

**ANASTASIA’S SELF AFFIRMATION TO FACE HER OBSESSION ON
GREY’S SENSUALITY IN JAMES ‘FIFTY SHADES OF GREY’S
NOVEL: SELF AFFIRMATION APPROACH**



**Submitted as a Partial Fulfilment of the Requirements for Getting Bachelor Degree of
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APPROVAL

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SELF AFFIRMATION APPROACH**

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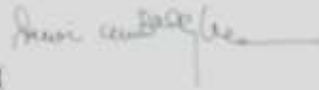
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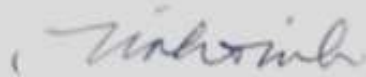
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TESTIMONY

Herewith, I testify in this publication article, there is no plagiarism from previous study which have been raised to obtain bachelor degree, nor there are opinions or masterpiece which have been written or published by others, except those which are referred in the manuscript and mentioned in the literary and bibliography.

If it is proved that there are some untrue statements in this testimony, I will hold full responsible.

Surakarta, November 26th 2021

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ANASTASIA'S SELF AFFIRMATION TO FACE HER OBSESSION ON GREY'S SENSUALITY IN EL JAMES ' FIFTY SHADES OF GREY' NOVEL: SELF AFFIRMATION APPROACH

Abstrak

Penelitian ini menganalisis tentang Self Afirmasi dari Anastasia untuk menghadapi obsesinya pada Sensualitas Grey dalam Novel James 'Fifty Shades of Grey: Pendekatan Penegasan Diri. Tujuan dari penelitian ini adalah: 1) Untuk mengetahui motif integritas sebagai bentuk penegasan diri Anastasia menghadapi obsesinya terhadap sensualitas Grey dalam novel "Fifty Shades of Grey" karya James. 2) Untuk mengetahui pertahanan Anastasia dalam menghadapi obsesinya terhadap sensualitas Grey dalam novel James "Fifty Shades of Grey" ditinjau dari pendekatan *self-affirmation*. Penelitian ini merupakan penelitian deskriptif kualitatif. Sumber data penelitian ini adalah novel "Fifty Shades of Grey" karya E.L James. Data primer dalam penelitian ini adalah semua kata, dialog, frasa, dan kalimat dalam novel. Data sekunder adalah data pendukung yang berasal dari data primary dan dapat diambil dari buku-buku sastra, kritik, dan beberapa artikel yang berhubungan dengan novel. Data sekunder penelitian diambil dari berbagai informasi yang berhubungan dengan novel, metode penelitian dan teori penegasan diri. Objek penelitian ini adalah novel *Fifty Shades of Grey* karya EL James yang diterbitkan pada tanggal 20 Juni 2011. Teknik pengumpulan data yang digunakan adalah membaca data, menggarisbawahi kata-kata penting, mencatat, menyusun data, mengklasifikasikan, memilih dan membuat coding. Dan dalam menganalisis data peneliti menggunakan teori *Self Affirmation* dari Sherman dan Cohen (2014). Hasil penelitian menunjukkan bahwa: 1) motif integritas sebagai bentuk penegasan diri Anastasia untuk menghadapi obsesinya terhadap sensualitas Grey dalam novel James "Fifty Shades of Grey" terdiri dari motif mempertahankan narasi global diri sebagai moral dan aktor adaptif dan motif integritas diri bukanlah untuk menjadi superior atau unggul. 2) Pembelaan Anastasia untuk menghadapi obsesinya terhadap sensualitas Grey dalam novel James "Fifty Shades of Grey" terlihat adanya represi, penolakan, perpindahan, rasionalisasi, dan pembentukan reaksi. Yang paling dominan dari semua pertahanan adalah perpindahan dan rasionalisasi.

Kata kunci: Penegasan Diri, sensualitas, novel

Abstract

This Study is analyzed about Anastasia's Self Affirmation to Face Her Obsession on Grey's Sensuality in James 'Fifty Shades of Grey's Novel: Self Affirmation Approach. The objectives of the study are: 1) To find out the motives of integrity as a form of self affirmation of Anastasia to face her obsession on Grey's sensuality in James "Fifty Shades of Grey" novel. 2) To find out the defenses of Anastasia to face her obsession on Grey's sensuality in James "Fifty Shades of Grey" novel viewed from self affirmation approach. This research is descriptive qualitative research. The source of data of this study is the "Fifty Shades of Grey" novel by E.L James. The primary data are the main data obtained from all the words, dialogues, phrases and sentences in the novel. Secondary data are the supporting data out from the primary data and it can be taken from literary books, criticism, and some articles related to the novel. The secondary data of the study taken from any information related to the novel, the research method and the theory of self affirmation. The object of this study is the *Fifty Shades of Grey* novel by

E.L James, that was published on June, 20, 2011. The techniques of collecting data uses reading the data, underlying important words, taking notes, arranging the data, classifying, selecting and make a coding. And in analyzing the data the researcher uses the theory of Self Affirmation Theory by Sherman and Cohen (2014). The result showed that: 1) the motives of integrity as a form of self affirmation of Anastasia to face her obsession on Grey's sensuality in James "Fifty Shades of Grey" novel consists of the motive is to maintain a global narrative of oneself as a moral and adaptive actor and the motive for self-integrity is not to be superior or excellent. 2) The defenses of Anastasia to face her obsession on Grey's sensuality in James "Fifty Shades of Grey" novel can be seen that there is repression, denial, displacement, rationalization, and reaction formation. The most dominant from all defenses are displacement and rationalization.

Keywords: Self Affirmation, sensuality, novel

1. INTRODUCTION

Everyday people live never far from obstacles and problems and of course, with this, they have to keep their selves save. The meaning of save here is that people will try always to stay away from the obstacles and problems that they faced. Finally, people will have a way to maintain their selves from their problems and obstacles. One of their obstacle is a threat, where it can be a threat from outside or inside. The threat itself become human's obstacle or human problem in their routine life so, they have to face it or even solve it supposed they are not stress and the way to solve for human's problem followed by the response stand as part of self-affirmation theory in psychology.

Self-affirmation it self means affirming concrete existence, attaining a sense of security and wholeness, and vanquishing meaninglessness. Where Cohen and Sherman (2014: 337) said that self affirmation is an act that manifests one's adequacy and thus affirms one's sense of global self-integrity and in self affirmation, usually people have a basic need to maintain the integrity of the self such as (to be saved, to be loved, to be respected, not to be blamed, etc). So, it will be power from inside to maintain it in a form of self affirmation such as by using and increasing self defense. People can encompass many everyday activities. Spending time with friends, participating in a volunteer group or community, or attending religious services anchor a sense of adequacy in a higher purpose. Activities that can seem like distractions can also function as self-affirmations, and with this people can make a distance from any kind of problem that can make self affirmation.

In making defense people will not think if they are guilty or not, the most important thing is that they are save. People use self-defense in many ways like being lying, make a lot of reasons (alibi), even fight the obstacle as they can, or even sometimes pretend does not know. The purpose to be escaped from it or they can get profit from it. Sherman & Cohen,

(2006: 184-185) said that defensive responses as adaptations aimed at ameliorating threats to self-integrity. These defensive responses are adaptive in the sense of protecting or enhancing an individual's sense of self integrity, they can be maladaptive to the extent they forestall learning from important, though threatening, experiences and information. Moreover, peoples' efforts to protect self-integrity may threaten the integrity of their relationships with others.

Based on the above self affirmation explanation, researcher wants to analyze the existence of self affirmation in one novel entitled "FIFTY SHADES OF GREY" by E.L James. The novel is romantic and more to erotic, because it tells about the obsession of woman into a guy. The story tells that Anastasia Steele, a literature student, goes to interview the wealthy Christian Grey as a favor to her roommate Kate Kavanagh, she encounters a beautiful, brilliant and intimidating man. The innocent and naive Ana starts to realize she wants him. She finds herself desperate to get close to him. Anastasia being obsesed by James because of his sensuallity, and in the middle of his obsession, she tries to get rid of her feeling especially in front of James and also her friend. A lot of even that she does not agree about James characters and activities, but she keeps accepting it, because her obsession is bigger than her objection. Here, the researcher wants to analyze how far her power to form her affirmation and self defense (to evercome problem mentaly and psychologically) to face her obsession to James.

The novel is good because 1) there are trilogy story beside Fifty Shades of Grey, such as: Fifty Shades Darker and Fifty Shades Freed. 2) Fifty Shades of Grey novel has been sold for 40 million copies around the world (the fastest selling) and the publication right also has been sold in 37 countries. 3) Fifty Shades of Grey also publised in cinema by universal pictures on 2012 and succes, 4) there are also a lot of self affirmation from the major Character Anastasia to be revealed. So, the researcher tries to make an analysis related to self affirmation and the novel in one literature research entitled "Anastasia's Self Affirmation to Face Her Obsession on Grey's Sensuality in James 'Fifty Shades of Grey' Novel: Self Affirmation Approach".

2. METHOD

Here, researcher employs the descriptive qualitative research. Kirk and Miller (1986) in (Moleong 2007: 2-3) said that the qualitative research taken from the qualitative observation which is the opposite of quantitative observation. The source of data of this study is the "Fifty Shades of Grey" novel by E.L James. Technique of collecting data from this research consists of; 1) Reading the novel repeatedly (more than once), 2) taking notes of important part in both

primary and secondary data, 3) underlying the important words, phrases and sentences existing in the novel, that related to the self affirmation and defense, 4) Make a data code (arrange based on the problems). Technique of the Data Analysis consists of; 1) Reducing the Data, 2) Displaying the Data, 3) analyze the data, and 4) Drawing conclusions.

The data source are divided into two types namely primary data source and secondary data source that are needed to do this research. The primary data are the main data obtained from all the words, dialogues, phrases and sentences in the novel. The primary data sources of the study is ("Fifty Shades of Grey" novel by E.L James. Secondary data are the supporting data out from the primary data and it can be taken from literary books, criticism, and some articles related to the novel. The secondary data of the study taken from any information related to the novel, the research method and the theory of self affirmation. The techniques of collecting data uses reading the data, underlying important words, taking notes, arranging the data, classifying, selecting and make a coding. And in analyzing the data the researcher uses the theory of Self Affirmation Theory by Sherman and Cohen (2014). In analyzing the data, the researcher employs descriptive qualitative analysis of content specifically classifying and categorizing. Miles and Hubberman (1994) provide several basic steps in analyzing data. Those are: 1) reducing the data, 2) displaying the data, and 3) drawing conclusion.

3. RESULT AND DISCUSSION

3.1 Result

3.1.1 The Motives of Integrity as A Form of Self Affirmation of Anastasia to Face Her Obsession on Grey's Sensuality in James "Fifty Shades of Grey" Novel

- a. The motive is to maintain a global narrative of oneself as a moral and adaptive actor. People can flexibly define success in a way that puts their idiosyncratic strengths in a positive light, establishing a reliable but realistic basis for self-integrity. The motive of Anastasia can be seen below:

(2/FSOG/p.10/par.8)

"Anastasia Steele. I'm studying English Literature with Kate, um... Katherine... um... Miss Kavanagh at Washington State."

"I see," he says simply. I think I see the ghost of a smile in his expression, but I'm not sure.

On the above quotation there is situation where Anastasia finally able to interview Mr. Grey. Anastasia tries to help her friend Kate for interviewing Mr Grey as a owner of (some mega-industrialist tycoon) because, Kate cannot attend the interview with him. So Anastasia have been volunteered. In the middle of interview, Anastasia really nervous and every embarrassing situation come.

Mr Grey not only curious on the interview but also on Anastasia, so some of the topic that he is try to discuss not only about his work but also about Anastasia. This really makes Anastasia nervous and not comfortable, so she tries to motive herself by telling her education on Grey. She tries to show that she is a great student with great knowledge. The purpose is that she wants to give the strength on herself for facing the great name of Grey.

- b. Motive for Self-Integrity is Not to be Superior or Excellent, but to be “Good Enough,” as the Term “Adequate” Implies to be Competent Enough in a Constellation of Domains to Feel that One is a Good Person, Moral and Adaptive. The Motive can be Seen below:

(1/FSoG/p.10/par.7)

“Miss Kavanagh is indisposed, so she sent me. I hope you don’t mind, Mr. Grey.”

“And you are?” His voice is warm, possibly amused, but it’s difficult to tell from his impassive expression. He looks mildly interested, but above all, polite.

The above quotation there is situation where Anastasia finally meet with Mr. Grey. Kate (Ana’s friend) is unable to interview 27-year-old Christian Grey, a successful and wealthy Seattle entrepreneur, and she asks Ana to take her place. Anastasia volunteered herself for helping Miss Kavanagh (Kate) to interview Mr. Grey. Mr Grey is the biggest business young man the owner of (some mega- industrialist tycoon). Then she tells Mr. Grey about the situation oh her and her friend.

In a calm and impassive expression, Mr Grey asks Anastasia about the reason she comes to meet him. The motive that is showed by Anastasia is that, she tries for not to be superior, because she knows the Guy who stand in front of her. Beside that, she knows also that this is not her real job, the interview is for her friend Kate. Anastasia tries to speak calm and low by saying that “Miss Kavanagh is

indisposed, so she sent me. I hope you don't mind, Mr. Grey." The purpose is that she is save and the interview success.

(3/FSoG/p.11/par.2)

"Sorry," I stutter. "I'm not used to this."
"Take all the time you need, Miss Steele," he says.
"Do you mind if I record your answers?"

The above quotation there is situation where Anastasia still on confuse and embrace. She shakes her head, disturbed at the direction of her thoughts, and retrieve Kate's questions from her satchel. Mr. Grey says nothing and just watching at her, waiting patient. She plucks up the courage to look at Mr. Grey and he's watching her, one hand relaxed in his lap and the other cupping his chin and trailing his long index finger across his lips. On that kind of situation really makes Anastasia embrace.

To cover all this situation, then she says "Sorry," I stutter. "I'm not used to this." The purpose is that she wants to press her embrace supposed to look calm. This is one of Anastasia motives where she tries to be not superior in front of Mr. Grey. The feeling of guilty of Anastasia feels like a threat for her and also for her friend's work, so, Anastasia tries to make it right by saying sorry and also tells that she is never make interview before.

(4/FSoG/p.14/par.8)

"What are your plans after you graduate?"

I shrug, thrown by his interest. *Come to Seattle with Kate, find a place, find a job.* I haven't really thought beyond my finals.

"I haven't made any plans, Mr. Grey. I just need to get through my final exams." Which I should be studying for now rather than sitting in your palatial, swanky, sterile office, feeling uncomfortable under your penetrating gaze.

The above quotation there is situation where Mr Grey finally ask about Anastasia.

The answer from Mr Grey is out of topic. But here, Anastasia does not want if she fails on the interview and disappoint her friend Kate and Mr Grey him self. So, she tells every questions from Mr Grey. Mr. Grey is ask about herself and her plans, then she answers it with "*Come to Seattle with Kate, find a place, find a*

job” “I haven’t made any plans, Mr. Grey. I just need to get through my final exams.”

The above answers from Anastasia is one of her motive for not to be superior, because she tells everything in honest. If she wants to be superior maybe she can answer it by telling that she is great and work in a good company also. The purpose of her motive is that, she does not want if Mr. Grey think bad on her and Anastasia also think that Mr. Grey is stranger and he got nothing to do with her life, so she answer it in honest.

(5/FSoG/p.15/par.1)

“We run an excellent internship program here,” he says quietly. I raise my eyebrows in surprise. Is he offering me a job?

“Oh. I’ll bear that in mind,” I murmur, completely confounded. “Though I’m not sure I’d fit in here.” Oh no. I’m musing out loud again.

The above quotation there is situation where Anastasia still in an embrace situation. After she is explained the reason of interview and asked of all the interview guide to Mr. Grey, finally he tells that his company run an excellent internship program with no reason. But Anastasia thinks that Mr. Grey tries to offer her a job on his company.

In the middle of her confusedness she tries to calm herself and positive her mind by saying “Though I’m not sure I’d fit in here.” The purpose is that; she tries to refuse without disappointing Mr. Grey. By showing that she is not fit by the company. This is also part of her motive supposed Mr. Grey knows that she is not interesting to work with him.

(10/FSoG/p.31/par.8)

him? My mind is suddenly paralyzed with apprehension. What are we going to talk about? What on Earth do I have in common with him? His soft, warm voice startles me from my reverie.

“How long have you known Katherine Kavanagh?”

The above quotation there is situation where Mr. Grey finally asks for Anastasia for a simple date. Mr. Grey asks Anastasia for drinking coffee after the

photo session. On her mind, Anastasia still does not believe about what just happened, Mr. Grey the you rich guy ask for a date.

There is motive appears on her, where she thinks that it is impossible. She and Mr. Grey are not the same, she feels like she is just a poor woman without high education can go out with him. The motive from Anastasia is a form of protection of her, where she tries to make boundaries with Mr. Grey.

(15/FSoG/p.65-66/par.1)

“There’s a helipad on top of the building I live in. That’s where we’re heading.”

Of course, there’s a helipad where he lives. I am so out of my league here. His face is softly illuminated by the lights on the instrument panel. He’s concentrating hard, and he’s continually glancing at the various dials in front of him. I drink in his features from beneath my lashes. He has a beautiful profile. Straight nose, square jawed – I’d like to run my tongue along his jaw. He hasn’t shaved, and his stubble makes the prospect doubly tempting. Hmm... I’d like to feel how rough it is beneath my tongue, my fingers, against my face.

The above quotation there is situation where, Ana goes on a date with Christian, on which he takes her in his helicopter, *Charlie Tango*, to his apartment. Grey tells that he has helipad on his apartment on the top of the building. Then Ana start to think that Grey is really great, with a beautiful profile, straight nose, square jawed and rich for sure. She thinks that she is nothing, but why Grey chooses her to go on date.

There is motive appears on Ana, where she thinks not to be superior. Sometimes Ana thinks that this is not right for staying together with Grey because they are really different. Ana’s background that makes her not confident and want to go out from this. The purpose of her motive is to protect herself from something bad that will happen. This kind of protection is a light protection where it is only to make boundaries between her and Mr. Grey.

c. The Defenses of Anastasia to Face Her Obsession on Grey's Sensuality in James
"Fifty Shades of Grey" Novel

1. Repression

Repression is the unacceptable id impulses are pushed down into the unconscious and thereby robbed of their power to disturb us consciously. The repression of Anastasia on 'Fifty Shades of Grey' novel can be seen below.

(7/FSoG/p.21/par.6)

"I was in the area," he says by way of explanation. "I need to stock up on a few things. It's a pleasure to see you again, Miss Steele." His voice is warm and husky like dark melted chocolate fudge caramel... or something.

I shake my head to gather my wits. My heart is pounding a frantic tattoo, and for some reason I'm blushing furiously under his steady scrutiny.

The above quotation shows the situation where Anastasia meets with Mr. Grey for the second time. The meeting is something that she does not want but also, she misses. On those situations between does not want to meet and she misses Mr. Grey, she tries to make a small defense by shaking her head. The purpose is that, she can get rid of Mr. Grey face and all of her anxieties.

Based on the repression, there is impulse where unconsciously Anastasia shaking her head. She tries to forget it all; forget Mr. Grey, forget the meeting, Forget Mr. Grey smiles, etc. Anastasia tries to repress her memory even though she is really wanted to meet Mr. Grey again. This kind of defense is to make Anastasia comfortable little bit, because she is on a work. She is really wanted to be focused.

2. Denial

Whereas repression is the refusal to recognize an internal reality or source of anxiety, such as a taboo impulse, denial is the refusal to acknowledge an external source of anxiety. The denial on Ana on 'Fifty Shades of Grey' novel can be seen below.

(11/FSoG/p.33-34/par.8)

"It gives me some sort of clue what you might be thinking," he breathes. "You're a mystery, Miss Steele.

Mysterious? Me?

"There's nothing mysterious about me."

"I think you're very self-contained," he murmurs.

Am I? Wow... how am I managing that? This is bewildering. Me, self-contained? No Way.

“Except when you blush, of course, which is often. I just wish I knew what you were blushing about.” He pops a small piece of muffin into his mouth and starts to chew it slowly, not taking his eyes off me. And as if on cue, I blush. Crap!

The above quotation there is situation where Ana drinks her favorite tea with Grey. She is really cannot believe that she is sitting opposite Christian Grey in a coffee shop in Portland. In the middle of her disbelief, she sees those grey cocks his head gazing quizzically at her. Grey tries to intimidate Ana and she is really disturbed with all Grey’s intimidation. Grey always asks, intimidate and predict all things about her. That is really make her blushing, confuse and anxious. Ana thinks that the conversation become so serious. This isn’t going the way she thought it was going to go. She can’t believe that she feels so antagonistic towards Grey. It’s like he’s trying to warn her off.

There is denial from Ana related to the intimidation on her, Ana says Am I? Wow... how am I managing that? This is bewildering. Me, self-contained? No Way. Here, Grey predict that Ana is mysterious but Ana denial it and she tells him that she is not.

(14/FSOG/p.62/par.4)

“So, did you?” Kate asks as we watch them climb into the car and drive off, the burning curiosity evident in her voice.

“No,” I snap irritably, hoping that will halt the questions. We head back into the apartment. “You obviously did, though.” I can’t contain my envy. Kate always manages to ensnare men. She is irresistible, beautiful, sexy, funny, forward... all the things that I’m not. But her answering grin is infectious.

The above quotation there is situation where Kate tries to digging information about what just happened between me and Grey. Kate asks as she watches Grey and Elliot climb into the car and drive off, the burning curiosity evident in her voice. Kate asks Ana about sex between Ana and Grey, and Ana says no. Ana snap irritably, hoping that will halt the questions.

The denial of Ana is in her answer ‘no’. That is really clear because what she says is right, nothing happened between she and Mr. Grey.

3. Displacement

It involves a transfer of emotion. However, what is switched is not the source but the object of the emotion. Afraid to display or even to experience certain feelings against whoever has aroused them, the person repress the feelings. Then, when the

opportunity arises, he or she transfers them to a safer object and releases them.

(6/FSoG/p.18/par.1)

I've come to know a little bit about most everything we sell – although ironically, I'm crap at any DIY. I leave all that to my dad. I'm much more of a curl-up-with-a-book-in-a-comfy-chair-by-the-fire kind of girl. I'm glad I can make my shift as it gives me something to focus on that isn't Christian Grey. We're busy – it's the start of the summer season, and folks are redecorating their homes. Mrs. Clayton is pleased to see me.

On the above quotation there is situation where, Anastasia really confuses with her mind. She feels always followed by the shadow of Mr. Grey's face. She is really hated that, or even sometimes she is always think that she can meet him everyday. The two disturbing condition of Anastasia become her daily dilemma after the meeting on the interview.

The displacement appears related to those situations between hates and wants. Anastasia tries to get rid of the shadow of Grey by working many things on her shop. Anastasia really glad that she can make my shift as it gives me something to focus on that isn't Christian Grey. For her, her job is the only weapon for her to face her problem related to Mr. Grey.

(8/FSoG/p.23/par.5)

"What kind of books?" He cocks his head to one side. Why is he so interested?

"Oh, you know. The usual. The classics. British literature, mainly."

He rubs his chin with his long index finger and thumb as he contemplates my answer. Or perhaps he's just very bored and trying to hide it.

"Anything else you need?" I have to get off this subject – those fingers on that face are so beguiling.

The above situation shows that Anastasia meets the second time with Mr. Grey on her shop. Ana does not expect to meet Christian again, but he appears at the hardware store where she works. While he purchases various items including cable ties, masking tape, and rope. She does not know if that is coincident or not, but this moment really makes her confuse. She cannot focus on her job at the shop. Grey comes to her shop and he wants to buy something, besides that, Grey always asks her about herself, not about what he needs in her shop.

There is displacement of Anastasia, where she tries to change the topic of the conversation with Mr. Grey. Firstly, Mr. Grey looks like searching the information about her. That is really makes her confuse and disturbed. In her mind she is really love it, but she is trying to cover it up by changing the topic of the conversation. When Mr. Grey is asking about the favorite book that she is always read, then Anastasia change the topics asking “Anything else you need?”.

4. Rationalization

Proving one's behavior is justifiable, rational and thus worthy of self and social approval. The rationalization of Ana on ‘Fifty Shades of Grey’ novel can be seen below:

(9/FSOG/p.31/par.5)

“Ana, there’s something about him.” Her tone is full of warning. “He’s gorgeous, I agree, but I think he’s dangerous. Especially to someone like you.”

“What do you mean, someone like me?” I demand, affronted.

“An innocent like you, Ana. You know what I mean,” she says a little irritated. I flush.

“Kate, it’s just coffee. I’m starting my exams this week, and I need to study, so I won’t be long.”

The above situation tells that na arrive for the photo shoot at the HeathmanHotel, where Christian is staying. Christian asks Ana out for coffee and asks if she is dating anyone. Ana replies that she is not dating anyone. During the conversation, Ana learns that Christian is also single, but he says he is not romantic. Ana is intrigued, but believes she is not attractive enough for Christian. But, when Ana makes decision to make a date, her friend (Kate) interrupted by saying that “Ana, there’s something about him.” “He’s gorgeous, I agree, but I think he’s dangerous. Especially to someone like you.” It seems like, Kate still does not believe in Grey. Ana little bit disturbed with that, then she tells to Kate that she is just drinking coffee together. Ana says “Kate, it’s just coffee. I’m starting my exams this week, and I need to study, so I won’t be long.” This is the rationalization of Ana, where she is explaining that she just drinks coffee and that is normal and nothing bad.

(16/FSOG/p.184/par.6)

“You mentioned this to Ray. How could you?” I can barely spit the words out. How dare he? Poor Ray. I feel sick, mortified for my dad.

“It’s a gift, Anastasia. Can’t you just say thank you?”

“But you know it’s too much.”

“Not to me it isn’t, not for my peace of mind.”

I frown at him, at a loss what to say. He just doesn’t get it! He’s had money all his life. Okay, not all his life – not as a small child – and my world-view shifts.

The thought is very sobering, and I soften towards the car, feeling guilty about my fit of pique. His intentions are good, misguided, but not from a bad place.

The above quotation there is situation where after graduation Ana receives a great gift from Grey. The gift is a car (the beetle car). Grey gives her a great car, brand new car. But Ana really feels bad, because before that she is had enough trouble with the books. She thinks that she is appalled on one level, grateful on another, shocked that grey actually done it, but the overriding emotion is anger.

The rationalization of Ana appears when she tries to refuse the gift from Grey with reason. When Ana receives the gift, all grey wants is only the word thank you from Ana, but Ana thinks that the gift is too much for her. Anna thinks that Grey is rich, and for him it’s nothing, but she is also thinking that she feels guilty for all Grey’s kindness.

5. Reaction Formation

A person who engages in reaction formation represses the feelings that are arousing anxiety and then vehemently professes exactly the opposite. The reaction formation of Ana on ‘Fifty Shades of Grey’ can be seen below:

(12/FSOG/p.19/par.2)

“So what did you really think of him?” Damn, she’s inquisitive. Why can’t she just let this go? *Think of something – quick.*

“He’s very driven, controlling, arrogant – scary really, but very charismatic. I can understand the fascination,” I add truthfully, as I peer round the door at her hoping this will shut her up once and for all.

The above situation there is situation where Kate tries to ask about Mr. Grey to Ana. After the interview, of course Kate really curious with her. Kate thinks that something must be happened on Ana after interview because she knows that Mr. Grey has offer her a job on his company. Ana flushes, and her heart rate inexplicably increases. That wasn’t the reason, surely. He just wanted to show her around so she could see that he was lord of all he surveyed.

There is reaction formation from Ana, where in the middle of her craziness on Grey, she is never thinking that there is something behind of the job. She thinks that Grey only wants to show that he is great. As a reaction of that, Ana coincidentally talks to herself that Grey is very driven, controlling, arrogant – scary really. That is the opposite from all of her thought about Grey.

(13/FSOG/p.51/par.5)

I scowl back at him. What is his problem? What's it to him? If I was his... *well I'm not*. Though maybe, part of me would like to be. The thought pierces through the irritation I feel at his high-handed words. I flush at the waywardness of my subconscious - she's doing her happy dance in a bright red hula skirt at the thought of being his.

The above quotation there is situation where in the middle of lunch, Grey tries to intimidate Ana again. Grey tries to intimidate Ana by saying that if she belongs to Grey, she will get bad treatment from him. Grey says that Ana wouldn't be able to sit down for a week after the stunt she pulled after the drink.

Then Ana shocks and repeats the word "if she belongs to him". Ana repeats "If I was his... *well I'm not*", but she is very happy with these words and she flushes at the waywardness of her subconscious. On her imagination she's doing her happy dance in a bright red hula skirt at the thought of being his (Grey). This is the reaction formation of Ana where on her mind she thinks that she is really like and love Mr. Grey, but sometimes she is denying it by saying no.

3.2 Discussion

Based on the above analysis related to the self-affirmation of Anastasia at Fifty Shades of Grey' novel, researcher able to discuss it based on the problem, first the motive of integrity of Anastasia to face her obsession on Grey's sensuality in James 'Fifty Shades of Grey' novel and the defenses of Anastasia in James 'Fifty Shades of Grey' novel viewed from self affirmation approach. On the motive of integrity, it can be seen that the motive for self-integrity not to be superior or excellent, is the most dominant from Anastasia. It can be seen that Anastasia is good girl with high education, but she lives as a middle-class girl. So, when she meets with a great and rich guy like Grey, for sure, she will never make herself to be superior. The purpose is that as a self-defense, where it will help her to maintain a narrative of personal adequacy in threatening circumstances. Some of Ana motives is a small defense because she knows that on

the other side she is really need to live out from her daily live. That is the reason, Ana trying to accept Grey with his motive of integrity for not become superior.

Anastasia also has a defense related to the self-affirmation, where mostly her defense is on displacement and rationalization. The defense of displacement as a form of where Anastasia always tries to get rid of the shadow of Grey with many of her activity, while the defense of rationalization of Ana appears because she always does something with reasons and refuse something with reasons. The reasons are always rational and Anastasia able to explain it clearly.

There are relations between this result of this research and the theory of self-affirmation of Sherman and Cohen. It can be seen that in the novel the major character (Anastasia) always faces her life with her self-affirmation. For example, Anastasia as a student will try for not to be superior in front of a rich and educated person. That is her self-integrity not to be superior or excellent. She feels like she cannot be compared with the person with a high status. While Sherman and Cohen said that self-integrity not to be superior or excellent will be happened on people in low position.

Researcher uses some previous guideline and there is difference and similarities between. The research by Suryatama (2020) and the result showed that the kind of threatening events that appear in “Time for a Change” Erica James’ novel, shows that all because of Hilary discovered that her husband makes an affair with Catherine (his new secretary). There were motive of integrity and also defenses; *repression*, *Projection*, *Displacement*, *Rationalization*, and *Reaction Formation*, appeared related to the defense of Hillary. The different between this research is that on the subject, where Suryatama focused on “Time for a Change” novel, while this research focused on ‘*Fifty Shades of Grey*’ novel. the similarities are on the object related to the self-affirmation approach. The result also different, where the motive on this research is dominant on motive to be not superior while on Suryatama, the motive is on the defense mechanism.

4. CLOSING

Based on the above analysis it can be concluded that the self-affirmation of Anastasia on ‘*Fifty Shades of Grey*’ novel related to the motives and the self-defense can be seen as follow: (1) The motives of integrity as a form of self affirmation of Anastasia to face her obsession on Grey’s sensuality in james “*Fifty Shades of Grey*” novel consists of the motive is to maintain a global narrative of oneself as a moral and adaptive actor and the motive for self-integrity is

not to be superior or excellent. As an educational girl, Anastasia tries always not to be superior in front of Grey. Anastasia knows that Grey is a great and rich guy and she is just nothing. So, the motive is only to make a small defense on her related to bad relationship. (2) The defenses of Anastasia to face her obsession on Grey's sensuality in James "Fifty Shades of Grey" novel can be seen that there is repression, denial, displacement, rationalization, and reaction formation. The most dominant from all defenses are displacement and rationalization. On displacement, it showed that Ana tries to get rid of her imagination of Grey. Anastasia always changing the topic when she speaks to Grey, and beside that, Anastasia also tries to focus on her work when suddenly the shadow of Grey appears. On Rationalization, Anastasia always refuses things from Grey with rational reasons.

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