

ABSTRACT

The aim of this study is to examine the main character, Cather Avery in the novel *Fangirl* by Rainbow Rowell. This study discusses about sublimation as the defense mechanism of the main character in the novel *Fangirl* by Rainbow Rowell. It is found that Cather's personality is associated with her childhood. It is the abandonment of the mother that makes Cather's personality changes and makes her faces anxieties in her life. To deal with her trauma and anxieties, Cather uses defense mechanism. Sublimation is a defense mechanism that Cather uses to deal with her trauma and anxieties. The theory that the writer uses is Freudian Psychoanalysis theory about defense mechanism about sublimation, trauma, and anxiety. Sublimation is chosen since sublimation gives the positive impact to the personality of the main character. This study is using qualitative research where the data is taken from the novel, library research, journals, and other resources which are appropriate in conducting the analysis.

Key Words: *Defense Mechanism, Sublimation, Trauma, Anxiety.*

