

CHAPTER 2

LITERATURE REVIEW

2.1 Theoretical Framework

2.1.1 Psychoanalysis: Anxiety and Guilt

According to Freudian theory which is the main theory the writer uses in this studies, all concepts of Freudian psychoanalysis started by three pillars of Sigmund Freud's state of mind; Id, Ego and Superego. The Id is part of unconscious mind that seek an act to fulfill basic human instinct that pleasurable (food, warmth, sex). The Superego is a moral, value that holds by each human in the world that automatically limits the realization of unconsciousness desire. The Ego is the stabilizer between the conscious and unconscious desire that keep human mind in the state of balance and healthy. The writer will explain general term of Anxiety and Guilt according to Freudians as the causal of basic issue in this study.

2.1.1.1 Anxiety

Anxiety is a natural emotion of human kind. It can be triggered by the problems of everyday life. Anxiety usually comes along with fear when people experience something that threatening.

Whereas fear is a response to clear-cut imminent danger, anxiety is a more diffuse state of preparation for future danger. When we're anxious, our attention is directed toward any indications of threat in

the environment. Thus anxiety tends to feed on itself: what threats we can't see, we can imagine. (Allen 60)

When one person faces situations such as speaking in front of a lot of people, bungee jumping, ride a roller coaster, such normal anxiety ended soon after a person is out of the situation that caused it. But in the intense form, anxiety caused physical pain such as chest pain or headache and nightmares, PTSD, panic disorders and some psychiatric illness. Intense form of anxiety because death categorized as a powerful traumatic experience. It is so powerful that the mental of the victims cannot avoid it because human mind has no limit of imagination.

Traumatized people are a kind of people who struggle with their unconscious mind. They avoid other traumatic events and any causal factor of it consciously and unconsciously. They change into a critical person because of they learn to step more carefully in this life. Every act taken with a precise calculation, which makes them become highly self-critical. Sometimes they insult themselves for the pain they felt. In the common term, they feel like they are insane. Being a witness of the death of the loved one/main caregiver indeed a painful experience, numerous of pain memories slammed the mind simultaneously, shocked mind combined by a feeling of grief, sadness for a great loss. Such moments will be repeated in the mind unconsciously and even prolonged if the victim are a traumatized person who did not get a proper support in their grief time.

2.1.1.2 Guilt

Guilt feeling happen when someone done a wrong thing based on their moral principal about how right or wrong is determined. It is a stem of

responsibility for harmed the innocent or become the causal factor of another person suffering. The closer a relationship between us and the person we harmed, the bigger guilty feelings will be felt. Traumatic experience that related to guilty feeling would possible ends in destructive ways such as blaming and punishing oneself, even suicidal. "Guilt is destructive aggressiveness turned on the ego of a person instead of being discharged on external objects in the world" (Bocock 56).

Based on Freud's general opinion about guilt, it is the result of a struggle between the ego and the superego, when we do a wrongdoing, superego acts to criticize the ego, believing that something supposed not to be done. As the stem of responsibility, in the positive ways it could motivate reparative behavior. But trauma is one reason that makes a person have to be careful because trauma could drag a person to non-stop avoidance rather than self-improvement. To reach a self-improvement, a person has to reach self-forgiveness. Just like forgiving the others, forgiving oneself is a complex process to reach self-acceptance.

2.1.2 Sigmund Freud's Theory of Eros and Thanatos

Beyond the Pleasure Principle is Sigmund Freud's essay created in 1920 that pointed an additional approach of death instinct in his theory. Before this book was published, Freud ideas about human behavior formerly are driven by sexual instinct (Libido). This book added "death drive" (in further called Thanatos) as a drive that also drives human behavior beyond pleasure principle. Thanatos or death drive is a drive that Freud believes to be existed in every human mind since the newborn. Thanatos is an unconscious desire to destroy one's mind

and also the others if the aggressiveness is released to other person, the drive that dragged human into devastation. All human being which existed in the world must follow their path to the death and back to become inanimate things for “inanimate things existed before the living ones” (Freud 32). In common way, Thanatos is a drive that leads the human to the process of returning to the inorganic. (The process follows chronological steps of human life: Live, Beauty, Decrepit, Dead, and Destroyed) This is implicitly described in the controversial line of Freud that “the aim of all life is death” (Freud 32). However, it is true that the end of the life is death, but it is not the reason to say that human wasted their time if they already knew they would be dead after all. The fact proves that as long as they could live, human would still struggle against their death instinct to live next to their beloved people.

The most notable term in this book which argued as the basic of Thanatos is repetition compulsion. It is a repetition of distressing circumstances of traumatic event which happened in physical world and dream. Freud argues that repetition compulsion is contradict with his theory about a living organism who always seeks a pleasure. After all, Freud believes that repetition compulsion is really existed after he found the evidence that repetitive behavior of traumatic neuroses found in veterans of World War I. “Enough is left unexplained to justify the hypothesis of a compulsion to repeat something that seems more primitive, more elementary, more instinctual than the pleasure principle which it over-rides” (Freud 17). Repetition compulsion is a proof that there is a part of mind which seeks a way back to the inanimate thing. Freud’s done a research that he seeks a

proof of repetition compulsion in the lower scale of organism (animal, protozoa) and argues that animals always avoid dangerous events which for Freud is a “short-circuit” to death.

Thanatos is a part of Greek mythology, son of Nyx (Night) and Erebus (Darkness). Erebus is an angel of death that leads a soul to Hades (Hell Keeper). A thing that comes first in the Sigmund Freud’s mind in compiling this book is his experience for live among the moment of First World War. World War I is the evidence for Freud to proof what actually one human mind reacts in danger situation. He saw himself of how far a human being could commit. In the modern era (peace era), things are different but it was not impossible to apply this theory in other aspects of human being. One simple explanation of this theory in modern era is the reaction between people nowadays toward media (internet, TV, video games) which contained of death and destruction elements. Unconsciously, people are fascinated toward news on TV or internet that views a sequence of destruction. Children and adults enjoy video games that contained shooting, war, and violence elements. Freudian psychologists think that this occurrence happened as a form of how a human being releases the tension in Id without breaking the rule that created by Superego. There is also a strange manifestation of Thanatos called masochism. It is a term for a behavior to giving and receiving pleasure from the acts that causes pain and humiliation. The practitioners of this act usually having a tendency experiencing traumatic experience and their behavior are the realization of their sense of revenge. So, Freud’s accusation about human’s love toward act that leads to destruction and death are undeniably true. If the emotion is taken

only as a biological drive, it means that a human could do every destructive act without concerning with the guilty or responsibility toward the results. Thus, Thanatos in this perspective is understandable for there is a stabilizer of the death drive called Eros.

Eros drives a human being out of destruction and death by using love as a life instinct. Freud believed that Eros is a drive that gives human a purpose and reason to live. Eros connected with all constructive life instinct, including desire to survive, propagate, and creative. Common term of Eros covered all basic needs of human being which is contained in Id (food, warmth, sex). Freud uses “sex” as a general term that cover other terms that connected with life-sustaining activity are included in it. In Greek language, Eros translated as “Love” or a kind of romantic love in particular definition. Eros appearance in the movie is more likely known as Cupid, an angel that usually armed with arrows of love. In mythology, Eros could be defined into positive and negative for love in one side is beautiful but gaining love with a lot of passion could drive someone into destruction.

Back again to Thanatos, the energy created by Thanatos known as “self-destructive behavior”. Destructive energy is a desire to bring back a living things into inanimate. This energy connected with all negative forces. Negative forces are bad if continually kept in unconscious mind. So, human being should release the energy to avoid the mental state turned unhealthy and physical illness reached. Process of releasing this energy could be done in self-mind or other person (violence). While in Eros, energy that created is known as Libido. Libido is a driving force that contained in entire conscious and unconscious personality and

pushed human mind into positive energy, a desire to live and life-sustaining activity.

2.1.3 Defense Mechanism

Defense mechanism uses to protect ego (unconscious mind) from anxiety in several ways. In this book, Blackman try to relate the defense mechanism that used with the level of sexual development of one person. The more maturity one's have, the wiser kind of defense mechanism used. *The Goldfinch* story follows Theo life traits from childhood age to his maturity. Based on Theo's life traits, the writer divided the analysis of defense mechanism into three part of Theo's sexual development, childhood (Projection), teenage (Denial), and mature (Counterphobic Behavior). the sequence of defense mechanism used by Theo is just as chronological as Blackman explained in his book.

2.1.3.1 Projection

By transferring our sense of guilt, fear, and mistake of our own to a person that related to past traumatic events, we will succeeded to avoid an anxiety in the short term, the concept of "me" in the relationship also can be avoided because the burden are shared in psychiatric ways into two person. As Blackman said "You attribute to (your mental representation of) another person your own affect, impulse, or wish, distorting the manner in which you see that other person" (Blackman 19) Blackman intends that the guilt feeling could be shared unintentionally by just talking with other person, asking if other person may have the same problem or condemning a person related to the traumatic person as the one to blame so the guilt feeling felt much lighter. This defense is almost selfish

that a person did not take responsibility for his or her mistake. Even though this kind of defense created on Oral Phase (0 – 3 years of human development), usually it still occurs in any level of sexual development.

2.1.3.2 Denial

Every person has its own principle to judge the morality. But when ones hide a wrongdoing or anxiety with a fear that something would go wrong without any concern to confess due to the avoidance, they will deny all the accusation or fact that related to the wrong doing. In the short term, “mind has not paying attention to reality” (Blackman 23). No matter the fact is true or not. Unconscious mind drove the mind to deny it. The problem may be disappeared from one’s mind for a short time, but deny the reality will not solve the problem. This defense occurred created in Anal Phase (1.5 – 5 years) and frequently used mostly in teenage years.

2.1.3.3 Counterphobic Behavior

Phobia is the situation where people thought to avoid it. Phobia could be triggered by any objects or a thing that reminds a person about bad memories, for example, past traumatic event. If a person ever has an accident on skydiving, it could create a phobia toward latitude. So does other kind of experiences. “You do exactly what you’re scared of, to prove to yourself that you’re not frightened” (Blackman 49). In this term, the factor of a person who does counterphobic behavior is either from themselves or includes the element of necessity. By fights the phobia, it can be concluded that a person maturity has full grown.

2.2 Review of Related Studies

2.2.1 The Death of Saiko in Yasushi Inoue *Hunting Gun*

Hunting Gun is a short fiction written in 1949 by Yasushi Inoue, a famous old Japanese writer. This short fiction marks the transition of Yasushi Inoue from journalism and publishing world into fiction. *Hunting Gun* provides a good story of wisdom by put the mysterious three letters which addressed to the Josuke Misugi. The three letters came from three woman, Shoko, Midori, and Saiko. Shoko is the daughter of Saiko, and Josuke's niece. She later found that her mother had an affair for 13 years with Josuke from Saiko's diary which should have been burned but instead read by Shoko. Shoko in her letter to Josuke was thanking for the support and decide not to meet either him or his wife Midori. Second letter came from Midori that asked for divorces. Midori tells Josuke in his letter that even though she knew Josuke's intention for keeping her away from his secret, but Midori admit that she already known it for a long time. The last letter came from Saiko which is the farewell letter soon after her death. Saiko tells her own guilty, passionate feeling and other secrets which Josuke never know. This guilt feeling of Saiko which lead her to suicidal is the main focus of Sidarta's analysis in 2006. Saiko is wracked by her guilt feeling for having an affair with Josuke. In the other words, Saiko's guilt feeling is the Thanatos, the death drive that leads her to commit suicide. Rather than her life instinct (Eros), Saiko is much more forced by her Thanatos.

The analysis started by pointed Saiko's Eros (any activity of Saiko which considered bringing her in the state of happy, life-sustaining). The next part is about Saiko's Thanatos. Her death instinct mostly driven by her anxiety and guilt

feeling, such as shame feeling that Midori, Josuke's wife, already known her affair with Josuke for a long time, the remarriage of Saiko's ex-husband, and the silence between her and Midori. Eros comes first after Thanatos, this is because the factor of Eros occurred less than Thanatos. Saiko loss her libido (desire to life), fulfills his mind with the shame and guilt feeling, and ended her life with suicidal when she completely lost her libido. The writer found several differences in the comparison with Theo in *The Goldfinch*. First, Saiko fail to cope with her guilt feeling and ended her life brutally, it is differences from Theo which is succeeded to cope with his Thanatos and reach his self-acceptance. Second, Saiko's had less desire to live rather than Theo. This is because Saiko almost had no support from her fellows and family while Theo surrounded by a lot of people who loves him. This is the reason why the writer put Theo's Thanatos at the starter point of the analysis that Theo's Eros much more influences his life.

2.2.2 An Analysis of Erica's Struggle in Neil Jordan's *The Brave One*

The Brave One is a film directed by Neil Jordan in 2007. The storyline is about Erica which is turned her personality from a happy woman into a thug killer because her boyfriend David killed by a thug. Erica transformed into a depressed woman that shoots many criminals she found. Erica is a victim of traumatic experience. Erica surrounded by fear after three weeks of coma and found her fiancé had buried in peace. Her fear strengthened after she witnesses a man shoots down his wife in the convenience store. Forced by her painful experience about her fiancé, she guns the man down. This act made her dignity and bravery back.

Erica decides to stop running away from the fear and faces any repressive events in a brave way, seeking the thug who killed her fiancé.

According to Dianty Arlinda analysis in 2010, Erica's transformation is caused by her anxiety transformed into PTSD (Post-Traumatic Stress Disorder) and the counterphobia acts. Anxiety distressed Erica's mind, she feels that the happiness she felt before is just an illusion. The city that she used to love now is dark and hostile for her. Dianty uses the Jon Allen theory of how PTSD created. Based on Erica's anxiety, the main character suffers strong PTSD which could bring the victim into acts of suicidal and murdering. It takes several steps of PTSD before Erica set a counterphobia act such as re-experiencing, hyper-arousal, and avoidance. Counterphobia act set by Erica to cope with his anxiety. It is a kind of defense mechanism that people tend to fight their anxiety by simply facing the traumatic event that traumatized them. Erica transformed herself into a criminal hunter as the result of her revenge toward criminal that take his fiancé's life. In Dianty's analysis, the writer argued that counterphobia behavior is not always positive. Erica seeks other embodiment as the object to release her anger and hope that her act will bring her to the thug who killed his fiancé. In the end of the story, Erica found those three thugs who killed his fiancé. Erica shoots dead two of them. The last thug was going to handcuffed by a detective who is Erica's friend, Erica decides to refuse her status to be innocent, she fights her own fear and shoots the last thug to death.

Erica's traits are somewhat the same and different in several ways. Theo set his counterphobia by doing a positive activity. Theo also suffers the illusion

like Erica, that the happiness in life is an illusion. When death comes to the beloved person, a person could transform in many ways. Despite the good and bad transformation, there is always a traumatic event who bring one person into transformation. People have its own way to fight the anxiety. The step of dealing with anxiety is almost the same. Repression is the first act the human do to face the anxiety. If repression fails, defense mechanism used to cope with anxiety. If defense mechanism succeeded, the awareness will reached and a person will not fall and controlled by death instinct just like Erica who let his death instinct get rid of her and seeks other person as the embodiment of her anger toward the thug who killed her fiancé.