CHAPTER II

REVIEW OF RELATED LITERATURE AND

THEORETICAL FRAMEWORK

This chapter focuses on the other foreign and local researches and literatures. It will focus on numerous factors that will aid in the advancement of this research.

2.1   Psychological Approach

Human is one of the important aspects of life. There are so many branches of study related to human—both as individual and group—and its supporting elements in life. Human is involved both in literature and psychology. According to Nolen-Hoeksema et al. (2012) psychology is the study of human scientifically in focusing of the mental process and behavior. It means that psychology has a broad scope regarding its study. Literature and psychology have the close relation between each other. In the book of *Theory of Literature*, Wellek and Warren (1956) explained that "psychology of literature" means the psychological study of the writer as an individual or how literature affects the reader. In the literature study, psychology is reflected in the literature works.

Psychological approach is the way the literature work is analyzed in psychological aspects. In twentieth century, psychological criticism is already used in several academies. Freud and his followers have brought psychological criticism as one of the way literature can be analyzed (Guerin et al., 2005). Furthermore, many of previous research are conducted with the theory from psychology. One of the popular theories of psychological approaches in literature is psychoanalysis.

2.1.1 Psychoanalysis

Psychoanalysis is invented by Sigmund Freud in the early of twentieth century (Nolen-Hoeksema et al., 2012). Psychoanalysis studies about human personality. Psychoanalysis orientates to Sigmund Freud's psychoanalytic theory (Mischel et al., 2008). Every human has its own characteristic that the characteristic is different from one another. Defining personality has reached about mentioning the uniqueness and distinction of how human behaves. In the book of Psychology: Making Connection by Feist and Rosenberg (2009), personality is the uniqueness of individual. Someone does not always react for something in the same way. The reaction which comes differently from different individual relates to their personality. Furthermore, scientist had defined that personality is relatively consistent set of behavior, thoughts, feelings, and emotions which differentiate each individual (Roberts and Mroczek, 2008). This definition had mentioned that personality is relatively enduring.

The consistency of personality has two models. The two models of consistency are consistency across situations and consistency over time. Consistency across situations defines that the way people behave in every situation is the same whether the situation is different or the same. In contrast, consistency over time defines that people's behavior is always the same throughout their life (Feist and Rosenberg, 2009). The personality consistency refers to the unchangeability in personality. There is assumption if in the adulthood, there is no further development of individual's personality. This theory is refuted nowadays by some scientists (Roberts and Mroczek, 2008). On the other hand, Sigmund

Freud's theory of psychoanalysis mentioned that the development in personality is actually happened. His theory is started from the unconscious which is powerful in human personality (as cited in Feist and Rosenberg, 2009). Freud found out the structure of human's mind would force the personality to be changed.

2.1.2 Freud's Psychic Structure

Development of personality is the main focus of Freud's psychoanalytic theory. Feelings, behaviors, and thoughts are the combination which make personality become a whole. In psychoanalytic theory, the component of personality then is as the result of conscious and unconscious forces interacting in the mind recurrently. Freud often mentioned about motivations or combination of feelings and thought encourage someone to behave in some ways. There are three levels of consciousness found by Sigmund Freud in psychoanalytic theory (as cited in Rosenberg & Kosslyn, 2011). They are consciousness, preconsciousness, and unconsciousness. Consciousness is the thoughts and feelings which reach the awareness. Next, preconsciousness is the thoughts and feeling which do not reach the awareness but the preconsciousness might enter conscious awareness in the future. The last, unconsciousness is the thoughts and feelings which are completely unaware. This part is the large part in human's mind (Nevid et al., 2014). The unconsciousness cannot be perceived by someone in command but it has power to influence the mind.

As cited in the Rosenberg & Kosslyn (2011), Freud distinguished three psychological structure of human mind. It is called Freud's Psychic Structure. The word psyche etymologically came from Greek word which means mind. Human

psychic structure consists of id, ego, and superego. Freud's theory of psyche structure believes that the human psychic structure of someone who suffers from mental disorder or abnormal behavior is different with normal person (as cited in Feist & Rosenberg, 2009). The id, ego, and superego relatively influence the mind. It is showed in the figure 2.1. The detailed explanation about id, ego, and superego is presented below.
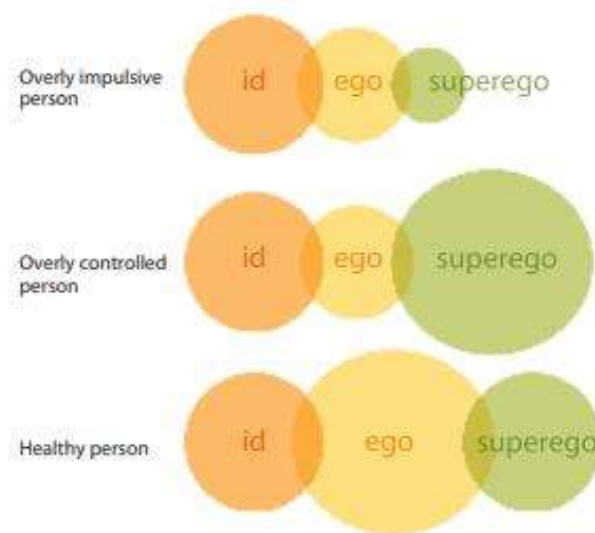
Figure 1 *Relative influence of id, ego, superego in three different types of people*

2.1.3 Id

According to Freud, id is the most basic impulses for human to complete their desire towards satisfaction of physical needs—to eat and to drink—and psychological drive—having sex and aggressive desire—or other basic impulses (as cited in Rosenberg & Kosslyn, 2011). The id is the passion of the core in the mind which is completely unconscious of the mind. Id follows the pleasure principle to seek for gratification of instinct without consideration of social rules.

The presence of id is presented below. The passage below is obtained from previous research about psyche structure of the main character.

> **…. On this mornings when my brother makes breakfast, and my father's hand skims my hair as he reads the newspaper, and my mother hums as she clears the table- it is on these mornings that I feel guiltiest for wanting to leave them** (Wiyani et al., 2017).
> Beatrice is the main character of "Divergent" novel who was part of

Abnegation faction. Her desire was leaving Abnegation which was her family faction. She had showed in the passage that she felt guilty because she wanted to leave her family which was Abnegation. Her unconscious mind wanted her to be in Dauntless faction.

2.1.4 Ego

Consideration of what is appropriate, practically allowed, or possible is governed by ego. According to Freud, ego follows the reality principle (as cited in Rosenberg & Kosslyn, 2011). The ego has the most direct contact with reality. The ego tries to intercede the seeking of gratification by id. The management of mind with rational and the reality leads by the ego. Moreover, ego is in between the conscious and unconscious mind. The presence of ego is explained below. The passage below is from previous research about psyche structure of Beatrice from "Divergent" novel.

> **…, I realize that the decision might be simple. It will require a great act of selflessness to choose Abnegation, or a great act of courage to choose Dauntless, and maybe just choosing one over the other will prove that I belong. Tomorrow, those two qualities will struggle within me, and only one can win** (Wiyani et al., 2017).
> The narration above is from Beatrice's point of view. The presence of ego

showed here when she planned to choose Dauntless or Abnegation. The ego helped her to control the decision.

2.1.5 Superego

The feeling of guilt is the part of superego in human mind. According to Freud, superego is responsible of the feeling from guilt which makes the individual force the sexual and aggressive impulses (as cited in Rosenberg & Kosslyn, 2011). The superego is the agency of human's conscience. It represents the morality and social standards. The presence of ego is explained below. The passage below is from previous research about psyche structure of the main character from "Divergent" novel.

> **I shiver, and goose bumps appear on my arms. My curiosity is a mistake, a betrayal of Abnegation values** (Wiyani et al., 2017).

The superego presence is showed in the passage above. Beatrice, the main character felt guilty of what she feels about her curiosity towards Abnegation. The superego played the role in her mind if what she had done was not appropriate. She thought that the curiosity towards her family faction was a mistake.

2.1.6 DID

Mental disorder unknowingly can affect anyone without any exception. Someone who suffers from mental disorder has abnormal in their behavior. In the DSM-V, DID or DID is classified as one of dissociative disorders (American Psychiatric Association, 2013). Dissociative disorder is a classification of mental disorder by disruption of and/or discontinuity in the normal integration of self—identity, memory, consciousness—which make one personality whole (Nevid et al., 2014, p. 207). DID is the present of two or more distinct personality who live in one tangible body or experience of strange possession not caused by spiritual activity (American Psychiatric Association, 2013). Each identity of a person who

lives with DID experiences simultaneously active and subjectively autonomous of profoundly separated events in significant way.

The term of DID is firstly introduced in DSM-IV and its text revision (DSM-IV-TR). DID was named multiple personality disorder or MPD used in DSM-III. The term of MPD is a misleading in the pathology. MPD was suggested if every personality in the body is literally a separate part (Howell, 2011). Moreover, each person in one body of DID sufferer is parts of one person. DID greatly affects someone's life. The detailed explanation about the symptoms, terminology, cause, and treatment is presented below.

2.1.6.1 Symptoms

The symptoms of DID have various of its criterion. The symptoms of DID are amnesia, identity alteration, identity confusion, depersonalization, and derealization. These symptoms are comprised in the DSM-V (American Psychiatric Association, 2013).

    a.   Amnesia

People who suffer from DID experiences recurrent episode of amnesia (American Psychiatric Association, 2013). DID sufferer meet the criteria of having dissociative amnesia which is also the part of dissociative disorder. It is characterized by markedly poor recall for crucial event as well as personal information (Rosenberg & Kosslyn, 2011). They cannot recall anything of what they were doing in certain time. There are recurrent gaps of the memory which they cannot remember as normal person. They might experience black out as well. Sometimes, the sufferers cannot

remember their important personal information such as name, address, age, and more. They might find discovery evidence in their daily life which they do not have the memory of doing it. This amnesia is inconsistent from ordinary forgetting.

b. Identity alteration

Identity alteration is the alterations or discontinuity sense of self or body (American Psychiatric Association, 2013). They feel detached from their body. They have no power to control themselves and hard to stop it. The sufferers might also report that they can hear voices inside their head. The voices can be child's voice, crying, voice of spiritual being, other voice that is not theirs. Strong emotion, speech, or can be urge might appear suddenly. The look, attitude, personal preference, or even the sound of voice might shift and shift back. The sufferers might be aware and unaware of the identity alteration.

c. Identity confusion

Identity confusion is major distress from having confusion of self (American Psychiatric Association, 2013). They might confuse about 'who am I" most of the time. Someone might tell them about their strange behavior that they do not feel doing. Some of people who suffer from DID also tend to address themselves with pronoun 'we.' This causes impairment in social environment.

d.   Depersonalization or derealization

Depersonalization is the feeling of observing the thoughts, mind, body, or part of body from outside of the body (American Psychiatric Association, 2013). When someone in the state of depersonalization, they feel like a robot and have no control of the body. The sense of any sensation is also numb. The primary symptom of depersonalization is a continuous sense of being separated from individual's mental processes or body (Rosenberg & Kosslyn, 2011). Derealization is the state that when someone feels like living in a dream or two-dimensional place (American Psychiatric Association, 2013). The surrounding feels like blurry, colorless, or artificial. Derealization makes someone feel distortion of distance and size of the things around.

e.   Having alter(s)

Alter is referred to each identity that someone has if they suffer from DID. Alter itself comes from altered state of consciousness (Howell, 2011). Alter is dissociated part of the sufferer. Each alter has their own criteria and personal preference as well as one person. The alter might have their own name, sex, sexuality, personal history, characteristics, opinion, perspective, and more. Moreover, alter can have different voice and accent from the host. There are many types of alter in one body of DID sufferers. Different person with DID has different kinds and number of alter. There are apparently normal parts (ANP) or the host, persecutor, child alter, trauma-holder, protector, and more (Howell, 2011).

i.   **Host** is the most normal part of the alter who has controlled the body for almost of the time (Howell, 2011). Host is mostly the part which is unaware of what happens of the body until she or he knows if he or she has diagnosed with DID. Host is not the original personality or identity of DID sufferer. There is no original personality or identity in the body.

ii.   **Persecutor** is the alter who is often called devil alter. This part mostly has abusive behavior that might commit self-harm or self-sabotage. This kind of alter has function as trauma shield to protect person from horrifying memories and defending against helpless feeling (Putnam, 1989).

iii.   **Child alter** is the alter who mostly holds the trauma. Child alter acts and speaks like a kid. Child alter in adult body is not a real child even though they have childlike ego-states (Shusta-Hochberg, 2004).

iv.   **Trauma-holder** is the alter who holds trauma the most. They are different from child alter who holds trauma. Trauma-holder might be child alter as well or is not categorized as child alter. Some of the trauma holder has psychotic behavior or such (Howell, 2011).

v.   **Protector** is the alter who protects and defends themselves against something harmful. Protector can be rescuer, caretaker, or soother depending on their responsibility for the body (Howell,

2011). They are protective and referring themselves as the caretaking part.

vi. **System** is all of the parts participate in one overall personality system, as well as sharing one body (Howell, 2011). Every alter in the one body is the part of the system. People with DID tend to refer themselves as a system rather than a person. It is because they exist in one same body with another alter inside.

f. Switching

Switching is when the another alter is prone to take control the body from the previous alter who is in the state of conscious. Switching is also known as full dissociation (Dell, 2009). When the another alter takes control of the body, they might not know what is happening currently. This in general is the result of the amnesia. There are types of switching which are the state of fronting and co-consciousness.

i. **Fronting** is the state that the alter is in taking control of the body (Howell, 2011). It means that the alter is in the state of the consciousness. It is the same as switching, fronting can be the result of the amnesia for certain alter in the body. The other alter might know or might not know what the alter in the front or taking control of the body is doing.

ii. **Co-consciousness** sometimes happens when another alter also tries to be in the front and aware of what is happening at the time. Full dissociation is not always the case of DID (Howell, 2011).

People with DID might experience co-conscious. Co-conscious is the state that two or more alter take control the body in the same time. It is also called partial dissociation.

2.1.6.2 Treatments

According to Kluft (1999), DID is still difficult to treat. DID requires psychotherapy from psychoanalysis technic for the treatment. The patient and the therapist need to make the cooperation with the alters. Every alter in the system needs to work together to be treated. The therapist and the patient need to learn more about the historical of the alters. The patient also needs to learn coping skills with the trauma. The treatment of DID needs the good cooperation between the alters to make the system whole and work together in the same body.

However, in the late of 20s century, the treatment of DID had misconception with the meaning of integration. Acceptance or ownership of all ideas, feelings, anxieties, beliefs, experiences, and memories as me or mine is simply referred to as integration (Downing, 2003). On the other hand, according to psychiatrist named Bromberg (1993), self-expression and human sense of belonging will eventually conflict, but health is not integration. Health is the ability to exist in the spaces between realities without losing any of them. Self-acceptance and creativity entails, is the ability to feel like one self while being many. Thus, what the sufferer needs is all about the acceptance of being a whole and alters are the part of selves.

2.1.6.3 Causes

According to DSM-V, DID is developed in childhood. This disorder is related with overwhelming experience, traumatic events, or long-term physical,

emotional, or sexual abuse in childhood (American Psychiatric Association, 2013). Traumatic events from war or natural disaster can be the cause of this mental disorder. Psychologically, personal identity is still developed in childhood as well as the brain and other physic. A child does not have the ability to deal with the overwhelming distress. In order to endure the pain of traumatic experience, the brain unconsciously cope with dissociation.

2.2   Previous Research

The first previous research is from Afkarina and Mila (2019), they analyzed the personality development of main character in the "*Moana*" movie. The research used the theory of human psychic structure which are id, ego, superego by Sigmund Freud and personality development by Kurvati and Malipati. The researchers used psychoanalysis approach to analyze the data. In conducting to analyze the data, the researchers used descriptive analysis. The result of the research is the factor of Moana's personality development which are from physical, family, cultural, and social role environment.

Pratiwi et al. (2019) observed the psychology of the folklore main character named Hang Tuah. The data source of this research is the book entitled "*The Tale of Hang Tuah.*" The research used descriptive analysis to analyze the data. In this research, the approach of psychoanalysis is used to apply the analysis. The research also used the psychoanalytic theory by Sigmund Freud as well. The result of this research is Hang Tuah actually had consistent in his personality.

Pangestu and Sunardi (2016) used the theory of psychoanalytic by Sigmund Freud in their research. The researchers investigated about defense mechanism and

core issues of the main character in the novel entitled *"The Fault in Our Stars."* This research applied psychoanalysis approach as the approach to analyze the main character. The method used in the research was descriptive qualitative method. The development of the main character in the novel had no evidence. Therefore, the researchers obtained that the novel is incomplete psychological novel as the conclusion.

Qodariyah et al. (2017) conducted the analysis of psychological conflict of major characters in *"Sharp Object"* novel by using psychological theory by Sigmund Freud. The conflicts found by the researchers are approach-avoidance and avoidance-avoidance. The research used descriptive qualitative as the method to analyze the data. As the approach, the researchers used psychoanalysis approach by Sigmund Freud. The major characters in the novel had conflicts each other. The research showed the result about the inconsistency of id, ego, and superego from all of the major characters in the novel.

Waita (2019) investigated on four African Folktales which were recorded from Central Kenya. The folktales were in Kikuyu language and then translated into English. The research used the psychoanalysis approach as the theoretical framework. The researcher observed about the role of folktales in human psycho-social development. The result in this research is folktales have the important elements of psychological maturation both of psycho-social and psycho-sexual development.

Sarjani et al. (2019) investigated the main character of *"Holy Mother"* novel named Honami. The research used descriptive qualitative as the method to analyze

the data. Psychoanalysis approach is used in this research as the approach. The researchers observed the data using psychoanalytic theory by Sigmund Freud. In the research, there is applied the theory of human psychic structure—id, ego, superego, the following theory of psychoanalytic. The conclusion found in the research is the main character personality developed and effected by the domination of the ego. Therefore, the superego of Honami, the main character in the novel is defeated by the ego.

The last is Respatio (2018) who analyzed the main character's dreams and hallucination in the "*Rebecca*" novel. The research used descriptive qualitative method as the research design. The approach of this research is psychoanalysis approach. In the research, the researcher applied psychic structure—id, ego, and superego—of human theory, dreams and symbol—the manifest and the latent, and Oedipus complex theory. All of the theory is from psychoanalytic theory by Sigmund Freud. The researcher concluded that the main character in the "*Rebecca*" novel had developed in her personality. The main character could handle herself from anxiety and frustration.

The previous research applied the psychological approach and psychoanalytic theory invented by Sigmund Freud. This present research applies the same approach and theory as previous research. Moreover, this research has different data source and data object from previous research. This present research takes DID as the object of the data. The previous research which was related with psychoanalytic theory had different object of the data. This present research has

novelty of investigating on DID which is still rare on other research regarding psychoanalytic theory.

2.3   Theoretical Frameworks

This research uses the psychoanalysis as the approach. The object of this research is DID. In analyzing the object, the researcher applies the theory of psychoanalytic by Sigmund Freud as cited in books of Abnormal Psychology from Nevid et al. (2014), Rosenberg & Kosslyn (2011), and other sources from psychology book. The researcher also applies the theory from DSM-V by American Psychiatric Association (2013) and theory of DID by Howell (2011). The theories are to analyze the object in data source which is *"Tell Me Your Dreams"* novel by Sidney Sheldon.
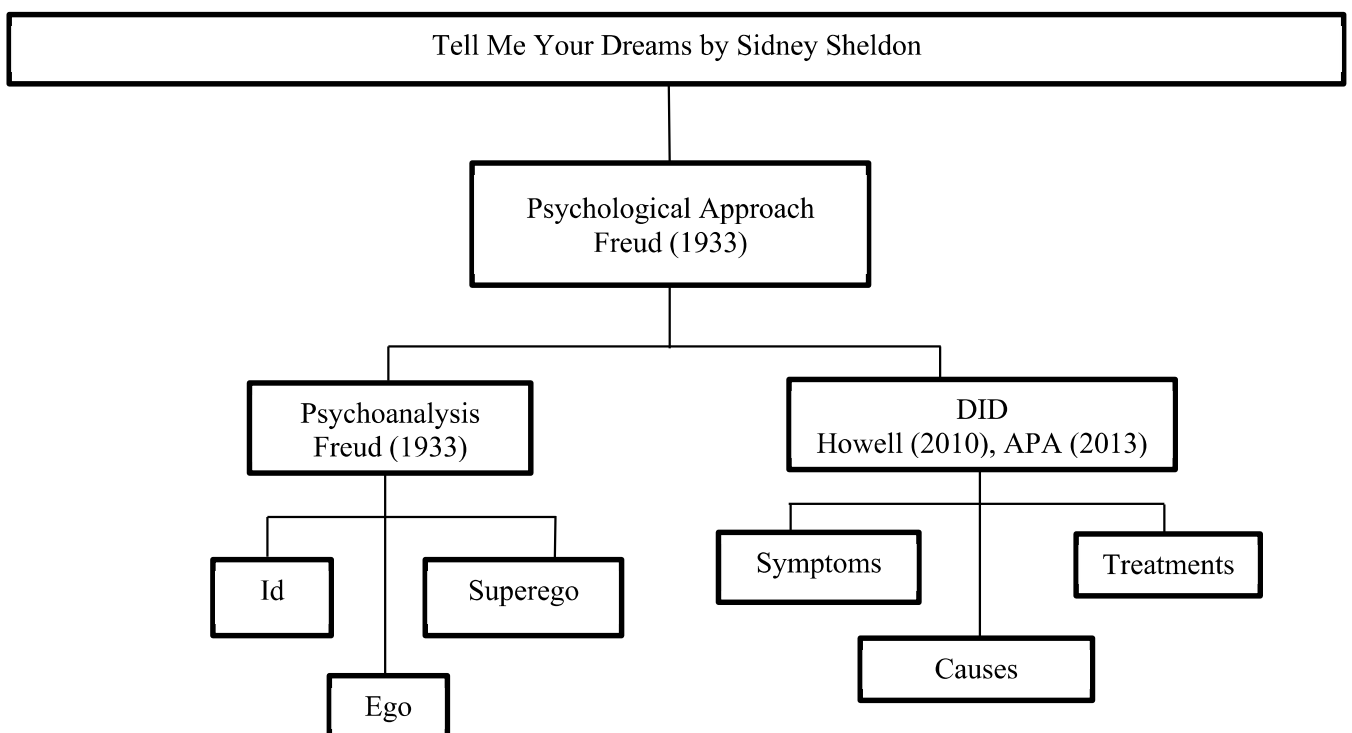
Figure 2 *Theoretical Framework*