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ANXIETY AND SELF DEFENSE MECHANISM OF THE MAIN CHARACTER IN THE MOVIE *THE GOOD NURSE* (2022)

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Abstract

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. Based on true events, the movie portrays Amy, a nurse who exposes the truth about her colleague, Charles Cullen, a serial killer at Parkfield Memorial Hospital. This research aims to analyze how Amy copes with intense emotional and ethical challenges through various anxiety and self defense mechanisms. According from Sigmund Freud's psychoanalytic theory, and further developed by Anna Freud (1966), the research identifies examples of Amy's anxiety and self defense mechanisms in different scenes. Amy's anxieties are explored concerning her roles as a mother, the moral dilemmas she faces, and the risks she takes to uncover Cullen's crimes. The three types of anxiety she experiences are reality anxiety, neurotic anxiety, and moral anxiety. Various defense mechanisms such as regression, repression, reaction formation, isolation, undoing, projection, interjection, turning against the self, reversal, and displacement are identified in Amy's behavior as ways she manages her anxiety. The research findings provide insight into how anxiety and self defense mechanisms function in high stress professions, particularly in managing workplace stress.

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

Introduction

In living life, humans face many problems. External pressure often becomes a problem experienced by teenagers and adults. The pressure becomes a heavy challenge for individuals. In addition, social pressure from peers and standards set by culture can also be a heavy burden. All of this can affect a person's mental and emotional health, creating feelings of stress, anxiety and even uncertainty about the future. Even though everyone certainly expects to live a calm, happy, and harmonious life with family. From childhood taught to live a disciplined, study diligently, and enter a formal school to realize ideals. However, beyond expectations many things that cannot be controlled become threats, unexpected events happen at any time.

The problems each individual faces vary, ranging from being scolded by superiors where they work, such as in schools, hospitals, malls, government office. A business that was built with family but encountered obstacles such as a failled business, even though have tried best to build the business. Failed relationships that require divorce, or other things that threatened the individual's peace. Emotional and psychological problems such as depression and anxiety are often rooted in a conflict between the conscious and unconscious mind (Cherry, 2024). As Freud (1894) Said that human mind consists of three, namely id, ego and superego, all of which develop at different stages in our lives (Mcleod, 2024). Conflict between the id, ego and superego which processes the information or reality faced so as to provide a response to the problem. Whether it is a response of sadness, disappointment, shock, crying or even the opposite is normal.

Anxiety is the ego's function to remind the individual of the possibility that something bad will happen so that an appropriate adaptive reaction can be prepared. There are those who vent their emotions by getting angry at those closest to them, there are those who prefer to bottle it up and forget, there are those who are sad and wail, and there are those who endure without feeling anxious. If left unchecked, this will cause mental disorders. In the journal Cambridge University Press states that there are 1 billion people (more than one in eight adults and adolescents) worldwide have mental disorders. Depression 280 million people and anxiety 301 million people. Mental disorders also have a financial impact because it is natural for people to work and cause productivity losses. It is estimated that each year, about 12 billion productive working days are lost due to depression and anxiety that cause losses to reach US$1 trillion (Cuijpers, Javed & Bhui, 2023).

Throughout 2022, according to the Indonesian National Adolescent Mental Health Survey 2022, there wet 15.5 million or 34.9 percent of Indinesian teenagers experiece mental

health problems and 2.45 million or 5.5 percent experiencing mental disorders (Nababan, 2023). This is caused by a lot of pressure without any direction or way out. So teenagers who do not have strong self defense mechanisms tend to experience impacts, namely mental disorders. Mental health will be maintained if the information or events experienced can be managed well by the id, ego and superego. So that the response from the mind can be channeled correctly. Mental health problems are often closely related to the self defense mechanisms that a person uses to cope with life stres and stresses.Mental health problems are complex issues that are influenced by several factors, such as external pressure and traumatized.

In dealing with various problems, the self defense mechanism becomes an important need. These mechanisms refer to mental processes, whether conscious or unconscious, help individuals reduce anxiety, often in response to trauma, stress, or anger (Grande, 2023). As a psychoanalytic strategy, self defense mechanism is a way that a person uses to be able to adapt to relieve stress, including the human ability to change the exchange of attitudes, thoughts, processes of obtaining information, knowledge and memory (Habber & Runyon, 1984).

According to Stuart and Sundeen (1998), emphasize the importance of self defense mechanisms as a psychological strategy that helps individuals cope with stress, solve problems, adapt, and deal with threats in everyday life. In addition to influencing individual lives, self defense mechanisms are also reflected in literary works, reflecting the internal and external conflicts that humans often face. A movie that is very related to anxiety and self defense mechanism which will be used as an object of this research is *The Good Nurse* (2022), the movie which released on September 11, 2022 in the United States. Adapted from a book by Charles Greaber entitled *The Good Nurse: A True Story of Medicine, Madness, and Murder*, released in 2013. Charles Graeber is an American writer and freelance journalist who has received an award as best writer from the New York Times (Dian, 2022).

Directed by Tobias Lindholm, with producer Scott Franklin, and screenplay by Krysty Wilson Cairns. Played by oscar winner Jessica Chastain, Eddie Redmayne and other stars. This movie is 121 minutes long with official distributor Netflix (Tellerico, 2022). In this movie, the main character Amy Loughren, experiences a lot of pressure, as a single mother she has to work hard even though she has heart disease. Because the job is also to get health insurance which can later be used for surgery for his heart disease. The arrival of her professional friend Charles Cullen and pressure from superiors when many of the patients treated by Amy Loughren died. Problems that affect mental health can vary from work stress,

relationship problems, past trauma, to psychiatric disorders such as depression or anxiety. In the movie *The Good Nurse*, the character Amy Loughren, played by Jessica Chastain, experiences a number of problems that affect her mental health. Amy Loughren is a nurse who is considered involved in the murder of patients at the hospital where she works. In the face of tremendous pressure from the situation, Amy uses self defense mechanisms to protect herself psychologically.

Therefore, the researcher choose this topic anxiety and self defense mechanisms in the context of the movie *The Good Nurse* because the movie provides an overview of how external pressure can affect a person's mental health, as well as how individuals overcome those pressure through psychological strategies. By understanding how characters like Amy Loughren use self defense mechanisms in stressful situations, we can gain a deeper insight into how humans respond to tremendous external pressures, especially in the context of work environments that require high levels of patience and emotional resilience such as in the world of health care. We can broaden our understanding of the relationship between individual psychological conditions and environmental situations, as well as delve deeper into the complexities of mental health that may arise in that context.

There are three previous studies that have similar topic. First, *Defence Mechanism of the Main Character in Laurie Halse Anderson's Speak Novel* (Zulfaisya & Hasra, 2020). This study aims at revealing how defence mechanisms is experienced by Melinda Sordino as the main character of *Speak Novel* by applying Sigmund Freud's defence mechanism theory. This study uses a descriptive qualitative method. Second: *Defence Mechanism of Laurie Strode in Jonh Passarella's Helloween* (Setiawan, 2022). This study aims to discuss the defence mechanism on Laurie Strode in *John Passarella's Halloween*. This study uses a qualitative descriptive method with a psychoanalytic approach to analyze the literary work used by the author is *John Passarella's Halloween* novel and theories of personality by Sigmund Freud. Last, *Self Defense Mechanism of the Main Characters in the Novel Pünktchen und Anton* (Zahrah at al. 2023). This research used Sigmund Freud's theory psychoanalytic self defense mechanism. It aimed to explore the type of self defense mechanism used by the two main figures in the face of anxiety. This research is qualitative research with a content analysis method.

From the previous study above, there are differences that distinguish this research from previous research is the object. Researcher use the movie *The Good Nurse* as the object of research. Researcher only focus on the main character in this movie. Previous researcher used novel objects and only focused on the self defense mechanism. So this research will focus on

two problems, namely anxiety and self defense mechanism of the main character in the movie.

Review of Literature

This chapter discusses the theoretical basis use as a reference by the researcher in conducting research. This research uses a psychoanalytic approach to determine the description of the self defense mechanism of the main character in the movie *The Good Nurse.* The theory used is the theory classification of types of self defense mechanism developed by Anna Freud (1966). Anxiety classification to answer the problem formulation.

In the context of Anna Freud's theory, anxiety is seen as the result of the ego's inability to overcome the conflict between id and superego. The self defense mechanism becomes a strategy use by the ego to reduce anxiety that arises due to the conflict. By applying self defense mechanism such as regression, repression, reaction formation, isolation, undoing, projection, interjection, turning against the self, reversal, displacement, individuals can create a form of psychological protection to deal with internal conflicts that trigger anxiety.

A. Psychoanalysis

Psychoanalysis is a discipline in psychology that examines the role of the subconscious mind in shaping human behavior, experiences, and personality (Vinney, 2019). This method was conceived by Sigmund Freud and involves an in depth analysis of psychological conflicts, personality structures, as well as past influences on individual development. Psychoanalysis is also a therapeutic approach that aims to overcome subconscious conflict and reduce anxiety through symbolic interpretations of dreams, free association, and reflections on past experiences (Sawbridge, 2015).

The theory of psychoanalysis focuses on understanding how the subconscious mind affects human behavior (Hoven, 2016). So that the human personality can be explained in detail and can describe the causes and consequences. Why can humans experience anxiety, stres, trauma, have multiple personalities, have self defense mechanisms and so on. This theory is still a reference to this day both in therapy and literary works. Anna Freud describe, the human mind consists of three main parts: id "lust", ego "reality", and superego "morality" (Freud, 1966). Id is a subconscious part that contains primitive desires and impulses, the ego is a conscious part that functions to regulate and moderate these desires, while the superego is the part of the mind that contains the rules and moral norms that we learn from the surrounding environment.

1. The Id

The id is the reservoir for the instincts and libido (the psychic energy manifested by the instincts). The id is a powerful structure of the personality because it supplies all the energy for the other two components. Because the id is the reservoir of the instincts, it is vitally and directly related to the satisfaction of bodily needs (Freud, 1966). As we saw earlier, tension is produced when the body is in a state of need, and the person acts to reduce this tension by satisfying the need (Schultz, 2017). Id plays an important role in personality development, because it provides the psychic energy necessary for the existence and function of the other two components of personality: ego and superego. Although the id provides the necessary energy for various mental and behavioral activities, a healthy personality requires the right balance between the id, ego, and superego (Drew, 2023). The id operates in accordance with what Freud called the pleasure principle. Through its concern with tension reduction, the id functions to increase pleasure and avoid pain. The id strives for immediate satisfaction of its needs and does not tolerate delay or postponement of satisfaction for any reason. It knows only instant gratification, drives us to want.

2. The Ego

The ego is one of the main components of personality structure in the theory of psychoanalysis developed by Sigmund Freud. The ego acts as a mediator between the instinctive demands of the id and the needs of reality as well as social norms (Freud, 1966). Its function is to ensure that the impulses that arise from the id are met in a realistic and socially acceptable way (Boag, 2014). The ego operates on the principle of reality, considering the consequences of the actions taken and integrating individual needs with the demands of the external environment. Thus, the ego plays a role in helping individuals function effectively in society by balancing id desires with accepted realities and social values.

3. The Superego

The id and ego do not represent Freud's complete picture of human nature. There is also a third set of forces a powerful and largely unconscious set of dictates or beliefs that we acquire in childhood, our ideas of right and wrong (Freud, 1966). In everyday language we call this internal morality a conscience, Freud called the superego. The superego is a moral aspect of personality, which serves as a guardian over the morals and internalized standards of the social environment, especially from authority figures such as parents and society (Schultuz, 2017). Superego operates on the principle of morality and aims to guide individuals to behave in accordance with accepted social and moral norms. This includes

aspects such as guilt, shame, and respect for authority. The superego often contradicts the instinctive impulses that arise from the id, and interacts with the ego in determining individual behavior.

In psychoanalytic theory, when there is external pressure, the interaction between id, ego, and superego can cause anxiety. The tension or conflict between the instinctive impulses that arise from the id, the demands of reality required by the ego, and the moral standards imposed by the superego can create a psychological tension called anxiety. For example, the ego may face a conflict between the desires desired by the id and the moral rules firmly held by the superego. This disagreement can cause psychological discomfort that is perceived as anxiety.

B. Anxiety

Anxiety is a term use to describe intense and persistent feelings of anxiety, fear, or tension. This is the body's natural response to stress or perceived threats, and can arise in a variety of everyday life situations (Freud, 1966). However, when feelings of anxiety become excessive, disproportionate to the situation at hand, or interfere with a person's daily functioning, this can be a sign of an anxiety disorder that requires further attention and intervention. In the context of psychology and mental health, anxiety can also refer to various anxiety disorders, such as generalized anxiety disorders such as phobias, panic, or social anxiety disorders (Bistami, Carpenter, & Chapel, 2023).

Sigmund Freud saw anxiety as an important part of the personality system, which is the basis and center for the development of neurosis and psychosis behavior (Schultz, 1986). Anxiety occurs due to the presence of frightening internal and external factors, anxiety related to certain objects which manifests as a phobia, neurotic anxiety that is not related to harmful internal and external factors. Anxiety is one of the common emotional reactions faced by individuals in everyday life. According to psychodynamic theory, anxiety arises when the ego is unable to overcome the conflict between internal demands id and superego (Nash, 2018). Excessive or uncontrolled anxiety can affect a person's mental health, interfere with daily functioning, and hinder the quality of life. Sigmund Freud (1894) classified anxiety into three types, namely as follows:

1. Reality Anxiety

The first type of anxiety, the one from which the others are derived, is reality anxiety (or objective anxiety). This involves a fear of real dangers in the real world. Most of us justifiably fear fires, hurricanes, earthquakes, and similar disasters. We run from wild animals, jump out

of the paths of speeding cars, and run out of burning buildings (Freud, 1894). Reality anxiety serves the positive purpose of guiding our behavior to escape or protect ourselves from actual dangers. Our fear subsides when the threat is no longer present. These reality based fears can be carried to extremes, however. The person who cannot leave home for fear of being hit by a car or who cannot light a match for fear of fire is carrying reality based fears beyond the point of normality.

2. Neurotic Anxiety

The other kinds of anxiety, neurotic anxiety and moral anxiety, are more consistently troublesome to our mental health. Neurotic anxiety has its basis in childhood, in a conflict between instinctual gratification and reality (Freud, 1894). Children are often punished for overtly expressing sexual or aggressive impulses. Therefore, the wish to gratify certain id impulses generates anxiety. This neurotic anxiety is an unconscious fear of being punished for impulsively displaying id-dominated behavior (Drew, 2023). Note that the fear is not of the instincts themselves, but of what might happen as a result of gratifying the instincts. The conflict becomes one between the id and the ego, and its origin has some basis in reality.

3. Moral Anxiety

Moral anxiety results from a conflict between the id and the superego. In essence, it is a fear of one's conscience (Freud, 1894). When you are motivated to express an instinctual impulse that is contrary to your moral code, your superego retaliates by causing you to feel shame or guilt. In everyday terms, you might describe yourself as conscience-stricken. Moral anxiety is a function of how well developed the superego. A person with a strong inhibiting conscience will experience greater conflict than a person with a less stringent set of moral guidelines. Like neurotic anxiety, moral anxiety has some basis in reality. Children are punished for violating their parents' moral codes, and adults are punished for violating society's moral code (Loway & Nurochman, 2023). The shame and guilt feelings in moral anxiety arise from within; it is our conscience that causes the fear and the anxiety.

C. Self Defense Mechanisms

Anxiety functions as a sign of impending danger, a threat to the ego that must be avoided or resisted. In this case the ego must reduce the conflict between the will of the Id and the Superego. This conflict will always exist in human life because instincts will always seek satisfaction while the social and moral environment limits this satisfaction. So, according to Freud, a defense will always operate broadly in aspects of human life. Just as all behavior is

motivated by instinct, so too all behavior has a natural defense, in terms of fighting anxiety (Schultz, 1986).

Usually individuals will use several self defense mechanisms at the same time. There are two important characteristics of self defense mechanisms. The first is that they constitute a form of denial or disruption of reality. The second is that defense mechanisms occur unconsciously. We actually lie to ourselves but do not realize we are doing so. Of course, if we know that we are lying then the defense mechanism will not be effective. If defense mechanisms work well, they will keep any threat outside our awareness. As a result we do not know the truth about ourselves. We have been divided by images of desires, fears, possessions and all sorts of other things. Several self-defense mechanisms are used to combat anxiety. In Anna Freud's development theory there are 10 types of self defense mechanism (Freud, 1966). Namely as follows:

1. Regression

Regression is where individuals return their behavior, thoughts, or emotions to a more primitive or earlier stage of development. This occurs in response to perceived stress or conflict, and individuals may adopt simpler or less mature patterns of behavior in an effort to deal with the stress they are experiencing. Some examples of regression behavior are biting your nails, talking like a child, smoking, and so on (Holland, 2022).

2. Repression

Repression is the process by which the individual suppresses or rejects thoughts, memories, or impulses that threaten to emerge into consciousness. This is done to reduce the anxiety or discomfort associated with the contennts of such unwanted thoughts or feelings. Repression serves to protect the ego from disturbing influences and prevents full awareness of anxiety by suppressing bad thoughts, painful memories, and irrational beliefs in the hope of forgetting them. For example, a bad childhood experience with her father makes her avoid every man who approaches her now (Felton, 2022). Or a teenager has a desire to fulfill his biological needs (sex), but he suppresses this desire because this action violates religious norms.

3. Reaction Formation

Reaction formation are way of hiding feelings of anxiety through reactions that are contrary to the actual circumstances. Where a person shows behaviors or attitudes that are extremely contrary to the feelings they actually have. This happens when the individual is unable to accept or acknowledge unwanted feelings or impulses, so they unconsciously turn them into something more socially or morally accepted. For example, a mother who does not

expect her child to be there, actually pampers and protects her in an effort to convince her child that she is a good mother (Grande, 2023).

4. Isolation

Isolation is a person's way of avoiding or ignoring painful or threatening feelings, thoughts, or memories. This can be in the form of avoiding the situation or the person who triggered the feeling, or ignoring the feeling completely. This is a way to protect yourself from emotional stress or internal conflicts that are difficult to deal with. Isolation involves separating the anxiety provoking aspects of an event from other thoughts and behaviors. For example, after the death of a child, one parent may put aside their grief in order to provide support to the other parent (Cherry, 2024).

5. Undoing

Undoing is a person's way of trying to undo feelings or actions that are considered inappropriate or unwanted by performing contradictory or opposite actions. By trying to retract or correct painful behaviors, thoughts, or impulses. This may be a thought that makes you feel bad, so reduce that guilt by being very kind, helpful, or praising. For example, someone who feels guilty for thinking negatively about others may try to undo that feeling of guilt by doing good to that person (Felton, 2022). Another example, someone who unintentionally insults a friend might feel guilty. Rather than apologizing for the comment, they offer compliments to undo the effects of the insult and relieve their own feelings of guilt.

6. Projection

Projection is when a person attributes unwanted thoughts, feelings, or intentions in himself to others. This means a person may refuse to acknowledge or accept negative aspects of oneself and, instead, assume that others have the same traits or motivations. Projection allows a person to maintain positive feelings about himself by refusing to admit unpleasant or unwanted parts of himself. For example, Someone who feels jealous of their partner believes that their partner also feels jealous, even though the partner actually has no feelings of jealousy. Another example, An unproductive worker on a team may unconsciously assume that his teammates are also unproductive, even though he is actually the only one who has performance problems (Gonsalves, 2022).

7. Interjection

Interjection is where a person unconsciously internalizes or absorbs aspects of the external environment into themselves. This happens when individuals take attitudes, values, or behaviors from others or their environment and incorporate them into their own identity or personality without realizing it. This can happen through the influence of parents, peers, the

media, or culture. Introection helps individuals shape their identities and values. For example, a teenager who adopts a pattern of behavior from his peers. Example, if peers engage in risky behaviors such as smoking or drinking, the individual may also do the same without deep consideration for internalizing group norms. Another example, when you fail in a competition and someone says that you are not talented enough. So, instead of learning from failure, you choose to believe those words and no longer continue with the talents you have (Grande, 2023).

8. Turning Against The Self

Turning against the self' is where a person blames or hurts himself in response to conflict or internal tension. It can take many forms, including physical or emotional destructive behavior such as self injury, self destroying own efforts, or excessive self criticism. This mechanism often arises as a way to divert internalized negative feelings or anxiety into a form of self harming behavior. For example, a child who is scolded by his parents will hit his head or other parts of his body because it is impossible to hit his parents who are angry (Freud, 1966).

9. Reversal

Reversal is where a person changes their feelings or actions from one extreme to another in response to conflict or internal pressure. This involves a dramatic change in attitude, emotion, or behavior. Reversal can occur as an attempt to overcome the emotional or cognitive discomfort generated by internal conflict or stress. For example, an individual who initially praises and supports their boss excessively, but then, after a disappointing criticism or experience, they suddenly flip and openly criticize or denounce their boss (Freud, 1966). Another example, Someone who is initially very confident and optimistic about their abilities in a field, but after facing significant failures or obstacles, they experience dramatic changes to be very pessimistic and doubt their own abilities.

10. Displacement

Displacement is the individual diverts or channels emotional feelings or impulses from their original source to objects or situations that are less risky or more tolerable. This happens when the individual feels insecure or uncomfortable expressing feelings or direct impulses towards the intended object, so they redirect those feelings to other objects that are considered safer or in accordance with social norms. For example, someone who is being angry with his boss and he also feels angry with his boss but does not feel comfortable expressing anger to his boss, it is possible that he will transmit his anger to his partner or friend (Holland, 2022).

Methodology

This research used Sigmund Freud's theory psychoanalytic anxiety and self defense mechanism. The research is qualitative research with a content analysis method. Researcher use the movie *The Good Nurse* (2022) as the object of research. The Research only focus on the main character, and focus on two problems namely anxiety and self defense mechanism of the main character in the movie *The Good Nurse*.

Findings and Discussion

Research findings regarding the use of anxiety and self defense mechanism in the movie *The Good Nurse (2022)* show the important function of self defense mechanisms as a response to anxiety. Anxiety and self defense mechanism are two very important concepts in psychology. The main function of anxiety is as a signal for individuals to face threats or conflicts, whether real, internal, or moral. Meanwhile, self defense mechanisms function to manage or reduce this anxiety in various ways, helping individuals to continue to function effectively and maintain psychological balance. In the context of the movie *The Good Nurse*, analysis of anxiety and self defense mechanism can help us understand how the characters in the movie feel when the main character faces stressful situations and the conflicts they face, be they real threats, internal conflicts, or moral dilemmas. Amy Loughren as the main character experiences a lot of moral anxiety, then reality anxiety and the least amount of neurotic anxiety.

Moral anxiety is experienced the most because from the beginning of the movie to the and there are many scenes about the death of the patient that Amy is treating. Moral anxiety arose the most because Amy had the responsibility to care for patients until they recovered, but in reality the patients died. Reality anxiety is the second most common because Amy is faced with critical situations, such as when her patient's health gets worse, when she encounters a criminal, namely Charles Cullen. Of course it requires a strategy because it threatens security. If she act wrongly, Amy and her daughters could become victims too. In facing a critical situation, Amy protects herself with self defense mechanisms. Example of data, namely:

Reality Anxiety

Datum 1 : 01.02.26

When Amy Loughren meets her old friend Lori Lucas and Amy asks.

Amy   : *You know. I want to. I want to ask you. This is a little strange.*
Lori   : *I like weird.*

Amy   : *But, um... you remember working for someone named Charles Cullen?*
Lori   : *Yes...Why?*
Amy   : *I worked with him on Parkfield.*
Lori   : *There are rumor about him. That he was responsible for the death.*
        That he OD on someone.
Amy   : ***Oh...With what?***
Lori   : *They found insulin in the dead man's feeding. They found it in some.*
Amy   : ***Oh no.***

Amy Loughren meets her old friend and asks about Charles Cullen. Lori Lucas who used to work with Charlie at a hospital. Conveying rumors that Charlie was suspected of being responsible for the patient's death because he put insulin in the feeding bag. Amy is worried what if Charlie, who she thinks is a very good nurse, turns out to be a criminal. The reason is, the deceased patient treated by Amy also contained insulin in the examination results.

The reality anxiety that Amy experiences is anxiety about the fact that Charlie is a criminal who could kill people at any time. Amy, who initially really liked Charlie, has now turned into someone who is very annoyed with him. After learning the fact that Charlie is a criminal like detectives Braun and Baldwin think. Many of Amy's patients died possibly because they were injected with insulin in feeding bag. It turns out Amy found a leaky feeding bag. The self defense mechanism that is used as a response to anxiety is **reversal**.

Datum 2 : 00.39.51

Scene 00.39.51

While at the hospital, Amy Loughren panicked because her patient's condition was getting worse. Amy felt anxious again because the condition of the patient she was treating was getting worse. While compressing the patient, Amy tried her best. Amy, who was tired of treating her patients, took a break because if she was too tired, her heart disease would recur.

Amy experienced **reality anxiety** because the patient was unconscious, of course she hoped that the patient would recover. While Amy was resting, her illness was about to recur, Charles Cullen, who felt sorry for Amy, took medicine which made Amy even more convinced that Charlie was a good person even though the medicine was stolen from PYXIS and Amy knew that it was stealing. Amy reduces her anxiety with the self defense mechanism **interjection.** Incorporating external aspects into

herself without thinking again that stealing is not allowed. Amy immediately took the medicine that Charlie gave her without thinking again.

Neurotic Anxiety

Datum 1 : 00.21.39

Amy Loughren and Charles Cullen's conversation when Amy's illness recurs.

Amy   : *Cardiomyopathy. Blood blisters on my heart.*
Charlie   : *Ok, so why do you work?*
Amy   : *I do not have health insurance.*
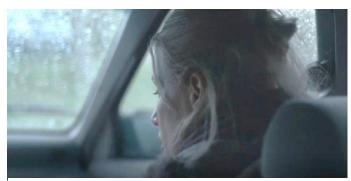Charlie   : *How about here, do you talk to a cardiologist?*
Amy   : ***No, please.***
Charlie   : *Ok*
Amy   : ***Do not tell them. I will be fired.***

This anxiety emerged when Amy Lougren had a dialogue with Charles Cullen when his illness recurred. Amy told him about the illness she was suffering from, then Charlie answered, *why did not take her to a cardiologist?* Then Amy replied please do not tell them, I will be fired. Anxiety about being fired from his job appears suddenly. **Neurotic anxiety** is the anxiety that Amy is currently experiencing, because she is worried about something that is not real and this anxiety is the worry that if she tells her boss she will be fired, as Amy thinks. Charlie will help her with Amy's problems and Charlie provides encouragement. So Amy protects herself from this anxiety with a self defense mechanism, namely **isolation** or ignoring the sadness she is experiencing by encouraging herself and saying that she will definitely get through everything.

Datum 2 : 00.43.29

Scene 00.43.29

When Amy Loughren was on the car and want to go home from work. Amy, who almost wants to undergo heart surgery, is worried that it will not be possible and will fail. Amy also felt worried if her daughter Alex found out about her illness. Amy experiences **neurotic anxiety** or anxiety about something that is not real. Namely, he is worried that if Alex's daughter finds out that Amy has heart disease, it will only disappoint her daughter.

However, Charlie provided support so that Amy could tell Alex about her illness. Charlie is confident that Amy will have a successful operation and be able to be with her daughter again. Then when she got home Amy talked to her daughter Alex and Amy showed more resilience or happiness and isolated her anxiety. That way, everything will be fine. With a face that looks happy. The self defense mechanism that Amy applies to protect herself from anxiety is **isolation**.

Moral Anxiety

Datum 1 : 00.24.09

Scene 00.24.09

At the hospital where Amy Lougren worked, when she found out that the patient she was treating had died, Mrs. Ana Martinez, Amy is in shock. **Moral anxiety** is anxiety that arises from conscience. The reason is that Amy has a responsibility to the patient she is treating, but the patient dies. Amy protects herself from her anxiety with a self defense mechanism of **regression,** namely crying like a child. Amy has provided the best service, but this incident certainly made Amy very sad. Amy shook her head while crying like a child.

Datum 2 : 00.37.16

When Amy Loughren was asked by detectives Braun and Baldwin.

Braun ask   : *Do you remember Ana Martinez?*
Amy   : *Yeah, Ana is my patient.*
Braun   : *Do you remember anything strange about what happened her?*
Amy   : ***Weird?***
Braun   : *Yeah, he died.*
Amy   : ***Yeah, and it is very sad. It was sudden.***

In this scene, when detectives Braun and Baldwin come to Amy Loughren's house. Amy experiences **moral anxiety** again when asked about the death of her patient, Mrs. Ana Martinez by detectives Braun and Baldwin. Because Amy has responsibility for the health of patients who ultimately die. Amy cried while hitting her head like a child as self protection which is part of the self defense mechanism, namely **regression**. When detectives Braun and

Baldwin show a history of drugs used to treat Mrs. Ana Martínez. Amy spontaneously bit her lip and rubbed her nose to protect herself with a self defense mechanism to relax.

The movie *The Good Nurse (2022)* tells the story of Amy Loughren, a nurse who works with Charles Cullen, who is later found to be involved in a series of patient deaths at the hospital. The main theme of this movie involves the moral conflict that Amy experiences when she begins to suspect her co-workers, which gives rise to intense reality anxiety, neurotic anxiety, and moral anxiety. To understand how Amy overcomes this anxiety, we can relate her experience to the concepts of anxiety and self defense mechanisms.

Moral anxiety is a type of anxiety that arises when there is a conflict between a person's behavior and their moral or ethical standards. In the context of movie *The Good Nurse,* Amy experiences significant moral anxiety when she begins to suspect that Charles Cullen may be responsible for the deaths of several patients. Amy is faced with a dilemma, because Amy also has responsibility for the patients she cares for, Amy is initially hesitant to help detectives Braun and Balwin. Should he join in looking for evidence of a co-worker who may have committed a crime or remain silent in order to maintain work relationships and possibly avoid difficult inner conflicts.

Amy experienced great emotional distress knowing that her actions or failure to act could contribute to more deaths. Feelings of guilt and worry always haunt me. Amy feels guilty about her alleged negligence and worries about the consequences of her actions, both for the patient and for herself and her daughters. Self defense mechanisms are psychological strategies that Amy uses to deal with anxiety or emotional distress. Amy uses several self defense mechanisms to deal with the anxiety she experiences. Such as regression, repression, reaction formation, isolation, undoing, interjection, turning against the self, reversal, and displacement. This mechanism helps her manage intense emotional stress and allows her to continue functioning in her professional roles as a nurse and a mother.

This movie clearly shows the complexity and difficulties that Amy faces when faced with deep moral dilemmas, and how they use psychological strategies to survive and maintain emotional balance. From the data collected, Amy experienced the most anxiety, namely moral anxiety, reality anxiety, and then the least amount of neurotic anxiety. Protecting themself with the most common self defense mechanisms is regression, isolation, turning against the self, reversal, reaction formation, interjection, the least is undoing and displacement.

This research shows similarities and differences with three previous studies. The first study, entitled *Defence Mechanism of the Main Character in Laurie Halse Anderson's Speak Novel*, found eleven types of defense mechanisms. Repression, reaction formation, projection,

regression, sublimation, rationalization, identification, turning against the self, and isolation, which were used by Melinda in dealing with internal and external conflicts due to sexual harassment and social rejection. The second study, entitled *Defence Mechanism of Laurie Strode in John Pasarella's Halloween,* found real anxiety and neurotic anxiety in the character of Laurie. Reality anxiety arises from trauma and fear resulting from individual experiences, while neurotic anxiety is seen in Laurie's delusions of seeing Michael Myers. Defense mechanisms found in Laurie include displacement, repression, denial, and rationalization. The third study, entitled *Self Defense Mechanism of the Main Characters in the Novel Punktchen und Anton*, found thirty one data on self defense mechanisms. Pünktchen uses three data repression, six data reaction formation, one data displacement, one data fixation, one data disclaimer, and one data rationalization. Anton uses four data repression, six data reaction formation, Three data displacement, two data sublimation, and three data rationalization.

This research found thirty data on anxiety and self defense mechanisms, including fourteen types of moral anxiety, thirteen real anxiety, and three neurotic anxiety. The self defense mechanisms found include eleven data regression, four data isolation, four data turning against the self, four data reversal, three data reaction formation, two data interjection, one data undoing, and one data displacement. Two types of mechanisms were not found, namely repression and projection. Similarities with previous studies are the data findings on reality anxiety and neurotic anxiety, as well as defense mechanisms such as reaction formation, regression, turning against the self, and isolation. No moral anxiety was found in previous studies. This research uses Anna Freud's theory (1966) which includes ten points: regression, repression, reaction formation, isolation, undoing, projection, interjection, turning against the self, reversal, and displacement. In contrast, previous studies used Sigmund Freud's theory which includes mechanisms such as sublimation, rationalization, identification, denial, fixation, and disclaimer.

Conclusion and Suggestion

Conclusion section and providing suggestions to various groups related to the research. This research has analyzed how anxiety and self defense mechanism are portrayed in the main character, Amy Loughren, in the movie *The Good Nurse (2022).* Based on the analysis of the movie, it can be concluded that. Amy Loughren displays high levels of anxiety throughout the movie due to the threat posed by her co-worker, Charles Cullen. This anxiety can be seen in her behavior and emotional reactions, such as moral anxiety because the patients her treats

always die and concerns about the safety of the patient and herself. This movie depicts the deep psychological impact that anxiety has on Amy's mental peace and decisions as a nurse.

Amy Loughren uses a variety of self defense strategies to deal with threatening situations, including gathering evidence, communicating with authorities, and supporting from close friends. This mechanism reflects her active efforts to protect herself from physical and emotional threats, as well as to ensure patient safety. This strategy also shows how individuals can adapt and act in the face of crisis situations. Overall, the movie is effective in depicting the impact of anxiety on individuals and the importance of self defense mechanism in dangerous situations, as well as providing a realistic depiction of the challenges faced by the main characters.

Based on the findings of this research, several suggestions for further thesis research. Comparative study with other movie, it is recommended to conduct a comparative study with other movies that raise the theme of anxiety and self defense mechanism. This can help identify common patterns and differences in the depiction of these psychological themes across film genres and contexts. Deep Analysis approach uses in depth analytical approach to further explore the psychological dynamics of the characters, including the long term impact of anxiety and the self defense strategies used. This can be done by examining the character's development throughout the film and their relationship with the main cast. Focus on social and cultural aspects, future research can examine how social and cultural aspects influence the representation of anxiety and self defense in the movie. This may include an analysis of how a character's social and cultural background influences the way they face and overcome dangerous situations. By applying these suggestions, it is hoped that research on anxiety and self defense mechanism in the movie can provide a deeper and more comprehensive contribution to the understanding of psychological themes as the object of movie research. It is hoped that future researchers can pay attention to the rules and can develop them so that their research becomes better.

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