SIMILARITIES OF DEFENSE MECHANISM BETWEEN LILLY ON S.A SWANN'S *WOLFBREED* AND LUCY ON LYNN OKAMOTO'S *ELFEN LIED*

Bayu Adi Saputra[1] & Ambar Andayani[2]

[1]Prodi Sastra Inggris, Fakultas Ilmu Budaya, Untag Surabaya; bayuadis77@gmail.com
[2]Prodi Sastra Inggris, Fakultas Ilmu Budaya, Untag Surabaya; ambarandayani@untag-sby.ac.id

ABSTRAK: Studi ini membahas tentang perbandingan phenomena defense mechanism yang dilakukan oleh Lilly dalam *Wolfbreed* karya S.A Swann dan Lucy dalam *Elfen Lied* karya Lynn Okamoto. Tujuan dari studi ini adalah untuk menjawab dua pertanyaan: Defense mechanism yang dilakukan Lilly dan Lucy dalam cerita dan persamaan defense mechanism yang dilakukan oleh kedua tokoh tersebut. Studi ini menggunakan penelitian kualitatif untuk mendeskripsikan data yang berasal dari kutipan dalam cerita. Studi ini menggunakan pendekatan psychoanalysis, defense mechanism untuk menganalisis data yang ditemukan. Sumber data dari studi ini adalah novel *Wolfbreed* karya S.A Swann dan manga *Elfen Lied* Omnibus karya Lynn Okamoto. Studi ini menemukan bahwa Lilly dan Lucy melakukan defense mechanism akibat kejadian tragis yang pernah mereka alami. Itu menimbulkan kecemasan dalam pikiran mereka yang memicu mereka untuk melakukan defense mechanism. Terdapat persamaan antara defense mechanism yang dilakukan oleh Lilly dan Lucy. Penulis, S.A Swann dan Lynn Okamoto menunjukkan penderitaan tokoh utama disebabkan karena perbedaan mereka dengan orang-orang disekitar mereka.
Kata-kata kunci: sastra bandingan, psikoanalisis, mekanisme pertahanan diri

ABSTRACT: This study discusses comparison of defense mechanism phenomena performed by Lilly in S.A Swann's *Wolfbreed* and Lucy in Lynn Okamoto's *Elfen Lied*. Purpose of this study is to answer two points: Defense mechanism performed by Lilly and Lucy, and similarities between defense mechanisms used by two characters. This study uses qualitative research because data is taken from quotations in stories. This study uses a psychoanalysis approach, defense mechanism to analyze data. Data sources for this study are novel *Wolfbreed* by S.A Swann and manga *Elfen Lied Omnibus* by Lynn Okamoto. This study found that Lilly and Lucy perform a defense mechanism due to tragic events they have experienced. It makes anxiety in their minds which triggers them to perform defense mechanisms. There are similarities between Lilly and Lucy's defense mechanisms. Authors, S.A Swan and Lynn Okamoto show main character's suffering because of differences between them and people around them.
Keywords: comparative literature, psychoanalysis, defense mechanism

INTRODUCTION

Defense mechanism is a natural occurrence in human beings. It can also be found in behavior of a character in a story. According to Benjamin H. Ogden (2018: 123), analyzing psychology of characters in a story, a writer must focus on two aspects. First, researcher must see a condition contained in a story, which is a rare condition that shows behavior, circumstances, and thoughts that only occur in the story. Second, researcher must explain a literary work from researcher's point of view. This research will focus on similarities of defense mechanisms performed by main characters from S.A Swann's *Wolfbreed* and Lynn Okamoto's *Elfen Lied*. In the story, each of main characters uses a defense mechanism to reduce anxiety in their minds.

Wolfbreed is a novel by S.A Swann which is first published in 2009 by Spectra Books, USA. Set in Prusa (later Prussia) in 13th century. *Wolfbreed* tells about a young girl, Lilly, who can transform into a werewolf. Because of her abilities, she has been enslaved by church to become a weapon in expanding Christianity and fight against pagans. Lilly experiencing violence and slavery by her master during her time as a church slave. George R. R. M commented on this book: *"S.A. Swann has written a spellbinding fantasy of the Teutonic Knights and the great Northern Crusade, set in a little-known period of history amidst the gloomy forests of Prussia and Lithuania. Vivid and visceral, dark and delicious, this one kept me turning pages from start to finish. "*. *Wolfbreed* shows suffering of a werewolf who trying to find freedom.

Popularity of anime (Japanese animation) has been recognized by public in various countries around the world. Several anime products such as fiction, animation, and video games have received attention from their fans in different countries. *Elfen Lied* is a Japanese manga series by Lynn Okamoto which is first published in 2002 in *Weekly Young Jump* by Shuiesha Publisher, Japan. It tells story of a mutant human (diclonius), Lucy, who is suffering from an abnormality that happened to her. She has psychokinesis abilities that make her have invisible hands and a pair of horns on her head. This ability makes her a target for scientists who want to make their guinea pigs. *Elfen Lied* is set in Kamakura and Kanagawa, Japan. A story happened when humans can use technology and firearms. *Elfen Lied* shows suffering of a mutant human-caused by differences from other humans.

This research focuses on defense mechanism performed by main characters of each story to identify similarities of defense mechanism in two stories.

Comparative literature is a comparative study involving two or more literary works from different countries. According to Henry Remak in Basnett (1993: 31), comparative literature is research on connection between two or more literary works from different nations. In comparative literature, comparisons are also made in other fields of study such as art, philosophy, social science, and others. According to Zepetnek (1998), comparative literature is a comparative study between two works of literature between countries, periods, languages, genres, between other disciplines such as art (music, dance, film, etc.), and between knowledge (psychology)., philosophy, history, sociology, politics, etc.) In this study, researcher focuses on comparison of defense mechanism characters from two different literary works (Andayani & Jupriono, 2018).

Defense mechanism is a process that is present in person, which functions to reduce anxiety in human mind. According to Cramer (1991: 3), defense mechanism is a system in humans that aims to reduce stress caused by excessive anxiety and guilt. Anxiety experienced by humans becomes a trigger for a defense mechanism and it reduces anxiety in human mind. According to Freud in Feist, Feist, and Roberts (2018: 39), a defense mechanism is a process in human mentality to avoid anxiety by engaging in repetitive or neurotic behavior. In this study, researcher analyzes defense mechanisms carried out by two main characters, Lilly from *Wolfbreed* and Lucy from *Elfen Lied*. Researcher identifies defense mechanisms used by two main characters to find similarities.

In this research, there are two foccuses of study. (1) Defense mechanisms performed by each main characters, Lilly in *Wolfbreed* and Lucy in *Elfen Lied*. (2) Similarities of defense mechanisms which is used by each main character in story. By using Sigmund Freud's psychoanalytic theory, this research analyzes defense machanism of characters that appears through behavior and thoughts of main characters in both literary works.

Comparative literature is a comparative study of two or more literary works from different countries, times, and other fields of study such as history, psychology, sociology, etc. According to Zepetnek (1998), comparative literature compares two or more literary works across countries, periods, languages, genres, etc, and across knowledge (psychology, philosophy, history, sociology, politics, etc.). This study will use psychoanalysis to analyze two stories.

Psychoanalysis is a collection of theories by Sigmund Freud used to study human minds. According to Arnold (2004), psychoanalysis is a study of human unconsciousness by Sigmund Freud to investigate human mind. One of theories in psychoanalysis is defense mechanisms.

Tragic events experienced by a person cause human minds to experience anxiety. It triggers a person to perform a defense mechanism. Defense mechanisms is a system in human mind that functions to reduce anxiety in minds. According to Freud in Feist, Feist, and Roberts (2018: 39), defense mechanisms is a system that functions to avoid minds from anxiety by doing repetitive or

neurotic behavior. Several types of defense mechanisms that will be analyzed in this research are repression and regression.

METHOD
In this study, researcher applies qualitative research methods (Hancock: 2002) to describe data taken from events in the story in form of quotes, text, or images, which show events of defense mechanisms in the story.

RESEARCH RESULT AND DISCUSSION

Lilly's Defense Mechanism
Lilly is a young girl who can transform into a werewolf. Because of that ability, church enslaved Lilly to expand its power and to fight pagan sects. During her time as a slave, Lilly has experienced violence and abuse by church troops, intending to make her obedient to her master. Lilly's past causes trauma in her mind, which can cause anxiety in her mind. Because of these memories, Lilly uses a defense mechanism to reduce anxiety in her mind.

Repression
Lilly uses a defense mechanism of repression to deal with anxiety by repressing unwanted memories into subconscious and causing her to forget an event. Below is a quotation.

> She awakened, naked, in a strange bed, as if she had been asleep for a very long time. As if she barely remembered ever being awake. ….
> She remembered dreams—dreams of being someone else, being something else. She remembered being someone cold, unfeeling, angry, and very cruel. The nightmares she remembered frightened. ….
> There were men who wanted to hurt her. She wanted to think that was just the dream; it wasn't real. (Swann, 2009: 53)

In quotation above, Lilly dreams of being cruel, cold, and angry. Then she also dreams about some men who want to hurt her. This dream is Lilly's memories. It presents that Lilly performs a defense mechanism of repression by repressing her memories into unconscious. Result of this defense mechanism is that Lilly forgets memory and repressed memory will appear in an unconscious state when sleeping in form of a dream. Other evidence that show Lilly is performing a defense mechanism of repression is when Gedim asks about Lilly's identity when eating together.

> Gedim shook his head at his new houseguest.
> "So, what's your name, child?"
> She looked at Gedim and frowned. …
> He looked at the girl and repeated in German, "What is your name?" She didn't respond any better. ….
> "How are we going to get you back home?"
> She opened her mouth as if to say something, but it only came out as a grunt. She shook her head, and looked down at the table. She seemed close to tears. (Swann, 2009: 89)

Quotation above shows Gedim asking about Lilly's identity. But Lilly couldn't answer question. It shows that Lilly uses a defense mechanism of repression to repress her memories. These memories can cause anxiety in Lilly's mind and trigger Lilly to perform a defense mechanism of repression. Not only her memory, but Lilly also use this defense mechanism to forget words she would about to say.

> Uldolf sighed in frustration. "You were almost speaking in full sentences back there. Why won't you talk to me now?"
> He felt her pull away. "Y—You don't like me?"
> What the hell? "Of course I like you. But why are you having trouble talking now?"
> "H-hard remembering." (Swann, 2009: 165-166)

In quotation above, Lilly couldn't say words she wanted to say because she forgot. It indicates that a words she would about to say can cause anxiety if Lilly said that. It causes Lilly to do a defense mechanism repression to forget those words to keep her mind from anxiety.

From explanation above, it shows that Lilly performs a defense mechanism of repression to reduce anxiety in her mind. Lilly's dark past causes Lilly to perform a defense mechanism. As a result, Lilly does not remember her past and it will appear in her dreams. In addition to defense mechanism of repression, Lilly also performs a defense mechanism of regression in the story.

Regression

Lilly performs a defense mechanism of regression to overcome anxiety by returning psychological state to a previous state or when it is in a safe condition. In the story, Lilly also uses this defense mechanism to overcome her anxiety. Below is a quotation.

> She lowered the blade, staring at him through the wet strings of her hair. "Uldolf?" ….
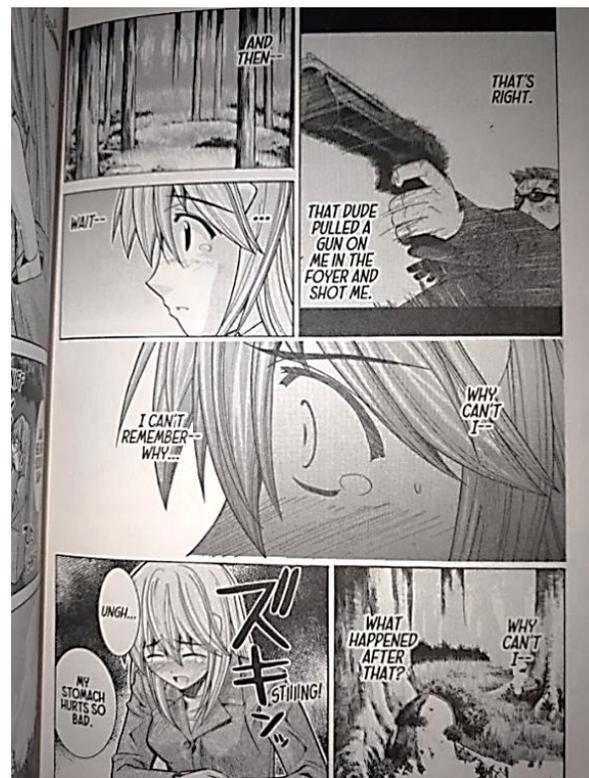> "Y-you came?" Her voice sounded low, husky, almost as if she was talking to someone else.
> …
> "Lilly?" He looked at her, and felt something odd about her manner, her expression. She was talking without difficulty, but the person speaking felt different. "What isn't right?" ….
> She looked back up at him, her green eyes wide and lost. "I'm sorry, Ulfie." It might have been his nickname, but Uldolf thought he heard her voice regain the tone it had when she had first called to him across his father's field**. (Swann, 2009: 163-164)

From the quotation above shows that previously Lilly can call Uldolf's name correctly, changed to Lilly while in Uldolfs field. It shows that Lilly performs a defense mechanism of regression to reduce anxiety in her mind by returning her psychological state to its previous state. Previously Lilly leaves Uldolf because she doesn't want Uldolf to get hurt because of her. Her reunion with Uldolf makes her mind experiencing anxiety because of feeling worry that Uldolf would get hurt. It causes anxiety in Lilly's mind and makes Lilly performing a defense mechanism of regression to reduce anxiety.

From explanation above, it shows that Lilly performing a defense mechanism of regression to reduce anxiety in her mind. It happened because Lilly worrying Uldolf would get hurt if he together with her. This situation triggers Lilly to perform a defense mechanism of regression by returning Lilly's psychological state to a safe condition.
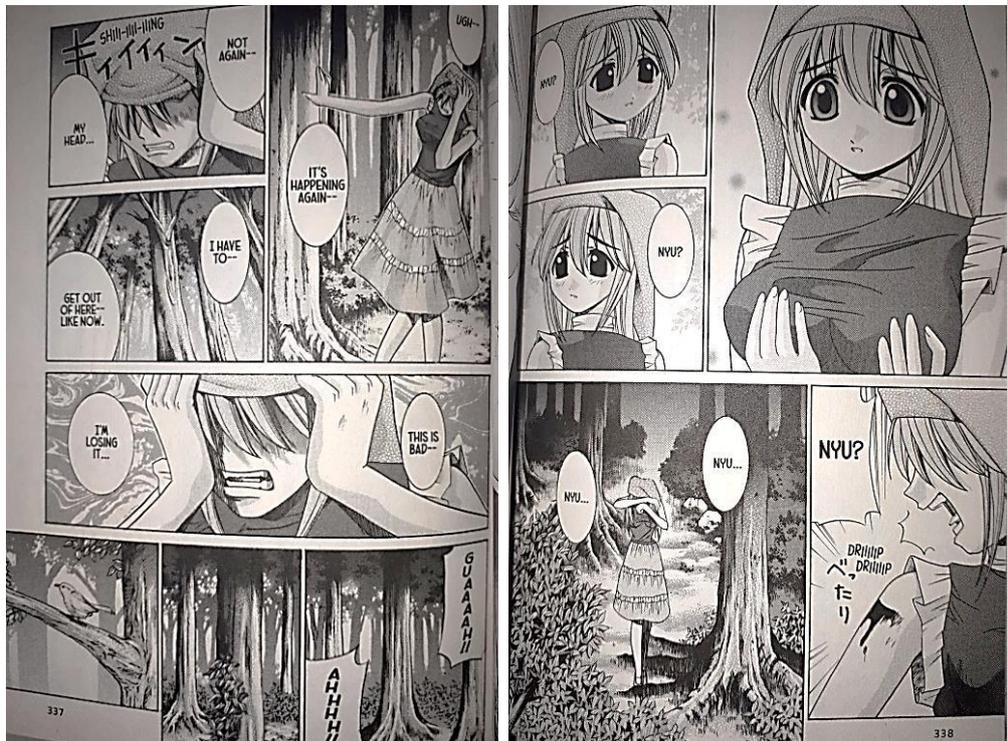
Lucy's Defense Mechanism

Lucy or Nyu is a mutant human, who has psychokinesis abilities in form of invisible hands and has a pair of horns like cat ears. It makes Lucy a target of scientists to serve as their guinea pig. Abnormalities that occur in her are causing him to experience violence and discrimination by other people around her. It causes anxiety in Lucy's mind and makes Lucy performs a defense mechanism to reduce that anxiety.

Repression

Lucy's suffer experiences during her life causing anxiety in her mind. To overcome this, Lucy uses a defense mechanism to overcome this problem. One of defense mechanisms that Lucy uses is repression.

Picture 1 Lucy's Defense Mechanism Repression
(Source : Elfen Lied Omnibus Vol. 3 [p. 482])

In a picture above shows Lucy's condition after fighting against Bando. Lucy couldn't remember everything that had happened before. It is because that memory causing anxiety in her mind which makes Lucy to perform a defense mechanism of repression. As a result, Lucy forgets some of her memories about previous events.

From explanation above, Lucy performs a defense mechanism of repression to reduce anxiety in her mind by repressing unwanted memories and forgetting them. Besides repression, Lucy also uses other defense mechanisms to reduce her anxiety.

Regression

In the story, Lucy often faces tense and dangerous situations due to people who want to catch her. It causes her experiencing anxiety. To overcome this anxiety, Lucy performs defense mechanisms regression. Below is the evidence.

Picture 2 & Picture 3 Lucy's Defense Mechanism Regression

(Source: Elfen Lied Omnibus Vol. 1 [p. 337 & 338])

In picture above shows Lucy's condition after fighting against Nana and managed to escape from pursuit of scientist army. Lucy experiences anxiety during her escape from a chase. It causes Lucy to perform a defense mechanism of regression by returning her psychological state to its previous state. It can be seen in picture that Lucy's psychological state returning to when Lucy at

Kouta's house. Another proof for this defense mechanism is when Lucy wants to reveal truth about herself to Kouta.

Picture 4 & Picture 5 Lucy's Defense Mechanism Regression

(Source: Elfen Lied Omnibus Vol. 2 [p. 229 & 230])

A picture above shows Lucy about to tell Kouta truth about herself. But Lucy is afraid that Kouta would hate her if she tells her past. This situation makes Lucy experience anxiety and makes Lucy perform a defense mechanism of regression to return her psychological state and reduce anxiety in her mind. As a result, Lucy's psychological state returning to when Lucy at Kouta's house.

From explanation above, it shows that Lucy also performs a defense mechanism of regression to reduce anxiety in her mind. Defense mechanisms restore Lucy's psychological state to a previous state or when in a safe condition.

Defense Mechanism Similarities

Lilly and Lucy in the story use defense mechanisms to reduce anxiety in her mind. From their defense mechanisms, there are two similar types of defense mechanisms performed by Lilly and Lucy. The first defense mechanism is repression. In previous analysis, Lilly uses a defense mechanism of repression to reduce anxiety. A similar action is done by Lucy who uses a defense mechanism of repression to reduce anxiety in her mind. As a result, Lilly and Lucy does not remember their identity about themselves and their childhood friends. The second is regression. In the story, Lilly and Lucy are performed a defense mechanism of regression by returning their psychological state to previous state or when in a safe condition. It causes their psychological state to return to a safe condition,

Lilly at Uldolf's field and Lucy at Kouta's house.

CONCLUSION

After analyzing Lilly and Lucy's defense mechanisms, it can be concluded that two main characters use defense mechanisms in the story to reduce anxiety in their minds. Lilly performs defense mechanisms repression and regression. Meanwhile, Lucy performs defense mechanisms repression and regression. Reasons Lilly and Lucy use their defense mechanisms are memories of their dark past, stressful situations, and frustration at not being able to do what they want.

Similarity of defense mechanisms used by Lilly and Lucy is repression and regression. Both characters use defense mechanisms repression to repress unwanted memories to subconscious and cause them to forget certain memories. Meanwhile, they use a defense mechanism of regression to reduce anxiety by returning their psychological state to a previous state or in a safe condition.

From this research shows that violence against someone not only hurts physically but also hurts mentally. Violence experienced as a child can cause mental disorders that can bring into adolescence, even into adulthood. Lilly and Lucy, through their defense mechanisms, show readers how cruel their lives are just because of differences between themselves and other people around them.

BIBLIOGRAPHY

Andayani, A.; Jupriono, D. (2018). Comparative Literary Study on MochtarLubis' *Harimau Harimau* and Herman Melville's *Moby Dick*. *Parafrase*. 18(2): 63-71. http://jurnal.untag-sby.ac.id/index.php/parafrase/article/view/1842. Access 14-08-2021.

Arnold, D. (2004). *Art History: A Very Short Introduction*. New York: Oxford University Press.

Bassnett, S. (1993). *Comparative Literature: A Critical Introduction.* Oxford: Blackwell Publishing Ltd.

Cramer, P. (1991). *The Development of Defense Mechanisms: Theory, Research, and Assessment*. New York: Springer New York Inc.

de Zepetnek, S.Tötösy. (1998). *Comparative Literature: Theory, Method, Application.* Amsterdam – Atlanta, GA: Rodopi.

Hancock, B. (1998). *An Introduction to Qualitative Research*. Nottingham, UK: Trent Focus Group.

Masofa, I. (2018). Comparative Literature in Faulkner's A Rose for Emily and Pramoedya's Call Me Kartini. *Dinamika: Jurnal Sastra dan Budaya*. 6(01). https://ejournal.unitomo.ac.id/index.php/dinamika/article/view/1115. Access 14-08-2021.

Ogden, B.H. (2018). *Beyond Psychoanalytic Literary Criticism: Between Literature and Mind.* Abingdon: Routledge.

Okamoto. L. (2002). *Elfen Lied*. Japan: Shueisha.

Okamoto, L. (2019). *Elfen Lied*. United States: Dark Horse Comics.

Remak, H.H.H.; Seeber, E.D.; Shaw, J. T.; Stallknecht, N. P.; Frenz, H. (1961). *Comparative literature: Method and perspective*. Carbondale : Southern Illinois University Press.

Ressler, K. (2018). Dark Horse Licenses Lynn Okamoto's *Elfen Lied* Manga. *Anime News Network*. https://www.animenewsnetwork.com/news/2018-07-04/dark-horse-licenses-lynn-okamoto-elfen-lied-manga/.133769. Access 10-01-2021.

Rohaeni; Hetami, F.; Purwanto, B. (2019). Anxiety and Defense Mechanism as A Means of Constructing Psychological Thriller in Hawkins' The Girl On The Train'. *Rainbow*. 8(01). https://journal.unnes.ac.id/sju/index.php/rainbow/article/view/27917. Access 14-08-2021.

Swann, S.A. (2009). *Wolfbreed*. New Yorks: Spectra.