

CHAPTER IV

ANALYSIS AND FINDINGS

This chapter contains an analysis to answer the statements of the problem of the research. This chapter presents the detailed analysis of the data about the types of defense mechanism in the poem, *Fire and Ice*, *Stooping by Woods on a Snowy Evening* and *The Road Not Taken* by Robert Frost.

The researcher wants to present the analysis of three poetries of Robert Frost. They are *Fire and Ice*, *Stooping by Woods on a Snowy Evening* and *The Road Not Taken*. The poetries are chosen by the researcher because those poetries have symbolism (hidden meaning) or connotation in their diction. Besides, in those three poetries, *Fire and Ice*, *Stooping by Woods on a Snowy Evening* and *The Road Not Taken*, there are some types of defense mechanism regarding Robert Frost's life.

4.1 The Type of Defense Mechanism of Robert Frost that Reflected in a Poem entitled "Fire and Ice".

This poem is written in 1920 by Robert Frost. It tells about the world will end by Fire and Ice. The researcher means "fire" as "desire" and the other idea seems to be the world ending in "ice". The researcher means "ice" as "hate".

4.1.1 Expression of “*Fire and Ice*” Poem:

4.1.1.1 Tone

Based on the explanation about tone in chapter II, Richards in Awaludin (2014:17) says that tone is something in which the speaker conducts:

“an attitude to his listener. He chooses or arranges his words differently as his audience varies, in automatic or deliberate recognition of his relation to them. The tone of his utterance reflects his awareness of this relation, his sense of how he stands towards those he is addressing. Again the exceptional case of dissimulation, or instances in which the speaker unwittingly reveals an attitude he is not consciously desirous of expressing, will come to mind”.

Based on the explanation about tone above. Tone of the poem is sad. “Sad” represents Frost’s sad life when his first and fourth daughter passed away and he was ill pneumonia and almost passed away and represent in a long time ago, frost was deeply sad because his mother passed away and his farming is bankrupt.

From the world “*Some say the world will end in fire and Some say in ice*”, the researcher immediately connects fire with “desire” and ice with “hate”. The word “desire” means like greedy and possessing and “hate” means habit of human like a person doesn’t care to other. It probably means the sadness of frost because desire and hate can cause destruction of the world.

4.1.1.2 Meaning

The meaning of fire and ice is the comparison of the power of desire against the power of hate. Desire is a kind of intense love or want that focuses people on getting and possessing and acquiring. This kind of desire can lead people to destruction in the form of bankruptcy or even

broken relationships. Frost's poem speaks to the issue of greed corrupting people and even society. However, the poem does not end with desire. The power of hate is symbolized the power of hate is symbolized in the poem by ice. Hate, according to the speaker, is just as great as desire. In fact, by ending the poem with the concept of hate, Frost directs the reader to the sly yet restrained devastation that hate can produce. For instance, hate is the root of racism and fighting in our world. Hate can occur and linger in people's minds and hearts for year, even lifetimes. Hate consumes the hater perhaps even more than the person or group hated. It can damage lives (Amphitheater Public Schools: 2014).

4.1.2 Defense Mechanism of the First Poem of "*Fire and Ice*".

The possible meaning related to Robert frost's life is he loves his wife so much, his parents, relative, his children and his family. It is based on desire. Desire is intense love. It can be seen from frost's life such as, Frost loves his mother so much, he has been a great poet because his mother teaches frost about literature, he also loves his wife, even he tries to kill himself because frost delivered copy of booklet lyric, but no responses to be enthusiastic from her, frost thinks losing her. In addition, frost does love his child named Marjorie, his child passed away because ill puerperal fever and his farming are unsuccessful. Then "hate" means that a terrible series of family death that suffered by frost and it is concern frost's life. It made a hate in himself, and frost thinks this world in not fair and he hates god in that time. Hence, after the researcher analyzes frost's life so, the researcher will relate frost's life towards defense mechanism as elaborated below:

4.1.2.1 Repression

In the third and fourth line, the clauses *From what I've tasted of desire* and *I hold with those who favor fire* stated the private thought or feeling about things in his life. Frost says

“*From what I've tasted of desire*”, in that clause, Frost expresses his feeling towards what he has experienced in his past. The researcher means a word “*desire*” like greedy, apathies, immorality, selfish, inhumane, and so on. It can be inferred that Frost has experienced enough time about the taste of desire.

The clause “*I hold with those who favor fire*” in that clause the researcher thinks that Frost prefers “*fire*”. It means that the researcher guesses “the world will end in fire”. A “fire” is become the reflection of human emotion, therefore based on the explanation above the researcher thinks that the word “fire” is symbolization of “desire”.

Hence, it is possible to be inferred that those are the examples of a repression. Robert frost did defense mechanism in **Repression**. It means burying a painful feeling or thought from your awareness though it may resurface in symbolic form. Repression sometimes are considered a basis of other defense mechanisms. Krech (1974) in Minderop (2011: 34) said:

The mechanism of repression was first proposed by Sigmund Freud and, for some time, occupied a special place in psychoanalytic theorizing, perhaps because it involves the most direct approach to avoiding the experience of anxiety. As a result of repression, the person is not aware of his own anxiety-producing impulses or does not remember deeply emotional and traumatic past events. . . . If repression were a simple matter of blotting out the conflict and all its attendant anxieties, it would, of course, be the ideal defensive reaction. But this blotting out does not seem to happen. The relief from anxiety brought by repression is paid for in other ways, for example, in reaction formation.

In the fifth until seventh line, the clauses *I think I know enough of hate* and *To say that for destruction ice* stated or express Robert frost’s life in fire and ice poem. Frost says “*I think I know enough of hate*” In that clause, Frost expresses his feeling towards what he has experienced in his past. Frost says a word “hate” in that line, based on the researcher, it means that Frost attributes “hate” by his child, because Elliot, his son, suffered ill cholera infant on July eighth she died. Robert Frost flailed himself for not having summoned a doctor in time, believing that

God was punishing him by taking his child away, and then Elinor, was silent for days, finally Elinor passed away for his senselessness in believing that any such thing as a god's benevolent concern for human affairs could exist. Robert frost feels his life was hateful and the world is evil.

The clause "*To say that for destruction ice*", in that clause, the researcher thinks that Frost prefers "*ice*" to symbolize "hate" to be "ice". It means that the researcher guesses "the world will end in ice". An "Ice" interprets to human emotion of hate or not fair in frost's life, Hence, based on the explanation above. A word "ice" symbolizes "hateful".

It is possible to be inferred that those are an example of **repression**. It means burying a painful feeling or thought from your awareness though it may resurface in symbolic form. Repression is sometimes considered a basis of other defense mechanisms. Krech (1974) in Minderop (2011: 34) said:

The mechanism of repression was first proposed by Sigmund Freud and, for some time, occupied a special place in psychoanalytic theorizing, perhaps because it involves the most direct approach to avoiding the experience of anxiety. As a result of repression, the person is not aware of his own anxiety-producing impulses or does not remember deeply emotional and traumatic past events. If repression were a simple matter of blotting out the conflict and all its attendant anxieties, it would, of course, be the ideal defensive reaction. But this blotting out does not seem to happen. The relief from anxiety brought by repression is paid for in other ways, for example, in reaction formation.

Frost's anxiety is in his life, he has some experience suffering, like his son, Elliot passed away because he suffered cholera infant disease and then death of his parents, his wife and his children that influences mental of Robert frost that appears in much Robert frost's work.

4.1.2.2 Rationalization

In the first until seventh line, the clauses *Some say the world will end in fire, Some say in ice, From what I've tasted of desire, I hold with those who favor fire, But if it had to perish twice,*

I think I know enough of hate and To say that for destruction ice stated or expressed Robert Frost's life in fire and ice poem. Frost says from his first way, in line "Some say the world will end in fire, Some say in ice, From what I've tasted of desire, I hold with those who favor fire", in the clauses, based on the researcher, Frost chooses "desire or fire" as something that can be destruction to the world, then Frost says another reason as destruction in line.

And then in the line, "But if it had to perish twice, I think I know enough of hate and To say that for destruction ice", here the researcher thinks that Frost has another reason to maintain and anxiety avoid, "enough of hate" is a rationalization because Frost devises reasonable explanations of his behaviors to protect self-esteem. Hence, it is possible to be inferred that those are an example of **rationalization**. Robert Frost did defense mechanism in **Rationalization**. Krech (1974:580) explained about rationalization below:

. . . The individual may thus come to explain her behavior and feelings in conflict situations in such a way that self-esteem is maintained and anxiety avoided. Such cognitive accommodation to conflict is called rationalization.

In some poetry, an author's life is usually written within as the idea. By looking up to this condition, it is possible to analyze the story by following the theory of psychoanalysis. Based on Straker, he states that the purpose of psychoanalysis is to bring repressed memories, fears, and thoughts back to the conscious level of awareness. Defense mechanism is one of elements that are within the theory of psychoanalysis. Defense mechanism shares two common functions. First, it often appears unconsciously, and the second, it tends to distort, transform, or otherwise falsify reality (2008:1).

4.2 The type of defense mechanism of Robert Frost that reflected in a poem entitled "Stopping by Woods on a Snowy Evening".

This poem is written in 1922 by Robert Frost. In the first stanza, in the first until fourth line, it means that Robert frost has known who whose woods, but it has ambiguity meaning because it refers to male possession, such as “he” and “his”. The attitude of the speaker towards this ownership is cautious and the speaker wishes to go unseen as he savors the serenity of the woods. In the third stanza Robert frost states his horse. This invokes that the horse possesses the ability to express itself, and the ownership of its harness allows it to do so. The last, in the fourth stanza, this could be a reference to Frost’s yearning to fulfill a promise to God and “miles to go before I sleep” could be Frost’s means of strengthening his faith.

4.2.1 Expression of “*Stopping by Woods on A Snowy Evening*” poem:

4.2.1.1 Tone

Based on the explanation about tone in chapter II, Richards in Awaludin (2014:17) says that tone is something in which the speaker conducts:

“Choosing or arranging his words differently as his audience varies and an attitude to his listener. His relation to them of automatic or deliberate recognition. The tone of his expression reflects his awareness of this relation, also his sense of how he stands towards those he is addressing. Again the exceptional case of dissimulation, or instances in which an attitude he is not consciously desirous of expressing will come to mind is revealed by the speaker unwittingly”.

Based on the explanation tone above. The tone of the poem is quiet. “Quiet” probably represents that Robert frost was born in San Francisco (urban city) from his childhood until adult, he was born in urban city that his life in urban city often have problems, noisiness different than in nature (village). In 1885, frost’s father passed away and finally, frost and his mother

moved to frost's grandfather in the village. Frost felt comfortable, happiness, quietness in the village.

From this phrase "*The woods are lovely, dark and deep*". The researcher guesses "woods" it contains meaning "quiet" and woods mean as a forest and also It means that frost struggles as what people do in order to get or to reach a purpose of his life although many obstacles that he faced but he never stops trying before his death.

4.2.1.2 Meaning

The meaning of poem based on the researcher is Frost is drawn to the beauty and allure of the woods or nature, but Frost has obligation in this line "*promise to keep*", thus Frost is faced with a choice of whether to give into the allure of nature or remain in the realm society.

4.2.2. Defense Mechanism of the First Poem of "Stopping by Woods on a Snowy Evening".

The possible meaning related to Robert frost's life is when Robert frost moved from urban city to village. In the village, frost worked in field for nine years, but his farming is unsuccessful, finally he returned to the field of education as an English teacher. Hence, after the researcher analyzes frost's life so, the researcher will relate frost's life towards defense mechanism as elaborated below:

4.2.2.1 Repression

In the eighth line, the clauses *The darkest evening of the year*, stated Robert frost's life in *Stopping by Woods on a Snowy Evening* poem. The researcher thinks "The darkest" is a symbolization of frost's suicide. Robert frost repressed desire of him is suicide and it can be seen with identifying symbols in the poetry. Symbols are words used in place of an actual idea that if actually told, would reveal a forbidden desire in the author. "The Dark" symbol has already been

established as being associated with “death wish” theory. The death or suicide of Robert frost can be seen in his life. During the 1930s, he became ever more honored and revered, none but his intimates knew of the decade’s grieves. Robert Frost endured a terrible series of family disasters. In 1934 his youngest and loved child, Marjorie died a slow death from the puerperal fever contracted after giving birth to her first child. In 1938 his wife Elinor died suddenly of a heart attack, then, when he seemed to be pulling things together once more, his son Carol committed suicide in 1940. Another daughter, Irma suffered mental disorders and Robert Frost’s sister, Jeannie also suffered mental disorders and was finally institutionalized in a mental hospital 1947 and, Elliot, Robert Frosts’ son suffered ill cholera infantum, finally on 8 July he passed away. Robert frost thinks it is so strange that he is so amazed why in suffered his life is never stopping. A number of poems in *A Witness Tree* undoubtedly derived their dark tone from the Robert frost’s family tragedies suffered over the decade. From the explanation above, the darkest is a symbol of death, therefore, it is possible to be inferred that those are an example of repression and those are an example of **repression**. Robert Frost did defense mechanism in repression type. It means that burying a painful feeling or thought from your awareness though it may resurface in symbolic form. Sometimes are considered a basis of other defense mechanisms. Krech (1974) in Minderop (2011: 34) said:

The mechanism of repression was first proposed by Sigmund Freud and, for some time, occupied a special place in psychoanalytic theorizing, perhaps because it involves the most direct approach to avoiding the experience of anxiety. As a result of repression, the person is not aware of his own anxiety-producing impulses or does not remember deeply emotional and traumatic past events. . . . If repression were a simple matter of blotting out the conflict and all its attendant anxieties, it would, of course, be the ideal defensive reaction. But this blotting out does not seem to happen. The relief from anxiety brought by repression is paid for in other ways, for example, in reaction formation.

Frost’s anxiety in his life is Robert frost repressed desire of him is suicide because he has some experience suffering that makes him to be stressful.

4.2.2.2 Regression

In the fourth stanza, the clauses *The woods are lovely, dark and deep, But I have promises to keep, And miles to go before I sleep, And miles to go before I sleep*, stated Robert frost's life in *Stopping by Woods on a Snowy Evening* poem. It is possible to be inferred that those are an example of **regression**. It means a form of retreating, to an earlier, more primitive form of behavior to avoid pain or threat. It can be seen from Robert frost's life, Robert frost's dilemma in choosing between the allure of nature and the responsibilities of everyday life in human society. Robert frost drew to the beauty and allure of the woods, which represent nature, but has obligations "promises to keep" which draw him away from nature and back to society and the world of men. Thus, the researcher concludes that Frost faced a choice of whether to give in to the allure of nature, or remain in the realm of society. In the last line "*And miles to go before I sleep*" suggest an indecisive.

4.2.2.3 Projection

In the second stanza, the clauses *My little horse must think it queer*, stated Robert frost's life in *Stopping by Woods on a Snowy Evening* poem. In that clause, it means that in his life happens sequence terrible incident. It can be seen from Robert frost's life, during the 1930s, he became ever more honored and revered, none but his intimates knew of the decade's grieves. Frost endured a terrible series of family disasters. In 1934 his youngest and loved child, Marjorie died a slow death from the puerperal fever contracted after giving birth to her first child. In 1938 his wife Elinor died suddenly of a heart attack, then, when he seemed to be pulling things together once more, his son Carol committed suicide in 1940. Another daughter, Irma suffered mental disorders and Robert Frost's sister, Jeannie also suffered mental disorders and was finally institutionalized in a mental hospital 1947 and, Elliot, Robert Frosts' son became gravely ill

cholera infant, finally on 8 July he died. Robert frost flailed him because he cannot call a doctor to examine his child. Robert frost thinks it is so strange; he is so amazed why suffering in his life is never stopping. He thinks that god punishes him, by a way that takes his children to go from his life. A number of poems in *A Witness Tree* undoubtedly derived their dark tone from the Robert frost's family tragedies suffered over the decade.

From the explanation above, Robert Frost did defense mechanism in projection type. It is possible to be inferred that those are an example of **projection**, because it means attributing one's own unacceptable and disturbing thoughts and impulses to others. Krech (1974) in Minderop (2011: 35) stated:

One obvious way to defend against anxiety arising from failure or guilty is by projection of the blame onto someone else. The person who is unaware of his own hostile impulses but sees them in other people - and sees the others as hating and persecuting him-is also projecting.

From the explanation about, Robert Frost did defense mechanism in projection type because Frost attributes his terrible experience sequence or from failure or guilty to god.

4.2.2.4 Denial

In the third stanza, the clauses *He gives his harness bells a shake, and to ask if there is some mistake*, stated Robert frost's life in *Stooping by Woods on a Snowy Evening* poem. It is possible to be inferred that those are an example of **Denial**. It means that denial happens when the reality of situation is extremely anxiety-provoking. A person may resort to the defense mechanism of denial. Denials involve refusing to see the facts. It can be seen from Robert frost's life, his daughter, Irma, suffered mental disorder like Robert Frost's sister, Jeannie suffered mental disorders and was finally institutionalized in a mental hospital 1947. This is denial because, Robert frost feels embarrassed if people considered his sister suffered mental disorders

and Robert frost doesn't want people in his society environment judge his sister "crazy", finally Jeannie was institutionalized in a mental hospital 1947 by Robert frost. Here, the Robert Frost defense mechanism in denial type because he doesn't want and he wants throwing a consideration from his environment that his daughter and sister suffered mental disorder, so Robert frost is institutionalized them.

Bowins in The American Journal of Psychoanalysis states that defense mechanisms serve to modulate conscious awareness of undesirable unconscious elements. It has been proposed that a defensive conscious system-repressive barrier evolved through natural selection in order to safeguard conscious system functioning, which can be fragile and highly vulnerable to distraction and disruption, particularly from emotionally charged impingements (2004:11).

4.3 The type of defense mechanism of Robert Frost that reflected in a poem entitled "The Road Not Taken".

This poem is written in 1916 by Robert Frost. In the first stanza, the researcher thinks Robert frost symbolizes "Two Roads" as a problem in his life. Frost spends much time in contemplation and observation, but he cannot choose both of them, because his responsibilities in society. Here, "Two Roads" are symbolized as "contemplation and observation". In addition, Robert frost drew beautiful scenery of nature and he is dilemma in choosing the allure of nature or his responsibilities of everyday life in human society. In the second stanza Robert frost is unsure in his choice, but he tries to convince his choice. In the third stanza, Robert frost realizes that his youth life is never back again and he must realize responsibility and reality in his adulthood life. In the last stanza, Robert frost states about a choice that he has made and he must realize effect of his choice, good or ill.

4.3.1 Expression of “*The Road Not Taken*” Poem:

4.3.1.1 Tone

Based on the explanation about tone in chapter II, Richards in Awaludin (2014:17) says that tone is something in which the speaker conducts:

“an attitude to his listener. He chooses or arranges his words differently as his audience varies, in automatic or deliberate recognition of his relation to them. The tone of his utterance reflects his awareness of this relation, his sense of how he stands towards those he is addressing. Again the exceptional case of dissimulation, or instances in which the speaker unwittingly reveals an attitude he is not consciously desirous of expressing, will come to mind”.

Based on the explanation tone above. The tone of the poem is gloomy. It can be seen from the word used in the poem such as “sigh”. “Sigh” in this poem represents meaning “regret” in frost’s life. For instance, it can be seen from his walks with his friend to England in 1914, when Robert frost and Edward Thomas lived in Gloucestershire, they often took long walks through the countryside. Thomas would choose the path which he thought might show to Robert frost a kind of special interest. However, by the end of the walk, Thomas regretted the choice he made. He would “Sigh” his decision because he thought his decision is better decision. Robert frost always annoyed Thomas for all those regrets that Thomas made.

From this line “*I shall be telling this with a sigh*” the words “*sigh*”, it might sign a sound of gloomy and sigh is a kind of Imagery. The researcher guesses that “Sigh” can be like human’s feeling. It means that he wants to repeat Thomas to admit what he has done and to obey it in order that he can respect that everything cannot be easy to be decided hurry up because it needs the deeper thinking.

4.3.1.2 Meaning

The meaning of poem is the innocence of a human being and the loss in life, and decisions that mark our life. In the poem, he talks about the roads, interpreting them as decisions we make throughout life and how these decisions take us to different situations and circumstances.

4.3.2. Defense Mechanism of the First Poem of “*The Road Not Taken*”.

The possible meaning related to Robert frost’s life is coming from Thomas that would make after their walks through the countryside. When Frost returned to America as a successful discovered poet, he wrote “The Road Not Taken”. The manuscript copy of the poem was sent to Thomas immediately. Frost’s expectations were that Thomas would notice how the poem pivots. Unfortunately, as it turned out, Frost’s expectations were disappointed. Thomas didn’t notice the gentle jest because the irony was handled too subtly. Hence, after the researcher analyzes frost’s life so, the researcher will relate frost’s life towards defense mechanism as elaborated below:

4.3.2.1 Repression

In the first stanza, the clauses *Two roads diverged in a yellow wood*, stated Robert Frost’s life in *The Road Not Taken* poem. Frost says “Two roads diverged in a yellow wood”, in that clause, Frost expresses his feeling towards what he has experienced in his past. The researcher prefers “Two roads”, here it symbolizes “Two Choices” in frost’s life because, the first choice is Robert frost interested about the allure of nature because the beauty of nature and Frost feels happiness, fresh and comfortable and he wants to enjoy beautiful and quietness of the woods continuously for a long time lonely as if he doesn’t have problem in his life, but in his second choice, Robert Frost has an obligation and responsibilities of everyday life in human society and

the world of men because Frost wants to do something useful in the society, therefore based on the explanation above, the researcher symbolizes the word “Two Roads” to be “Two choices”.

It is possible to be inferred that those are an example of **Repression**. It means that burying a painful feeling or thought from your awareness though it may resurface in symbolic form. Sometimes are considered a basis of other defense mechanisms. Krech (1974) in Minderop (2011: 34) said:

The mechanism of repression was first proposed by Sigmund Freud and, for some time, occupied a special place in psychoanalytic theorizing, perhaps because it involves the most direct approach to avoiding the experience of anxiety. As a result of repression, the person is not aware of his own anxiety-producing impulses or does not remember deeply emotional and traumatic past events. . . . If repression were a simple matter of blotting out the conflict and all its attendant anxieties, it would, of course, be the ideal defensive reaction. But this blotting out does not seem to happen. The relief from anxiety brought by repression is paid for in other ways, for example, in reaction formation.

The frost’s anxiety in his life is he has a dilemma, that is “two choice”, the first choice, Robert frost interested about the allure of nature because the nature makes him feel enjoyment and peaceful, and the second choice, he also has obligation to society, because he is a teacher, and so on.

In the third stanza, the clauses *In leaves no step had trodden black*, stated Robert frost’s life in *The Road Not Taken* poem. “Black”, here it symbolizes or represents “death”. In this line, black represents the death to frost indecisiveness and he is finally ready to make a choice.

It is possible to be inferred that those are an example of **Repression**. It means that burying a painful feeling or thought from your awareness though it may resurface in symbolic form. Sometimes are considered a basis of other defense mechanisms. Krech (1974) in Minderop (2011: 34) said

The mechanism of repression was first proposed by Sigmund Freud and, for some time, occupied a special place in psychoanalytic theorizing, perhaps because it involves the most direct approach to avoiding the experience of anxiety. As a result of repression, the person is not aware of his own anxiety-producing impulses or does not remember deeply emotional and traumatic past events. . . . If repression were a simple matter of blotting out the conflict and all its attendant anxieties, it would, of course, be the ideal defensive reaction. But this blotting out does not seem to happen. The relief from anxiety brought by repression is paid for in other ways, for example, in reaction formation.

The frost's anxiety is Robert frost feels indecisive to die, because in his life he feels depression and he thinks this life is not fair, based on some terrible tragedies of his family.

In the last stanza, the clause *I shall be telling this with a sigh* stated Robert frost's life in *The Road Not Taken* poem. Frost says "*I shall be telling this with a sigh*", in that clause, Frost expresses his feeling towards what he has experienced in his past. The researcher thinks "a sigh" is a symbolization that it means the symbol of Frost's sincere experience of emotion or human expression when in hard situation, Frost took a difficult decision in his life. Therefore, based on the explanation above, the researcher thinks the word "a sigh" symbolization to the Frost's importance emotional.

It is possible to be inferred that those are an example of **Repression**. It means that burying a painful feeling or thought from your awareness though it may resurface in symbolic form. Sometimes are considered a basis of other defense mechanisms. Krech (1974) in Minderop (2011: 34) said

The mechanism of repression was first proposed by Sigmund Freud and, for some time, occupied a special place in psychoanalytic theorizing, perhaps because it involves the most direct approach to avoiding the experience of anxiety. As a result of repression, the person is not aware of his own anxiety-producing impulses or does not remember deeply emotional and traumatic past events. . . . If repression were a simple matter of blotting out the conflict and all its attendant anxieties, it would, of course, be the ideal defensive reaction. But this blotting out does not seem to happen. The relief from anxiety brought by repression is paid for in other ways, for example, in reaction formation.

Frost's anxiety is as if Frost recalls or relives a powerful memory. The memory is when Frost has experienced suffering in his life.

4.3.2.2. Denial

In the second stanza, the clauses, *Then took the other, as just as fair, And having perhaps the better claim, Because it was grassy and wanted wear, Though as for that the passing there and Had worn them really about the same* stated Robert frost's life in *The Road Not Taken* poem. In the clauses mean that in reality, if a grass passed by human being's foot, so the grass will appear bad or ugly, but in those clauses, the researcher says that the grass still appears good or beautiful.

It is possible to be inferred that those are an example of **Denial**. It means that denial happens when the reality of situation is extremely anxiety-provoking; a person may resort to the defense mechanism of denial. Denials involve refusing to see the facts.

4.3.2.3. Rationalization

In the last stanza, the clauses *I took the one less travelled by and And that has made all the difference* stated Robert frost's life in *The Road Not Taken* poem. Here, the researcher reveals meaning from "*I took the one less travelled by, and that has made all the difference*", the researcher means that Frost takes "a road" that has challenge, obstacle, or suffering and so on.

The road that have challenge and obstacle, for instance: hard work or not lazy, usually make our life to be better, happy and successful because in majority successful life cannot be achieved if we are only idle and not to work hardly. The researcher thinks that the speaker related meaning of to a motivation in successful life. The researcher devises reasonable explanations from line "*I took the one less travelled by*", it is a rationalization.

Hence, it is possible to be inferred that those are an example of **rationalization**. Robert Frost did defense mechanism in **Rationalization**. Krech (1974: 580) explained about rationalization below:

The individual may thus come to explain her behavior and feelings in conflict situations in such a way that self-esteem is maintained and anxiety avoided. Such cognitive accommodation to conflict is called rationalization.

The researcher analyzes the type of defense mechanism. Defense mechanism is proposed to maintain self image. Roy F. Baumeister, *et al* state that the view of defense mechanism are oriented toward protecting self-esteem may not contradict Freud's views so much as it merely changes his emphasis.