

there are two kinds of characters: flat and round characters. Flat characters have one specific trait while round characters have various features (Klarer, 1999, p. 17). Point of view, the third one, studies the way a text presents persons, events, and settings. The three types of point of view are the

CHAPTER II

THEORETICAL FOUNDATION

2.1 Novel

Encarta World English Dictionary defines literature as written works, such as fiction, poetry, drama, and criticism that are recognized as having important or permanent artistic value (*Encarta*, 2007). Novel, a form of prose fiction, emerged in the Europe of the late seventeenth and early eighteenth centuries (Hawthorn, 2001, p. 15). *Oxford English Dictionary* defines a novel as a fictitious prose narrative or tale of considerable length in which characters and actions representative of the real life of past or present times are portrayed in a plot of more or less complexity (as cited in Hawthorn, 2001, p. 4). On the other hand, the definition of novel in *Encarta World English Dictionary* is the following: a fictional prose work with a relatively long and often complex plot, usually divided into chapters, in which the story traditionally develops through the thoughts and actions of its characters (*Encarta*, 2007). The most important elements of novel are plot, characters, point of view, and setting. Plot, the first element, is the logical interaction of the text's various thematic

problems. On the other hand, literature provides insights to psychology. For instance, Freud is known as one who made us aware of the role of the unconscious in literature (as cited in McKinney, 1967, p. 348). Cohen (1958) states that Freudian theory in literary criticism helps to understand the nature of creative writing, choice of themes, elaboration and resolution of plots, and extensive influence of author's childhood experiences on his or her work (as cited in McKinney, 1967, p. 350).

2.4 Psychological Approach

Hawthorn (2001, p. 143) explains that psychological criticism uses the work to uncover the psychology of its creator. It can utilize psychological or psychoanalytic theories to analyze characters in a novel, or to analyze the reader's responses to it. In addition, as stated by Klarer (1999, p. 17), a psychological approach is used to evaluate characters. It explains general psychological aspects in a text that do not associate with the author entirely. It can be used to study the intrinsic elements of a text. For example, one can use it to analyze characters psychologically, as if they were real people (Klarer, 1999, p. 92). Generally, psychological critics focus on three things: the mental processes of the author or characters, how the works reflect or hide the personalities of the authors or characters, and how the works can uncover the consciousness or thinking of the authors or characters ("Psychological Criticism," n.d.).

2.5 Psychoanalysis Theory

2.5.1 Definition

The most important part of psychoanalysis is the concept of the unconscious mind as a reservoir for repressed memories of traumatic events which continuously give effect on conscious thought and behavior (“Psychoanalysis,” n.d.). Psychoanalysis has something to do with (1) a method of understanding mental functioning and the stages of growth and development, (2) a general theory of individual human behavior and experience, and it has both contributed to and been enriched by many other disciplines, (3) the complex relationship between the body and the mind, (4) the understanding of the role of emotions in medical illness and health, and (5) the basis for treatment programs in child psychiatry, family therapy, and general psychiatric practice (Beystehner, 2007). In addition, Pervin (1984, p. 70) states that psychoanalysis relates to these three things: a theory of personality, a method of therapy, and a technique for research. Freud (1924, p. 397) claims, “Psychoanalysis aims at and achieves nothing more than the discovery of the unconscious in mental life” (as cited in Pervin 1984, p. 71). Freud gives illustration of the mind as the following:

... an iceberg in which the smaller part showing above the surface of the water represents the region of consciousness while the much larger mass below the water level represents the region of

unconsciousness. (as cited in Hall & Lindzey, 1978, p. 32)

2.5.2 Freud's Three Components of Human Psyche

The definition of psyche is that the mind functioning as the center of thought, emotion, and behavior and consciously or unconsciously adjusting or mediating the body's responses to the social and physical environment (*The American Heritage*, 2000). In line with that definition, *Longman Dictionary of Contemporary English* defines psyche as someone's mind, or their basic nature, which controls their attitudes and behavior (*Longman*, 2001).

Freud postulates three components of human psyche as follows:

2.5.2.1 The Id

The first component of human psyche is the id. It relates to biological functions such as breathing, sweating and elimination (Peck & Whitlow, 1975, p. 22). Munn (1972, p. 475) states that the primary characteristic of the id is the desire for satisfaction of needs. The id consists of primitive, instinctual cravings and longings. Its primitive drives include hunger, sex, aggression, and irrational impulses. The id works based on the pleasure principle and aims to reduce tension and maximize satisfaction (Feldman, 1992, p. 355). The pleasure principle means that the id searches for pleasure and avoids pain. The id acts to

discharge excitation, tension, and energy. Satisfaction of its impulses can be gained through action or imagination (Pervin, 1984, p. 76).

In addition, the id ignores social restrictions as well. It is explained also that the main force of the id's instinctual drive is the libido. The latter has something to do with sexual force and self-preservation. For Freud, the term 'sexual' includes not only sexual activity but also all forms of pleasurable sensations, affection, and friendship (Peck & Whitlow, 1975, p. 22).

2.5.2.2 The Ego

The ego, the second component of human psyche, works based on reality principle. It means that the instincts are satisfied at the right time with the least negative consequences and the energy of the id is released gradually based on the demands of reality (Pervin, 1984, p. 77). The main function of the ego is to control the id's irrational drives so that they can be expressed into more acceptable way that doesn't oppose the reality in the outside world. Besides, the ego modifies the forces of the superego in order to adjust its standards to a more realistic level (Peck & Whitlow, 1975, p. 23 & 25). Moreover, it functions to make



decisions, control actions, and allow thinking and problem solving of a higher order than the id is capable of (Feldman, 1992, p. 355). The ego is said to be the executive of the personality due to these factors:

... it controls the gateways to action, selects the features of the environment to which it will respond, and decides what instincts will be satisfied and in what manner. (Hall & Lindzey, 1978, p. 37)

2.5.2.3 The Superego

The last one is the superego. The concept of the superego is the obedience to the strict and high moral standards. Its motivating force is not a wish for happiness but a passionate drive towards rectitude and perfection. For example, one must do a perfect job; be competent in divergent fields; have perfect judgment; be a model husband; a model daughter; and a model hostess (Horney, 1939, p. 207). The need to appear perfect starts in childhood. The child is forced to fulfill her or his parents' expectations. Therefore, s/he has no wishes, goals, and judgments of her or his own. As a result, s/he experienced a distressing situation (Horney, 1939, p. 218). An unavoidable effect of an individual's need to appear perfect is self-recrimination (Horney, 1939, p. 239).

Hall and Lindzey (1978) explain three main functions

of the superego as follows:

... to inhibit the impulses of the id, particularly those of a sexual or aggressive nature, since these are the impulses whose expression is most highly condemned by society; to persuade the ego to substitute moralistic goals for realistic ones; and to strive for perfection. (p. 38)

The superego can also make the id's impulses less selfish and more virtuous (Feldman, 1992, p. 356). As explained by Peck and Whitlow (1975, p. 25), the superego represents the standards and ethical values learned through contact with society in general, and with the parents in particular. In conclusion, the superego seeks perfection rather than pleasure and controls behavior appropriate to the rules of society (Hall & Lindzey, 1978; Pervin, 1984).

Those three components of human psyche are in continual conflicts. On one hand, the id continuously tries to express its instinctual drives and on the other hand, the superego always sets moral standards. Therefore, the ego has to keep these two forces in balance. To some extent, human behavior is a function of the ego's effort to resolve the conflict between these two impulses and partly a function of the ways in which conflicts and other experiences are handled at various stages of development (Peck & Whitlow, 1975, p. 25).

Freud discovers three types of conflicts relating to the id, ego, and superego: those between the individual and the environment; those between the ego and the id, which means that the ego is overpowered by the instinctual drives; and those between the ego and the superego, which generates fear of the superego (as cited in Horney, 1939, p. 190).

2.5.3 Instincts

In psychoanalytic theory, the instincts aim toward the immediate reduction of tension, toward satisfaction and pleasure (Pervin, 1984, p. 79). The definition of an instinct is an inborn wish of an inner somatic source of excitation (Hall & Lindzey, 1978, p. 39). In addition, Pervin (1984, p. 79) defines instincts as states of excitation within the body which search for expression and tension reduction. Freud hypothesized two main groups of instincts, named Eros—the life instincts—and Thanatos—the death instincts (Smith & Vetter, 1991, p. 37).

The life instincts serve the purpose of individual survival and racial propagation, namely hunger, thirst, and sex. The form of energy by which the life instincts perform their work is called libido (Hall & Lindzey, 1978, p. 42).

On the other hand, the death instinct makes human want to

die or return to an inorganic state (Pervin, 1984, p. 79). Freud believes that a person has an unconscious wish to die (Hall & Lindzey, 1978, p. 43). In addition, Schultz (1990, p. 50) explains that the most important component of the death instincts is the aggressive drive. The latter demands human to destroy, conquer, and kill. Berkowitz (1974) states that most social psychologists define aggression as intentional injury of or harm to another person (as cited in Feldman, 1992, p. 526). Aggressive behavior can be seen from the murder, suicide, hostility, cruelty, verbal abuse, and physical aggression (Smith & Vetter, 1991, p. 37). Freud states, "Man has in him the need to hate and to destroy" (as cited in Kastenbaum, n.d.).

In Freud's view, the death instincts exist in conflict with life instincts in a similar way as the id is in conflict with the superego. The death instincts then become mediated by the ego into aggressive acts outside the self. In other words, the death instinct has something to do with the instinctual violent urges of mankind ("Ego, Id, Super-Ego," 2007). Pervin (1984, p. 79) adds that both sexual and aggressive instincts are parts of the id.

2.5.4 Current Studies on Psychoanalysis

Studies on analyzing characters of literary works using Freud's psychoanalysis theory have been conducted by Komalasari

(2004), Normalia (2004), Mestiarini (2005), Leah (2006), and Donnelly (2008). Komalasari's study dealt with the love construction of the main characters in Nizami's *Layla and Majnun* seen from psychoanalysis point of view. She analyzed the main characters' characterizations, behavior, action, and wishes. Freud's three components of human psyche—the id, ego, and superego—are also observed to determine what types of love they construct.

In a similar context, Normalia conducted a research on the major character of Hadley Irwin's *So Long at the Fair*. Her research dealt with aspects leading an adolescence to commit suicide based on psychoanalysis point of view. She used the three types of conflicts relating to the id, ego, and superego to find out those aspects.

Another similar study has been conducted by Mestiarini. It dealt with the aspects that influence the main character in Dahlan's *Tuhan, Izinkan Aku Menjadi Pelacur!* to be a prostitute according to Freud's psychoanalysis perspective. She analyzed the main character's superego and weak function of the ego to discover the factors that influence the main character to be a prostitute.

Freud's id, ego and superego were also used by Leah to analyze Shirley Jackson's *The Lottery*. In this story, Shirley Jackson creates an allegory for the struggle between the superego and the id in the human psyche. The lottery itself symbolizes both the

superego and the id in a peaceful embodiment.

The last one was a study by Donnelly. He analyzed the characters' id, ego, and superego in William Golding's *The Lord of the Flies*. By analyzing the story, he found out that without authority or a dominant ego, civilization breaks down.

This research deals with a different issue from the above studies. The writer analyzes Coelho's *Veronika Decides to Die*, a novel which tells about a young woman named Veronika who decides to kill herself. But it failed. She wakes up at Villette Mental Hospital and is told that she has only a few days to live. This research is aimed to examine how the main character's psyche—based on the Freud's id, ego, and superego—influences her psychological state before she entered the hospital and when she was in the hospital.

2.6 About the Novel

2.6.1 The Author

Paulo Coelho was born in 1947 in Brazil and has become one of the most widely read authors in the world today. He is famous for his best-loved work entitled *The Alchemist*. He has sold more than 56 million books worldwide and has been translated into 59 languages. He has received numerous prestigious international awards, such as the Crystal Award by the World Economic Forum

and France's Légion d'Honneur. Coelho was inducted at the Brazilian Academy of Letters in 2002.

His father, Pedro, was an engineer and his mother, Lygia, was a housewife. His parents wanted him to follow in his father's footsteps and become an engineer; but Paulo wanted to be a writer. Due to Paulo's unusual behavior, his parents committed him to a mental hospital for three times: in 1965, 1966, and 1967. The last doctor who diagnosed him said that he was not mad. Paulo was just a young man who struggled to find his way in this world. His experiences in mental hospital become the inspiration in his novel *Veronika Decides to Die*.

2.6.2 Synopsis

On November 11, 1997, Veronika decides to suicide. She takes four packs of sleeping pills to end her own life. But she does not die. She wakes up at a famous mental hospital named Villete. There, she is told that she has only a few days to live.

During Veronika's stay at Villete, she meets some patients who make a difference for her life: Eduard (a schizophrenic), Zedka (who suffers from depression), and Mari (who suffers from panic attacks). On the other hand, Veronika's spirit for life influences their lives without her knowledge.

Before she entered the hospital, she thought that her life was

worthless. When she was in the hospital, she experienced new things that give her liberation and make her believe that her life is worth living.