

CHAPTER 2

LITERATURE REVIEW

This chapter aims to explain relevant theories and related studies in order to supply reliable information for analyzing the novel, *Street Kid*, by Judy Westwater. The theories used in the study are expected to be able to analyze the literary works objectively and answer the statement of the problem. The writer uses psychoanalysis by applying two psychological theories, they are anxiety and defense mechanisms by Sigmund Freud. In dealing with the theories, the writer will classify this chapter into two parts. The first part talk about anxiety, which explains how the main character can suffer from painful emotional experience. The second part is the theory the defense mechanisms, that is used to explain the ways of the main character to cover her anxiety of traumatic experience.

2.1 Psychoanalysis

Psychoanalysis is a system of psychology originated by Viennese physician Sigmund Freud in the 1890s and then further developed by himself, his students and other followers. The term of psychoanalysis was firstly used in Freud's book which he wrote with Josef Breuer, entitled *Study of Hysteria* in 1895. The term was firstly known as physical-analysis, and during the following year, he began calling his approach to be psycho-analysis (Feist and Feist 20). According to Feist, Freud states that mental life is divided into two levels, the unconcious and the concious (23). Tyson also argues that the unconcious is like the storehouse of those painful experiences and emotions, those wounds, fears,

guilty desires, and unresolved conflicts we do not want to know because we feel we will be overwhelmed by them (12).

The several concepts from the theory of psychoanalysis by Sigmund Freud helps the writer to understand the problems. It helps somehow in analysis due to the fact that Freudian psychoanalysis is useful to understand human behaviour by looking at a past traumatic event. By looking at trauma, it is important to know what has happened in the past so that what is being experienced in the present matches with the event contributed in the past. In this case, psychoanalysis attempts to trace back the past event that leads to a certain behaviour in the present.

The writer of the study will apply two particular parts of Sigmund Freud's theory of Psychoanalysis in analyzing the main character from the novel, the parts are anxiety and defense mechanisms.

2.1.1 Structure of Personality (the Id, Ego, Superego)

A basic notion in psychoanalysis is the structure of the personality. Three major systems of personality are Id, ego, and superego. According to Pervin, the *id* represents the source of all driving energy. The energy for a person's functioning originally resides in the life and death, sexual and aggressive instincts, which are part of the *id* (81). Hall and Lindzey also state :

The *id* operates in the level of unconscious and has no deal with reality. In other word, *id* is biology aspect grown naturally, born with innate in human psyche. The *Id* cannot avoid increasing tension of undersirable energy so that *id* has a way to reduce the

tension called pleasure principle. Therefore, to avoid the tension, *id* has another way called primary process. The primary attempts to discharge tension by forming an image of an object that will remove the tension. (36)

The ego is part of the id which purposes to satisfy the id's desire and energy source of the ego is supplied by the id. The ego cannot and never separate from the id. The important role of the ego is as a mediator between the id and the superego (Hall and Lindzey 66). Hall states "The ego has no energy of its own. Indeed it cannot be said to exist until energy has been diverted from the id into the latent processes that constitute the ego" (41). Thus, the ego's function is to express and satisfy the desires of the id in accordance with reality and the demands of the superego. Whereas the id seeks pleasure and the superego seeks perfection, the ego seeks reality. For example when people get hungry, they will look for food to reduce the hunger's desire. People cannot just eat fantasy and fulfill their desire by fantasy. After that, they will think the place where they can get food and go to that place.

The third and also last part of human psyche is the superego. The superego represents the traditional value and ideals of society as interpreted to children by the parents. The superego is the moral arm personality, it represents the ideal rather than the real (Hall and Lindzey 38).

2.1.2 Psychosexual Development

According to Freud in his book of *Three Contribution to the Theory of Sex*, all human being pass through phases called psychosexual stages of

development. Freud emphasizes the development aspect of personality and in laying down the basic character structure of a person or “the child is father of the man” (Hall 45). The stages include *oral*, *anal*, *phallic*, *latency* and *genital*. Freud also state that infantile period happens in the first four or five years after birth. This stage is the most important one of all processes in creating human’s personality (Feist and Feist 38).

For abused children, fulfilling their task and needs required may not be possible. When, children are exposed to direct physical harm or sexual assault, their emotional reaction can be severe, thus rendering the children incapable of fulfilling age related tasks essential for adult adjustment (Ferrara 118). Yet, the writer only discusses two stages since the character in *Street Kid* novel is performed at the age of three to thirteen years old, which corresponds to the psychosexual stage of development from phallic to latency.

Phallic phase happens approximately at the age of 3 to 6 years. This phase is first marked by the different anatomical sexes between male and female. Therefore, parents have an important role toward their children’s sexual development. For example, parents have to give direction toward their children’s pleasureable feeling of having masturbation. In this phase, mother figure is very important to help children’s psychosexual development as a form of her affection. *Latency* phase occurs at the age of 7 to 13 years (puberty), this phase is the period of middle childhood where children are relatively easy to educate than in the previous phase. During this phase, Freud state that children suppres most of their sexual feeling and become interested in sport activity, games, friendship, etc.

Meanwhile, in puberty, sexual desires begin to arise, heading to genital period only if this phase can be successfully delivered by the ego. Thus, this phase is a stage when children begin to develop defense mechanisms.

2.2 Anxiety

Pervin states that in psychoanalytic theory, anxiety is a painful emotional experience representing a threat or danger to the person (86). It means some points, the person experiences a trauma or an incident of harm. Anxiety represents a repetition of the earlier traumatic experience. Similarly, Freud states that anxiety differs from other painful states, such as tension, fear and pain (Hall 61).

In his book of *A Primer of Freudian Psychology*, Hall defines the notion of anxiety as follows:

Anxiety is a painful emotional experience which is produced by excitations in the internal organ of the body. These excitations result from internal or external stimulation and governed by the autonomic nervous system. For example, when a person encounter a dangerous situation his heart beats faster, he breathes more rapidly, his mouth becomes dry, and the palms of his hands sweat.

(61)

Therefore, anxiety can be described as an uncomfortable feeling of fear because of someone's emotional experience and this condition is marked by particular indicators or symptoms. Similarly, Feist states that anxiety as "a felt, affective, unpleasant state that is accompanied by a physical sensation that warns the person against impending danger (33)." In fact, the term of anxiety is almost

same with the emotions of fear. Freud prefers the term anxiety to that of fear because fear is usually thought of in the sense of being afraid of something in the external world (Hall 62). Thus, Freud considers that anxiety is a conscious state which can be distinguished subjectively by a person from experiences of pain, depression, and tension resulted from hunger, sex, and other bodily needs (Hall 61).

According to Feist, only the ego can produce or feel anxiety, but the id, superego and external world are involved in one of three kinds of anxiety (33). He explains further that anxiety can be categorized into three type. The types are reality anxiety, neurotic anxiety and moral anxiety.

The first kind is reality anxiety. Reality anxiety happens when somebody considers that there is a danger around him and so the source of the danger of his anxiety is said to be in the external world of him instead of his internal world. Hall defines reality anxiety as follows,

Reality anxiety is a painful emotional experience resulting from a perception of danger in the external world. A danger is any condition of the environment which threatens to harm the person. The perception of danger and the arousal of anxiety may be innate in the sense that one inherits a tendency to become afraid in the presence of certain objects or environmental conditions or it may be acquired during the person's lifetime. For example, fear of the darkness could be reality because past generation of men were constantly being endangered during the night before they had the

means of making light or it could be learned because one is more likely to have fear-arousing experiences during the night than during the day. (63)

Reality anxiety is closely related to fear. "It is defined as an unpleasant, nonspecific feeling involving a possible danger. However, reality anxiety is different from fear in that it does not involve a specific fearful object" (Feist 34).

In any event, "fears are more easily acquired during childhood because within this period, children are not able enough to cope with external dangers. It happens as their ego has not developed to face excessive amount of stimulation (Hall 64)." Therefore, when they experience something that results in anxiety, they come to the stage of helplessness which is called trauma. For example, someone is fear of a dog bite, fear arising from an impending accident.

The second one is neurotic anxiety. Neurotic anxiety is aroused by a perception of danger from the instincts. Neurotic anxiety can be displayed in three different three forms, that is, free floating type, phobia, panic or near-panic reaction. The first form of neurotic anxiety is 'free floating of apprehensiveness'. According to Hall, free floating of apprehensiveness is usually characterized by a nervous person who always expects something dreadful to happen (65). The second form of neurotic anxiety is an intense irrational fear or what is called 'phobia'. Freud states that the intensity of the fear here is out of all proportion to the actual danger of the object which the person is afraid, for instance a person may be deathly afraid of high places, water, mice, and so on (65). The fear is irrational because the major of the anxiety is found in the id rather than in the

external world. What the person fears in the case of phobia represents something that is related with, or symbolized by, the feared object. It happens because people are often in such distress, sometimes even in panic which they cannot think clearly. Then, the third form is ‘panic or near-panic reaction’, it happens when someone goes mad at people around him whom he does not know and who even have not done anything to him. Therefore, “he does not have any ideas why he did so because all he knows is that he felt so upset and has to release his anger before it is exploded” (66). This kind of anxiety due to the id demands in spite of ego and superego prohibition.

The last one is moral anxiety. Pervin states that moral anxiety stems from a conflict between the ego and superego (34). In other words, when people are feeling anxious, they are afraid of being punished by their superego. Hall and Lindzey also state that moral anxiety is the fear of the conscience (81). It means that someone whose superego is well developed will feel guilty if he does something that contradicts with the norms taught by his parents.

The function of anxiety is to warn a person about any danger in the external world. If the ego cannot reduce the anxiety, it will result in a traumatic condition. If the anxiety exists, it could motivate the person to do something that can reduce the anxiety.

2.2.1 Fear of Abandonment

According to Tyson, anxiety can be an important experience because it can reveal core issues. One of the core issues is fear abandonment. Tyson argues that “the fear of abandonment is the unshakeable belief that our friends and loves ones

are going to desert us (physical abandonment) or do not really care about us (emotional abandonment)” (16). It means that the feeling appears when a person is afraid to be abandoned by people he loves, such as parents or bestfriends.

2.3 Defense Mechanism

In psychoanalysis, a defense mechanism is any variety of unconscious personality reaction, of which the ego uses to protect the conscious mind from threatening feelings and perceptions (Tyson 12). Freud states that the defense mechanisms include functions carried out by the ego, they are strategic efforts by the ego to cope with the socially unacceptable impulses of the id (Pervin, Cervone & John 90). In this case, defense mechanisms are way of thinking about a situation developed by the ego to reduce excessive amount of anxiety or fear. Thus, defense mechanisms are ways a person does to overcome his or her anxiety.

People usually use defense mechanisms to overcome the anxiety and trauma. They choose their own defense to deal with their trauma. It is largely unconscious reaction that protects a person from unpleasant emotions such as anxiety and guilt (Weiten 482). Defense mechanisms occur when the ego is that of dealing with the threats and dangers that have happened to the person and arouse anxiety (Hall 85). There are several major types of defense mechanisms identified by Freud such as repression, regresion, projection, reaction formation, displacement, denial, intellectualization, sublimation, and rationalization. In this thesis, the writer only applies repression and sublimation as defense mechanism of the main character, it appears that Judith use both ways to manage her anxiety and trauma.

2.3.1 Repression

There are a lot of symptoms in defense mechanism. One of them is repression. Freud believes that,

The mechanisms of denial and repression were the most fundamental or primitive defenses and played a part in other defense. Indeed, he thought that other defenses started with a massive inhibition of an impulse, which was followed by various elaboration. (Mischel 45)

Weiten also states that repression is the most basic and widely used defense mechanism. It has been characterized as keeping distressing thoughts and feelings buried in the unconscious (482). In this case, repression works by pushing painful thoughts out of consciousness and keeping them unconscious. Therefore, the fears and the feelings are pressed into a place where the conscious cannot find it and it will become unconscious.

Freud states that a person will keep their memories into the subconscious mind (Weiner 65). It means that the person will save all memories which have happened since in childhood until adult without being able to reject them, whether they good or bad memories. On the other side, repression is also called motivated forgetting. Someone who suffers from this condition feels that he or she is not being able to recall a threatening situation, person, or event (Boeree 12). The person who suffers from this condition, experiences a bad traumatic condition that makes him or her forget a kind of memories in their mind.

After learning the information above, the writer argues that if someone puts their memories into the mind unconsciously, it makes someone do something unpredictable. When someone saves memories into the mind, he or she cannot secure what memories that will be saved. The worst thing that can happen is someone suffers from a condition which can cause a traumatic problem. This condition can lead the victims of the traumatic event to have different personalities at once, such as introvert, loner, close person, sarcastic and many more.

Furthermore, Hall states that repression may be lifted when the source of the threat disappears (88). In other words, when the source disappears, the repression is no longer necessary to apply. Nonetheless, the lifting of repression does not occur automatically. As the result, Hall concludes “When the ego has acquired sufficient strength to cope with the danger by more rational methods, repression is no longer necessary” (89). Therefore, the writer chooses repression because it can be applied to identify Judith’s ways to overcome her anxiety of traumatic experiences.

2.3.2 Sublimation

Sublimation is necessary part of a productive and healthy life. According to Pervin, it is seen that,

Most strong desires can be sublimated in various ways. When people invoke sublimation, they are finding socially acceptable ways of discharging energy that is the result of unconscious forbidden desires. He also believes that many creative endeavors,

such as painting, poetry, and sculpture, were sublimation of sexual urges. (95)

For instance, Freud also interprets Da vinci's interest in painting Madonna showing a mother and a child is a sublimated expression of a longing for his mother from whom he has been separated at an early age (Hall 82).

Hall states that "Sublimation specifically happens when there is the direct expression of sexual and aggressive instinct that is transformed into apparently non sexual and non aggressive form of behaviour" (82). In other words, if people sublime or divert unwanted impulses into socially approved thought, feelings or behaviours, it will be considered as sublimation.

2.4 Review of Related Studies

There are some previous related studies about the issue of traumatic past events that are reviewed with Freudian psychoanalysis. The first study is entitled *The Influence of Traumatic Past Event on Gilbert Grape's Personality in Peter Hedges' What's Eating Gilbert Grape* by Al Fawzia N, a former student of Faculty of Humanities Universitas Airlangga. She used the personality and psychoanalysis theory by Sigmund Freud. The object of her research is a novel entitled *What's Eating Gilbert Grape*. The novel tells about Gilbert Grape who had the traumatic past during childhood. In her thesis, she found that the negative side of Gilbert Grape's personality was not only caused by his compounding problems at the present moment, but also influenced by his childhood experience. The past events had brought Gilbert in such a traumatic condition and resulted in the development of several defense mechanism. This thesis was done using a

written literary work as the main subject of the research. The researcher conducted an analysis on the main character's behaviour by employing Freud's defense mechanism concept in the analysis.

The second thesis was written by Loren Damayanti from English Department Universitas Airlangga. The title of her study is *Child Sexual Abuse in Araki's Mysterious Skin (2004)*. In her thesis, she carried the sexual abuse on child as the issue. She also broke down the dreams experienced by one of the main characters that would be useful in understanding how a traumatic past event contributed to determine self-identity as well. She also explained the influence of a result from a traumatic past event that led to a certain behaviour in which it reflected in and manifested in the development of defense mechanisms, dream (fantasy), and sexual deviation experienced by the main characters, Brian and Neil. The similarity between the related study and this study is on the issue discussed that is the child abuse experience which leads to the main character's trauma and anxiety. The differences lies on the focus of the issue. This study focuses on child abuse, which is divided into child sexual abuse and child physical abuse, while the related study just focuses on child sexual abuse.

The last related study was done by Rochmad Septian Fauzi from English Department Universitas Airlangga. The title of his study is *Rob's Neurotic Anxiety in Kate Dicamillo's The Tiger Rising*. His study discussed the neurotic anxiety experienced by the main character of the novel, Rob. The result of the analysis shows that Rob was experiencing neurotic anxiety because of repressed feeling which began after the funeral of his mother. In this case, Rob became an introvert

child who kept all of his feeling inside mind and kept it locked. This repressed feeling led to neurotic anxiety. Then, Rob had two ways to solve his neurotic anxiety, they are identification and displacement. The difference between his study and the writer's study is on the scope of the issue. The scope of the issue discussed in Rochmad's study is only neurotic anxiety and the ways to cope the main character's anxiety, whereas this study focuses on two types of anxiety that are reality anxiety and neurotic anxiety.

Moreover, those previous studies obviously have different findings and conclusions from this thesis result. It is a proof that the idea in this study is original. Those previous studies will be used as comparison to reach the research analysis, despite many studies related to the issue of a traumatic past event.