

CHAPTER I

INTRODUCTION

A.1 Background of the Research

Family is frequently associated with sanctuary, a place where people seek love, safety, refuge, and security (UNICEF, 2000). Certainly, a perfect life in the family is the dream of individuals. The family is the smallest unit in society as the initial foundation that plays an important role in the formation of personal character. Life will feel happiness, affection, and warmth in the presence of family. A safe and stable home environment where there is no fear of physical, verbal, or emotional threats. When an individual feels well- appreciated without any prejudice occurring.

Family life is not only marked by happiness and togetherness but also the emergence of many conflicts that become obstacles in household life. The family is a place to express complaints regarding all the problems faced. A family dynamic forms deep emotional bonds. There have been many cases involving domestic violence, turning it from a refuge into a source of suffering in recent years. Domestic violence is an issue that has garnered significant attention in recent times. The increasing number of cases demonstrates this phenomenon every year. It certainly brought the public's attention to how concerning the problem is. The rise in reported cases not only shows the nature or dynamics of domestic violence

but also underscores the extensive harm inflicted, affecting both the victims and their families. This behavior does not even hesitate to hurt its victims and manipulate their actions. Society generally considers domestic violence to be a private matter that does not need outside interference and thinks they can solve the problem themselves. Knowledge about education and public awareness still needs to be questioned, on how to realize that domestic violence is a crime and must be anticipated before there are more victims.

Domestic violence is defined as violence committed by a man against a woman, sexual partner, or ex-partner in domestic contexts, including familial connections and intimate relationships (Flood & Fergus, 2008). Domestic violence presents itself in diverse forms, such as physical, financial, through emotional, etc. The unpleasant treatment causes various kinds of impact on the victim over a long period of time. Domestic violence is a prevalent issue that affects individuals of all backgrounds and social classes (Heidensohn, 2000).

The problem of domestic violence has become increasingly common in recent years. This can be seen from the large number of news about this case, both domestically and abroad. Data sources from various news portals show that reports from victims of domestic violence cases often occur. One of the cases reported on BBC South about the abusive behavior received by Zoe Castle from Marc Masterton, her ex-boyfriend behaved cruelly towards her mentally and physically. Marc Masterton was also imprisoned for the same case against his other partner (Seth & Couzens, 2024).

A similar case was found which was reported in 9News, about how a father could commit violence against his child. Terry Phillips, a 43-year-old man was jailed for assaulting, stalking, and threatening his child, Nadine Hams. Interview the perpetrator by showing evidence of Hams' wound, then evading about it. Not only his children and ex-wife, Phillips was also accused of other victims and was sentenced to 9 months and 21 days. After being released, Phillips' behavior also would not change because he had committed other problems. Despite all the tragedy that happened to her, Hams has become a person who will help others in society (Staff, 2024).

Many studies have been carried out on domestic violence, such as Sabrine *et al.* (2020) examines the direct impact of COVID-19 on women's mental health and violence in Tunisia, Africa, and the Arab world. An increase in mental health problems and increased violence during the pandemic (Sediri, et al., 2020). The next study used previous research by Riefky and Samanik (2022) was entitled "Domestic Violence Issue as seen in the Memoir *Brutally Honest* by Melanie Brown." This research concludes there are various types of violence, such as psychological abuse, economic abuse, physical abuse, also emotional abuse. Melanie suffered all four types of violence, but it was emotional violence that made her suffer the most. Emotional violence includes isolation, false accusation, and negative feedback (Nassoba & Samanik, 2022). Another research from Waruwu and Wahyuni (2023) entitled "Toxic Masculinity Represented in Collen Hoover's *It Ends with Us* (2016)". This research concludes with the forms of toxic masculinity of the

male character, Ryle Kincaid, who is the husband of the main character, Lily Bloom. This toxic masculinity includes misogyny, dominance, and physical violence. The researcher used the theory from Terry A. Kupers regarding toxic masculinity in dissecting the discussion in this research.

This research is based on the novel *It Ends with Us*. Novels are more complex narratives than novellas or short stories. Novels consist of characters, plot, characterization, and conflict that are longer and more detailed in telling a storyline. It offers a wealth of interconnected elements that allow deeper exploration of themes and issues. In *It Ends with Us*, the novel explores complex character development and diverse relationships, providing a comprehensive picture of the protagonist's journey. A long and detailed story from the author to explain the problems of the main character.

This research focuses on domestic violence and defense mechanisms in the novel *It Ends with Us* as the data source. Theories regarding psychology that discuss psychoanalysis have developed, which the theories follow the development of modern human psychological problems. This study uses the theories from Judith Herman's trauma and recovery theory and Sigmund Freud's defense mechanism. The three theories are used to facilitate the description of the analysis of the main character regarding domestic violence, trauma, and the defense mechanisms used. Therefore, research regarding "Strength Amidst Strife: Lily Bloom's Defense Mechanisms in Domestic Violence by Colleen Hoover *It Ends with Us*" need to be done.

A.2 Problems of the Research

Based on the description above, the researcher can formulate several problems that exist, those are:

1. What factors contribute to Lily Bloom's decision to break the cycle of domestic violence?
2. What defense mechanisms does Lily Bloom develop in response to domestic violence?

A.3 Objectives of the Research

The followings are the objectives of the research:

- a. To know the factors contribute to Lily Bloom's decision to break the cycle of domestic violence.
- b. To find out the defense mechanisms that Lily Bloom developed in response to domestic violence.

A.4 Significance of the Research

Theoretically, the results of this research provide a defense effort for a victim to fight to get out of an environment full of violence, especially for women who are often easy targets for receiving these acts. This research provides further exploration of self-defense efforts using the novel *It Ends with Us* as the data source, especially increasing knowledge about this issue, which has been explained in chapter four. This analysis presented in this study provides very useful information for further research that discusses domestic violence, trauma, and

defense mechanisms by using theories from Judith Herman's trauma and recovery theory and Sigmund Freud's defense mechanism.

A.5 Limitation of the Research

This research is limited to examine how defense mechanism against domestic violence in the novel *It Ends with Us* by Colleen Hoover. This research also explores the different types of violence present in the novel. Research information was gathered from journals, thesis, and websites that use the same theories or subject.

A.6 Definition of the Key Terms

Domestic violence encompasses a series of aggressive and controlling actions, such as physical, sexual, and psychological abuse, along with economic manipulation, that adults or adolescents inflict on their intimate partners. Domestic violence happens in relationships when the abuser and the victim are acquainted. It happens in close relationships between adults and teenagers alike (Ganley, 1995). The abuser frequently exerts control and power over the victim, creating a cycle of abuse that can be difficult to break. From a psychoanalytic perspective, this dynamic can be understood through the lens of unresolved childhood conflicts and defense mechanisms. Psychoanalysis is Sigmund Freud's thoughts at the beginning of the 20th century, which is an approach to psychology, mind, and personality. It focuses on the subconscious because the activity is not conscious. Anna Freud defined that defense mechanism as "unconscious strategies

utilized by the ego” to reduce internal stress. By identifying and understanding these processes, patients enhance their self-awareness and gain new insights into their behaviors (Bailey & Pico, 2023).

The defense mechanisms are complex psychological responses that develop as an individual's attempt to protect themselves from anxiety, inner conflict, and psychological stress that could potentially damage the personality structure. Each defense mechanism has various characteristics in dealing with stress, ranging from simple ones such as denial to something positive like sublimation. This unconscious process is fundamentally an adaptive strategy that allows individuals to survive traumatic or threatening situations without experiencing total psychological damage. Each individual will each carry out a defense mechanism that can be done by themselves. When individuals are able to understand and realize the defense mechanisms they use, they have the potential to carry out a healthier and more adaptive psychological reconstruction.

A.7 Organization of the Research Report

The researcher divided the study into the following five chapters to make it easier. The first chapter contains the research background, research problems, research objective, research significance, research limitations, definition of key terms, and research reports. The second chapter contains the theoretical framework and some explanations regarding the theory that will be used and related to previous research. The third chapter contains research methods, data, approaches, research methods, techniques of collecting data, and methods of

analyzing data. The fourth chapter contains data description, data analysis, and discussion. This chapter discussed the defense mechanism against domestic violence in the novel *It Ends with Us* by Colleen Hoover. Identifying and knowing the defense mechanisms that they do. The fifth chapter is about conclusions that can make understanding easier for readers. This chapter also provides suggestions for future research on the same discussion.

