CHAPTER II

THEORY AND METHOD

This chapter explains the theories and methods used in this thesis. The theories are classified into intrinsic and extrinsic elements. The research method consists of data and data source, method of collecting data, and method of analyzing data.

2.1 Theoretical Framework

2.1.1 Intrinsic Elements

The intrinsic elements explained in this chapter are character, setting and conflict. These elements support the analysis of the of the main character of the novel, Anna.

2.1.1.1 Character and Characterization

According to Holman, character is human in a story who has a definite individual description and quality. Not only the individual description, but also depiction of a unique character of human such as busy people, beauty enthusiasts, family man, etc. Character also has his own stories just like humans in real life (1973: 90). Klarer says that the main character is called a protagonist. He mentioned that the main character is portrayed in more detail and receives more care (2004:10).

Characterization is the image creation of the character that is credible and exists for the reader, as Holman stated (1973: 91). In the next page of the book, Holman also explains that the authors of literary works may focus on a dominant

trait and ignore the other aspects of the characters' personalities, or they may create and present a fully rounded personality. This can make the characters more realistic, interesting, and in-depth. Moreover, a rounded character is usually also a dynamic character, who is modified by all actions that he passes, and the one who gets the consequences of those actions. Main characters in dramas and novels usually have this trait as characterization (1973: 92).

2.1.1.2 Settings

Holman states that setting is the physical or spiritual place or background of the story. He also explains that there are factors that shape the setting in a story. The first is geographic location, second is the setting of time, third is setting of environment that covers work and manner of character environment and the character's environment in general including religion, moral, social and emotional condition that written and implied in the story (1973: 491).

2.1.1.3 Conflicts

According to Holman, conflict is the problem which happens in a story which is caused by two or more sides that are opposing each other. There are types of conflict that are usually experienced by characters in a story. A character may involve a conflict with natural forces, with other human, with group of people or society, and with himself. Holman also mentions that a character may has conflict with fate (1973: 118). Since conflict is a complex aspect, a character usually faces more than one conflict which makes the story more tense (1973: 118).

2.1.2 Extrinsic Elements

The extrinsic elements cannot be separated from intrinsic element. In this part of chapter, the extrinsic elements used are psychoanalytic and archetypes based on Carl Jung's theory. The theories are used to analyze the archetypes of the main character of the novel, Anna.

2.1.2.1 Jung's Analytical Psychology

Jung's approach to psychology emphasizes widely influential on understanding the "psyche." To understand it, Jung states that it is necessary to explore the world of dreams, art, religion, mythology and philosophy. For Jung, the personality is a combination that includes feelings and behaviors, consciously and unconsciously. He also is the idea maker of the collective unconscious in a person's inner self. Jung emphasized that the most important part of the labyrinth of the unconscious person is not from personal experience, but rather of human existence in the past. The concept is referred to Jung as the collective unconscious.

The unconscious part is actually the inner side that has deeper, darker and more complex components. He indicates that the unconscious level of personality consists of two layers. The first layer is called the personal unconscious. According to Feist and Feist, the personal unconscious consists of all the repressed, forgotten, and unconsciously perceived experiences of an individual like repressed memories or forgotten events. Any personal and unique experiences that an individual meets in his/her life form the personal unconscious. The part of this are collection of thoughts, feelings, attitudes, and memories that focus on a single concept and become complex (2008: 104).

The second layer is the collective unconscious. This is the level of unconsciousness where we share inherent memories from our ancestors. Our ancestors' experience with universal concepts such as God, mother, water, and earth, and those experiences have been transmitted through the generations. This influences people in every time and society, and develops into separate sub-systems of the personality. Jung calls these ancestral memories and images archetypes (2008: 104-105).

2.1.2.2 Carl Jung's Archetypes

Archetypes are images that derivate from the collective unconscious. Human inherited primordial psychic patterns and they repeated it unconsciously and independently. Archetypes are images and thoughts that have universal meanings across cultures which may show up in dreams and fantasies. This thesis will focus on discussing the persona, shadow, animus, and great mother.

2.1.2.2.1 The Persona

Persona is a social mask of a person. According to Feist and Feist, this archetype is the side of personality that people dedicate to the world (2008: 106). Persona is a universal manifestation of our attempt to deal with other people and society. The persona may be really different from people's real selves, which are only them who know about it. Human should not be confused about which one is their real face, because if they assume that their persona roles are their true selves, they may become that role. If that happens, they may experience an inflation of the persona and block other aspects of their personality from developing (Schultz, 217: 92).

2.1.2.2.2 The Shadow

The shadow is the dark and repressed part of human personality that represents the qualities that an individual does not wish to recognize and tend to be hidden from himself and also others. This archetype contains morally objectionable tendencies that we avoid facing. While Jung says that acknowledging and facing the shadow is a human's first test of courage, most people, unfortunately, are not fully aware of the existence of their shadow and tend to identify only with their bright side or persona. Humans need to reconcile with the darkness within to achieve the "realization of the shadow." But whether a person recognizes his shadow or not, this archetype will always be part of a person's personality.

2.1.2.2.3 The Animus

Men have a woman side within them, and it is known as the anima. The opposite of the anima, the animus, is the masculine side of women or "man from within." Based on Feist and Feist, this archetype is responsible for thinking, reasoning, and making opinions in women. Animus is formed by the encounter of prehistoric women with men and settles in the collective unconscious within women. Like men that project their anima onto their wives or lovers, a woman projects her distant ancestors' experiences with fathers, brothers, husband, lovers, and sons onto the unsuspecting man. Jung states that if a woman is dominated by her animus, her prefabricated beliefs will not be agitated by any logical and emotional appeal (2008: 109).

2.1.2.2.4 The Great Mother

According to Feist and Feist, the great mother represents not only fertility and nourishment but also power and destruction. This archetype is capable of producing and sustaining life, but it may also devour or neglect her offspring. Jung views a mother as having two personalities—one loving and nurturing, the other uncanny, archaic, and ruthless (2008: 109). Everyone, man and woman, has the great mother archetype within them.

2.1.2.3 The Factors That Shape the Archetypes

The persona is primarily shaped by external factors, such as social expectations and family roles, that require individuals to wear a mask or specific personas to fulfill the role and maintain harmony. On the contrary, the shadow is shaped by internal factors such as repressed instincts and unconscious desires. The animus is shaped by women's experience with men, and a woman's internal world that tries to express her masculine side. The great mother is formed by a woman's innate nurturing instinct and also her experience with other mothers.

2.1.2.4 Individuation

Individuation, or self-realization, is a journey of individuals in achieving their unique selves. It is a lifelong process in which individuals accept and integrate all of their conscious and unconscious aspects of the psyche. Individuation is rare to achieve, and only people who can assimilate their unconscious into their total personality can reach it. The most important thing to achieve this is to confront and face the darkness or the shadow within them, and accept their opposite traits within them, animus for women and anima for men. If

individuals reach it, they will soon reach self-discovery and meet their very authentic version of themselves.

There are some stages that individuals must go through before they reach individuation.

1) The dethronement of the persona. Individuals have to control when and where they should wear their mask, since they still need to play various social roles in society. When they reach individuation, they will fully understand that the persona is not a representative of their true selves, and they must accept their true selves that have been covered by the persona.

2) The next stage is the acceptance of the dark side. Individuals need to be aware of their shadow and accept that darkness within them. The recognition of both the bright and the dark side will lead individuals to meet their whole versions.

3) The next step is the acceptance of the anima and animus. Individuals have to be able to express their opposite traits within them. A women have to balance their own femininity with her masculine traits such as assertiveness. The acceptance of both qualities will bring individuals to meet their full version of personality.

4) The last stage is that individuals must recognize all of archetypes they have. Archetypes such as the great mother should be expressed and be aware of so individuals can fully achieve individuation.

2.2 Research Method

2.2.1   Method of Collecting Data

In order to collect the data, the writer uses two kinds of sources; primary and secondary sources. According to Klarer, primary sources are the conventional objects, including all genres of literature, such as fiction, poetry, or drama, that are used in literary criticism's analysis. Secondary sources, on the other hand, are the texts, such as articles, essays, book reviews, and brief comments on a topic that mainly published in academic publications (2004: 4). In this thesis, the writer uses the novel Clare Mackintosh's *Let Me Lie* that was released in 2018 as the primary source. The secondary sources are taken from library, website article, and other sources to help the writer in analyzing the topic.

The writer collects those primary and secondary data through library research method. According to George, library research method is the method of finding and identifying sources that provide factual information or personal and expert opinion on a research question (2008: 6). Through the library research, the writer gathers the information from book, internet research and many other research that support the analysis.

2.2.2   Research Approach

This research thesis is a discussion about the archetypes depicted in Anna Johnson, the main female character of Clare Mackintosh's novel entitled *Let Me Lie* (2018), using the theory of archetype initiated by Carl Jung. The writer uses psychological literature approach in writing this thesis. The psychological approach in literature involves analyzing literary works through the lens of

psychology, examining the characters' psychological states and the psychological themes in the text. Wellek and Warren (1949: 75) state that this approach can illuminate the creative process, character development, and the broader human experience depicted in literature.