

CHAPTER II

LITERATURE REVIEW

2.1 Theoretical Framework

In this part of the thesis, the writer will provide the main theory and other theories that are suitable to help the writer for analysing the novel. This thesis embodies many psychoanalysis theorist'. It focuses on how people can experience identity crisis due to the traumatic events in their childhood. The writer's main focus in this novel is Bonnie Castle's character, which is experiencing identity crisis. More specifically, since Bonnie Castle's character is an adult who is experiencing identity crisis due to her traumatic childhood and adolescence, the writer believes that the most suitable theory to analyse the novel is Psychological Development theory by Erik Erikson. Erik Erikson extended Sigmund Freud and Anna Freud's theory about human psychological stages, therefore some of Sigmund Freud and Anna Freud theory will be used by the writer as supporting theory in order to get deeper analysis of the novel.

2.1.1 Developmental Theory

Human beings are capable to think, feel and memorize by using their mind. By using their mind consciously or unconsciously, human beings are able to coordinate and organize all of their actions by means of their mental process (Freud 121). However, human's attitude and behaviour is always different from

each other since each of them must experience different and complex psychological background. Psychologists have been studying human's complex attitude and behaviour for decades and some of them believe that childhood experience is a psychological background that shapes adolescents and adults' behaviour of the present time (Tyson 14). Indeed, experience between birth and age 5 significantly matter to a child's long-term emotional and psychological condition ("Early Childhood"). Therefore it is important to elicit one's childhood experience in order to explain why they act and behave in certain way.

Psychoanalysis is one theory that emphasizes its focus on one's childhood events that could potentially affect their mental functioning as adolescents and adults. Freud divides humans' psychological stages into five: the oral stage, the anal stage, the phallic stage, the latency stage and the genital stage. If someone becomes fixated in any of those five stages, that person will develop personality traits that coincide with the specific stage and its focus. For example, in the oral stage that starts from birth to about eighteen months. In this stage, infants' pleasure comes from the stimulation of the mouth. If the mother refuses to nurse on demand or truncates nursing session early, the infant might have oral fixation and might grow as a pessimist, sarcastic and suspicious adult ("Psychoanalytic Theory").

Freud's stages of development, which state that one's personality is determined at the age of five, were then extended by Erik Erikson. Erikson believes that a person's personality development includes the entire lifespan, not merely childhood period. Erikson extended the stages upto eight, they are:

Infancy, Toddlerhood, Early Childhood, Middle Childhood, Adolescence, Young Adulthood, Adulthood, and Aging (Gillani 108).

Each stages represents the age of a person and the major psychological crisis they might experiencing.

Stage	Age	Event	Central Thematic Conflict
1	Infancy	Breast-Feeding	Trust versus Mistrust
2	Toddlerhood	Toilet Training	Autonomy versus Shame and Doubt
3	Early Childhood	Independence	Initiative versus Guilt
4	Middle Childhood	School	Industry versus Inferiority
5	Adolescence	Peer Relationship	Identity versus Identity Confusion
6	Young Adulthood	Love Relationship	Intimacy versus Isolation
7	Adulthood	Parenting	Generativity versus Stagnation
8	Aging	Reflection on one's life	Ego Integrity versus Despair

(Erikson as cited in Gillani 108).

The first psychological stage is the “Trust versus Mistrust” that occurs during Infancy period, this is period where a child or an infant seek for the comfort and security from the mother. The second stage is “Autonomy versus Shame and Doubt”, where a child is given a tasks that need to be completed individually, therefore a child can develop a sense of autonomy, but if a child does not have enough support from his/her family and is scolded for his/her actions, instead of autonomy, he/she will develop shame and doubt.

The third stage is “Initiative versus Guilt”, this is a stage where a child develop their sense of initiative, they begin to want to do things they want to do

by themselves, but if a child is being tailed and the initiatives are being taken away by the people in his/her environment, the child will develop Guilt. The fourth stage is the stage of “Industry versus Inferiority”, the stage where a child is starting to have friends and social life outside their comfortable home. They will learn to master what they are doing, and having the responsibility to complete the tasks given to them, if they are failed to complete the tasks they will develop a sense of inferiority and inability to take responsibility, but if they have enough supports from the environments, they might be able to resolve the psychological conflict.

The fifth stage is the most crucial and important stage, because everything happens in this stage of adolescence, where a child from ages 11-18 is having a psychological conflict of “Identity versus Confusion”. They begin to explore themselves psychologically, questioning who they really are, what they really want and what they want to be, they also have the drive to be independent but also being accepted by their friends. In the early phases of the stage, a child might become confused while trying to overcome their psychological conflicts and other conflicting feelings they are experiencing.

Contradictory to their drive to be independent from their parents and their relatives, they are also experiencing the sense of dependency, they are obsessed in finding their new role models beside their family members, they are also greatly influenced by their peers opinions about everything. They also experiencing many physical changes and so their social environment, that leads them to another psychological crisis which is the search of “self”. They are concerned about how

they look in other's eye, how others opinions about them, compared to how they think about themselves while searching for their own identity. In this stage, many adolencent start to adopt their behavior, their hobbies, and their actions from their idols, their heroes, and their friends, they will try so hard to be accepted by society because cliques can be really cruel when they exclude those who they can not accept (Erikson as quoted in Gillani's 109).

The sixth stage is "Intimacy versus Isolation", it is where a young adult start to concern about being intimate with opposing sex while at the same time being isolated from it. In other words, this is the stage where people start to fall in love or sexually attracted to other people which might result in marriage or a sexual union. The seventh stage is the stage where an adult is concerned about being generatively improving themselves to fit in with the society they live in, for they might live with them in a long period of time, the psychological crisis is "Generativity versus Stagnation".

Finally, the last stage of psychological crisis is the stage of "Ego Integrity versus Despair", this is the stage where they look back to their life before, if they manage to overcome their psychological crisis and all the conflicting feelings they experienced, they will develop a sense of ego and satisfaction. While for those who failed in overcoming one stage or more stages of psychological development, they will develop a feeling of despair, incompetence and desperation.

Erikson claims that a person's personality is predetermined and is built upon each previous stage (Cherry). This is known as 'the epigenic principle'. If one successfully overcomes a stage, he or she will attain some kind of

psychological strength or the “basic strength” that will help him/her successfully overcome the next stages. For instance, children who do not have their desire for love and affection fulfilled during their childhood period would develop basic hostility towards their parents and would also suffer from basic anxiety (Horney). Anxiety is a “warning signal that danger is present and that overwhelming emotions may be felt, giving rise to an unmanageable helplessness” (Emmanuel).

2.1.2 Freud’s on Anxiety and Anxiety Disorder

As mentioned before, according to Erikson, not merely incomplete or unsuccessful personality development during childhood period that can create anxiety; it is the whole lifespan of a person, including adults, young adults and adolescents. According to Freud, there are three types of anxiety: reality anxiety, moral anxiety and neurotic anxiety. Reality Anxiety occurs from the ego, it is the fear of losing something or someone that considered precious in one’s life. Moral anxiety occurs from the superego, it consist of the feeling of shame and guilt towards something and someone that if one’s can not cope with it, they will experience the moral anxiety. The last one is Neurotic anxiety, it is the fear of being overwhelmed by Id impulses, fear of losing control of themselves, and if they can not deal with it, they will actually lose control of themself.

In general term, anxiety disorders is a syndrom where someone is experiencing excessive worry, overwhelming fear, and nervousness that one’s can not deal with (Cherry). As mentioned before, anxiety is actually functioned by human’s unconscious mind to deal with their fear, anger, nervourness, and other

worrying feelings that human's experiencing. This anxiety can be easier to deal with if they have some people who care for them, for example is family and friends, with enough help and supports from family and friends, coping with anxiety is a lot easier. Otherwise, without the family helps and supports, they might be fail and experiencing anxiety disorder.

According to Joseph Goldberg in WebMD Medical Reference, there are four types of anxiety disorder, they are panic disorder, specific phobias, generalized anxiety disorder, and social anxiety disorder. Panic disorder is a feeling of terror and fear that occurs without warning, the symptoms are a sweating, palpitations (unusual heartbeats), and a feeling of choking as if it is hard to breathe. The second one is specific phobias, it is a constant fear of specific thing or situation, such as a fear of lizzard, fear of diving, and fear of flying, the fear is usually overwhelming that it might affects a person's health when they come accross the thing they are phobias with.

The third one is generalized anxiety disorder, it is a feeling of irrational worry and over-thinking when actually, there is nothing to worry about. The fourth one is the social anxiety disorder, in other words is social phobia, which consist of the overwhelming worry and negative perspective about daily social life such as being judged, being mocked, and being embarrassed by others.

2.1.3 Identity Crisis

One of the effects of anxiety disorder is Identity Crisis. Identity Crisis is a psychological issue where people start doubting about themselves, about their

'role' in life, and their 'real' self, also where people start to analyze, explore and found many different ways of looking themselves (Erikson as depicted in Cherry's "What is Identity Crisis?")

According to Erikson, the appearance of identity crisis occurs during adolescence period or during teenage times, because this is the period where children struggle to find themselves. They are experiencing puberty that change their body, hormones, emotions and abilities, and also a rapid change in their social life, they start to experience peer pressure, and has the responsibility to fulfil their roles in society (Whitbourne).

As mentioned previously, if a child successfully passes the fourth stages before adolescence period, he or she will have the psychological strength to pass the adolescence period smoothly, able to found his or her identity and commit to it. Unfortunately, there are some people who experience different challenges and not able to gain the psychological strength needed for their adolescence period.

Some adolescent may find it easy to find their identity, or just accept the social roles they received from their parents, but some adolescent are struggling to find it. During the adolescence period, adolescent are also obsessed to be independant from parents support and fulfil the social demand of peer pressures (Cherry). The struggle oftenly cause children to experience confussion between their sense of identity and their role in social life. This is where a commitment has to be made to create a balance between one's identity confussion and one's real sense of identity (Marcia 551).

According to Marcia, there are four types of identity status;

Identity Statuses	Explanation
Identity Achievement	After going through identity explorations and several different identities, an individual has finally made a commitment to one identity.
Moratorium	A condition where no commitment has been made, because the individual is still exploring.
Foreclosure	Condition where an individual has made a commitment to one identity without exploring.
Identity Diffusion	This is the most unique condition, this is a condition where an individual is not exploring for identities, has not been committing to any identities, but also not having identity crisis.

Marcia, J. E. Handbook of Adolescent Psychology : Identity in adolescence. New York : Wiley, 1980.

Erikson then stated that if an individual failed to complete the psychological state of “Identity Achievement”, they will experience “Identity Diffusion” where they will always be in a permanent state of identity crisis (Marcia 3). Therefore it is important to overcome these issues and commit to an identity, so an individual will experience adulthood in a way he or she has consciously chosen. Without a

strong identity, his or her “Identity Diffusion” will not be helpful for their developmental challenges ahead.

2.1.4 Freud on Oedipal Complex

As mentioned previously, Erikson extended Freud’s theory about psychological development, thus his theory cannot be separated from Freud’s. According to Freud, in the age of three up to six years old (Early Childhood stage in Erikson’s theory), a child will develop a possessive desire towards the opposite sex parents (Wilson). The desire occurs when a child notices the difference between their mother and their father and thus the child can recognize gender differences. Having experienced this desire, a child will develop a feeling of jealousy towards the parent with same sex, and exclude them as a result. In this stage, the child will compete for the affections from opposite sex parents, while at the same time, the parents will compete for the child’s affection (Wilson).

The Oedipal Complex is divided into two, they are Oedipus Complex and Electra Complex. Oedipus Complex is when a young boy around the age of 3 until 5 years (Phallic stage) old wishes to possess his mother and replace his mother who he sees as his rival for his mother’s affections. Meanwhile, Electra Complex is when a young girl wishes to possess his father and replace his mother (Cherry).

Freud suggested that in Oedipus Complex case, the boy’s ‘id’ wants to eliminate the father while his realistic ‘ego’ knows that the father is much stronger, and in Electra Complex case, the girl’s ‘Id’ realizing the absent of the

penis and thus progressed the 'ego' to establish heterosexual identity (Freud 375). Freud stated that the Oedipal complex played an important role in a child's psychosexual development, he believed that if a child successfully passes this stage, he or she will be able to decrease the aggressive feeling toward the same sex parents and lead to the development of a mature sexual identity, and vice versa (Cherry). In order to develop a healthy identity in the adult period, the child must be able to identify the same-sex parents as non-threatening figures and resolve the conflict, therefore parents' attention and care are needed.

If a child does not have enough care they needed from the parents, they will grow up fixated (Freud 129). For example, if a child grows up having traumatic experience with one of the parents, they will try to find a substitute or replacement for their role model, in order to fulfill the lack of care and attention from their parents. Unconsciously, they will find someone who resemble their parents in order to solve their traumatic experience with their real parents (Freud 188).

2.2 Review of Related Studies

Even though a deep library research has been done, the writer of this thesis has not found any decent academic writing about *Waltz into Darkness* to be reviewed in this thesis. There are only light reviews and discussions about the characters and the issues in the novel. However, the writer has managed to find a lot of studies that discuss about identity crisis and anxiety disorders in other literary works – mostly are in a form of paper, thesis and journal. The first one is a

paper written by Michael Carosone, which is entitled *Another Side of Clara Savage's Identity Crisis: A Queer Theoretical Analysis of Michelle Cliff's Abeng* by Michael Carosone. The similarities between this thesis and the paper written by Carosone are: 1) Both researches focus on the issue of identity crisis; 2) The character in the novel that experience identity crisis is the main character. The writer can learn about how a traumatic childhood experiences can make someone's having an dissasotiative behaviour when they grow up, and how it can affect in whether they will succeed in committing to one identity or not. There are also some differences between these studies. This thesis, for instance, applies the theory derived from Freudian psychoanalysis, specifically Erik Erikson's theory of psychological development. It focuses on how adolescent period shapes the main character's identity in *Waltz into Darkness*. Meanwhile, in Carosone's paper, the theory used is Queer Criticism since the main character in the novel is suffering from her sexual orientation.

The second one is a research paper entitled *Identity Crisis in Two Novels from the Opposing Sides of Europe* written by Ayze Ozcan. Written in October 2014, Ozcan used two novels as the subject of the study. The first novel was Henry James' *The Ambassador* and the second novel was Halide Edib Adivar's *The Clown and His Daughter*. The similarity between this thesis and Ozcan's are the issue that becomes the main focus and the characters being analysed, which are the major characters of the book. From this paper, the writer is able to learn about how the environment can affects someone's psychological development. However the approach and the theory used are totally different. Ozcan used

comparative approach to compare the two novels and the theory used focuses on the issue of cultural hybridity as the cause of the identity crisis suffered by the characters.

The third study used as an example is a journal article written by Balajiware and Kochargaonkar. The title of the journal article is *To Study Identity Crisis of Adolescents and the Impact of the Home Environment on Them*. This journal article really relates to the issue being analysed in this thesis, which is identity crisis that arises during adolescent stage. In the article, Balajiwe and Kochargaonkar do a field research where they observe Indian adolescents behaviour related with their family background. Balajiwe and Kochargaonkar argue that family or home environment does not become a causal factor on one's identity crisis. From this study, the writer can learn the importance of family in a child psychological development, and how the environments also affect their moral values. However, Balajiwe and Kochargaonkar's study is based on real phenomenon, while this thesis uses a literary work as the subject of the study, meaning that the theory and the approach used are different thus the result will also be different.

All the previous studies are used to compare and support all the elements in this thesis. Beside that, they can also be used as a proof that the content of this thesis is original and different from the other studies that are reviewed in this thesis.