

CHAPTER II

THEORY AND METHOD

2.1. Theoretical Framework

2.1.1. Intrinsic Elements

This research uses intrinsic analysis that focuses on character, characterization, and setting. These elements play an important role in describing the dynamics of the main character and supporting the overall theme of the story.

2.1.1.1.Character and Characterization

Characters are individuals portrayed in a narrative or dramatic work who have moral, intellectual, and emotional traits described through dialogue and action (Abrams, 1999:32-33). Pugh and Johnson (2014:137) divide characters into two, namely protagonists and antagonists. The protagonist or central character is the character with whom the reader sympathizes and often identifies, while the antagonist is the character who opposes the protagonist. In characterization through description, the narrator not only describes physical characteristics and conditions, which can indicate health conditions, social status, and lifestyle, but also facial expressions and movements of the character. Then, Characterization through actions such as mannerisms, treatment of other characters, and decision-making, can reflect personality and motivation so that readers can understand the past and predict the actions that will be taken. As for characterization through dialogue, readers can better understand the relationships between characters, their emotional reactions, perspectives, and positions in the story through the choice of words, tone,

accent, or dialect used by the characters, which can also indicate the social, occupational, and educational background of the characters (Pough and Johnson, 2014: 137-138). This research will focus on the characterization of the protagonist of *The Maidens*, Mariana. As the main character, she gains the reader's sympathy due to the story being narrated from her perspective.

2.1.1.2. Setting

According to Abrams (1999: 284), setting in a narrative or dramatic work includes the general location, historical time, and social circumstances in which the action takes place. Setting is not chosen merely for the author's desire, it is used to strengthen the story, in the context of time and place to support action, character, and narrative perspective to a certain level (Klarer, 2004: 25). In the novel *The Maidens*, setting plays an important role in shaping the atmosphere and psychological conflict of Mariana, including internal or external, through aspects of time, place, and social background.

2.1.2. Psychoanalytical Approach

According to Paris, psychoanalytic theory plays a role in providing an understanding of the work, literature and literary works also contribute to enriching the theory. The combination of psychoanalytic theory can improve intellectual and empathic understanding of human beings. There is a relationship between theory, literature, and individual interpretation, where passion is influenced by the character of the individual (1997:15). This study is based on the psychoanalytic approach, with a focus on Freudian psychological theories to analyse the main character, Mariana. The theories are personality structure, anxiety, psychoanalytic

conflict, and defense mechanisms. They are used to analyse internal dynamics, conflicts, pressures, and the way the main character acts and handles situations psychologically.

2.1.2.1. Personality Structure

According to Freud (1959), there are three main components in the structure of human personality that play an important role in regulating an individual's personality. These components are the **id**, **ego**, and **superego**. The **id** is the basic part of the personality that contains instinctual drives and instincts that are carried from birth. The **id** operates on the pleasure principle, seeking pleasure and avoiding pain. It is influenced by instinctual needs and is not connected to the outside world. (Freud, 1959: 2-3). The **ego** is the rational and realistic aspect of the personality, which directs and controls the drives of the **id**. It operates on the reality principle, which limits the expression of instincts to conform to the demands of reality. The **ego** functions to find safe and realistic ways by considering the outside world. The **ego** also aims to protect itself and avoid anxiety. (Freud, 1959: 2-5). On the other hand, the **superego** is the moral aspect of the personality that is formed through the internalization of values and standards from parents and society. The **superego** limits the fulfilment of satisfaction by setting moral standards as individual needs. (Freud, 1959: 4-5). The **superego** has two parts, namely the first, the conscience, which contains the experience of being punished for bad behaviour that causes feelings of guilt or shame, and the second is the **ego-ideal**, containing the ideal and moral behaviour that a person should achieve. Unlike the **id**, which seeks gratification, and the **ego**, which seeks realistic solutions, the **superego** encourages

moral perfection (Schultz, 2009:58-59). Through this analysis, it can be understood more about the inner dynamics of Mariana's character in *The Maidens*, especially about the emotional, logical, and moral aspects that influence her actions throughout the story.

2.1.2.2. Anxiety

When the ego experiences tension due to pressure from the id, reality, and superego, then anxiety occurs. According to Freud, anxiety is similar to fear, but has no clear cause (Schultz, 2009: 59). Freud identified three types of anxiety: reality anxiety, neurotic anxiety, and moral anxiety. In the analysis of Mariana in the novel *The Maidens*, the author found that Mariana experiences a type of anxiety known as reality anxiety. Reality anxiety, which is anxiety in the form of fear of dangers that actually occur in the real world. This anxiety protects the individual and keeps them away from danger, and the fear subsides once the threat is gone (Schultz, 2009:59).

2.1.2.3. Psychoanalytical Conflict

Freud suggested that conflict plays an important role in shaping behaviour, emotional and psychological experiences, and personality, with concern for aspects of the psyche shaped by conflict, especially dynamic consciousness, which is the part of the psyche that is unconscious due to conflict. The conflict arises between the pleasure and discomfort principles, which are psychic tendencies that seek pleasure and avoid discomfort. Freud also developed the principle of the psychic tripartite model of id, ego, and superego, which is considered to be an interaction between psychic elements rather than a distribution of neural energy (Connolly,

2018: 2-3). In literary studies, psychoanalysis has been widely used, given that psychoanalysis is concerned with the conflicts faced by humans both internally and between each other, while literature is written and consumed by similar people (Paris, 1997: 01).

According to Pugh and Johnson, conflict is the main driver in plot development. Conflict can be caused by both internal and external factors. Internal conflicts can be conflicts that occur within the character, such as conflicts between desires and moral values. External conflicts, on the other hand, can be conflicts between the protagonist and other characters, events, or external forces (2014: 131). The research will describe the conflict of Mariana as the protagonist in the story of *The Maidens* psychoanalytically, both internally and externally, which is still related to Freud's tripartite model.

2.1.2.4. Defense Mechanisms

According to Freud (1993:69), defense mechanisms are method used by the ego to deal with instinctual impulses and conflicts that trigger anxiety and unpleasantness feelings. In psychoanalytic studies, defense mechanisms begin with conflicts between the id and the ego, then continue between the ego and the superego, and between the ego and the outside world. The ego will protect itself through unconscious processes, such as blocking the impulse or switching to a more acceptable form that is less threatening (Boeree, 2006: 7). In this study, there are several types of defense mechanisms used by Mariana, including repression, denial, regression, rationalization, and displacement.

1. Repression

Repression is the most basic and frequently used self-defense mechanism. It is the process of unconsciously removing from consciousness the existence of something that brings uncomfortable or painful feelings. Repression can occur in memories of situations or people, our perception of present events, and the physiological functions of the body (Schultz, 2009: 62). When the ego feels threatened by an unacceptable id drive, it represses the drive into the unconscious to protect itself. Repression can affect memory, perception, and even the physiological functions of the body. After the drives become unconscious, they have three possibilities: remain hidden in the unconscious, reappear in their original form or excessive anxiety, or generally appear in a covert form that is not aware of by the ego (Feist and Feist, 2008: 35).

2. Denial

Denial is a defense mechanism related to suppression in which the individual refuses to acknowledge the existence of an external threat or traumatic event that has occurred. For example, when parents who have lost their child maintain the condition of their child's room as usual (Schulzt, 2009: 62). As a self-defense mechanism, Denial can work alone or with other mechanisms that support it (Boeree, 2009: 08).

3. Regression

Regression is when a person returns to an earlier developmental stage that is considered safer. This process is typically accompanied by infantile or dependent behaviours and occurs as a response to anxiety and threatening situations (Schulzt,

2009: 62). Regression can occur in both children and adults. In children, for example, a weaned child suddenly asks for a bottle when feeling threatened by his baby sister. In adults, it can take the form of pulling away and returning to their parents' home, to avoid a threatening environment (Feist and Feist, 2008: 42).

4. Rationalization

Rationalization is a defense mechanism when we reinterpret our actions to make them seem logical and more acceptable. Examples of rationalization such as, when someone is fired from their job, they think that the job is not good enough either. A person uses the rationalization process to justify failure or rejection; this can take the form of blaming external situations or highlighting the other's shortcomings (Schulzt, 2009: 62-63).

5. Displacement

Displacement is performed by replacing the id's impulse from an unreachable object to a less threatening object. For example, a child who cannot express his anger to his parents for fear of punishment will shift his aggression to other, less threatening objects, such as his siblings or pets. However, this displacement does not completely relieve the tension, and if practiced constantly, it can cause the tension to be overgrown, and drives people to find other ways to relieve the tension (Schulzt, 2009: 63).

2.2. Research Method

In this part, the writer will explain the research approach, method of collecting data, and method of analysing data used in this research to support the process of analysing *The Maidens* by Alex Michaelides.

2.2.1. Research Approach

Based on the background, this research uses a psychological approach to explore the psychological aspects used, which are depicted in the novel *The Maidens*. The psychological approach is one method for assessing or understanding a character based on what is portrayed in the narrative structure (Klarer 2024: 27-28). In literary works, there are many characters who have psychological complexity, psychoanalytic helps readers deepen their understanding of the motivations that drive characters to act (Pough and Johnson 2014: 237). In this study, the writer uses psychoanalytical theory to analyse the psychology of Mariana in Alex Michalides's *The Maidens*.

2.2.2. Method of Collecting Data

This research uses the library research method as a data collection method to explain and analyse the issues that are raised. Library research is the process of connecting the writer's ideas or thoughts with external sources with their characteristics and findings, which aims to make the findings and ideas added by the writer become convincing arguments (George, 2008: 01). The data used in this research is divided into two, namely primary and secondary data. Primary data is the main information that is not modified and collected by researchers for research purposes, while secondary research data is that plays a role in providing information used as the foundation for conducting research and relevant background

(Taherdoost, 2021: 12). In this study, the primary data is the novel, *The Maidens* by Alex Michaelides, while the secondary data is taken from articles, books, and related topics.

2.2.3. Method of Analysing Data

The writer uses the contextual method to analyse the intrinsic and psychoanalytic approach of the novel by using Sigmund Freud's theory of psychoanalysis related to personality, anxiety, conflict, and self-defense mechanisms. The theory is used to analyse the personality structure, psychological conflict, and self-defense mechanism of Mariana as the main character in the novel *The Maidens*.