

## CHAPTER 2

### LITERATURE REVIEW

#### 2.1 Theoretical Framework

Psychoanalysis is a theory established by Sigmund Freud, which is deeply related to human's behavior. Freud first used the term *psychoanalysis* in 1896. The theory of Freudian 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 basic notion in Psychoanalysis is the structure of the personality. The structure consists of three separate components; id, ego, and superego. The id is concerned purely with striving after pleasure and it has no idea of time, or of reality. The ego directs behavior toward a maximal satisfaction of the individual's urges consistent with its knowledge of social and physical reality. The superego is the chief force making for the socialization of the individual. Conflict between the ego, superego, and id may occur in the conscious or unconscious levels of the psyche. The determination of personality is not, of course, by the resolution of a single conflict but by the resolution of the series of conflicts, which make up a life history. Unconscious conflict plays an important role in the growth of the "normal" personality (Brown 171).

Freud believes that most of what drives us is buried in our unconscious and everything we are aware of is stored in our conscious. Our conscious makes up a very small part of who we are. In other words, at any given time, we are only aware of a very small part of what makes up our personality; most of what we is buried and inaccessible (Brown 172).

According to Freud, the unconscious is the storehouse of those painful experiences and emotions, those wounds, fears, guilty desires, and resolved conflicts we do not want to know about because we feel we will be overwhelmed by them, the unconscious comes into being when we are very young through the repression, the expunging from consciousness, of these unhappy psychological events (Tyson 15).

To arrive at the aimed objectives, the writer of the study applies four parts of Sigmund Freud's theory of Psychoanalysis in analyzing the novel deeply. The theories are anxiety, depression, defense mechanism, and dream displacement. The writer hopes that applying Freud's theory will ease the writer to aim the analysis in regard to Faith's case in experiencing a mental breakdown.

### **2.1.1 Anxiety**

According to Freud, anxiety is a fear which is evoked by objects and situations such as open spaces, closed spaces, and others, to an extent which is out of all proportion to their actual danger (Hall 46). Anxiety works beyond the building of id, ego and superego in unconscious level. The ego works as the mediator between

the id and the superego, and still dealing with the reality at the same time. It seeks for the best and the most realistic way to satisfy the id's desires without offending the superego. Anxiety comes up when the ego fails to satisfy the id's desire. Then the super ego carries out society's standards as the reason of it. The ego (who feels the anxiety) will send signals to do something about it by evading, escaping, overcoming, and building defense (Hall 47).

*In A primer of Freudian Psychology*, Freud says that the reason why anxiety becomes one of the most important concepts in psychoanalytic theory is because anxiety plays an important role in the development of personality as well as in the dynamics of personality functioning. Therefore, he stated anxiety involves a painful emotional experience, which is produced by excitations in the internal organs of the body. These excitations, as Freud explains further, come from either internal or external stimulation and they are governed by the autonomic nervous system. As an example, if a person feels in danger, his or her heart beats faster, breaths more rapidly, his mouth becomes dry and his palm is sweating. Although anxiety is said to be painful, it may alert a person to the presence of internal or external dangers (Hall 41).

Moreover, there are three types of anxiety that the ego experiences: fear of the external world, fear of the id, and fear of the superego (Hall 62). A person can be said to have a reality anxiety if he gets a painful emotional experience resulting from the perception of danger in the external world or the danger which is caused by the

visible things outside a person's personality and mind. It is the most basic form, rooted in reality. For example, someone is afraid of darkness because he is accustomed to the thought that dark deals with scary or bad things. Another can be seen when someone fear of a dog bite, fear arising from an impending accident.

The second type is neurotic anxiety. It is aroused by a perception of danger from the instincts or in other words, it is an anxiety which arises from an unconscious fear that the libidinal impulses of the individual will take control at an in opportune time. This type of anxiety is driven by a fear of punishment that will result from expressing the individual's desires without proper sublimation. The thread resides in the id. For example, a person who has a phobia of high places (Hall 48).

In this study, the main character of the novel, Faith White, during the time she grows up, suffers from the neurotic anxiety because the sources of her fears come from the internal world. Psychologically speaking, the anxiety appears in a person's life makes the ego of a man creates a defense which Freud called as defense mechanism of the ego. In other words, in case where ego undergoes a sort of threat and anxiety, the ego will unconsciously employ its defense mechanism in order to protect itself from anxiety.

The last is moral anxiety, the source of the threat or fear is the superego system. "In other words, moral anxiety has something to do with religious standard of the superego itself ( Hall 49).

### 2.1.2 Depression

Depression, Freud ingeniously concluded, is “frozen anger,” or “anger directed against oneself,” replete with reproaches, low self-esteem, and even self-hate and self-attack. Depression occurs when one part of the ego sets itself over against the other. The conflicts arise when the ego battles the superego and id. This affects conscience—the superego—and illustrates how we keep corrective authority figures alive in us and still beating us up. The idea of depression as anger against self is one with which the depressed person can easily identify (Heller 72).

The neuroscientist *Robert Sapolsky* commented, “Suddenly the loss of pleasure, the psychomotor retardation, and the impulse to suicide all make sense. This does not describe someone too exhausted to function; it is more like the actual state of a patient in depression, exhausted from the most draining emotional conflict of his or her life—one going on entirely within.” The case of Faith White’s can be seen from the parents divorced. Depressed and angry parents often find themselves unable to provide the emotional comfort for their children’s desire, and some are so caught up in their own pain that they are not even aware of their children’s (73).

Thus, emphasized Freud, as someone have both lost her or his love and any chance to resolve the conflicts, someone grieve doubly and become obsessed with the intensely mixed feelings (73).

All of us experience loss. But while most of us get depressed, grieve, then get over it and on with our lives, some people fall into major depression and get stuck in

that black hole. However, depression involves loss of a love object, painful rejection and sadness, loss of interest in the world, low energy, and inability to love. Nevertheless, whereas the bereaved experiences the *world* as “poor and empty,” the depressed person feels *herself* “poor and empty (Heller 73).”

### 2.1.3 Defense Mechanisms

In psychoanalysis, defense mechanism is the process by which the contents of our conscious are kept in unconscious. The ego uses defense mechanism to protect the conscious mind from threatening feelings and perception (Tyson 12).

According to Freud and Breuer, defense mechanisms occur unconsciously when an organism is psychologically threatened by an event. If the organism is sufficiently threatened, defense mechanisms allow the mind to distort the reality of the situation, resulting in relief from overwhelming stress. By definition, defense mechanisms are the behavioral “strategies” or responses made to alleviate or reduce anxiety (Boeree 195).

While it is true that all individuals use defense mechanisms on a daily basis to some degree, if one of the nine defense mechanisms described by Freud dominates a personality, personality disorders or emotional disturbance may arise. For the reason that defense mechanisms are enacted by the unconscious mind, individuals may not be aware that they are using them (Ferrara 121).

There are eleven defense mechanisms according to Freud, such as repression, regression, projection, reaction formation, displacement, denial, isolation, sublimation, rationalization, identification, and substitution. The writer will use three types of them: denial, displacement and substitution (Boeree 5).

Denial involves blocking external events from awareness (Boeree 6). Anna Freud also mentions denial in fantasy. This kind of defense mechanism is a kind of retreat into the realm of imagination. It is clarified that fantasy extended from harmless imagination to delusional obsessions. It is served as defense mechanism for because it helps a person to forget his/her present limitations and makes him /her feel that things are not as bad as they appear to be (122). Denial blocks external events whose perception threatens our ego (Heller 68).

For example in Faith White's case, she creates a fantasy of having her parents together and denies the divorce. The parents are the way to fulfill the things lacked in her life; the sense of belonging, the feeling of being needed, and compassion.

The next subject is displacement. It is the redirection of an impulse onto a substitute target. If the impulsion of desire is acceptable, except the person who directs that desire towards is too threatening, someone can displace to someone else or something that can serve as a symbolic substitute. Example: Someone who is frustrated by his or her superiors might go home and kicked the dog (Boeree 8).

Lastly, the subject of defense mechanism experienced by Faith is substitution. Substitution is an act of diversion or compromition where the

satisfaction reached by the individual has almost the same taste with the original desired satisfaction. This is one of the terms in defense mechanism which is used to replace the unfulfilled desired satisfaction of an object with another object with the same proportion with the desired satisfaction (Alwisol 30).

#### 2.1.4 Dream Displacement

To fulfill wishes and guard sleep, Freud placed great importance on the function of dreams, calling them “the royal road to unconscious. A dream is a mental experience that occurs during sleep, consisting of a series of vivid, usually visual and often hallucinatory images. Through sleep, the unconscious is free to express itself, and it does so in someone’s dream. Dreams, like symptoms, are disguises and partial wish fulfillment. In a dream, the person can satisfy a hostile or sexual wish in a disguised and thereby safe way. Dreams make someone jumped bizarrely from one time and place to another, among people whom maybe dead, fictional, or unknown (Pervin 126).

Among types of Freud’s interpretation of dream, the writer will use the term of dream displacement to aim the analysis in Faith’s case. Freud explains that dream displacement occurs whenever “we” use a “safe” person, event, or object. Consequently, in the case of mental trauma, the displacement of the fear and other negative emotions from one object to another occurs (Tyson 18).



By this, a person achieves danger warning even on the approaches to it. Everything begins from the displacement. Negative emotions soften (they are displaced and they displace), which gives the possibility to solve daily problems to organism, since, being displaced, emotions are actualized in the side issue only irregularly, under the influence of the corresponding stimuli (Pervin 128).

Freud gives emphasis on the consequence of displacement, that the dream-contents no longer represents the core of the dream-thoughts and that the dream offers no more than a distortion of the dream-wish that exists in the unconscious (417).

## 2.2 Review of Related Studies

Up until this study is written, there has not been any research conducted using the same subject used in this study, in this case *Keeping Faith* novel itself, particularly in Faculty of Humanities, Airlangga University. However, there are several theses that have been done by some students which are having similar focus on the theory applied, particularly psychoanalysis approach by Freud. However, the writer only picks two of them who use the same theory psychoanalysis by Freud in their theses.

The first thesis is *Anxiety and Defense Mechanism in Kim Edwards's The Memory Keeper's Daughter* by Dea Novita. In her thesis, she uses theory of psychoanalysis by Freud, mainly anxiety and defense mechanism. She uses the

theories to examine the change of David' personality development and the reason why David's personality changes. From Freud's theory, Dea finds in her study that the anxiety of David and the defense mechanism he does to control the anxiety. As a result, according to her, Freud's theory is appropriate to analyze about David's personality development and his changing behavior.

The second thesis is *Analysis of Sy Parrish's Adulthood Behaviors as a Victim of Child Abuse in One Our Photo: A Psychoanalysis Approach* by Lidya Yulianty. In her thesis, she also uses the theory of psychoanalysis by Freud, such as defense mechanism to aim the analysis of Sy Parrish as the main character in the movie. Lidya examines that Parrish develops some defense mechanism to reduce his traumatic childhood experiences. And she assumes that defense mechanism by Freud is best to be applied concerning Parrish's personality behavior in the movie. .

The writer of the study itself uses the anxiety and defense mechanism by Freud to analyze the main character of Faith White in *Keeping Faith's* novel. The writer examines that Faith experiences anxiety toward her parents' divorce. Therefore, Faith uses the defense mechanism to cope with anxiety and depression, which is caused by her parents' divorce. Thus, although Dea and Lidya analyzed different subject in their theses, the writer assumes that Psychoanalysis theory by Freud is suitable to analyze the personality development for the main character in the novel and movie.