

**DENIAL AS A SELF-DEFENSE MECHANISM IN
A MAN CALLED OTTO MOVIE**



An Undergraduate Thesis

Isnaeni Dewi Zaherli

2009010023

**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF CULTURAL SCIENCES AND COMMUNICATION
UNIVERSITY OF MUHAMMADIYAH PURWOKERTO
2024**

**DENIAL AS A SELF-DEFENSE MECHANISM IN
A MAN CALLED OTTO MOVIE**



**An Undergraduate Thesis
Submitted as a Partial Fulfilment of the Requirements
for *Sarjana Sastra* Degree**

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2009010023**

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FACULTY OF CULTURAL SCIENCES AND COMMUNICATION
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2024**

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Purwokerto, July 2024

Head of English Department

Advisor



Sulasih Nurhayati, S.S., M.Hum.
NIK. 2160274



Asih Ernawati, S.S., M.Hum., Ph.D.
NIK. 2160209

VALIDATION SHEET

**DENIAL AS A SELF-DEFENSE MECHANISM IN
A MAN CALLED OTTO MOVIE**

An Undergraduate Thesis

By

Isnaeni Dewi Zaherli

2009010023

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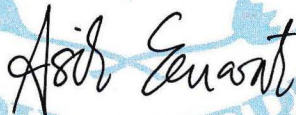
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NIK. 2160370**

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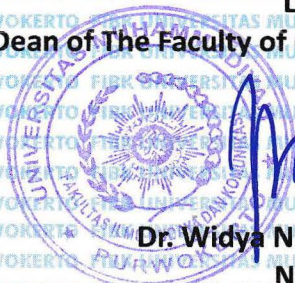
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NIK. 2160370**

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MOTTO

Take action for yourself and be there for others.

- A Man Called Otto -



DEDICATION

This undergraduate thesis is dedicated to my beloved parents who loved me unconditionally and supported my dreams since the beginning of time.



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ABSTRACT

Isnaeni Dewi Zaherli. 2024: Denial as a Self-Defense Mechanism in *A Man Called Otto* Movie. Undergraduate thesis for *Sarjana Sastra* Degree, English Literature Department, Faculty of Cultural Sciences and Communication, University of Muhammadiyah Purwokerto.

Denial as a self-defense mechanism is the process by which an individual refuses to acknowledge or confront painful, threatening, or uncomfortable realities or facts. This defense mechanism is reflected in a movie *A Man Called Otto*. The aims of this research are (1) to explore the psychological motives underlying the emergence of denial, (2) to explore how denial is manifested in the behavior of the main character and his interactions with other characters.

This research uses descriptive analytical method of Elizabeth Kubler Ross's Five Stages of Grief theory and Sigmund Freud's Defense Mechanism theory to analyze the behavior of the main character.

The results of this research indicate that Otto, the main character, experiences grief due to the loss of his wife, loss of job, and loss of support from his environment as the psychological motive underlying the emergence of denial as a defense mechanism. This denial is reflected in Otto's behaviors, such as emotional denial, denial of help from others, denial of failure, and denial of change.

Keywords: Denial, Defense Mechanism, Grief, *A Man Called Otto*

INTISARI

Isnaeni Dewi Zaherli. 2024: *Penyangkalan Sebagai Mekanisme Pertahanan Diri dalam film A Man Called Otto*. Skripsi untuk Gelar Sarjana Sastra, Program Studi Sastra Inggris, Fakultas Ilmu Budaya dan Komunikasi, Universitas Muhammadiyah Purwokerto.

Penyangkalan sebagai mekanisme pertahanan diri adalah proses seseorang menolak untuk mengakui atau menghadapi realitas atau fakta yang menyakitkan, mengancam, atau tidak nyaman. Mekanisme pertahanan diri ini tercermin dalam film *A Man Called Otto*. Tujuan dari penelitian ini adalah (1) untuk mengeksplorasi motif psikologi yang mendasari munculnya penyangkalan dan (2) untuk mengeksplorasi bagaimana penyangkalan tercermin dalam perilaku tokoh utama dan interaksinya dengan tokoh lain.

Penelitian ini menggunakan metode deskriptif analisis dengan menggunakan teori Lima Tahap Duka dari Elizabeth Kubler Ross dan teori Mekanisme Pertahanan Diri dari Sigmund Freud untuk menganalisis perilaku tokoh utama.

Hasil penelitian ini menunjukkan bahwa Otto, tokoh utama, mengalami duka akibat kehilangan istrinya, kehilangan pekerjaan, dan kehilangan dukungan dari lingkungannya sebagai motif psikologi yang mendasari munculnya penyangkalan sebagai mekanisme pertahanan diri. Penyangkalan tersebut tercermin melalui perilaku Otto seperti penyangkalan terhadap emosional, penyangkalan terhadap bantuan orang lain, penyangkalan terhadap kegagalan, dan penyangkalan terhadap perubahan.

Kata Kunci: Penyangkalan, Mekanisme Pertahanan Diri, Duka, *A Man Called Otto*

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