

ABSTRACT

Usboko, Novita Gracia Chandra. 2018. Anxiety and Defense Mechanism in Elizabeth Gilbert's *Eat, Pray, Love*. S1. Thesis. English Department. Faculty of Letters and Language Education. Widya Kartika University. Surabaya. Advisor I: Nopita Trihastutie S.S., M.A. Advisor II: Yulius Kurniawan, S.Pd, M.Pd.

In 21 century, the level of anxiety continues to rise. One way to deal with anxiety is by using defense mechanism. However, to get good results, it depends on the type of defense mechanism used and how to use it should not be excessive. From the explanation of the phenomenon above, this study applies the theory of anxiety by Sigmund Freud and the theory of defense mechanism by George Vaillant to find out the types of anxiety suffered and the types of defense mechanism used by Elizabeth Gilbert in *Eat, Pray, Love* Novel. This study uses a psychological approach to understand the psychological aspects of Elizabeth. The method used to collect the data is library research method. This research found that Elizabeth experiences neurotic anxiety and realistic anxiety. The defense mechanisms used are distortion, fantasy, intellectualization, altruism, and anticipation. By using those defense mechanisms, Elizabeth could overcome her anxieties.

Keywords: Anxiety, Defense mechanism