# CHAPTER I

# INTRODUCTION

## 1.1 Background of the Study

According to Rexroth (2019), the word literature originated from the Latin term "literature" which means writing formed with letters. It can be expressed through written, oral, or spoken material and is an integral part of human life, as it combines content, form, emotions, feelings, and language that are present within social life. literature can be classified into two main genres: nonfiction, which presents factual information, history, explanations, and biographies, and fiction, which is an imaginative work of art that uses symbolic language and aesthetics. The three primary styles of literary work are poetry, novels, and drama, while movies are a more comprehensive form of media that employs moving pictures and sounds to tell a story. Literature is an essential part of human life, as it brings together content, form, emotions, feelings, and language that are present within social life. There are five intrinsic elements in literary works: theme, plot, setting, and characters; the last is moral value. In the movie, those characters are the people or creatures we encounter in stories. They have different personalities, feelings, and viewpoints. They make the story interesting by doing things and interacting with others. Characters can be brave heroes, sneaky villains, or helpful friends. They bring the story to life and make us care about what happens. Just like real people, characters have their own unique traits and backgrounds that shape who

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they are and what they do. They make stories exciting and let us imagine different worlds and adventures.

According to the Hornby. (1995-434) Oxford Dictionary, the movie is one of the most popular literary works in the modern era. A movie is a continuous stream of visuals combined with moving graphics, photos, or text for entertainment, education, or other purposes. a movie is a series of moving pictures with sound that tells a story. It can be watched at a movie theater, on television, or on other devices. Movies are often enjoyable because they depict real events and are relevant to the lives of people in the real world.

According to (Sarijaloo and Tyson.2016). People have a tendency to reduce their anxiety levels by reducing tension, and they use defense mechanisms to achieve this. Defense mechanisms are intended to safeguard individuals from anxiety, and if they fail, it can result in anxiety. Anxiety plays a crucial role as it is linked to fundamental issues that affect our well-being, such as fear of intimacy, abandonment, betrayal, and low self-esteem. Sigmund Freud (1890) identified common behaviors exhibited by individuals to reduce or prevent anxiety, which he referred to as defense mechanisms. In psychoanalytic studies, defense mechanisms are considered a significant aspect. This field of psychology assumes that the human psyche has two levels: the conscious and the unconscious. When someone faces intense emotional conflict or anxiety, they tend to activate defense mechanisms. Self-Defense Mechanisms are psychological techniques that people unconsciously use to protect themselves from anxiety caused by unacceptable thoughts or

emotions. Self-Defense Mechanisms are closely tied to the structure of personality and are employed by the Ego to cope with internal and external conflicts and maintain psychological stability in the face of anxiety. These mechanisms operate unconsciously and can help individuals manage distressing thoughts, emotions, and experiences that might otherwise overwhelm them. The specific Self-Defense Mechanisms used by an individual can reflect their Personality Structure and the unique ways in which their id, Ego, and Superego interact. A defense mechanism is a technique employed by the Ego to prevent harmful behavior while simultaneously diminishing anxiety.

The phenomena can be seen in the research done by Kumala (2022), the is also interested in conducting similar research using similar data sources and theories and the researcher chose a movie entitled *All Is Lost* for research. The reason why the writer chose this movie as data is because this movie has an interesting storyline, a movie that tells about something close to us, which we feel all the time without being aware of it, namely Self-Defense Mechanism commonly not all people use it in the real life using it but some of the people using it to protect their self, our own strategy. We may have experienced some of the self-defense of *All Is Lost* and they are very close to our lives. Apart from that, this movie is a drama type so the story is not boring, the body language used is also easy to understand. Therefore, the writer wants the readers not only to know this movie as survival skills but also to convey to the readers the Self-Defense Mechanism that we can learn from the movie entitled *All Is Lost*. Based on the phenomenon

analyzed by Kumala, the researchers also analyzed a similar topic about Self-Defense Mechanisms, however, this research used "*All Is Lost movie*" as the data.

*All Is Lost* is a movie that depicts a Self-Defense Mechanism. *All Is Lost* is a survival drama movie released in 2013, directed by J.C. Chandor and starring Robert Redford as the only cast member. The movie tells the story of an unnamed man (Our man) who is on a solo sailing trip in the Indian Ocean. One day, his boat collides with a shipping container that has fallen off a cargo ship, and the damage to the boat leaves him stranded and alone in the middle of the ocean. With no means of communication, limited supplies, and no rescue in sight, the man must use his skills, knowledge, and resourcefulness to survive. Throughout the movie, the main character relies on his skills and abilities to survive. He must adapt to his environment and confront the challenges he faces. The character in *All Is Lost* uses his survival skills to protect himself from the harsh environment and the danger he faces.
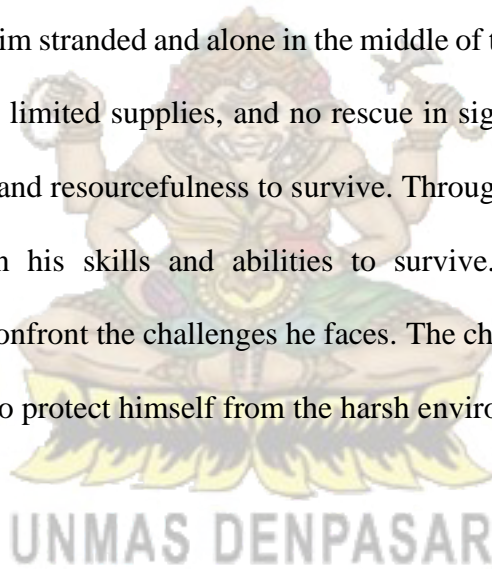
**1.2 Problems of the Study**

Based on the research background, the problems to be solved in this research are:

1. What kinds of Self Defense mechanisms are adopted by the Main character in *All Is Lost* Movie?

2. What elements of Personality Structure including HR are adopted by the Main character in *All Is Lost* Movie?

## 1.3 Objectives of the Study

Based on the problems posed above, the objectives of this research are:

1. To identify and describe the various Self-Defense Mechanisms employed by the main character in the *All Is Lost* Movie.

2. To analyze the Personality Structure including HR of the main character in *All Is Lost* by identifying the traits and behaviors he exhibits throughout the movie.

## 1.4  Limitation of the Study

The analysis is solely focused on the main character in the movie "All Is Lost," which may restrict the generalizability of the findings to other individuals or contexts. The applicability of the identified Self-Defense Mechanisms and elements of personality structure theories may vary when examining different characters or real-life situations. The study heavily relies on the theories presented by Freud (1890) and developed by Minderop (2010). While these theories provide valuable insights into the understanding of Self-Defense Mechanisms and personality structure, it is essential to recognize that there are other contemporary theories and perspectives that could contribute to a comprehensive analysis.

## 1.5  Significance of the Study

In analyzing a literary work, the author must have a goal to be achieved. The author hopes that through this paper the readers can gain additional knowledge about the psychological dimensions of a character in a movie. The significance of the research is divided into two parts, the first is the theoretical significance and the second is the practical significance.

### 1.5.1 Theoretical Significance

The study holds theoretical significance as it aims to enhance readers' understanding of Self-Defense Mechanisms by utilizing a movie as a medium of analysis. By delving into the world of "*All Is Lost*," the research sheds light on the intricate relationship between psychology and literature, specifically exploring the realms of Psychoanalysis and Self-Defense Mechanisms.

Through this interdisciplinary approach, the study offers readers a comprehensive perspective on how psychological concepts can be examined and understood within the context of a captivating cinematic narrative. By bridging the fields of psychology and literature, the research contributes to the enrichment of knowledge, providing readers with valuable insights into the multifaceted aspects of Self-Defense Mechanisms as portrayed in the movie "*All Is Lost.*"

**1.5.2 Practical Significance**

This research has practical significance in the field of psychology for readers, especially those interested in understanding the psychological dimensions of characters in literary works, such as movies. In this analysis, the main character in the movie "All Is Lost" is examined through the lens of psychology, focusing on self-defense mechanisms and personality structure. By understanding the self-defense mechanisms employed by the character, readers can delve into the reasons behind their behaviors and actions, gaining a deeper understanding of the character's psychology. The research also contributes to enriching psychological theories related to personality dimensions and self-defense mechanisms, helping readers sharpen their analytical and interpretive skills in understanding characters in literary works or other media. Moreover, this study connects psychological theories to the representation of characters in literary works, demonstrating their relevance to real-life experiences and providing a brief introduction to psychological concepts for readers from non-psychology backgrounds. By applying psychological insights to the character in the movie, this research also highlights the role of psychology in shaping characters in art, helping readers appreciate how psychological aspects can be pivotal in character development across various literary works and media. Thus, this research not only provides valuable insights into the character in the movie "All Is Lost" but also offers opportunities for readers to further explore the study of psychology in characters across different literary works and media.

**CHAPTER II**

**REVIEW OF RELATED LITERATURE, CONCEPTS, AND**

**THEORIES**

This chapter consists of three components, which are the review of related literature, concepts, and theory. The writer used some of the previous works that had been done by different students or researchers to create a review of the literature. It will assist the writer in providing some of the variations between this study and other studies within the analysis of the main characters' psychological aspects. Furthermore, the writer provided evidence for this study by presenting some ideas concerning the concepts and learning theories that are appropriate to be used in analyzing the problem and proving the evidence.

**2.1 Review of Related Literature**

Several previous studies were used in this scientific paper to obtain similarities and differences between this research and other studies that have been carried out by other researchers who took the same topic.

The first related study was from Fadillah (2018) entitled *Self-Defenses Mechanism of Character in Lawrence's Lady Chatterley's Lover*. The author analyzes the use of Self-Defense Mechanisms by the character of Clifford and their impact on his decision-making process. Through the application of Structuralism and Psychoanalysis approaches the study provides a comprehensive understanding

of the character's coping strategies and how they shape his behavior. The study highlights the importance of Self-Defense Mechanisms in helping Clifford deal with his struggles and maintain his lifestyle. The author identifies various coping strategies such as Repression, sublimation, Projection, denial, and Regression, which play a crucial role in directing his life. Moreover, the study's findings show that the character's use of Self-Defense Mechanisms has a direct influence on his decision-making, indicating the significance of understanding the underlying psychological factors that shape an individual's actions and choices.

The two studies differ in their focus and approach. The earlier study analyzed the impact of Self-Defense Mechanisms on the character in Lawrence's Lady Chatterley's Lover, while the current study analyzed the different Self-Defense Mechanisms employed by the main character, as well as his Personality Structure, by identifying his traits and behaviors throughout the novel. In other words, while the earlier study examines the effects of Self-Defense Mechanisms, the current study delves deeper into the mechanisms themselves and their influence on the character's personality. However, both studies utilize the Self-Defense Mechanism theory proposed by Freud (1890) cited in Minderop (2010)

The second review was taken from an undergraduate thesis Kumala. (2022) Reflection of Trauma and Self-Defense Mechanisms *by Main Characters in All The Bright Places The Movie*. In the movie, All The Bright Places, the study's main goals were to look at how the main characters' attitudes reflect their trauma and to investigate the self-defense strategies they employ to deal with it. The data for this

study were gathered through the major characters' language and actions in the movie using a qualitative methodology. As a result, the researcher found two types out of three types of trauma in the movie All the Bright Place of Trauma faced by the main character there are acute trauma and complex trauma.

Similarities were noted between the previous study and this study. In her study, Kumala focused on the main character as well as the study. Differences between the previous study and this study can be seen in the use of the data. Kumala Study used data from *All The Bright Places* movie and whereas, this current study uses data from *All Is Lost* movie.

The third review was taken from *Defense Mechanism in the character of Hardin Scott reflected in anna todd's After* Shela (2022). This study analyzes a fiction novel written by an American writer, Anna Todd with the novel titled After. This study tells about the background faced by Hardin and also his father until there was an unresolved conflict in the relationship between Hardin and his father and Tessa as Hardin's closest person. The author of this study focuses on one of the first characters, namely Hardin, his defense mechanisms, and how he shows them namely Hardin, his defense mechanisms, and how he shows them. The author uses Sigmund Freud's theory of Self-Defense Mechanisms as the main theory to work on this thesis. With this analysis, the writer finds that the first character uses denial, Projection, Rationalization, isolation, identification of aggressors, and Displacement. The first character uses this defense mechanism to shape himself so that anxiety does not occur, therefore the main character forms a Self-Defense

Mechanism. As a result, the researchers found that the form of analysis from the novel taken was that Hardin had an unconscious motive in the unresolved conflict experienced by his father, thus forming several defense mechanisms, namely Displacement, denial, Projection, isolation, reaction formation, Rationalization, and identification with the aggressor. The form of defense mechanism that often appears is the type of Displacement and denial, in the form of Displacement, Hardin often makes an outlet aimed at the weakest object, namely Landon. The next form that often comes out is denial, the researcher finds that Hardin still refuses to have a good relationship with his father and still thinks that his father is a loser.

The two studies share similarities in their use of Freud's theory as the primary theoretical framework. However, there are differences between Shela's study and the current study regarding the data sources. Shela's study focused on the defense mechanisms of the character Hardin Scott in Anna Todd's After, while the current study uses data from the movie *All Is Lost*.

The fourth review was taken from an article entitled, Defense Mechanisms of the Main Character in *Laurie Halse Anderson's Speak* Novel by Zulfaisya and Hara (2020). The writers utilized a descriptive qualitative method to analyze data in this study. The primary focus was to examine how the main character employed defense mechanisms to overcome anxiety caused by physical and verbal harassment at school. The primary data used were the narrations and dialogues in the narrative that exemplified the character's defense mechanisms. The main character utilized various defense mechanisms, including Repression, Rationalization, Regression,

and reaction formation, to overcome conflicts. She also applied Projection, replacement, isolation, identification, and sublimation as defense mechanisms strategies to cope with her psychological problems and anxiety.

The two studies differ in their focus and approach. The earlier study analyzed about main character's defense mechanism in overcoming her anxiety, while the current study analyzed the different Self-Defense Mechanisms employed by the main character, as well as his Personality Structure, by identifying his traits and behaviors throughout the novel. In other words, while the earlier study examines the effects of Self-Defense Mechanisms, the current study delves deeper into the mechanisms themselves and their influence on the character's personality. Therefore, the two studies shared similarities in their theoretical framework, and focus on defense mechanisms employed by the characters.

The fifth review is taken from the article entitled *An Analysis of Psychological The Aspect of The Main Character in Cruella Movie* by Aryanti (2022). This study discusses the psychological facets of human motivation seen in Craig Gillespie *Cruella's* movie. This study tries to examine the behavior and pinpoint the psychological components of the *Cruella* movie's lead character. The information of data was extracted from dialogue and situations that addressed psychological aspects of human motivation in the movie. Aryanti (2022) used the theory of Bernhardt (1953) to determine the Psychological Aspects of Human Motivation was used to examine the data. The results of this study obtained 24 data

relating to the Psychological Aspects of Human Motivation experienced by the main character.

The differences between this study and the prior study are the initial study focused on the main character's coping mechanisms for dealing with her anxiousness. Meanwhile, this study analyzed the various Self-Defense Mechanisms employed by the main character and analyzed the Personality Structure of the main character by identifying the traits and behaviors he exhibits throughout the movie. The similarity is that both investigations are focusing on the main character.

## 2.2 Concepts

Concepts are a group of broad definitions in terms connected to the study's subject. The idea keeps the reader's attention on the chosen subject. Three concepts of Self-Defense Mechanism, main characters, and movie were addressed in this study.

### 1.2.1   Self-Defense Mechanisms

Freud (1890) cited in Minderop (2010) the definition of the Self-Defense Mechanism, also known as the defense mechanism, refers to a set of psychological strategies and processes that individuals unconsciously employ to protect themselves from anxiety, emotional distress, or perceived threats. These defense

mechanisms operate at an unconscious level and serve as a way to manage internal conflicts, maintain psychological equilibrium, and alleviate psychological discomfort.

According to the theory proposed by Freud (1890) cited in Minderop (2010), Defense mechanisms are thought to be automatic and instinctual responses to psychological stressors. They involve distorting, repressing, or redirecting thoughts, feelings, or impulses to protect the Ego from experiencing overwhelming anxiety or conflict. While defense mechanisms can provide temporary relief, they often operate on an unconscious level and may result in distorted perceptions, patterns of behavior, or avoidance of confronting challenging emotions or situations. Self-Defense Mechanisms protect ourselves against anxiety arising from unacceptable thoughts or feelings, for example, scary things because our Id or Superego demands too much or poses a danger to our life. Self-defense systems are normal and innate; we are not aware of them. The neuroses can become anxiety states, phobias, obsessions, or hysteria when they spiral out of control, impeding one's ability to develop their personality
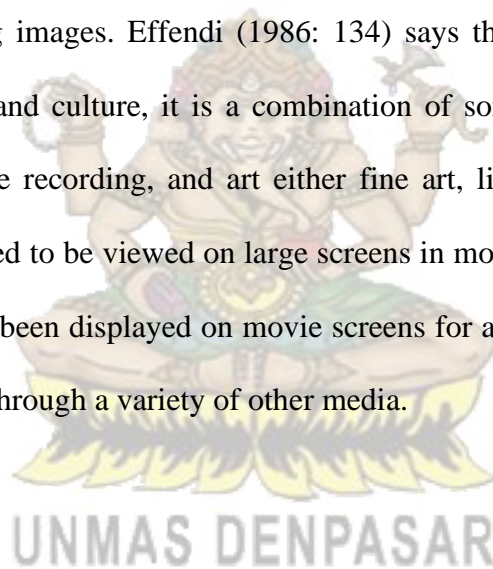
### 2.2.2 Main Characters

The main characters are the people whom the story is mostly about or the story's point of view. Aminudin (2002) mentioned that the main character always appears in a story, it is usually found in every chapter of the novel or the other form of a story (e.g. movie). In other words, the main character is the key to the story's

growth, a person whose desires, ambitions, anxieties, and conflicts are fundamental to the plot's development.

### 2.2.3 Movie

A movie also is a visual artwork used to simulate experiences that communicate ideas, stories, perceptions, feelings, beauty, or atmosphere through the use of moving images. Effendi (1986: 134) says that a movie is a form of expression of art and culture, it is a combination of some technologies such as photography, voice recording, and art either fine art, literature, or music. Most movies are designed to be viewed on large screens in movie theaters and at home. After a movie has been displayed on movie screens for a few weeks or months, it may be marketed through a variety of other media.

### 2.3 Theories

There were several theories used to answer the related problems studied in this study. The writer uses the psychoanalysis theory Freud (1890) cited in Minderop (2010) especially the main characters' Self-Defense Mechanisms and Personality Structure.

### 2.3.1 Self-Defense Mechanism

According to Freud (1890) cited in Minderop (2010), Freud used the term defense mechanisms to refer to the unconscious processes that protect an individual against anxiety. Self-Defense Mechanisms are the unconscious mechanism that protects humans to avoId impulses that are impulsive, such as sexual urges or aggressive behavior. Individuals also bring up defense mechanisms in an effort to fight the anxiety they have. Self-Defense Mechanisms are a type of defense that protects an individual from harm caused by shameful things they dId or said, unwanted desires, even past trauma, and any other feelings that they are forced to hide, conceal, and shut off from the mind. It is normal for humans to react to certain things or events that affect them. However, in times of extreme anxiety, the mind may resort to extreme measures to get rid of the threat. There are nine Self-Defense Mechanisms proposed by Freud (1890) cited in Minderop (2010): Repression, Sublimation, Projection, Displacement, Rationalization, Reaction Formation, Regression, Aggression & Apathy, and Fantasy.

### 2.3.1.1 Repression

According to Freud (1890) cited in Minderop (2010:34) the strongest and broadest Ego defense mechanism is Repression: Freud in Minderop himself said that the concepts of unconscious mental activity, Repression, resistance, and transference were the fundamental pillars of psychoanalysis. Repression aims to push unwanted Id impulses out of the conscious and back into the subconscious.

Repression is the foundation on which all Ego Defense Mechanisms work. The goal of all Ego defense mechanisms is to repress or push threatening impulses out of consciousness. Freud (1890) cited in Minderop (2010:34), our childhood experiences, which many experts believe, stem from the sex drive, are too threatening and conflictual for humans to overcome consciously. Therefore, humans reduce the anxiety of conflict through the Ego Repression defense mechanism.

**2.3.1.2 Sublimation**

Based on Freud (1890) cited in Minderop (2010:34) Sublimation occurs when socially beneficial actions replace feelings of discomfort. Sublimation is actually a form of diversion. For example, if an individual has a high sexual drive, then he diverts this feeling of discomfort to actions that are socially acceptable by becoming an artist who paints naked body models.

**2.3.1.3 Projection**

We all often encounter unwanted situations or things that we cannot accept by devoting them to other reasons. For example, we have to be critical or rude to other people, and we realize that this attitude is not appropriate for us to do, but the attitude that is carried out is given the reason that the person deserves it. We do this attitude so that we look better. The unconscious mechanism that protects us from

recognition of these conditions is called Projection. Projection occurs when individuals cover up their shortcomings and the problems encountered or the mistakes are delegated to others based on Freud (1890) cited in Minderop (2010:34).

### 2.3.1.4 Displacement

Diversion is the transfer of feelings of displeasure towards an object to another object that is more likely. For example, there are aggressive impulses that can be substituted, as scapEgoats, towards people (or other objects) where these objects are not a source of frustration but are safer targets proposed by Freud (1890) as cited in Minderop (2010:35).

### 2.3.1.5 Rationalization

Rationalization has two purposes: to reduce disappointment when we fail to achieve a goal, and to provide us with acceptable motives for behavior. Examples of Rationalization: First, like or dislike as an excuse: a girl who was not invited to a party said that she would not go even if she was invited because there were several people she did not like attending the party. Second, blaming other people or the environment as an excuse: someone who is late due to falling asleep will blame other people and doesn't wake up; or say exhausted because too busy so fell asleep. It should be able to wake up by setting the previous wake. Third, interest as a

reason: someone buys a new model car on the grounds that the old car requires a lot of repair costs as stated by Freud (1890) cited in  Minderop (2010:35)

### 2.3.1.6 Reaction Formation

According to Freud (1890) as cited in  Minderop (2010:37) Repression due to anxiety impulses is often followed by the opposite tendency which is the opposite of the suppressed tendency: the formation reaction. For example, a person may become a fanatical martyr against evil because of subconscious feelings related to sin. He may repress his impulses which end in his resistance to evil which he himself does not understand. The manifestation of excessive concern from a mother towards her child can be an attempt to cover up her uncomfortable feelings towards her child; being very polite to someone can be an attempt to hide fear. Formation reactions can prevent an individual from behaving in that produces anxiety and can often prevent him from acting antisocially.

### 2.3.1.7 Regression

There are two interpretations of Regression. First, Regression is referred to as retrogressive behavior, which is when someone behaves like a child, crying and being overly dependent in order to obtain a sense of security and attention from others. Second, Regression is referred to as privatization when an adult acts in an

uncivilized manner and loses control, not hesitating to engage in fights based on Freud (1890) as cited in Minderop (2010:38).

### 2.3.1.8 Aggression and Apathy

The feeling of anger is closely related to tension and anxiety, which can lead to destruction and aggression. Aggression can take the form of direct aggression and displaced aggression. Direct aggression is expressed directly towards a person or object that is the source of frustration. In adults, this type of aggression is usually verbal rather than physical - the offended victim typically responds. Displaced aggression occurs when someone experiences frustration but is unable to express it satisfactorily toward the actual source of frustration, which may be unclear or out of reach. The perpetrator doesn't know where to direct their aggression, yet they are very angry and need something as an outlet. Apathy is another form of reaction to frustration, characterized by withdrawing and behaving as if resigned based on Freud (1890) as cited in Minderop (2010:38).

### 2.3.1.9 Fantasy

Freud (1890) as cited in Minderop (2010:39) stated that, When our problems are in piles, sometimes we find a solution by coming to the fantasy, a solution that is on the basis of fantasy more than reality. For example, soldiers often

put images of pin-up girls within their barracks which symbolizes that their life fantasy still goes on when their sexual life is interrupted.

### 2.3.2 Psychoanalysis

Psychoanalysis is a set of psychological theories and therapeutic techniques derived from Sigmund Freud's work and theories in the 1890s. It is based on the notion that everyone possesses subconscious thoughts, feelings, desires, and memories. Freud (1890) as cited in Minderop (2010:13) claims that the life of a person is full of pressure and conflict, and to relieve the pressure and conflict, a person keeps it within their unconscious mind. He is certainly sure that the action of a person is often influenced by the unconscious mind and it is shown unconsciously. By bringing the contents of the unconscious into consciousness, people can experience catharsis and gain insight into their current state of mind.

### 2.3.3 Personality Structure

Personality Structure is the human's personality which is divided into three elements, namely, the id, the Ego, and the Superego. This was using theories from Freud (1890) as cited in Minderop (2010). These three elements of personality work together to create complex human behaviors. The use of trauma theory here is to find out the Personality Structure that affects the Self-Defense Mechanisms of the main characters in dealing with the trauma they experience.

**2.3.3.1 Id**

Freud (1890) as cited in  Minderop (2010:21) stated that the Id is a psychic energy and instinct that pressures humans to fulfill basic needs such as the need to: eat, have sex, and resist pain or discomfort. The Id is in the subconscious, there is no contact with reality. The way the Id works is related to the principle of pleasure, which is always seeking pleasure and always avoiding discomfort.

**2.3.3.2 Ego**

According to Freud (1890) as cited in  Minderop (2010:22) the Ego is caught between two opposing and guarded forces and obeys the principle of reality by trying to fulfill individual pleasures that are limited by reality. A criminal, for example, or someone who only wants to satisfy himself, will be held back and hindered by the realities of life he faces. Likewise, there are individuals who have high sexual impulses and aggressiveness, for example; of course, those passions will not be satisfied without supervision. Thus, the Ego helps man to consider whether he can satisfy himself without causing trouble or suffering to himself. The Ego is between the conscious and the subconscious. The task of the Ego gives place to the main mental functions, for example, reasoning, problem-solving, and decision-making. For this reason, the Ego is the chief leader in personality; like a company leader who is able to make rational decisions for the progress of the company. The Id and Ego have no morality because they do not recognize good and bad values.

### 2.3.3.3 Superego

The third structure is the Superego which refers to morality in personality. The Superego is the same as the 'conscience' which recognizes good and bad values (conscience). Like the id, the Superego does not consider reality because it does not struggle with realistic matters, except when the id's sexual impulses and aggressiveness can be satisfied in moral judgments. The explanation is as follows: for example, a person's Ego wants to have sex regularly so that his career is not disturbed by the presence of children; but the Id of the person wants a relationship satisfying sex because sex is enjoyable. Then the Superego arises and mediates with the assumption that it is a sin to have sex based on Freud (1890) as cited in Minderop (2010: 22)