CHAPTER II

LITERATURE REVIEW

2.1 Theoretical framework

It is explained before that this study is going to use psychoanalysis as the theory. Psychoanalysis is firstly used by Sigmund Freud. That is why Freud is known as father of psychoanalysis. Freud stated in his book *A General Introduction to Psychoanalysis* that psychoanalysis was found during his study of errors and dreams (332). The aim of psychoanalysis is that to reveal the unconsciousness in psychic life (340).

Psychoanalysis is learned from a study of one's self and the personality as well. Rajeevan in the thesis entitled *Yoga and Psychoanalysis: The Dynamics of Transcending the Present* explained that B.A Farrell stated that psychoanalysis is considered to be a high – level theory containing various sub theories such as 'levels of consciousness', 'psychic structure of personality', 'psychosexual development', 'defense mechanisms' and 'theory of instincts', and it serves to unify them to some areas (96).

Here, the sub theories that will be chosen is Sigmund Freud's concept of unconscious mind and defense mechanisms. Freud introduced three levels of consciousness. Those are conscious mind, pre – conscious mind and unconscious mind. Susan C. Cloninger in her book *Theories of Personality: Understanding Person* explains that the conscious mind refers to some experiences of which a person is aware, those could be memories and intentional action done by a person (34). A conscious mind is constituted by events, memories, fantasies, with the

feeling emotions which someone is aware at the moment. While pre – conscious mind contains person's experiences which are actually unconscious but those could become conscious with a little effort of the person (Ryckman 36). The example of pre – conscious mind is when we may have forgotten what we have consumed for breakfast but then we could remember it by listing them for a dietician who is trying to help us in losing weight. The last level of consciousness is the unconscious mind.

The unconscious refers to a mental process of which we are not aware of (Cloninger 35). Duane P. Schultz and Sydney E. Schultz in their book entitled, *Theories of Personality* stated that unconscious mind contains the major motives behind our all behavior and is the repository of forces we cannot control (54). Unconscious mind itself is the largest part of people's mind. So, it includes all the things that are not easily available to awareness, such as our instincts, or things that we cannot bear to look at such as the memories and emotions associated with trauma. Sigmund Freud believed that most of human behaviors are caused by thoughts, ideas, and wishes that are in a person's brain which are not easily accessible by the conscious part of the mind.

Unconscious mind corresponds to what Freud later named as Id which is at the core of personality and completely unconscious. The diagram is explained as below:
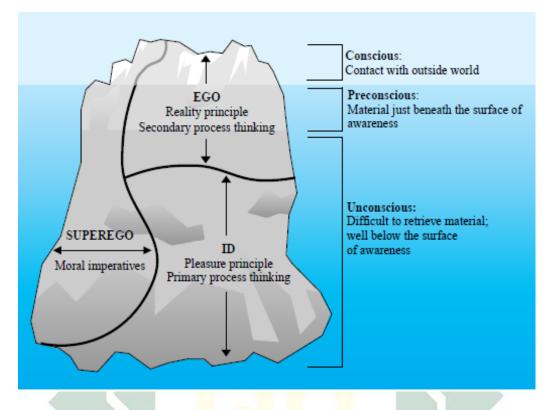
Figure 2.1 Freud's levels and structures of personality. SOURCE: From *Theories of Personality*, 8th ed.,by Duane P. Schultz and Sydney Ellen Schultz, p.54, Wardsworth Cengage learning. 2005.

The id represents the dark, inaccessible part of our personality just like our unconscious mind. Because the unconscious mind is inaccessible and not available on the conscious mind, then how do we know that it exists? Jess Feist and Gregory Feist explained in their book entitled, *Theories of Personality 7th Edition* that Freud stated that the existence of unconscious mind could only be proved indirectly. Unconscious could be the explanation behind dreams, slips of the tongue and certain kinds of forgetting, called repression (30).

Actually, human's behaviors are combined by conscious and unconscious mind (Cloninger 35). These two may act together well or smoothly but the combination may also interfere one to another. This conflict the produce irrational

thoughts and behaviors. And when irrational thoughts or behaviors are on mind, people tend to use defense mechanisms to protect their self – esteem.

Defense mechanism is an unconscious activities. They are individuals; each people use different sets of defense mechanism. It is appeared unconsciously when someone has too much negative emotions which disturb the ego. Cramer in the journal entitled *"Seven Pillars of Defense Mechanism Theory"* stated that defense mechanisms are cognitive processes that function to protect the individual from the excessive anxiety or other negative emotions (12). As being cited by Baumeister, Dale and Sommer in *Freudian Defense Mechanisms and Empirical Findings in Modern Social Psychology: Reaction Formation, Projection, Displacement, Undoing, Isolation, Sublimation, and Denial (1082)*, Fenichel stated that defense mechanisms are actually designed to protect self – esteem. Sigmund Freud and his daughter, Anna Freud divides those mechanisms into numbers which are listed as follows:

2.1.1 Repression

Repression is when the ego keeps and represses the unwanted desires within unconscious mind and does not let it reach on the consciousness. Sigmund Freud considered repression as the most fundamental of all defense mechanisms (Ryckman 42). Repression happens on the unconscious level. Repressed memories are not under the conscious control of a person.

2.1.2 Reaction formation

It is the opposite action from bad behavior to good behavior or from good to bad behavior. This involves the changing the impulses which are not accepted

socially into the opposite (Schultz 59). The example of reaction formation is when a daughter hates her mother but because the society demands affection towards parents, so such hatred will result in an anxiety for her. Therefore, the daughter then concentrates on the opposite impulse of "hate" that is love. But, that "love" is not genuine (Feist 41). Then, a child who hates a younger sister may repress it and instead feel love for the sister.

I hate sister (unconscious) ⟶ I love sister (conscious)

2.1.3 Displacement

Displacement distorts the objects of the drive. It refers to changing the target of an impulse. Duane P. Schultz and Sydney Ellen Schultz explain in the book entitled *Theories of Personality* that if an object that satisfies an id impulse is not available, the person may shift the impulse to another object (60).The example of displacement is when a woman is angry with his brother, Tom but that instead of hitting him, she prefers harming a noisy cat. Her anger is displaced into the symbol of her brother.

2.1.4 Projection

Projection is when someone has an uncomfortable feelings then they tend to project those feelings to other people. This is like attributing someone's thoughts or impulses to another person (Feist 37). This kinds of defense mechanisms reduces the person's anxiety by allowing the desire or the impulse without letting the ego knows it because it is projected to others. The example of this is when a man cannot accept that he has competitive or hostile feelings about an acquaintance, says, "He doesn't like me."

2.1.5 Denial

Denial is one of defense mechanisms which is very common in daily life. It is simply refusing the event occurred. It is denying a painful reality (Schultz 59). This is happened when people deny the reality and act as if her or his denial is the fact. Denial could be happened when we are told the death of our loved one. When denial is brought to the adulthood, it has a bad adaptation because denial involves the distortion of reality by the person who is doing it.

2.1.6 Fantasy

Fantasy lose the anxieties or other negative emotions by imagination. Fantasy is done by gratifying unfulfilled needs with an imaginated situations in which they are satisfied (Ewen 22). People tend to create their own fantasy world when they cannot achieve something they want. Imagining becoming a successful may lead to the feelings of success, especially when the reality is the opposite of success. In some cases, this may be beneficial since fantasy acts as a rehearsal for our future success. Thinking about an upcoming vacation, or a reward for work when it gets too stressful, is a healthy use of fantasy.

2.1.7 Acting out

Acting out is one of the defense mechanisms in which the unconscious protects itself against being uncovered by the ego. A person may perform an extreme behavior to express thoughts or feelings the person feels incapable of otherwise expressing. (http://psychcentral.com/lib/15-common-defense-mechanisms/2/). So, that instead saying "I'm angry with you", a person who's acting out will throw a book or punch a hole through a wall.

2.1.8 Rationalization

Rationalization is explaining an unacceptable behavior in an acceptable way (60). In other words, rationalization is also defined as offering a socially acceptable and apparently more or less logical explanation for an act or decision actually produced by unconscious impulses. The example of it is when we find something difficult to accept then we will make up such a logical reason why it has happened.

2.1.9 Intellectualization

Robert B. Ewen in his book entitled, *An Introduction to Theories of Personality* stated that intellectualization is when a person unconsciously separating threatening emotions from the associated thoughts or events and reacting on only an intellectual level (22). The example of intellectualization is when people start to repress their pain by talking about something but then failing to make progress because they do not know what they're talking about.

2.1.10 Undoing

This kinds of defense mechanisms is defined as adopting a behavior that negates the previous act or thought (Ewen 21). In other words, undoing is taking back the behavior or thoughts that hurtful. The example of undoing is when a man insulted her partner but then he realizes it and compliments her beauty, her charm or attractiveness. By "undoing", a person tries to prevent a damage caused by her or his act and thoughts.

2.1.11 Identification

Identification is defined as a process of borrowing one's identity with that of someone else. This defense mechanism is actually part of normal development. Boys identify with their fathers, girls identify with their mothers. Identification sometimes functions to overcome powerlessness (Cloninger 47). The example of identification is when children may identify with abusive parents or hostages with their captors.

2.1.12 Regression

In regression, there is a movement from mature behavior to immature behavior (Ryckman 43). This could be happened when the ego is threatened and the person may go back to their past as a child or their behavior become childish as they used to be. The example is when a married man who has a financial problem moves back to his family home or to their parents.

2.1.13 Sublimation

Sublimation is the refocusing of psychic energy (which Sigmund Freud believed was limited) away from negative outlets to more positive outlets. It is therefore the process of transforming libido into "socially useful" achievements (Ryckman 43). The example of sublimation is when a woman is forced to go on a restrictive diet; she becomes interested in painting and does a number of still life pictures, most of which includes fruit.

2.1.14 Compensation

The function of compensation is to enhance someone's self – esteem by overcoming a person's failure in one area of behavior through satisfaction

achieved in another area (as cited in Simma 28). So, person who does

compensation will try to cover their weakness with their ability in another thing.

(http://psychcentral.com/lib/15-common-defense-mechanisms/2/). The example

of compensation is when a person says, "i may not know how to cook, but i can

sure do the dishes! "They're trying to compensate for their lack skill on cooking

by emphasizing their cleaning instead.

2.2 Review of related studies

In this study, there will be presented some researchers who did the

discussion on Sylvia Plath's *the Bell Jar* and other discussions related to the study.

It includes the theory used in this study.

Sylvia Plath's the Bell Jar itself has been used by Zenithda Arief Fadlila.

The research attempted to explain about the psychological conflicts of the main

character Esther Greenwood. The result of this research shows that the

psychological conflicts which are unresolved lead to aggression. The necessity of

value causes the violation between Esther's and other people. So, she has to adapt

with a normal life bypassing some medical treatments in some hospitals.

The research using psychoanalysis theory has been done by Yessica Farda

Arum Puspitasari for the thesis entitled "The Influence of Rachel White's

Unconscious Mind on Her Personality Development in Emily Giffin's *Something*

Borrowed". This study attempted to analyze Rachel's personality development

and the influence of her unconscious mind towards her personality development.

The results shows that the personality of the main character, Rachel White

develops because of her repressed feelings that are stored under her unconscious mind.

A research about defense mechanisms also has been done by Watcharapipat Simma for the thesis entitled "An Analysis of Defense Mechanisms Used by The Main Characters in Mark Twain's *the Adventures of Huckleberry Finn* and *the Prince and the Pauper*". This study attempted to examine the reason of the main character for using the defense mechanisms and how those defense mechanisms affect them to their self – adjustment. The result shows that the characters in those two novels which are Huckleberry Finn and Edward Tudor used defense mechanisms because both of them had realistic and moral anxiety which came from their family backgrounds and their social lives.

Another research was conducted by Achmad Rozaq Nur Utomo. This study talked about "The Narrator's Defense Mechanisms on H.G. Wells' *the War of the World*". The writer examined the Narrator's personalities and the defense mechanisms used then it was also explained how the defense mechanisms affect the Narrator's life. The study concludes that the Narrator was the dynamic character and went through extreme actions in order to stay alive. The Narrator experienced both internal and external conflicts. Some of defense mechanisms were used by the Narrator. Those defense mechanisms did affected the Narrator's life that the Narrator would keep remained focus on finding his wife and predicting where the Martians were.

Those previous studies mentioned above are quite different with the study conducted here. What makes it different is that this analysis will deeply give the

analysis about the causes of the main character that is Esther Greenwood for her distaste of life. Then, this will also attempt to explain about defense mechanisms as the effect of that distaste of life by using the psychoanalysis theory of Sigmund Freud.