

## **CHAPTER 2**

### **LITERATURE REVIEW**

#### **2.1. Theoretical Framework.**

The chapter will explore the theory used to analyze the issue. The discussed issue is about the talking cure process in healing Starling's trauma and the influence of talking cure to the patient. It explains about the childhood trauma which could influence the personality of the person until the person becomes an adult. Talking cure method and trauma are the topics which are included as the discussion of Freudian Psychoanalysis.

The term of psychoanalysis was used for the first time in 1896 and it was developed by Sigmund Freud. The theory of psychoanalysis proposes that problems arise from unconscious desires and unresolved childhood conflicts. It rests on the hotly contested tenets of determinism, conflict, and the unconscious (Heller 184). The theory explains many phenomena about human behaviour in human life. Freud explains that the behaviour is influenced by three systems. They are id, ego, and superego. Id is the place for human's primal wishes which is selfish, barbaric, sexual, and destructive. It works based on Pleasure Principle. On the contrary with Id, Ego is the place for the human's thinking brain which helps human to think and decide wisely. If the Id is unconscious then Ego is the part of human mind which is partly conscious. Ego works based on Reality Principle. Consciously ego helps human to think and decide wisely and unconsciously it helps human to bear inevitable conflicts happen in daily life through defense

mechanism. Id and Ego are controlled by Superego or the conscience. It is related to the norms and the rules exist in the society. The children should follow the parents or else they get punished (Heller 90-92). If the conflicts happen and influence those three systems, there might be disorders happen in the human personality. It could be not only a disorder but also trauma which could haunt the life of the person (Heller 184).

Freud does not only discover the theory above but he also discovers that literary works are actually related towards psychoanalysis. It could be said that Freud's likeness towards literature works was shown since he was young. Freud as a child has showed his likeness towards books. The feeling emerged when his father gave him and his sisters the colourful books. His desires in collecting books come from his desires in reading. From a document, it could be seen his interest towards the books or literature (Milner 01-02). From his loves towards the books, he then realizes that books do not only reveal big problems in the knowledge but also the real riddle of life, all conflicts and the pulses (Milner 03). Related to this statement, Freud realizes that many psychiatrists who take the study examples from literature works. The author like Balzac or Zola find the inspiration from the psychiatrist's writing which realizes it from their works before. For some people, it is a common thing for people that the interest to certain drama or romance exists because the people recognize the feeling or the passion in the drama. However Freud recognizes the newest thing that actually the unhealthy conditions given by the psychiatrists and universal feeling given by literature have the same root. Freud states that people's interest towards literature not because people recognize

the things they know about (classical theory) but because of literature people could understand the things they do not know about themselves (Milner 19-20).

This thesis will discuss the novel *Hannibal* by Thomas Harris. The main discussion of this thesis is the analysis of the main female character, Clarice Starling. Starling as a child experiences Electra complex phenomenon and childhood trauma which influence her character until she becomes an adult. Dr. Lecter as the psychiatrist sees the phenomenon and cures her using the Talking Cure method. The talking cure as the therapy method is analyzed by using Freudian psychoanalysis. This thesis will use some Freudian psychoanalysis concepts and terms.

### **2.1.1. Talking Cure Method.**

Talking cure method was found in the early psychoanalysis era. When Freud was still a medical student, he built a personal friendship with Joseph Breuer, a famous physician who had considerable scientific reputation in Viennese in 1882. Breuer was fourteen years old older than Freud. Breuer taught Freud 'Catharsis' method which is the method in removing hysterical symptom by "talking them out". Breuer asked the patient to tell as much as possible about the symptoms and the beginning of the symptom emergence. Freud found that the technique could heal many kinds of mental problems (Moesono 02). While using catharsis, Freud then discovered the Free Association method which replaced the hypnosis as the principal therapeutic technique (Feist 19).

The other names of Catharsis method are 'Chimney Sweeping' and 'Talking Cure' method. Those names were given by Breuer's patient, Anna O. She was a twenty years old girl and she first fell ill in 1880. Anna was grown up in a well family where her parents were normal in respect (She did not come from noble family which was respected by the society). As a child, Anna was healthy without any illness or sign in neurosis in the growing up process. Anna was an intelligent woman which was proved by her powerful intellect. Anna faces the event where her father she passionately loved fell ill in July 1880. Anna then spent the first month of her father's illness to take care of him using all of her energies. Her activities then dropped her healthy degree. Related to this, Anna also fell ill. Her body was weak and she had anemia because she refused to eat. It was impossible for her to continue taking care of her father. The symptoms of illness such as severe cough emerged in her. Her behaviour also changed from sleep-like state in the evening but it changed to highly excited afterwards. Freud and Breuer realized that there were double consciences in Anna. In one side, she realized her surroundings but another side she acted like she was a 'naughty' girl. She took of her buttons with her hands which she could move (Anna could not move both of her hands freely because she faced the loss feeling in her hands and feet). She also experienced the hallucination where she saw black snakes and ribbons. The disturbance in speaking in her native German language developed. She suddenly only could speak English. Nine months after the disturbance emerged, her father died (Breuer and Freud 22-26).

Freud found out that Anna often talked incoherently. She hallucinated and fantasized more tragic fairy tales after the death of her father. When Breuer visited her in the evening, he found Anna muttered repeating words or phrases. Breuer then hypnotized Anna and asked her about her thoughts of particular syndrome. The hypnotic process had helped her to remember the dreadful night when she was waiting for her father beside his bed. Using hypnotic process, Breuer discovered that Anna's hysterical symptom came from her hidden emotional logic. The emotional was caused by traumatic past experience which came from childhood experience. Freud argues that childhood period is important for human. It is because human personality development happens in childhood period. If trauma happens in childhood period, it could influence the person's personality. Eventhough people no longer remembered the experience consciously, the choking emotion still worked unconsciously. According to Breuer, these emotions pressed to be release and those were converted into symptoms. Hypnotic process gave Anna the chances to relieve these emotions. Breuer explains this process as unstrangled the original emotions. Anna O. called this therapy as the Talking Cure or Chimney Sweeping (Heller 14-16).

The purpose of Talking Cure method is to expulse of the hidden emotion which causes the syndromes in the patient. It was found later that talking cure was not merely the cleaning process of human mind. It does not only free the mind from the psychological mess temporarily which always comes back but it could also possible to expunge the symptoms. It could be done if the patient is willing to remember and state the feeling (Freud 48). According to Peter Atterton, nothing

takes place in psychoanalytic treatment but an interchange of words between patient and the analyst (Atterton 25).

### **2.1.2. Hypnotic Process.**

Freud knew hypnotic process for the first time when he arrived in the demonstration done by Liebault and Bernheim in Nancy. Freud saw a man that was hypnotized to walk in his sleep. Then he was directed to experience hallucination. Bernheim told the person about his experience under the hypnotic process. The man insisted that he did not know anything but Bernheim kept pushing him to remember about it. The man started to doubt and remembered it little by little until he remembered it clearly and could tell other people about his dream. Freud concludes that the people who are hypnotized actually remember about their dream, but they just could not enter the dream. They realize that they are being hypnotized but they feel unsure that they know what is happening. This case is similar to what is experienced by a person when he or she is dreaming (Freud 102).

According to Freud, there is a relation between sleep and hypnotic, and the main condition of dream. Hypnotic process is even called as synthetic sleeping condition. The mental condition between sleeping and hypnotic is similar. When the people are sleeping, the connection with the outside world is cut off. It also happens in the hypnotic process in one condition. The person who hypnotizes is still connected to the person who is hypnotized. Hypnotic is also called as

‘nursery sleeping’ because the nurse will keep the relationship with the children and the nurse only wakes up hearing the children’s crying (Freud 101).

Hypnotic has the ability to weaken the consciousness or the ego part of human mind. As Freud suggests, human mind is divided into three parts: Id, Ego, and Superego. Id is the unconscious part of human mind and it contains repressed wishes. Id is not only the part where repressed material kept, but also the home for internal feeling and desires come from the instinct. On the contrary to Id, the conscious part of human mind is ego. Ego is responsible in taking action which is safe according to physical and social condition. Freud then introduced the concept of superego in 1923. He argues that superego becomes the censor and also brings the ego-ideal which criticizes the failure of the person. The superego then becomes the censor by doing the censorship consciously or unconsciously. Superego manifests itself in criticisms which result on the guilt for the person (Bocock 54).

According to Freud, human gets Id genetically. It is related with biologic drives of human and it works based on primitive principal. As the result, Id is chaotic (mass and without rules) and only knows happy and unhappy feeling. It does not know about morale nor has the right or wrong feeling. Id only works based on pleasure principle (Moesono 03). Relieving the tension and finding the right satisfaction for the Id is the job of Ego. Ego also could postpone the satisfaction fulfillment or find another one according to the environment limitation (Moesono 04). Then superego exists to make human has self control (Moesono 05). When people are awake, the censors are strong enough to keep the

person from doing inappropriate thing. Hypnotic process could create the sleeping condition which weaken the censors.

### **2.1.3. Transference Phenomenon.**

Transference phenomenon is first discovered by Freud through Anna O's case. One night Anna O. suddenly got hysterical cramps and stated that she was expecting Breuer's child. Breuer thought Anna's fantasies were too much and he decided to refer her to elsewhere. Freud regretted this decision. He commented that Breuer has already had the key but he was unable to use it (Jacobs 14). Freud describes transference phenomenon as the phenomenon where mostly woman patients fall in love to the therapist. The therapist must analyze that the love feeling is the resistance. The patient transfers the attitudes and expectations from the previous relationship to the therapist. There are some stages in this phenomenon. The first is the template formed by the earlier relationship which the patient wished to fit later. If the patient faces the father as a cold person, the patient will see the therapist like the father. The second stage is repetition compulsion where the patient tries to annoy the therapist thus the therapist could behave critically towards the patient. In the present day, this is called as self-fulfilling prophecy. Because the patients expect the therapist would reject them, they then refuse to smile which results the therapist truly rejects the patient. The therapist's emotional reaction towards the patient is called countertransference. This could be positive or negative countertransference. It could be seen in Anna O.'s case. Anna feels friendly and romantic towards Breuer (as her therapy). This

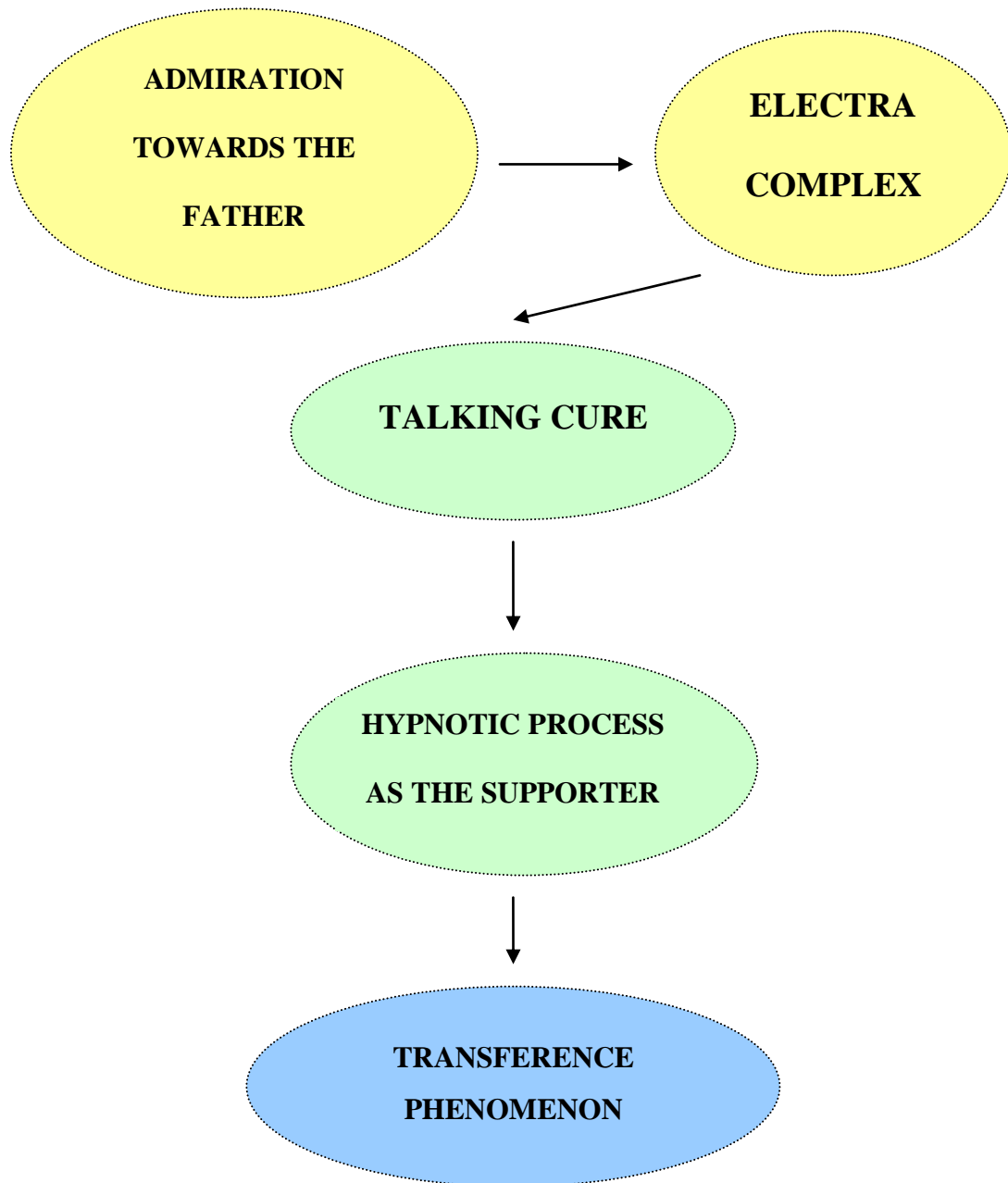


is the positive transference and the positive countertransference is Breuer returns her feeling. Until Anna O. admits that Breuer impregnated her (transference). As the result, Breuer feels embarrassed, stops the therapy, and takes his wife to second honeymoon. This is the negative countertransference (Heller 207-208).

#### **2.1.4. Electra Complex.**

Electra complex could be said as the Oedipus complex phenomenon happens in girls. Freud defines Electra complex as the phenomenon where the deep love grows in the daughters towards her father. This phenomenon happens when the girls reach the age of three to six years old. The girls have desires to own her father exclusively. Related with the desires, the hostiles towards the parent with opposite gender (the mother) exists. In the unconscious stage, the desire is the sexual drives towards the parent they covet (Young 04). According to Freud, there is oedipal triangle (3 years old-6 years old). This phenomenon has led the girl to have desire towards the father. However, they should face the claim from the parent with the same gender. The girls feel afraid towards the recompense to them and start to feel guilty. They start to banish the inappropriate desires from them. Freud explains this is the emergence of superego. The girls are also taught that building relationship with blood relatives is not allowed. This desire could emerge again when the children become teenagers or it could reappear when the parents died. The patient who experiences the event of the parents' death will face the possibilities where the Electra complex is not finished (Young 07-08).

Freud explains that there are five stages of human development. They are Oral, Anal, Phallic, Latency, and genital stages. Electra complex phenomenon happens in phallic stage (in 3 or 4 years old). At first, the girls assume that other children have the similar gender with them. Then they find out that boys have different genital equipment and something extra (penis) that they do not have which is called penis envy. Freud believed penis envy lasts for several years and it pushes the girls to have desire becoming a boy or to have a man. Soon the girls realize that the mother has the same structure with them. As the result, they build hostiles feeling towards the mother because bringing them to the world without penis. The girls then transfer their libido towards the father because the father is the person who could give them babies as the substitute of the phallus (Feist 43).



**Figure 1.1. The Relation between Freud's theories happens in Starling.** The yellow figure explains about the Electra complex phenomenon. The green figure describes Talking Cure method and hypnotic process as the supporter. The blue figure explains about transference phenomenon as the influence of the talking cure.

## 2.2. Review of Related Studies.

*Hannibal* was a controversial work related the existence of Hannibal Lecter, a psychiatrist who turns into cannibal. There are some essays and papers which discuss about the novel. However still there is no discussion about talking cure process in healing Starling's trauma could be found in those essay or paper. Most of them are focused in Hannibal character itself. In English Department Faculty of Humanities Airlangga University Surabaya, there is a thesis written by Dina Foliانا titled *Dr. Hannibal Lecter's Psychopathic Personality in Thomas Harris' Hannibal: a Study of Personality Disorder*.

In her thesis, Dina explains about Dr. Lecter's psychological disorder or psychopathic behaviour of Dr. Lecter. From this thesis, it could be understood about Dr. Lecter's background past. When he was a child, Dr. Lecter faced the death of his family and servants in front of him during the Cold Baltic War. He and his sister, Mischa, managed to escape but in the middle of their elope, Mischa got caught. She was killed and cannibalized by some hungry soldiers (it was the war time and the people could not get any food easily) while Dr. Lecter survived. His childhood experience significantly impacts Dr. Lecter personality. Foliانا argues that the childhood experience which pushes him to become a psychopath. As a psychopath, Dr. Lecter was glib and superficial. He could make the people fall into his charm. He shows people that he was an intelligent and smart person but he is lack of remorse or guilt to other people. He never shows any concern to the people he has harmed.

It could be said that Dr. Lecter seems does not care towards people. According to Foliana, it could be seen by Dr. Lecter's behaviour which lacks of empathy towards other people. Once, when Dr. Lecter was still a psychiatrist, he was assigned to take care of Mason Verger. Dr. Lecter was supposed to heal him but he did the contrast thing. He gave Verger mind drugs and pushed him to peel his face skin. Dr. Lecter likes to control other people. Foliana states that Dr. Lecter has natural talent in lying, deceiving, and manipulating.

From Foliana's thesis, it could be understood that Dr. Lecter ignores the people around him and attacks the people who are rude towards him. However, different attitude is shown to Starling. He feels sympathy and empathy towards Starling. When Starling faces the problems in finding Buffalo Bill, he shows the intention to help her. He even pushes the prisoner to kill himself next to his cell who acts rude to Starling by throwing her with semen. He is also willing to take Starling with him when she is injured in Verger's attack. It implies that Starling is a special person for Dr. Lecter. Foliana argues that Dr. Lecter acts like that because Starling reminds her to his death sister Mischa. Dr. Lecter tries to form Starling to be the death Mischa by brainwashing her in order to replace her memories.

Another important source is an article written by Ana-Maria Rizzuto titled *The Talking Cure and the Analyst's Intentions*. The article explains that Talking Cure method began by Breuer and Freud intention to make sense of patients' symptoms by listening to what they said or they were asked to say about their symptoms and themselves (Rizzuto 729).

Rizzuto also explains that there are some processes which are included in talking cure method. They are free association and dream collection. Riazuto also states some procedures should be done by the therapist to the patient. It is important for the therapist to hold face to face dialogue between the therapist and the patient. By doing this kind of dialogue, the interrogation of the patient/the other could be done easier by the therapist. It is also the job for the therapist to make an offering interpretation to the patient/other. However, in doing the job, the therapist should respect for individuality of the patient or the other. It is not suggested by the Freud or Breuer to force the patient to tell about the problems. As a therapist, the analyst or the therapist should show sympathetic concern for the patient.

Rizzuto argues that Freud and Breuer suggest the therapist to keep an eye on the patient's facial expression. By doing this, the therapist will know when the patient lies quietly. Freud and Breuer believed if the therapist does this, the therapist will know whether there is nothing more to reveal or the patient is just merely resisting. This kind of method will help the therapist do an injustice therapy to the patient. The therapist should put this as the general rules for the therapy.

Those two studies will be used as comparative studies and supporting elements for this thesis. It also proves that this thesis is quite different to other researches. Many researches on Hannibal often take the character of Hannibal Lecter as the main discussion. Those researches aim to analyze the personality of Hannibal Lecter as a cannibal. On the contrary, this research aims to analyze the

side of Hannibal Lecter as a psychiatrist. It also discusses talking cure as the main issue which is seldom to be analyzed. It could be said that this is the first essay which discusses about talking cure in English Department Faculty of Letter in Airlangga University. There might be other researches about this novel but with different issues and theory applied.