong thing to do, but I thought if I didn't take a break, I would do something even worse. Like yell or hang up the phone.

(Chbosky, 1999: 137)

Charlie make a way to calm himself towards Mary Elizabeth unpleasant behavior by taking a break from her even just for a while. Because he knows if he had not done this he could have done something worse.

#### **4.4.5 Rationalization**

Rationalization is making up excuses for unacceptable behavior (Cicarelli, 2009: 461).

When Charlie has done or has found something wrong he tends to make up excuses and explanations to make it seem like everything just fine. On Christmas day, Charlie and his family went to Ohio to visit his relatives. His dad has this good relationship with Charlie's cousins and he used to be jealous of them. As seen in this following quotation:

The other boy might end up like my dad because he can really play sports, and he had a different dad than his brother or sister. My dad talks to him a lot and teaches him how to throw and hit a baseball. I used to get jealous about this when I was a little kid, but I don't anymore. Because my brother said that my cousin is the only one in his family who has a chance. He needs my dad. I guess I understand that now.

(Chbosky, 1999: 93)

It is seen that Charlie made up excuse for his threatening thought. Rather than feels jealous all over again towards his cousins, he force himself to think positively about a making sense reason so he feel more save.

When it comes to Aunt Helen, Charlie used to think that he is the reason for her death. Because Aunt Helen die in car accident on her way to buy a gift for Charlie. As seen in the following quotation:

Despite everything my mom and doctor and dad have said to me about blame, I can't stop thinking what I know. And I know that my aunt Helen would still be alive today if she just bought me one present

like everybody else. She would be alive if I were  
born on a day that didn't snow.  
(Chbosky, 1999: 98)

Another made up excuses to make him feel better and to correct the mistake of the past. He try to correct it by hoped to change the date of his birthday so he will not killed Aunt Helen like he always sure he did.

#### **4.4.6 Reaction Formation**

Reaction formation constitutes attempts by an individual to form an opposite emotional or behavioural reaction to the way s/he really feels. In this way, the true feelings can be hidden from the self and others (Cicarelli, 2009: 461).

Charlie falls in love with Sam and longing for a girlfriend and boyfriend relationship. But instead of admit it out loud, he start to observe people around him. As seen in this following quotation:

I look at people holding hands in the hallways, and I try to think about how it all works. At the school dances, I sit in the background, and I tap my toe, and I wonder how many couples will dance to "their song." In the hallways, I see the girls wearing the guys' jackets, and I think about the idea of property. And I wonder if anyone is really happy. I hope they are. I really hope they are.  
(Chbosky, 1999: 26)

Charlie hopes other people he sees have a happy relationship while his hope can be interpret as a form of envy. Charlie wants to experience that kind of relationship but not yet want to admit it whether to himself or to anyone.

Charlie also confessed that he masturbate a lot, one day he read some random magazines with many vulgar pictures in it. As seen on this following quotation:

Each one had a smiling face, and every time it was a woman on the cover, she was showing her

cleavage.... Then, I thought there would be some men who would buy the magazine and masturbate to it.

(Chbosky, 1999: 125-126)

Charlie throws the thoughts about masturbating over a vulgar picture to other person while actually he is the one who might actually think doing it. He does this to protect himself from anxiety that caused by he allow himself to think about something that he believe as a wrong doing.

#### **4.4.7 Regression**

Regression is falling back on childlike patterns as a way of coping with stressful situations (Cicarelli, 2009: 461)

One of Charlie's habit is crying, whenever Charlie feels threatened by stressful situations, he will cries like a little child who only able to show their feelings by crying. When he found out that his best friend Michael die, he cry. When he hit his friend and feels sorry after, he cries. When he must say goodbye to Sam for college, he cry. As seen in these following quotations:

I don't really remember much of what happened after that except that my older brother came to Mr. Vaughn's office in my middle school and told me to stop crying.

(Chbosky, 1999: 5)

Then, he got mad and started hitting me, and I just did the things my brother taught me to do. My brother is a very good fighter.

"Go for the knees, throat, and eyes."

And I did. And I really hurt Sean. And then I started crying.

(Chbosky, 1999: 9)

Sam said, "You know I'm leaving in a week, Charlie?".... "Could we write letters back and forth?"

"Of course," she said.

Then, I started crying again. I really am a roller-coaster sometimes.

(Chbosky, 1999: 208-209)

#### 4.4.8 Repression

Repression is the refusal to consciously remember threatening or conflicting situations (Cicarelli, 2009: 461).

Charlie loss of Aunt Helen leaves a very deep wound on him. To eliminate the trauma in the process of dealing with this loss Charlie selectively remembers only good memories of Aunt Helen but bury ones that are too difficult to deal with. As seen in this following quotation:

I don't really know what happened next, and I never really asked. I just remember going to the hospital. I remember sitting in a room with bright lights. I remember a doctor asking me questions. I remember telling him how Aunt Helen was the only one who hugged me. I remember seeing my family on Christmas day in a waiting room. I remember not being allowed to go to the funeral. I remember never saying good-bye to my Aunt Helen.

I don't know how long I kept going to the doctor. I don't remember how long they kept me out of school. It was a long time. I know that much. All I remember is the day I started getting better because I remembered the last thing my Aunt Helen said just before she left to drive in the snow.

She wrapped herself in a coat. I handed her the car keys because I was always the one who could find them. I asked Aunt Helen where she was going. She told me that it was a secret. I kept bugging my aunt Helen, which she loved. She loved the way I would keep asking her questions. She finally shook her head, smiled, and whispered in my ear.

"I'm going to buy your birthday present."  
(Chbosky, 1999: 97-98)

Every time the bad memories come back, anxiety happens. Charlie deals with this by applying repression.

But Aunt Helen is not the person that Charlie always feels about, there is a reason why Charlie experience so much anxiety and feel threatened every time he thinks about Aunt Helen. She leaves a traumatic experience to Charlie. After

having his terrible breakdown and his parents submit him to the hospital and a psychiatrist try to help him, the truth finally surfaces. Charlie recalls that Aunt Helen used to sexually molest him. As seen in this following quotation:

When I fell asleep, I had this dream. My brother and my sister and I were watching television with my Aunt Helen. Everything was in slow motion. The sound was thick. And she was doing what Sam was doing.

(Chbosky, 1999: 216)

What ‘Sam was doing’ is her intentionally put her hands to Charlie’s pants. Charlie unconsciously does not want to admit this reality for a really long time because Aunt Helen’s molestation controvert with Charlie who deem her as a loving mother figure. Causing Charlie a long term problem with anxiety and automatically activate his defencemechanisms process.

#### **4.4.9 Acceptance**

Acceptance is a state where a person finally accepts the reality of a situation, recognizing a process or condition without attempting to change it, protest, or exit.

Charlie after having a hard time admitting the truth about his past trauma finally finds a light into a new hope in life. He starts to open his heart upon many possibilities that could happen to his life. He also feels thankful for all the love from people around him. In the end of novel, Charlie found a new perspective in life and completely changes to a new person. As seen in this following quotation:

I listened to the music and thought about all the things that people have said to me over the past year. I thought about Bill telling me I was special. And my sister saying she loved me. And my mom, too. And even my dad and brother when I was in the hospital. I thought about Patrick calling me his friend. And I thought about Sam telling me to do things. To really be there. And I just thought how

great it was to have friends and a family.... And  
that was enough to make me feel infinite.  
(Chbosky, 1999: 230)

## CHAPTER V

### CONCLUSION & SUGGESTION

#### 5.1 Conclusion

This thesis entitled “Ego Defence mechanisms of Charlie as the Main Character in Chbosky’s *The Perks of Being a Wallflower*” has an objective to analyze ego defence mechanisms experienced by Charlie as the main character.

There are two methods applied in this thesis, which are library research method and approach. Library research method is used to gain references dealing with the object of analysis. While approaches used here are structural approach and psychological approach. Structural approach was used to analyze the structural elements of the novel, like character, setting, and conflict. Psychological approach was used to analyze the ego defence mechanisms of Charlie’s which is caused by the unresolved past trauma with Aunt Helen who molested him when he was a child and Charlie get through a hard time facing it until he finally find a peace with his life.

Based on the previous chapters, finally it can be concluded as follows:

The main character in Chbosky’s *The Perks of Being a Wallflower* is Charlie. He is described as a person who is a loner, sentimental, open to experience, honest, aggressive, observant, and optimistic. He belongs to round and dynamic character.

The setting in this story is divided into setting of time, setting of social, and setting of place. Setting of time in this novel is around August 1991 to August 1992 based on the date of Charlie’s letters. Setting of social in this novel is the 90’s youth who known widely as an experimental generation. Setting of place in this novel is a suburb area in America, where most of parts in the story take place

at Charlie's house, school, Charlie's friends' house, Big Boy, and a few more minor places.

Charlie also experiences two kinds of conflict, which are internal (person against himself) and external conflict (person against person, person against his environment). Charlie's internal conflict when he starts as a freshman in senior high school with no friend since his junior high school close friend died because of suicide. Charlie has a problem about how he is always thinking too much and over-analyzes everything. His tendency to over-think anything influences his behavior. He is very observant that people call him a wallflower who sits, sees, and understands many things about other people. Charlie is good in being that kind of person, so when he decides to change his way of life and participate more in it, many problems start to encounter, causing external conflicts. Charlie's external conflicts occur against some people he knows, like Sam, Mary Elizabeth, his sister, Aunt Helen, Patrick and Brad. His external conflict against Sam happens when Charlie tells her that he probably develops a crush towards her but Sam clearly said that she does not feel the same way about Charlie but still thinks Charlie is such a precious friend for her, leaving Charlie with no choice except to stay a good friend with her and keep his feelings inside. His external conflict against Mary Elizabeth happens when Charlie is caught in a truth or dare game where Charlie dares to kiss the most beautiful girl in the room and he kisses Sam instead of Mary Elizabeth who currently is his girlfriend, causing a big fuss in the middle of their group. His external conflict against his sister happens when Charlie tells Bill, his teacher, about the unhealthy relationship between his sister and her boyfriend and not long after Bill tells their parents about it too, that makes his sister get angry for a very long time. While Charlie's external conflict with

Aunt Helen was happened a long time ago but at the meantime Charlie suppress his memory about it since that memory give him a bad trauma about how his Aunt Helen used to sexually molest him when he was a child. And Charlie's external conflict against Patrick and Brad starts when Charlie find the truth about their gay relationship and as Patrick asked him to do, Charlie keep it a secret until one day after Patrick and Brad's ugly break up which involve a physical fight between Brad and his friends against Patrick and Charlie who try to defend Patrick that ended up with Charlie's explosion and he knocked out five people in one punch.

Finally, Charlie's ego defence mechanisms help him to ease his anxiety. He finally accept the truth about his past, able to participate more in real life, fall in love and cherished a friendship with his friends, and move on with his life. At the end of the story, Charlie successfully sees life from a new perspective and feeling very positive about it.

## **5.2 Suggestion**

After conducting the study, the writer has some suggestions. This thesis focuses on psychological condition of the main character of the novel, Charlie, especially in a matter of ego defence mechanisms. So, it is suggested for future writer who are willing to conduct a research using psychological approach to do the analysis through other approach in psychological disorders such as major depressive condition or separation anxiety.

The analysis here is based on theory proposed by George Eman Vaillant. So other who is willing to conduct ego defence mechanisms analysis may do it using theories from other literature experts in psychological field, such as Anna Freud.

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