**Anxiety and Defence Mechanisms in Dostoyevsky’s**

***Crime and Punishment***

**A Research Paper**

Submitted to the English Department, Faculty of Arts and Letters

Universitas Pasundan

as a Partial Fulfilment of the Requirements for Taking

the *Sarjana* Degree

**By:**

**Muthie Bunga Cahyaning**

**Reg. Number: 197010033**



**ENGLISH DEPARTMENT**

**FACULTY OF ARTS AND LETTERS**

**UNIVERSITAS PASUNDAN**

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**Declaration of Originality**

I hereby state that the paper “Anxiety and Defence Mechanisms in Dostoyevsky’s *Crime and Punishment*” is a true masterpiece of myself. I am fully aware that I have quoted some statements and ideas from various sources and they are properly acknowledged in my paper. I do not copy or quotes with the way that is against from the scientific society. From the statement above, I am ready to accept any judgement if it is found there is scientific ethic contrary in this paper or there is claim from another side toward the original work.

Bandung, May 2023

Muthie Bunga Cahyaning

NRP. 197010033

**Approval Page**

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**Dedication Page**

In the name of Allah. Allah is the Light of the heavens and the earth.

For my mother.

The anchor in the stormy seas of life.

The oasis in the midst of the scorching desert.

The cosmic light in the direst of the galaxy.

She was lost in her longing to understand.

Gabriel Garcia Marquez

Pain and suffering are always inevitable for a large intelligence and a deep heart. The really great men must, I think, have great sadness on earth.

Fyodor Dostoyevsky

In the midst of winter, I found there was, within me, an invincible summer.

Albert Camus

*Poca favilla gran fiamma seconda*

Dante Alighieri

*Tempus Erit*

**Abstract**

The research paper is entitled “Anxiety and Defence Mechanisms in Dostoyevsky’s *Crime and Punishment*”. This study aims to identify the anxiety and defence mechanisms that are undergone by Rodion Raskolnikov. The analysis is done through the dissection of plot using the Russian Formalism theories of fabula and syuzhet. The identification and interpretation of anxiety and defence mechanisms are based on the theories of Sigmund Freud (1961) and Anna Freud (1966). This study uses qualitative methods and descriptive analysis to obtain and analyse the data. The study finds that the fabula and syuzhet of *Crime and Punishment* was not linear or asynchronous. Furthermore, Raskolnikov experienced different types of anxiety depending on the root cause. Pre-murder, Raskolnikov experienced an immense instinctual anxiety due to the fear of following his id’s desire. Post-murder, Raskolnikov experienced superego anxiety that came from the guilt of murder. He also experienced objective anxiety which is based on his egotistical id’s desire to survive. Raskolnikov also had the tendency to apply certain types of defence mechanisms. For the major defence mechanism that Raskolnikov applied, there were displacement, repression, acting out, rationalisation, and denial. For the minor defence mechanism that he applied, there were intellectualisation, projection, undoing, and sublimation. These defence mechanisms were applied unconsciously by the psyche when Raskolnikov underwent instinctual, objective, and superego anxiety.

Keywords: Anxiety, defence mechanisms, fabula, Freud, syuzhet

**Preface**

In the name of Allah, the Most Gracious, the Most Merciful. All praises and gratitude be to God Almighty, for His guidance and blessing, the writer was able to finish this thesis which is entitled “Anxiety and Defence Mechanisms in Dostoyevsky’s *Crime and Punishment*” accordingly and in a timely manner. This thesis is written to fulfil one of the requirements for taking the *Sarjana*/Bachelor’s Degree in English Literature from the English Department, Faculty of Arts and Letters, Universitas Pasundan.

The writer would like to express the deepest gratitude and most sincere appreciation for those who have guided and supported the writer. Their advice and ideas have helped the writer throughout the process of writing this paper and her academic endeavour.

In proposing, planning, writing and revising the paper, the writer acknowledges weaknesses within the paper. The writer also realises that the thesis is by no means impeccable. Thus, the writer would hope for constructive criticisms from the readers and fellow researchers to help perfect the upcoming studies. Withal, the writer would hope that this paper would still give insights into the psychological aspect, *id est*, anxiety and defence mechanisms of a literary character.

Bandung, May 2023

Muthie Bunga Cahyaning

**Acknowledgement**

*Alhamdulillah*. All glory, praises, and gratitude be to Allah, the Merciful, the All Beneficent whose Grace and Blessing have enabled the writer to finish the thesis entitled “Anxiety and Defence Mechanisms in Dostoyevsky’s *Crime and Punishment*”. May the Peace and Blessings of Allah be upon the Prophet, Muhammad, his family, and all his companions. Without God’s will and decree, nothing will befall us.

The writer realises that this thesis’s completion could not be achieved without the support, contribution, guidance, and assistance from wonderful people. Therefore, the writer would like to acknowledge and give the warmest gratitude to:

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Muthie Bunga Cahyaning

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