

**STRENGTH AMIDST STRIFE: LILY BLOOM'S DEFENSE MECHANISMS  
IN DOMESTIC VIOLENCE BY COLLEEN HOOVER *IT ENDS WITH US***



**An Undergraduate Thesis**

**Submitted as a partial fulfillment of the  
requirements for *Sarjana Sastra* Degree**

**Dhella Alvianda**

**2009010058**

**FACULTY OF CULTURAL SCIENCES AND COMMUNICATION  
UNIVERSITAS MUHAMMADIYAH PURWOKERTO**

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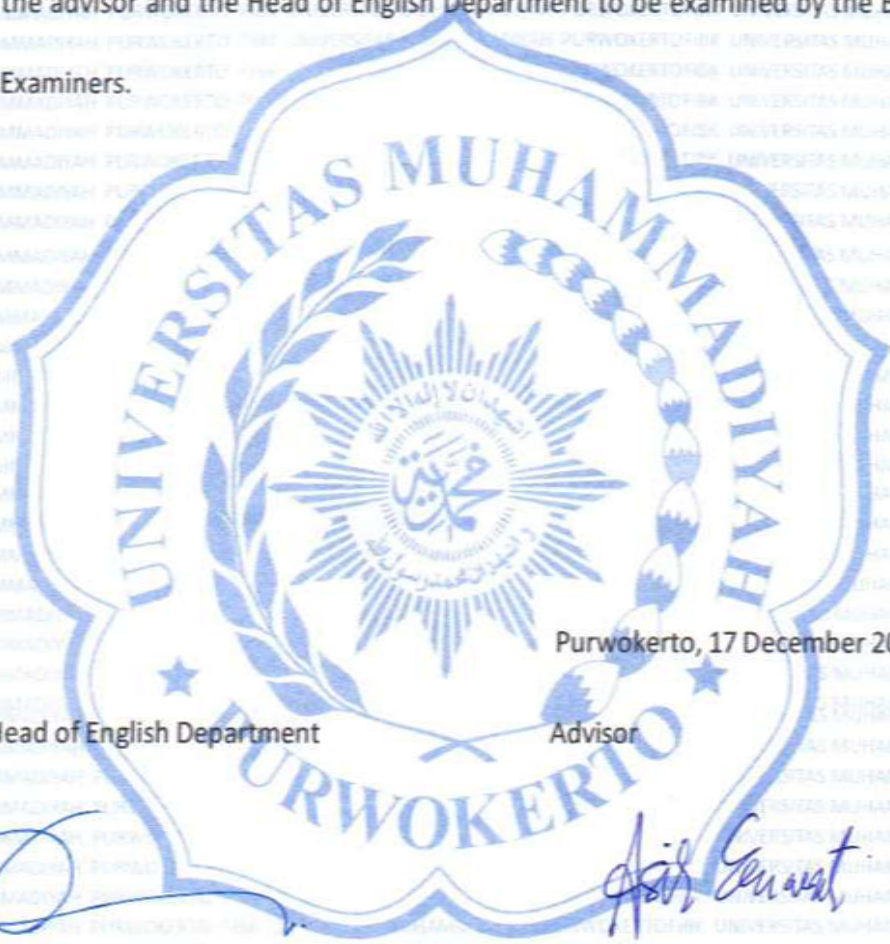
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**FACULTY OF CULTURAL SCIENCES AND COMMUNICATION  
UNIVERSITAS MUHAMMADIYAH PURWOKERTO**

**2024**

**APPROVAL SHEET**

This is to certify that this undergraduate thesis entitled **“STRENGTH AMIDST STRIFE: LILY BLOOM’S DEFENSE MECHANISMS IN DOMESTIC VIOLENCE BY COLLEEN HOOVER IT ENDS WITH US”** by Dhella Alvianda has been approved by the advisor and the Head of English Department to be examined by the Board of Examiners.



Purwokerto, 17 December 2024

Head of English Department

Advisor

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**VALIDATION SHEET**

**STRENGTH AMIDST STRIFE: LILY BLOOM'S DEFENSE MECHANISMS IN  
DOMESTIC VIOLENCE BY COLLEEN HOOVER *IT ENDS WITH US***

**An Undergraduate Thesis**

**By**

**Dhella Alvianda**

**2009010058**

**Has been examined and approved by the Board of Examiners as one of the  
requirements for *Sarjana Sastra* Degree on December 27<sup>th</sup>, 2024**

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Student Number: 2009010058

I, the undersigned researcher of the undergraduate thesis entitled "STRENGTH AMIDST STRIFE: LILY BLOOM'S DEFENSE MECHANISMS IN DOMESTIC VIOLENCE BY COLLEEN HOOVER *IT ENDS WITH US*", hereby attest and affirm that the material in this thesis has not been previously submitted and published for a degree in any universities, and to the best of my knowledge, any referenced-quotations are shown in the arrangement of citations and bibliography. If later it can be revealed that this undergraduate thesis contains partly or wholly plagiarized pieces of other intellectual works of any kind, the research will be ready to accept the sanction.

Purwokerto, 17 December 2024



Dhella Alvianda

## DEDICATION

I dedicate my first work to myself, which has survived and remained strong despite going through various obstacles, tears, and deep thoughts while writing this paper.



## ACKNOWLEDGEMENT

All praise be to Allah SWT, the Most Gracious and the Most Merciful, for His permission and guidance so that the researcher can complete this thesis entitled “Strength Amidst Strife: Lily Bloom’s Defense Mechanisms in Domestic Violence by Colleen Hoover *It Ends with Us*”. Peace and greetings to the great Prophet Muhammad SAW, whose dedication and perseverance have inspired this research journey. The completion of writing this research would not have been possible without the help and support. Therefore, I would like to express my sincere gratitude to:

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9. UMP Library has always been the most comfortable place for me to work on my thesis over the past few months, a place where I can stay focused and calm so that I can spend several hours in it.

Finally, the researcher hopes that this research can be useful in the future.

Purwokerto, 17 December 2024

Dhella Alvianda

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## ABSTRACT

Dhella Alvianda, 2009010058, 2024: Strength Amidst Strife: Lily Bloom's Defense Mechanisms in Domestic Violence by Colleen Hoover *It Ends with Us*. Undergraduate thesis for Sarjana Sastra Degree, English Department, Faculty of Cultural Sciences and Communication, Universitas Muhammadiyah Purwokerto.

This study aims to determine the factors that contribute to Lily Bloom's decision to break the cycle of domestic violence, as well as to find out the defense mechanisms developed by Lily Bloom in response to domestic violence. In this study, the researcher uses Judith Herman's trauma and recovery theory and Sigmund Freud's defense mechanisms. The method used in this study is qualitative of which data were collected through text analysis of the novel *It Ends with Us*. The results found that Lily had experienced domestic violence since childhood. Lily grew up in a family in which violence was part of their norm. The cycle of violence she experienced was in the form of many incidents of serious beatings or explosion phases. This study also shows that there are several forms of domestic violence experienced by Lily Bloom, i.e physical violence, psychological violence, and sexual violence. Physical violence in the form of slapping, hitting, and throwing. Lily received sexual violence several times by her husband, Ryle. In dealing with domestic violence, Lily uses defense mechanisms, including repression, sublimation, denial, regression, and rationalization. Some of Lily's actions reflect the behavior of refusing to accept the reality that occurs. Lily also experiences sublimation as a form of positive defense mechanism. Another action is when Lily tries to cover up her husband's bad behavior by coming up with new ideas that she created herself.

Keywords: *Domestic Violence, Defense Mechanisms, Trauma, Sigmund Freud, Judith Herman, It Ends with Us*

## INTISARI

Dhella Alvianda, 2009010058, 2024: Kekuatan di Tengah Perselisihan: Mekanisme Pertahanan Lily Bloom dalam Kekerasan Rumah Tangga oleh Colleen Hoover *It Ends with Us*. Skripsi. Sastra Inggris, Fakultas Ilmu Budaya dan Komunikasi, Universitas Muhammadiyah Purwokerto.

Penelitian ini bertujuan untuk mengetahui faktor yang berkontribusi pada keputusan Lily Bloom untuk memutus siklus kekerasan dalam rumah tangga, serta untuk mencari tahu mekanisme pertahanan yang dikembangkan oleh Lily Bloom dalam menanggapi kekerasan dalam rumah tangga. Dalam penelitian ini, peneliti menggunakan teori trauma dan pemulihan dari Judith Herman dan mekanisme pertahanan Sigmund Freud. Metode yang digunakan dalam penelitian ini adalah metode kualitatif dengan pendekatan purposive sampling. Data penelitian dikumpulkan melalui analisis teks dari novel *It Ends with Us*. Dari hasil analisis ditemukan bahwa Lily telah mengalami kekerasan dari rumah tangga sejak kecil. Lily tumbuh dalam keluarga dengan kekerasan sebagai bagian dari norma mereka. Siklus kekerasan yang dialaminya adalah berupa banyak insiden pemukulan serius. Selain itu, penelitian ini juga menunjukkan bahwa terdapat beberapa bentuk kekerasan dalam rumah tangga lainnya yang dialami Lily Bloom, seperti kekerasan fisik, kekerasan psikologis, dan kekerasan seksual. Kekerasan fisiknya berupa tamparan, pukulan, serta tendangan. Lily menerima kekerasan seksual selama beberapa kali oleh suaminya, Ryle. Dalam mengatasi permasalahan kekerasan dalam rumah tangga, Lily menggunakan mekanisme pertahanan, antara lain represi, sublimasi, penolakan, regresi, dan rasionalisasi. Beberapa tindakan Lily mencerminkan perilaku penolakan akan menerima kenyataan yang terjadi. Sublimasi juga dialami Lily sebagai salah satu bentuk mekanisme pertahanan yang positif. Tindakan lainnya adalah ketika Lily berusaha menutupi perilaku buruk suaminya dengan memunculkan gagasan baru yang ia buat sendiri.

Kata kunci: Kekerasan dalam Rumah Tangga, Mekanisme Pertahanan, Trauma, Sigmund Freud, Judith Herman, *It Ends with Us*

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