

ABSTRACT

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**Defense Mechanism in Young Adulthood who Have Death Anxiety;
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Death is a part of everyone's life and usually brings unpleasant feelings to those who's left behind. Some people ended up having death anxiety. When someone get anxious, they will develop defense mechanism to protect themselves. Vaillant's four types of defense mechanism are *narcissistic*, *immature*, *neurotic*, and *mature*. The aim of this study was to know defense mechanism in young adulthood who have death anxiety. This study included 68 young adulthood who have death anxiety and have graduated from high school by using purposive sampling technique. Answers from questionnaires analyzed by using descriptive statistic method. The result shows us that mature defenses are used by more than one third of participants, while narcissistic defenses have the least amount of user. Demographically, mature defenses are used by males, singles, and undergraduates. While based on their past, mature defenses are used by subjects who have relative's death experience in middle childhood, the one who died is a loved ones, used to live together and had intense interactions, or died because of a chronic illness, or died after sick for more than a week. In general, each subject, with their different backgrounds, develops their own defense mechanisms.

Keywords: defense mechanism, death anxiety