

ABSTRACT

This study presents the condition of human recovering from a trauma. The trauma in general is mainly influenced by the past event. Past events have long been recognized by psychoanalysts as one of the factors that determine the development of defense mechanism in someone's mind. In other words, people are developing defense mechanism to avoid their painful past event. This happens in the movie entitled *Shutter Island*. This movie is telling about a person who suffers anxieties from his trauma and the way the psychologist around him try to help him. This is what the main essence why the writer is likely analyzing the main character's defense mechanism and psychodrama method applied in the movie. Furthermore, this study aims to reveal and give explanations how important past memories regarding with the main character's anxiety, how is the defense constructed through the main character, and how the main character recovers from his anxiety and defense mechanism. The method used in this study is qualitative method. Using Psychoanalysis Theory this paper examines the main character's defense mechanism. The result of this study shows that the main character's defense mechanism is the visualization of main character repression of his trauma. It later revealed anything inside his past that he tried to erase. While the psychodrama method used by Dr. Cawley and Dr. Sheehan successfully help the main character to accept his painful past experiences.

Keywords: Psychoanalysis, Self Defense Mechanism, Anxiety, Shutter Island