



**AMY LOUGHREN'S ANXIETY AND SELF DEFENSE MECHANISM IN
THE MOVIE *THE GOOD NURSE* (2022)**

THESIS

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**ENGLISH LITERATURE DEPARTMENT
FACULTY OF LETTERS
UNIVERSITAS ABDURACHMAN SALEH SITUBONDO
2024**



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Presented in Partial Fulfillment of the Requirement
for the Degree of *Sarjana Sastra* in English Studies

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2024

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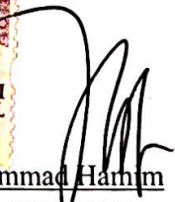
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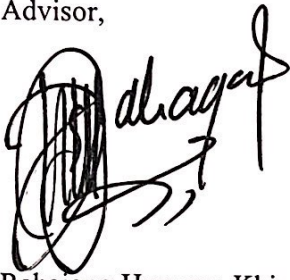

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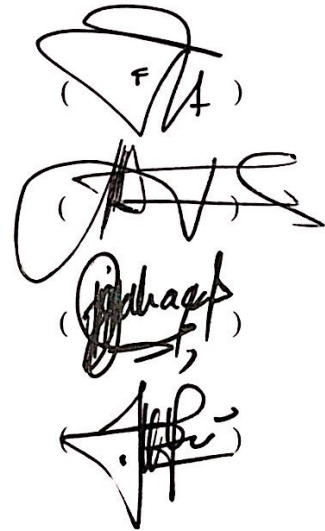
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DEDICATION SHEET

This thesis is dedicated to my father Misnadin and mother Toyati, may Allah SWT always bless us. The motivator are my brothers Sahwi and Suraji who are always strong.

All my family, lecturers, teachers, friends who always support and motivate me to complete this thesis. To my cousin niece, Muhammad Atif Rabbani and Selfi Anggeraini, do not get tired of fighting, I hope your dreams are achieved and you will become successful people in the future.

MOTTO

Life is not only for bread.

(Konosuke Matsushita)

ABSTRACT

Hamim, Muhammad 2024. Amy Loughren's Anxiety and Self Defense Mechanism in the Movie *The Good Nurse* (2022). Unpublished Thesis, English Literature Department, Faculty of Letters, Universitas Abdurachman Saleh Situbondo. Advisors: Rahajeng Hauwwa Khissoga, S.S., M.A. and Sufil Lailiyah, S.S., M.A.

Keywords: Anxiety, Self Defense Mechanisms, *The Good Nurse*

This research explores the anxiety and self defense mechanisms of Amy Loughren, as the main character in the movie *The Good Nurse* (2022) directed by Tobias Lindholm. This movie, inspired by true events, tells the story of Amy, a nurse who uncovers the disturbing truth about her partner, Charles Cullen, a serial killer at Parkfield Memorial Hospital. This research aims to analyze Amy's anxiety manifestations and self defense mechanisms to overcome intense emotional and ethical challenges.

This research examines significant scenes and interactions to identify examples of anxiety and self defense mechanisms, which are based on Sigmund Freud's psychoanalytic theory and further developed by Anna Freud (1966). Amy's anxieties are analyzed regarding her role as a mother, the moral dilemmas she faces, and the personal risks she takes in uncovering Cullen's crimes. The three anxieties that Amy experiences are *reality anxiety*, *neurotic anxiety*, and *moral anxiety*. The analysis identified various self defense mechanisms that Amy used, such as *regression*, *repression*, *reaction formation*, *isolation*, *undoing*, *projection*, *introjection*, *turning against the self*, *reversal*, and *displacement*, to manage her increasing anxiety. The findings of this research offer new understanding of how anxiety and self defense mechanisms operate in individuals experiencing workplace stress. This analysis not only sheds light on Amy Loughren's character but also contributes to the broader discussion regarding mental health and coping strategies. This research underscores the critical need for psychological support systems in high stress professions and highlights the need for awareness and strategies to help individuals struggling with anxiety.

ABSTRAK

Hamim, Muhammad 2024. Kecemasan dan Mekanisme Pertahanan Diri Amy Loughren dalam Film *The Good Nurse* (2022). Skripsi Tidak Diterbitkan, Jurusan Sastra Inggris, Fakultas Sastra, Universitas Abdurachman Saleh Situbondo. Pembimbing: Rahajeng Hauwva Khissoga, S.S., M.A. dan Sufil Lailiyah, S.S., M.A.

Kata Kunci: Kecemasan, Mekanisme Pertahanan Diri, *The Good Nurse*

Penelitian ini mengeksplorasi kecemasan dan mekanisme pertahanan diri Amy Loughren, sebagai tokoh utama dalam film *The Good Nurse* (2022) yang disutradarai oleh Tobias Lindholm. Film yang terinspirasi dari kejadian nyata ini menceritakan kisah Amy, seorang perawat yang mengungkap kebenaran meresahkan tentang pasangannya, Charles Cullen, seorang pembunuh berantai di Rumah Sakit Parkfield Memorial. Penelitian ini bertujuan untuk menganalisis manifestasi kecemasan Amy dan mekanisme pertahanan diri untuk mengatasi tantangan emosional dan etika yang intens.

Penelitian ini mengkaji adegan dan interaksi signifikan untuk mengidentifikasi contoh kecemasan dan mekanisme pertahanan diri, yang didasarkan pada teori psikoanalitik Sigmund Freud dan dikembangkan lebih lanjut oleh Anna Freud (1966). Kecemasan Amy dianalisis mengenai perannya sebagai seorang ibu, dilema moral yang dia hadapi, dan risiko pribadi yang dia ambil dalam mengungkap kejahatan Cullen. Tiga kecemasan yang di alami Amy yaitu *kecemasan realitas, kecemasan neurotik, dan kecemasan moral*. Analisis tersebut mengidentifikasi berbagai mekanisme pertahanan diri yang digunakan Amy, seperti *regresi, represi, pembentukan reaksi, isolasi, membatalkan, proyeksi, interjeksi, berbalik melawan diri sendiri, pembalikan, dan perpindahan*, untuk mengelola kecemasannya yang semakin meningkat. Temuan penelitian ini menawarkan pemahaman baru tentang bagaimana kecemasan dan mekanisme pertahanan diri bekerja pada individu yang mengalami stres di tempat kerja. Analisis ini tidak hanya menyoroti karakter Amy Loughren tetapi juga berkontribusi pada diskusi yang lebih luas mengenai kesehatan mental dan strategi penanggulangannya. Penelitian ini menggarisbawahi kebutuhan kritis akan sistem dukungan psikologis dalam profesi dengan tingkat stres tinggi dan menyoroti perlunya kesadaran dan strategi untuk membantu individu yang berjuang melawan kecemasan.