

The Personality Structure and Defense Mechanism of the Main Character in *Tully* Film

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ABSTRACT

This research is focused on Marlo Moreau as the main character in *Tully* film (2018). The purpose of this research is to know the psychological condition of the main character in *Tully* film as seen from her personality structure and also analyze the defense mechanism using Psychoanalysis theory by Sigmund Freud. This research method is a qualitative method and the technique of the research is descriptive analysis to analyze the data with theory that related to the problem of the writer's research. The data are collected from dialogues in the script and the picture in the film. The finding shows that Marlo Moreau as the 41 years old mother experiences a psychological problem that is the anxiety of reality which also makes her depressed. It appeared since she had a bad experience in her past, which she did not get affection and love from her parents. Moreover, her father had three wives and made Marlo's condition even worse. This bad experience made her very afraid to accept strangers into her house, so she did all the housework herself and overwhelmed her. Marlo gets pressures that also produce feelings of anxiety. Marlo also has a hallucination by creating a new figure, which she created from her other side. To reduce her anxiety, Marlo has done some defense mechanisms, so that she can get rid of her fear and anxiety.

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1. Introduction

Film is one of the media that used to deliver a message, a feeling, an emotion to the audience in the form of entertainment, information, education, etc. From film, audiences will get a lot of new information, new experiences, inner satisfaction, and research topics.

Perceptive film analysis rests on the principles used in literary analysis. Film analysis allows us to understand some elements of everyday life. Analysis helps us to have new experiences in our mind, so that we can enjoy them in our memory. By looking at a film analytically, we can involve ourselves to be able to enter into the story in a film, so that all messages and emotions can be felt. Furthermore, as our critical judgment enters into the process, analysis must refine our tastes (Boggs & Petrie, 2008).

There are many genres in a film, such as action, romance, thriller, and many more. In the story of a film, it is not only a fiction. There are several films that tell real stories experienced by someone or something happened in an environment. There is also describe the personality and behavior of a character which usually refers to psychological films. Psychological films are related to psychological conditions, mental disorders, and thoughts in a character. Usually, to analyze this psychological film some researcher used psychoanalytic theory.

Psychoanalysis is a theory that ventures more answers to questions concerning why people behave as they do. (Feist & Feist, 2008). Psychoanalysis is a theoretical system that refers to the representation of thoughts and mental structures of people or objects, and the most important concept in this theory is sexuality (De Lauretis, 2008). In other words, this psychoanalytic theory deals with the wishes and fears that a person experiences or remembers unconsciously. Usually, to protect the individual from internal and external pressure, and also to protect from excessive anxiety in this theory called defence mechanism or ego defences (Cramer, 2008). In accordance, the writer also found one of the film that discussed about it from the film entitled *Tully* (2018).

Tully is an American comedy-drama film. It was produced by Jason Reitman and written by Diablo Cody. This film released on May 4, 2018 in United States and on May 30, 2018 in Indonesia. *Tully* film is an interesting film to be analyzed because there are many critics about the genre in this film, one of them said that a mom's struggle is real not a "comedy". Not only critics, this film also get a lot of compliments about the struggle of a mother. The film's estimated budget is \$13 million and has grossed over \$15 million worldwide, and also earned a score of 7.0 on IMDb.

The story of this film tells about a family life. Marlo Moreau is the main character in this film who has two children and she is also pregnant her third child. Marlo's first child named Sarah had difficulty to think fast, while her second child named Jonah was diagnosed with developmental disorder. Since getting married and having children, Marlo takes care of all the housework herself. Marlo's husband never helped her to finish the housework and taking care of the children. Marlo was reluctant to use the services of a helper or a nanny, because she did not want stranger to enter her house. This is due to a bad experience she had when she was a child. Marlo did not get affection and love from her parents, especially from her father. Marlo's father left the house and and also Marlo's father had three wives. This made Marlo felt afraid and anxious.

Marlo's anxiety has increased since she gave birth to her third child. In addition to having to focus on taking care of her baby, she also has to give her attention to her two other children. Moreover, she has to take care of the needs for her husband and also complete the housework. She could provide all the needs of

her family, but she could not provide for herself. Until the time when she was very tired. Then suddenly a young woman named Tully came to Marlo's house to meet her. Marlo thinks that Tully is a nanny sent by her brother, so Marlo lets Tully to come in. This change of Marlo's attitude made the writer interested in analyzing it more deeply.

Based on the explanation above, the writer is interested to analyze the psychological condition of Marlo as the main character in *Tully* film by using Sigmund Freud's Psychoanalysis theory because this theory includes many aspects that are in accordance with the problem of the writer's research, which this theory is also the proper method to analyze the psychological condition of the character. This theory also very suitable theory for the research because film and psychoanalysis are related to each other.

2. Review of Literature

Psychoanalysis by Sigmund Freud

Psychoanalysis is an approach or scientific discipline developed by Sigmund Freud. Psychoanalysis is a theoretical system that refers to the representation of thoughts and mental structures of people or objects, and the most important concept in this theory is sexuality (De Lauretis, 2008). It start from the unconscious that contains all basic instinctual impulses, such as individual desires or physical experiences from birth that were pressed into the conscious mind. This repression is the foundation of the unconscious, and since the exploration unconscious is the main characteristic of psychoanalysis. Freud argues that the theory of repression is the base on which the whole structure of psychoanalysis rests (Budd & Rusbringer, 2005).

Sigmund Freud, in (Cloninger, 2013) explains that an unconscious person consists of sexual and aggressive wishes that are unacceptable to the conscious personality. Freud also stated that there are three levels of consciousness to know mental phenomena. First, the conscious level refers to experiences of which a person is aware, including thoughts or memories and intentional actions realized by someone every time. Consciousness has a function in accordance with the rules of space and time, or in a by way of reality. Second, the level of preconscious includes the content of mental or information which is a moment that can be easily remembered if needed. Third, the level of unconscious refers to mental processes that are not realized by someone. Freud states that something that remains unconsciously thus produces too much anxiety (Cloninger, 2013). In this life, everyone has a lot of desires and thoughts that are unacceptable in the scope of their social or even socially which if consciously they kept thinking about, it can cause anxiety. To protect themselves, they usually let their thought or desire enter their unconscious (Cervone & Pervin, 2008).

In 1923, Freud significantly improved his theory by adding a second model of mind without ignoring the previous theories about difference in part of the mind consist of conscious, preconscious, and unconscious. It seems to Freud that there are still other psychological things that have important qualities (Cervone & Pervin, 2008). To state more clearly the tension between the unconscious, which seeks expression and consciousness, which tries to resist the forces of the

unconscious, Freud describes three personality structures, namely id, ego, and superego.

Anxiety

According to Freud, anxiety is an unpleasant feeling or state accompanied by physical sensations which are a sign that there is a danger (Feist & Feist, 2008). In her book (Cloninger, 2013, p. 62) Susan states that anxiety signals that the ego may fail in its task of adapting to reality and maintaining an integrated personality. So, only the ego can produce or feel anxiety itself (Feist & Feist, 2008). Besides functioning as an ego-preservative mechanism, there is some danger that is close, anxiety can also regulate itself because it triggers repression, which in turn reduces the pain of anxiety. If the ego has no recourse to defensive behavior, the anxiety will become intolerable. Defensive behavior, therefore, serve a useful function by protecting the ego against the pain of anxiety (Feist & Feist, 2008). The following are various types of anxiety by Freud, such as:

Neurotic Anxiety

Neurotic anxiety results from the ego's dependence on the id (Feist & Feist, 2008), in other words the impulses of the id may break through (overcome repression) and be expressed. Someone who does not receive sexual desires would suffer neurotic anxiety when aroused (Cloninger, 2013). Freud defines this anxiety as part of the worry about the unknown danger that arises in the ego, which comes from the impulses of the id. Usually, some people will experience neurotic anxiety when they are in the presence of a teacher, employer, or other authority figure. Many possibilities occur, one of the reasons is because they may have previously experienced an unconscious feeling of destruction towards one or both parents, such as an unpleasant feeling accompanied by a fear of punishment, so that this fear becomes generalized to an unconscious neurotic anxiety (Feist & Feist, 2008).

Moral Anxiety

Moral anxiety comes from the conflict between the ego and the superego. Moral anxiety, for example, will result from sexual temptation if someone believes that a decision, which is giving up in to temptation will be morally wrong. This may also be the result of failure to behave consistently with what they consider morally right, for example, failing to take care for elderly parents (Feist & Feist, 2008).

Realistic Anxiety

Realistic anxiety, closely related to fear or dependence on the outer world that leads to realistic anxiety, and also feelings of discomfort. However, realistic anxiety is different from fear because realistic anxiety does not involve certain fear objects. For example, we will experience fear if we are riding a motorcycle, suddenly we start to lose control on cold roads (Feist & Feist, 2008).

Defense Mechanism

The next Freud's concept is self-defense mechanism. Freud described the concept of defense mechanisms in various ways, such as 'measures the ego takes', 'techniques', 'modes' or 'types of operation', 'maneuvers', or (the term his daughter Anna later thought should be exclusively used) as 'mechanisms' (Budd & Rusbringer, 2005). Freud saw the ego as the most important organ in mind, as a powerful regulator and controller of impulses, as well as something directly related to the real world, so that one of the ego's functions as defensive is through

distortion, or eliminate disturbing thoughts, feelings, and perceptions (De Almeida Silva, Louzã, Silva, & Nakano, 2016).

According to Freud in (Mullen, Blanco, Vaughan, Vaughan, & Roose, 1999), the concept of defense is described as a mental process that has two main components, such as pathological and adaptive, which is an unconscious process of what is experienced and from what is seen as an individual's character. In other words, the process of mental mechanism operates outside someone's consciousness. The defense mechanism serves to protect the individual from internal and external pressure, and also to protect from excessive anxiety (Cramer, 2008). In this case, Freud introduces many kinds of defense mechanisms, such as:

Repression

Repression is one of the most basic and earliest defense mechanisms explored by Freud. According to Freud in (Budd & Rusbringer, 2005) explain that repression can be felt when the ego cannot accept and fulfill the desires that comes from the id impulses, so the ego will divert it from consciousness, but the ego's position threatened because the id put pressure on the ego. In (Feist & Feist, 2008), Freud also explained that the ego then protects itself by putting pressure on these impulses by force threatening feelings into the unconscious. When the defense mechanism fails, the repression process enters a phase where something that has been repressed will come to the surface in a disguised activity, such as in dreams, in the form of symptoms, parapraxes, and so on (Budd & Rusbringer, 2005).

Reaction Formation

Reaction formation is a defense mechanism that can be identified by looking at excessive character due to its obsessive and compulsive form, so that the result of reaction formation mechanism is repressed desire. One way to make a conscious impulse repressed is to act contrary to its original form (Feist & Feist, 2008). For example, a housewife who continues to work on and clean her house, obsessively thinking about dirt and mess, essentially living with dirt and mess that is constantly present in her head (Budd & Rusbringer, 2005).

Sublimation

Other defense mechanism according to Freud is sublimation. The term 'sublimation' according to chemistry is the way in which things can switch from solid to gaseous state. Whereas in psychoanalysis, sublimation means 'purification' of energy from repressed sexual desire, so that it no longer have sexual aim and has acquired socially acceptable expression (Budd & Rusbringer, 2005). According to Freud in (Feist & Feist, 2008), this mechanism can fulfill someone's desires by protecting the ego from anxiety, but each has dubious value from the point of view of society. In most people sublimations combine with direct expression of Eros and results in a kind of balance between social achievement and personal pleasures.

Projection

Projection is a way to handle desires, feelings, and thoughts (Budd & Rusbringer, 2005) or an internal impulse that provokes too much anxiety, so that the ego may reduce that anxiety by connecting something undesirable to an external object, usually connected to other people. This mechanism is in the unconscious when we are jealous to other people, so that feelings arise that he or she cannot accept (Feist & Feist, 2008).

Displacement

Displacement is a defense mechanism that tries to move or change sexual objects into other objects, such as to other people, objects, or including himself or herself, so that the purpose is hidden or disguise. This defense mechanism is also involved in dream formation which may reflect the dreamer's unconscious desire (Feist & Feist, 2008). For example, a younger brother who is angry with his older sister, but he still tries to be okay because he is venting his anger on his toys.

Denial

The mechanism of denial is used when there is something undesirable and can hurt a person, so that the person ignores or denies it (Wright, 2016). The existence of a denial can be seen from negative marker, such as "no" and "not" in every thought or feeling (Cramer, 2008). This kind of mechanism is useful in reducing anxiety, have the quality of maladaptive with distracting someone from the reality.

Regression

The individual may escape from frustrating or anxiety-provoking situations by returning to earlier or more primitive forms of behavior (Silverman, 1974). Regression is when human had through all the developmental stages. They will get back to their previous stage or their very first stage when they feel anxiety or discomfort. Regression is a repetition of appropriate manners for "development stage" (LN & Juantika, 2007). It aims to gain help to face traumatic occasion. It is the person retreats to an earlier period of the life that was more pleasant and free of frustration and anxiety. Commonly contains a return to one of the "psychosexual stages." (Schultz and Schultz 54).

Rationalization

Rationalization is the ego's attempt to entrust everything as its conscious act and ignore unconscious motives (Zepf, 2011). Rationalization refers to an act of surrogate formation in which the original, unacceptable motive is transferred to an ego surrogate motive and is socially approved. These substitute or distorted motives are embedded in logical-coherent reasoning in which the original motives hide and emerge encrypted in consciousness (Zepf, 2011). In short, rationalization work unconsciously by changing reality to be more acceptable to avoid the development of intolerable anxiety.

3. Method

In this research, the writer used a qualitative method with descriptive analysis. The qualitative method focuses on the characteristics of language as communication with its attention to the subjective meaning or the social production of issues, events, or practices. The form of the data are analyzing text and images, verbal, or electronic, and even obtained from narrative responses, interviews, focus groups, observations, or print media such as articles or books (Rahman, 2017). As well as descriptive analysis where this method begins by collecting data, analyzing data, and interpreting it. As a qualitative method, the writer will elaborate, describe, and discuss the data that has been classified according to research problems and relates it to the theory.

The source of data in this research is a film entitled *Tully* which is American comedy-drama film written by Diablo Cody and produced by Jason Reitman. This film released in Focus Features LLC Company on May 4, 2018 with duration of approximately 94 minutes. This film was played by several actresses and actors;

they are Charlize Theron as Marlo Moreau, Mackenzie Davis as Tully, Ron Livingston as Drew, Lia Frankland as Sarah, Asher Miles Fallica as Jonah, Mark Duplass as Craig, and many more.

The writer use two data sources; *Tully* film (2018) as the primary source of the data. The data is taken from script, sentences, actions, dialogue between characters or some quotations that related to the main character psychological condition in *Tully* film. The secondary data are taken from other sources that support the data to corroborate the arguments in the analysis. The writer analyzes the collected data through several stages, such as the writer watching *Tully* film repeatedly to understand the problem that will be discussed, the writer also categorizes data, collects data, classifies data according to research question. Then, the writer analyzes the data which aims to understand the characteristics of the main character in *Tully* film named Marlo Moreau and her psychological condition based on psychoanalysis theory by Sigmund Freud.

4. Discussion

Marlo Moreau's Character Analysis

Marlo Moreau is the main character in *Tully* film. As the main character, Marlo has an important role in running the story because in *Tully* film tells about her effort to be a good mother, so that her children do not feel what Marlo has been experienced in her past. Thus, the first thing the writer will do is to analyze Marlo's personality, because the writer sees that there are abnormal behaviors experienced by the main character Marlo.

Marlo Moreau is a 41-year-old mother. She lives with her family, which includes her husband and two children. She was expecting her third child, even though her pregnancy was unplanned beforehand. Marlo is a mother who always prioritizes the needs for her family, especially for her children. She did it because she did not want her children feel like her who had been raised without the affection from her parents. Thus, she prefers to do the housework and also take care of the needs for her family by herself without asking for help from anyone. However, it is undeniable that Marlo also feels fatigue that can be seen through her face and her appearance.

At the beginning of this film, Marlo's character is described as a pregnant mother which physically fat and tall with a couple of blue eyes, a pointed nose, and short blond hair. Even though she has a beautiful face, her face looks pale because she does not use any makeup on her face, and she also does not styling her hair neatly. It is because of her busy life as a housewife. Marlo also did not have time to take care of herself and she did not care to her appearance. Marlo very often uses T-shirts that already look worn out wherever she goes. Marlo really does not have much time to dress herself well. Marlo also does not take care of herself, such as cleaning herself or changing clothes that she has worn all day long. She prioritizes to make a food for her children first. This shows that Marlo is simple and ignorant person.

Marlo is also a loving mother. It can be seen how she treats her second hyperactive child, Jonah who has diagnosed as atypical and also experiences developmental disorder by behaving strangely and always feel anxious, so every night Marlo brushed her son's body as a form of therapy to reduce his sensitivity.

For example, at one time Marlo has difficulties when she has to put on shoes to her son, Jonah. Then, she has to persuade and talk slowly to her son. Moreover, her first child named Sarah had difficulty think quickly. So, at the same time Sarah asked Marlo about her book. Marlo's patient with her children's behavior shows her as a loving mother.

Having children who need more attention makes Marlo's relationship with her husband named Drew very flat and not so harmonious. In addition to fulfilling the needs of her family, Marlo is also busy finishing the other housework. Marlo's husband was busy working from morning until late at night. Despite having free time, Marlo's husband prefers to play video games until late at night rather than helping Marlo to complete the housework or fixes their relationship by establishing more intimate communication.

Marlo's character which always does everything herself makes her refused all kinds of assistance given to her. This is shows when Marlo's brother named Craig gives a gift to Marlo in the form of a night nanny, because Marlo's brother saw Marlo very hassles in completing all of the housework herself. Marlo's brother's behavior is very different with the behavior of Marlo's husband who has never given the attention to Marlo's condition. Marlo refused the gift that given by her brother because of her great affection for her children, so she wanted to take care and give her love to all of her children. Then, Marlo's brother gave Marlo a yellow identity card which contained the name and telephone number of a night nanny that he recommended for Marlo. However, Marlo never call the number of that nanny.

After Marlo gave birth to her third child, Marlo had new responsibilities and also the work in her house increase. Because she was too tired, she often overslept. In addition, every day, especially at night and in uncertain times Marlo must be ready when her third child cries. Marlo must breastfeed her, change her diaper, and return to put her to sleep. In the morning, Marlo also had to take her children to school. Despite the lack of time she has to rest, Marlo is still able to stand up straight and even run with her baby in the basket. Marlo does all of this work every day without complaining, even though she feels very tired. It proved that Marlo is a mother who is always responsible and independent.

Even though Marlo looked very strong, it was undeniable that Marlo also felt exhausted. Marlo always daydreaming when she is alone. In this time, Marlo does not want to call the night nanny that her brother has given to her. With a lot of things she did herself put so much pressure on her psychological condition. This condition also makes Marlo no longer pay attention to her physical appearance. This makes Marlo always feel insecure in front of her husband. On the other hand, Marlo's husband is also very indifferent, which makes Marlo feel anxious and afraid to start to fix their relationship. That is Marlo's psychological problem.

The second of Marlo's psychological problem is the imaginary friend. In this film, it shows when Marlo let a young girl that suddenly came from nowhere into her house without asking first the purpose of this young girl came to her house. This young girl named Tully. Marlo welcomed Tully very friendly. This is very contrary to her attitude which always refuses the help from a night nanny and her unwillingness to allow stranger into her house.

The presence of Tully always coincided when Marlo was in a state of loneliness, fatigue, and also she was in need of a friend to share all her feelings. From the whole film, only Marlo who can see and have interaction with Tully. Marlo looked very happy when Tully came to her house and Tully's presence made Marlo's work very easy. Besides being a night nanny, Tully also became a new friend to Marlo. Even though she just knew Tully a few minutes ago, Marlo did not hesitate to share her story about her children, and even her relationship with her husband. Tully's presence also brought many changes to Marlo.

From the analysis of Marlo's character above, the writer concludes that Marlo are loving, responsible, and independent mother who always does all her housework herself. But, those things change when Tully appeared. Marlo began to receive assistance from other person, and then the presence of Tully changes her. This sudden change in Marlo's attitude raises the writer's curiosity to analyze it further and it will be explained in the next sub-chapter.

Marlo's Psychological Problem and Defense Mechanism

In the following sub-chapter, the writer will identify psychological problems of the main character Marlo and the way she copes her psychological problems, such as anxiety and fear by using Sigmund Freud's psychoanalysis theory. According to Freud, personality structures, such as the id, ego, and superego of a normal people work in a balanced way. However, if the three personality structures do not work in a balanced way, such as when a person cannot control his ego from his strong desires comes from the id, and the weakened superego, or vice versa, then someone will not feel guilty feelings or even show an abnormal behavior, such as feeling anxiety or fear. Freud added that anxiety is an unpleasant feeling or state accompanied by physical sensations, which are a sign that there is a danger (Feist & Feist, 2008). In this case, the writer found that Marlo's personality structure did not work in a balanced way.

However at the beginning of the film, the writer found that Marlo's personality structure worked in a balanced way between her id, ego, and superego. As we know, Marlo always faced a variety of hassles, such as completed the housework and meet the needs for her own family. This condition makes her physically and emotionally exhausted. Responding to the hassles that she felt for every time makes her always repressed her wishes and feelings, such as her anxiety and fatigue while she works to complete her obligations as a mother every day, not to complain, and did not tell her family about her condition. Marlo always tried to maintain her emotions in front of her family, especially in front of her son. She did it not to scare her sons, so that the emotions of her son could remain stable.

Having two children is very tiring, especially if you have to take care of them by yourself. This also happened to Marlo. She has two children who still need her attention. As in the explanation above, Marlo's son has a disorder that he experienced from birth. Some doctors diagnose that Marlo's son has a developmental disorder, so Marlo's son often behaves strangely and feels excessive anxiety. This made Marlo very tired, because all the time that she had was given to take care of her children, prepare the needs for her husband, and also to complete the housework. So, Marlo is very rarely to take care herself because her family is

her priority. With all the activities that she did every day has a negative impact to her physical and also psychological condition.

When Marlo's third child was born, there was one side where she was happy because the birth process of her third child was going well and she was also grateful for the presence of her third child. On the other hand, Marlo did not look very excited. One of the reasons that make her not too feels happy because from the beginning, Marlo's third pregnancy was unplanned before because there were many things that she felt as in the previous explanation. In the first week after Marlo gave birth to her third child, she looked stressed because all her feelings, such as nervousness, anxiety, and fatigue being repressed by her. It also made Marlo look very depressed.

In addition, the dialogue below also proves that Marlo always repress all the feelings that she felt and how strong Marlo when she repressed those feelings, one of which is when she must repressed her emotions over the behavior of her children.

Jonah : (He spill his milk and makes Marlo's T-shirt wet)

Drew : Jonah

Marlo : (she took off her clothes)

Sarah : Mom, what's wrong with your body?

(00:29:56 - 00:30:10)

The dialogue above occurred when Marlo can control her anger over her children's behavior. Marlo's son accidentally spilled his milk and makes Marlo's shirt wet. Marlo just silent and then she opened her wet shirt. Moreover, when Marlo had taken off her shirt, her first child asked innocently about Marlo's body. From her face, Marlo looked very tired. In here, Marlo's superego muffling her id to keep calm and she also repressed her feelings again as she usually does, because Marlo wants to be a good mother by always loving her children and she does not want to make her children hurt because of her words.

Before her third child was born, Marlo always repressed all the bad feelings that actually had bad effects for her physical and psychological condition. At one time at her son's school, Marlo did not show her anger when her son's principal said that *"he's an out-of-the-box kid and he's quirky"* to Marlo's son. The principal asked Marlo to hire one aide to accompany her son while in class. However, Marlo stated that she had done various things to make her child to be calm. Marlo perspective is the result of actions taken by her ego by doing a self-defense mechanism of rationalization that she used to reduce the discomfort, such as her anxiety. Therefore, Marlo gave a logical reason by explaining to the principal that her family's economy was inadequate. To do her son therapy, Marlo can only see and follow all the steps in some videos on YouTube. According to Marlo, the simple way that she did had made her son's condition much better.

Principal : There are places that are better suited to kids like Jonah.

Marlo : What does that mean, "kids like Jonah"?

Principal : Well, he's quirky and he needs...

Marlo : Oh, my God, what is this "quirky" thing everybody keeps saying? It's so stupid. What does it even mean? Do I have a kid or a fucking ukulele? Just say what you mean. You think Jonah is retarded.

Principal : No.

Marlo : Yes, and he's ruining it for everybody in his class who's reading, like, "The Iliad" or whatever the fuck they read! about my retarded son, Laurie. Oh, I'm sorry, quirky, 'cause he's a fucking pocket watch. Fuck this!

Principal : No, no, no. Jonah is bright, he's great. It's just not the right fit, Marlo.

Marlo : Oh, my God. Just say what you mean. You hate my kid!

Principal : What?!

Marlo : You hate us!

Principal : We don't hate you. We don't hate your kid.

(00:26:13 - 00:26:57)

Whereas the conversation above occurred when Marlo's third child was born, which the conversation above shows Marlo's behavior is different from the behavior in the previous conversation before her third child born. From the dialogue above between Marlo and the principal showed that Marlo was very angry when the principal called her son "quirky", which was in a previous conversation when the principal stated that "he was out-of-the-box kid and he's quirky" Marlo did not show her anger. Having a child diagnosed with a developmental disorder was enough to make a part of her life destroyed because every time she has to feel anxiety that is always triggered and she always blames herself every time her child cries. In addition, Marlo's life got worse when she had to face the fact that her child with special needs was threatened with expulsion from his school, until make Marlo out of control when she have a conversation with her son's principal.

After that, Marlo felt increasingly depressed and she also almost hurt herself with a suicide attempt, as revealed by Marlo's monologue "I want to kill myself." But Marlo's superego worked well to give a warning that she has three children and she wanted to be a responsible mother to take care for her children properly. Thus, Marlo's ego succeeded in repressed her desire to commit suicide which originated from her id who did not know morals. Marlo's Ego diverts it to a yellow identity card that contains name and telephone number of a night nanny given by her brother. Marlo only stared at the identity card, without call that telephone number. From here, there is no doubt that Marlo actually need the help of a night nanny, but there are some things that made her do not want to call the night nanny.

From the two situations above, the writer concludes that Marlo's behavior has changed because she always represses all the feelings that she has felt, her desires, and so on. Marlo uses repression as a basic defense mechanism to repressed bad events in her past. So that when Marlo is no longer able to keep everything, she will explode some time. These two situations with different conditions indicate that everything Marlo has endured has exploded. Some assistance has been offered to use the services of a nanny to reduce her fatigue, but she always refused. She chose to take care of everything herself because she always remembers the bad things in her past, for which her parents did not give enough affection for Marlo.

Marlo's efforts to fulfill her desire to give enough love and affection for her three children were hampered by her physical and psychological condition which made her weakened. Then from this condition, Marlo creates anxiety which is increasing

drastically. The defense mechanisms that Marlo had used in difficult times such as rationalization and repression could no longer cover her anxiety. According to Freud in (Feist & Feist, 2008), when the ego protects itself by putting pressure on those impulses by forcing its feelings, the condition of the unconsciousness is threatened. Freud added that when this defense mechanism fails, the repression process enters a phase where something that has been repressed will come to the surface in a disguised activity, such as in dream, other forms of symptoms, papaprax, and so on (Budd & Rusbringer, 2005).

From the explanation above, the writer found that similar conditions occur in Marlo's problem. According to the theory of psychoanalysis, the id works on the principle of pleasure. The writer found that Marlo used the primary process to overcome her anxiety by dreaming and daydreaming. Marlo always dreams about the same dream, which is about a mermaid swimming in the high seas. From this dream experienced by Marlo, the writer can find Marlo's true wishes. According to Freud in Strachey (410) in the dream symbol, dreaming through a narrow space or being in water is based on fantasies of intra-uterine life, existence in the womb and acts of birth. So, the writer conclude that Marlo wants to be reborn as a new person or return to a time when she was young and has not had many problems, still has a lot of energy, and has confidence, so she could carry out her obligations as a wife and a mother. However, in reality it would not be possible because Marlo's physical condition had changed, so her wish could not be realized.

In the conversation above, Marlo suddenly said that she had called the night nanny who recommended by her brother to Marlo. However, in the previous explanation Marlo only stare at to the identity card, without call the telephone number listed. Marlo's husband and other children also never met the night nanny. Based on Sigmund Freud's psychoanalytic theory, this is the result of Marlo's daydreaming activities through primary thought processes. Thus, the anxiety that Marlo felt because of her fear of allowing strangers into her house can be temporarily reduced by daydreaming about what she wanted.

Then, by realizing Marlo's wishes, Marlo's personality structure returned to work in a balanced way. Marlo's id serves to help Marlo to solve all her problems that come from her family, so that the bad feelings that she always feels reduced by hoping to become a new person. Then, Marlo's ego does something else, which is still related to her life and the dreams she experienced with fantasizing. Freud stated that fantasy is understood as fulfilling frustrated expectations (Spillius, 2001). Marlo fantasizes by making an imaginary character that only exist in her mind. This fantasy figure takes the form of a girl who is young, strong, and attractive in accordance with her wishes. This fantasy figure named Tully. In the beginning, Marlo created Tully to help her to take care of her third child. But apparently, she was unconscious and she uses her fantasy to reduce her anxiety and reduce the tension in herself by resolving three things that make her anxiety always triggered, which her anxiety comes from her family.

From the description above, the writer conclude that Marlo has a psychological problem caused by a bad experience in her childhood, where she did not get the affection from her parents. From here that makes her always try to become a responsible mother by giving affection and love to her children, so they do not feel like her. This makes her depressed when she has to repress all her feelings, in

order to make her children's emotion remain stable. The pressure felt by Marlo made her need someone to share her story. However, Marlo could not find someone to reduce the feelings that made her uncomfortable, because her brother and even her husband were busy with their own affairs. In addition, she was also did not believe in stranger, which also made her always reject the assistance that had been given. The writer concludes that Marlo suffers from realistic anxiety. This made Marlo create an imaginative figure in the form of a young girl who only existed in her mind. From here, Marlo's problems are resolved one by one. Starting from her son who no longer needed his body to be brushed as a form of therapy, and also Marlo and her husband's relationship improved. From all of this made a change in Marlo which she was able to take care of herself. Thus, the writer found that Marlo used Freud's defense mechanisms, such as rationalization, repression, and fantasy. In the end, Marlo managed to overcome her anxiety and the pressure that she felt through these mechanisms and her family relations returned harmonious.

5. Conclusion

From the results of the analysis in this research, the writer concludes that from Marlo's characteristics and behavior shows that she has psychological problem. Marlo experienced reality anxiety that also made her depressed. It appeared since her second child was born and diagnosed with developmental disorder, but the cause of the disorder experienced by Marlo's son is not yet known. This disorder experienced by Marlo's son makes Marlo's son always behave strangely. It makes Marlo always worried about the condition of her son, until she does not care about herself. When Marlo felt too much pressure, the defense mechanisms that she always used, such as rationalization and repression could no longer hold back the anxiety and fear that she felt. Moreover, when Marlo has a role as a mother with three children, she always tries to be a responsible mother by caring for and loving her children, and she also did not want to use the services of a nanny. From here, it makes Marlo does not have time to treat herself well and she also does not have confidence. It makes Marlo's relationship with her husband not so harmonious.

Different things happen when Tully comes to Marlo's life. Tully comes as her other personality because Tully is a manifestation of Marlo's unconsciousness. She uses it to reduce the pressures that make her always feel anxious. In this film showed that Marlo superego is very perfect. This is the impact of bad events in Marlo's past. Thus, Marlo's personality structure here cannot work in a balanced way. This makes Marlo show Tully as an ideal figure because she is young, has attractiveness, and has a lot of energy. In the middle of the film, Tully comes as Marlo's superego by taking over Marlo's life. This made Marlo's domestic problems overcome and Marlo also became concerned with herself. When Marlo felt anxiety again, Marlo's ego used Tully as a defense mechanism. Marlo told all of her problem to Tully and Tully also gave advice to Marlo. After Tully left Marlo's life, she was able to gather with her family in a warm atmosphere.

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