

CHAPTER II
REVIEW OF RELATED LITERATURE AND THEORETICAL
FRAMEWORK

2.1. Psychological Approach

Psychological approaches are various perspectives or methods used to understand and study human behaviour and mental processes (Freud, 1920). Psychological is the study of the soul or mind. Psychology does not directly study and give value to the soul or mental, but psychology limits the expression of the soul, namely in the form of actions and processes of its activities (Feist et al., 2017). The way to find out the shape of the soul of a character requires psychoanalytic techniques. Psychoanalysis states that human behaviour is largely determined by unconscious motives (Zaviera, 2020).

2.1.1. Personality Structure

According Freud (in Feist et al., 2017, p. 30) introduced a structural model of the area of the mind which consists of three parts. This division will replace the previous model. The area of the mind has three parts, namely the Id, Ego, and Superego. These three parts are related and interact with each other. So that the ego can enter and be in the components of the conscious, subconscious, and unconscious realms. While the Superego occupies the subconscious and the unconscious, while the Id will be in the unconscious.

2.1.1.1. Id

The id has no contact with reality. The id aims to fulfil basic desires. According to Freud (as cited in Feist et al., 2017, p. 30) the id has a function,

namely to seek pleasure in a person's personality. The id is unaffected by reality, logic, or morality; it acts on the pleasure principle, which leads to the search for immediate satisfaction of basic desires such as food, sex, or avoidance of pain (Freud, 1920). The id does not have the ability to delay gratification and seeks to fulfil desires in the most direct manner and without consideration of morals or consequences. In personality structure, the id is often described as a primal force or passion that must be controlled by other parts of the personality, especially the ego and superego, to maintain the individual's psychological and social balance.

2.1.1.2. Ego

The ego is the second part of the personality structure according to Freud (1920), which acts as an intermediary between the primitive id and the moral superego. The ego develops early in life, but it operates in the conscious world and has the function of mediating between the id's uncontrolled desires and external reality and internalized social values. The ego acts based on the comfort principle, which requires individuals to delay gratification and face reality in a rational and effective way. The ego also plays a role in finding satisfactory solutions to internal conflicts between the various needs, desires, and demands of different parts of the personality. Thus, the ego is an important mediator in achieving the psychological and social balance necessary to function effectively in everyday life. The ego is the area of thought that directly interacts with the outside world, the ego can develop from the id during infancy and become a source for characters to communicate with the outside world (Freud, 1920). The ego acts as a decision. The ego is largely basic, subconscious, and unconscious (Freud as cited in Feist et al., 2017, p. 31-32).

2.1.1.3. Superego

The superego is the third part of the personality structure that appears at a later stage of development of a person's personality (Freud, 1920). The main function of the superego is to internalize values, norms, and morality learned from the social environment, especially from parents and other authority figures. The superego operates within the conscious mind and acts as an internal watchdog, controlling an individual's behaviour by producing feelings of guilt or shame when the individual commits an action that goes against accepted moral norms. According to Freud (as cited in Feist et al., 2017, p. 32) Conscience comes from experiences when getting punished for inappropriate actions and the ego-ideal develops from experiences when getting rewards or praise for appropriate actions.

2.1.2. Defence Mechanism

According to Freud (1920) explained that defence mechanism is unconscious psychological strategies that individuals use to protect themselves from feelings of anxiety, stress, and internal conflict. Defence mechanisms have a purpose that tries to block unwanted or inappropriate ideas from entering our conscious mind. The use of self-defence mechanisms is common and normal to be widely used, if the use of self-defence mechanisms is excessive or excessive. Within the defence mechanism, the ego aims to build defences to block sexual and aggressive outbursts and to defend against anxiety (Feist et al., 2017).

2.1.2.1. Repression

Repression involves an unconscious process in which anxiety-provoking thoughts, feelings, or memories are repressed into the subconscious (Freud, 1920).

Repression occurs at an unconscious level, where the ego automatically suppresses threatening thoughts or feelings out of the individual's awareness to protect itself from anxiety or emotional pain. Repression is the most basic defence mechanism. If the ego is threatened by unwanted impulses from the Id, the ego protects itself by receiving these impulses by forcing feelings into the unconscious (Freud as cited in Feist et al., 2017).

Repression is an individual's defence mechanism whose role is not to recall frightening situations, people or events (Zaviera, 2020) . Repression functions to maintain an individual's psychological balance by preventing disturbing or painful thoughts from reaching consciousness, thereby reducing anxiety. Individuals who have experienced serious trauma may experience repression of memories of the event as a way to protect themselves from the painful experience.

2.1.2.2. Regression

In regression, a person reverts to an earlier stage of development or more childish behaviour when faced with a difficult or stressful situation. Regression occurs when the libido passes a certain stage of development, during times of stress and anxiety, the libido can develop to a previous stage (Freud, 1920). In regression, a person reverts to an earlier stage of development or more childish behaviour when faced with a difficult or stressful situation. Regression suggests that individuals face difficult challenges by returning to patterns of behaviour or emotional reactions that were more likely to have emerged at earlier or younger developmental stages in their lives (Freud, 1920). Individuals use regression defence mechanisms if they do not feel comfortable and will look for things that make them comfortable.

2.1.2.3. Reaction Formation

Reaction formation is an ego defence mechanism in psychoanalysis that involves placing or reversing an unacceptable emotion or action into something openly opposite. Individuals deal with unwelcome or unacceptable urges or feelings by exhibiting externally opposing behaviour (Freud, 1920). Reaction formation is formed when individuals change unacceptable actions into forms that are more acceptable based on social norms. This mechanism changes the form of an unwelcome impulse into its opposite (Freud, 1920).

Reaction formation is one way that the suppressed impulse can be realized is by hiding itself in a veil that is completely contrary to its original form (Feist et al., 2017, p. 39). For example, a character who feels angry and hates his mother but because of the influence of society that must respect his parents, the character deceives himself by behaving well to his mother. Society understands that he is

2.1.2.4. Projection

Projection is an ego defence mechanism used by individuals to overcome unacceptable feelings or urges within themselves by attributing or projecting those feelings or urges onto others (Freud, 1920). Individuals transfer unaccepted or undesirable feelings, drives, or traits in themselves onto others. This process often occurs outside of the individual's awareness, so they may not realize that they are projecting onto another person (Freud, 1920). Projection is defined as seeing someone's impulses or feelings as unacceptable, when in fact these impulses or feelings are in one's own conscious mind. A person who feels intense anger or guilt

about wanting to kill or harm another person may subconsciously believe that others share the same desire to harm them.

2.1.2.5. Introjection

Introjection is an ego defence mechanism that occurs when individuals unconsciously internalize or take on characteristics, values, or views from the external environment and consider them as part of themselves. Freud (1920) explained this process occurs outside the individual's awareness, so they may not realize that they are adopting or internalizing something from outside as part of themselves. Feist et al. (2017) explained that introjections are a defence mechanism when a person fuses the positive qualities of another person into his own ego. This defence mechanism works by reading other people's personalities into the individual (Zaviera, 2020) .

2.1.2.6. Sublimation

Freud (1920) explained that sublimation as a process that allows individuals to channel their libidinal energy into higher achievement and creativity, ultimately contributing to the development of culture and civilization. Sublimation is a psychological defence mechanism in which unacceptable or undesirable drives or impulses are transformed into socially acceptable or beneficial activities. Sublimation to be a more mature defence mechanism compared to the I mechanism (Freud, 1920). Each of these defence mechanisms helps the individual protect the ego from anxiety. Sublimation is a defence mechanism that can be accepted by individuals or social groups. Sublimation is a repression of the goal of genital Eros

by replacing it culturally and socially (Feist et al., 2017). The purpose of sublimation is to pour it into a creative form, such as in art, music, or literature.

2.1.2.7. Displacement

Displacement is the formation of a reaction that is limited to certain objects (Freud, 1920). Displacement is self-defence against an impulse by directing it towards another object, so that the true impulse is hidden. Displacement is a psychological defence mechanism used to shift unacceptable feelings or urges from one object or person to another, safer or less threatening object or person. This mechanism allows individuals to overcome anxiety or stress arising from these feelings or urges by channelling them in a safer direction (Freud, 1920).

2.1.2.8. Denial

Denial is used by individuals to protect themselves from painful, threatening, or unwanted realities or facts by refusing to acknowledge or believe in the existence or truth of that reality (Freud, 1920). Individuals refuse to acknowledge or face facts or events that actually occurred because the facts are too painful or threatening to the ego. Denial serves as a way for the ego to protect itself from the anxiety and stress caused by threatening realities. By rejecting reality, the ego tries to maintain emotional and psychological balance. A person who has a problem may refuse to admit that they have one, even though there are clear signs. Freud (1920) believed that defence mechanisms such as denial were a way for individuals to cope with conflict and anxiety that stemmed from unconscious drives and external pressures.

2.2. Previous Research

Pratama & Rullyanti (2020) conducted research on psychology between the main character and his community. The researcher conducted a study to analyse the multiple personalities of the main characters in the movie "Split" and applied Sigmund Freud's theory. The purpose of this research is to know the defence mechanism that most often appears in the main character. Researchers found that the eight main character egos involved and the defensive ego that often appeared were weak women. The study only examined the ego defence mechanism against the main character. Therefore, researcher will also look for ego traits that affect self-defence in the main character

Herdayanti & Satria (2021) have conducted research related to psychological approaches. This research aims to identify the personality of the main character in the film Lady Bird using Sigmund Freud's psychoanalytic theory. Researchers chose this film because of the complexity of the main character, played strongly by Greta Gerwig in 2017. In their analysis, researchers found that the main character tends to be more influenced by his id which explores basic desires and drives. The research results highlight that the main character expresses 6 strong id aspects, 2 ego aspects, and 2 superego aspects, indicating the psychological complexity involved in the character's characterization.

Wulandari & Sakinah (2021) have conducted research to determine the personality aspects contained in the fictional character in the film entitled "The Message (Ar Risalah) 1976" by Moustapha Akkad. In this study, the researchers conducted research on the aspects of the id, ego, and superego of these characters.

The research used a descriptive qualitative method as a research method with a psycho literary approach. This study uses Sigmund Freud's theory as a reference. The results of this study found that the id is a desire, the ego is a decision, and the superego is the guilt of the character. This research used Sigmund Freud's theory. This study will also apply Sigmund Freud's theory to find the ego trait in the main character. Previous researchers examined three traits in the main character. The research only focuses on the ego and ego defence mechanisms in the main character

Devi & Rois (2021), the purpose of this study is to explain the personality of Jack Harper's character in the movie *Oblivion* by Joseph Kosinski. This study uses descriptive research as a research method and is based on the psychoanalytic theory of Sigmund Freud. Data collection techniques in this study using documentation and analysis using content analysis. The results of his research that the id appears when the character wants to know the truth, the ego appears when reality and desires are different, and the superego appears when thinking about the people around him. Previous research has conducted research on the personality of the main character using Sigmund Freud's theory. This study also applies the same theory and only focuses on the main character's ego. Previous researchers did not examine the ego defence mechanism. This research will look for these two problems

Setiawan et al, (2021), this research focuses on how the protagonist in the film game entitled *The Walking Dead: Michonne* faces his anxiety through his ego defence mechanism. This study also identifies the types of ego defence mechanisms and how they can help the protagonist overcome his anxiety. The discussion is based

on the theory put forward by Sigmund Freud. This study uses a description of the protagonist's actions when facing anxiety through a qualitative method. Researchers have conducted research on ego defence mechanisms in character. This research also applies Sigmund Freud's theory. Researcher will conduct research on the character of the ego and defence mechanisms in the main character.

Wahyuni and Lubis (2021) have discussed research on the personality of the main character in the novel "You and Hidden Bodies" by Carline Kepnes. This research analyses using Sigmund Freud's psychological approach which focuses on the human id, ego, and superego. The results of the analysis of this study indicate that the main character's id is represented by impulsive actions, the ego is represented by keeping an impression, and the superego is represented through actions to have good morals. Previous research conducted research on the personality of the character while this research will conduct research on the personality of the character that focuses on the ego and defence mechanisms on the main character.

Dewi et al., (2022) have conducted research on the conflict and personality of the characters in the movie All the Bright Place. The method in this study uses qualitative methods to provide a brief and clear explanation of the research. Research discusses the id, ego, and superego as the structure of personality. The results of the research that these characters have internal and external conflicts. The character tries to fight and control negative thoughts. Previous research used qualitative methods which will also be applied in this study. Researchers have

discussed about the id, ego, and superego. This study will only focus on the nature of the ego and defence mechanisms in the main character.

Mahardhika et al. (2023) have conducted research related to psychological approaches. Researchers discussed the defence mechanisms of the main character in *The Kite Runner*. The researchers used Sigmund Freud's theory to discuss the research. The researchers used qualitative descriptive methods. In the research, the main character shows several defence mechanisms, namely denial, displacement, rationalization, projection, repression, regression, and undoing. In this conclusion, the researchers revealed that the main character provides a picture of the main character's psychological coping with feelings of guilt, sadness, and shame. This defence mechanism acts as a means to defend oneself from societal norms.

Previous research applied a psychological approach. This approach is applied to literary research. The similarity between previous research and current research is the theory used, namely Sigmund Freud's theory. The difference between previous and current research is that the current research applies a psychological approach to the novel, namely "*The Midnight Library*" by Matt Haig. This research focuses on ego personality structure and discusses eight types of ego defence mechanisms.

2.3. Theoretical Framework

The theoretical framework of the research started from the approach used in this research, namely the psychological approach proposed by (Freud, 1920). Researcher only focus on research on ego and found eight self-defence mechanisms. Using Freud's approach, this research applied theory to the novel

entitled "The Midnight Library" by Matt Haig and analyse the main characters based on a psychological approach. The application of theory in this research can be seen below:

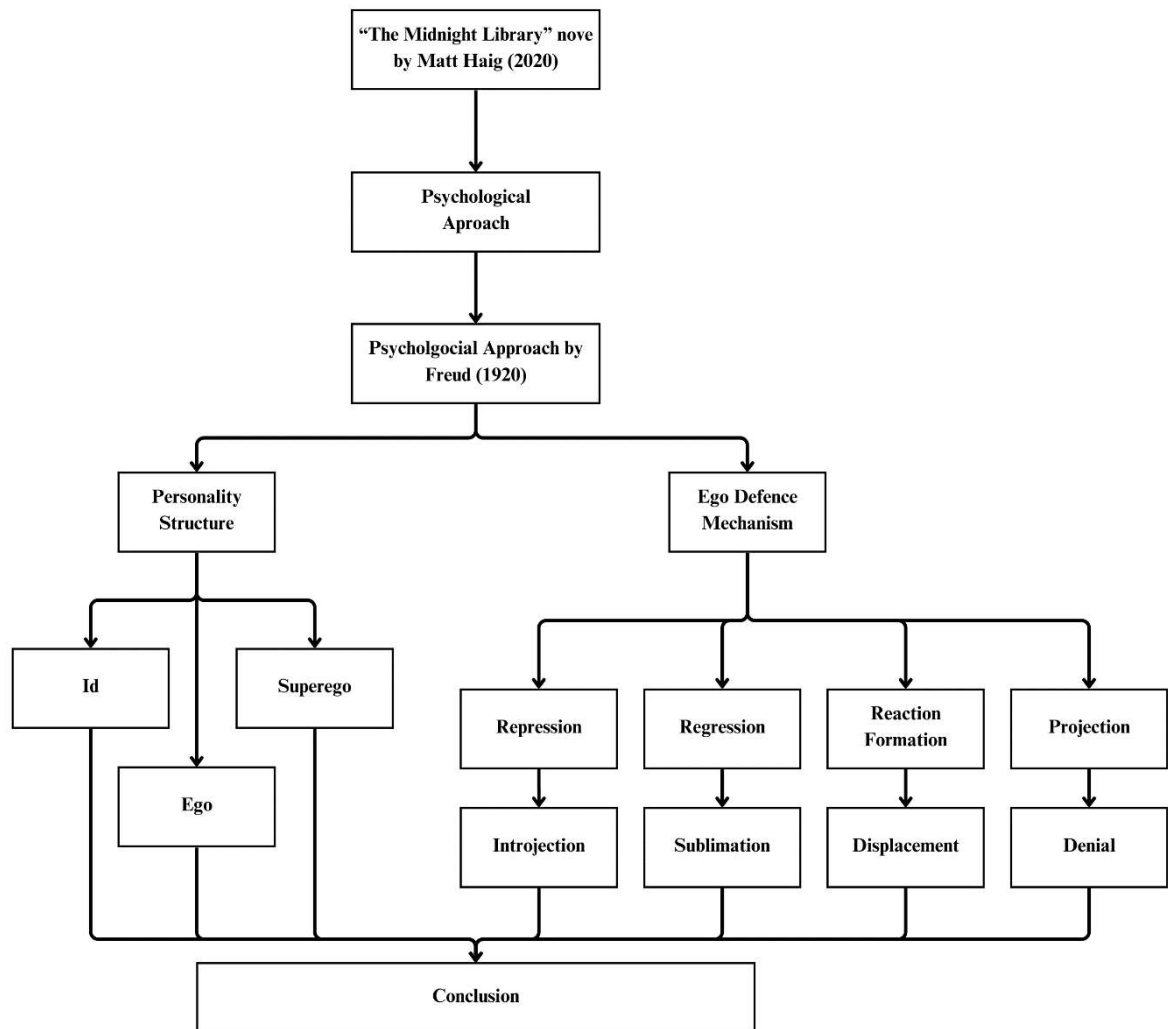


Figure 2.1 Theoretical Framework