

## **CHAPTER TWO**

### **LITERATURE REVIEW**

This chapter contains the theory and previous studies as guidance for the writer in conducting and analyzing the research. The theory provides the literary framework to make the data simpler and describe it into meaningful way (Schultz 33). The data will be analyzed by using Freudian Psychoanalysis Theory. It will help the writer to know the reason of the obsession of Howard Hughes as the main character in *The Aviator* movie. Therefore, the previous study is expected to bring significance support to the analysis.

#### **2.1 Previous Study**

##### **2.1.1 Frankenstein's Over Obsession in *Frankenstein* by Mary Shelley**

This study was done by Safitri in 2018. This research examines Frankenstein's over obsession in *Frankenstein* novel by Mary Shelley. He is described as a person who has problem with his obsession in creating human like him. The writer of this research uses descriptive qualitative method and applies psychoanalysis theory by Sigmund Freud in analyzing the data and new criticism theory in analyzing the reason of Frankstein's obsession. There are several results from this study. The analysis shows that the reason of Franksteins' obsession are; wants to be pioneer in the new way because some scientists before cannot create a human, to reach bigger progression, will be admired as the creator and will be the happiest man in the world. the analysis shows that the effect of Frankenstein's obsession are; gets unhealthy condition and his character is change, the creation or

monster becomes very cruel, Frankenstein's family becomes very sad, and loses all of his beloved person.

### **2.1.2 Obsession for Perfection Reflected in *Black Swan* movie: A Psychoanalytic Perspective**

This research was done by Mukti in 2021. This study examines the obsession for perfection reflected in *Black Swan* movie by Darren Aronofsky. This writer of this research applies psychoanalysis theory. The writer found three results in her analysis. First there are five indicators of obsession for perfection contained in *Black Swan* movie. Second the depiction of obsession for perfection and the last is the reason of obsession for perfection become the biggest issue in *Black Swan* Movie.

### **2.1.3 Beauty Obsession of The Main Character in Sarai Walker's *Dietland***

This study was done by Handayani in 2018. This study analyzes a *Dietland* novel written by Sarai Walker. This novel tells about an obsessed woman who is obsessed with being skinny to fulfill the beauty standard yet she is failed undergone any diet program. This study aims to know, how hard the character struggles in achieving her own beauty standard, by examining the intrinsic elements of the novel. The intrinsic elements analyzed are the character and the setting. Moreover, the writer uses feminism approach using theories mainly from *The Beauty Myth* by Naomi Wolf. The result of this study is shown in the end that the main character succeed in finding her own beauty in a different way.

#### **2.1.4 Howard Hughes and OCD: How One Man Affected the Portrayal of OCD**

This article was written by Naff in 2019. It examines the portrayal of Obsessive Compulsive Disorder in Howard Hughes as it has been revealed that he suffered from OCD. From this point, the writer tries to compare the portrayal of OCD not only from *The Aviator* movie but also from other movies that have the same issue. Coming to the conclusion, the authors conclude that, although many films portray OCD inaccurately, that does not make them ineffective as a form of story. However, they also tend to describe something personal, complex, and unique to each person who possesses it as a simple set of traits. Hughes' symptoms occur to him because his life is complex and involves many factors. Most subsequent depictions tend to be rather simplistic because of the mistaken belief that Hughes' case represents how most cases are.

#### **2.1.5 Public Quarantine: The Adaptive Functions of Obsessive-Compulsive Disorder as Shown in *The Aviator***

This study was done by Robert Brown from University of Saskatchewan in 2014. It examines the case study of Howard Hughes in *The Aviator* (2004) in order that people may illustrate some of the potentially beneficial social, cognitive and behavioral functions of Obsessive-Compulsive disorder. This research was divided into three sections representing three spheres in Hughes' life; His personal sphere, his interpersonal relationship sphere and his work sphere. The author concludes that the life of Howard Hughes provides a case study of a person whose resilience enabled him to overcome the disabling nature of OCD and use the

symptoms of the disease in adaptable ways to aid his extraordinary success. Of the three spheres of life reviewed, Hughes' personal life suffered the most from his illness, often experiencing episodes of extreme discomfort and a lack of control over his own actions. Work-related relationships are the same, except that in Hughes' work environment he is often able to make up for the inconvenience he causes others by offering them a share of his continued success in film and aviation. Hughes excelled in the film and aviation industries primarily for his resistance to disease and his ability to make his symptoms work in his favour. By the end of the film, Hughes has experienced great success in his work, but at the expense of traumatic episodes in his personal life and interpersonal relationships.

In conclusion, these five previous studies are part of the writer's consideration conducting the research. The three previous studies are helpfully in giving knowledge about how to implement the study of obsession into a study of one literary work. The last two previous studies are helpfully in giving information about Howard Hughes character described in the movie and also support the writer's analysis.

## **2.2 Psychoanalysis**

Psychoanalysis is a branch of psychology that is specifically concerned with individual experiences (Milton, 2004). Everyone has a different experience. Sigmund Freud stated that the goal of psychoanalysis is to help people solve their psychological problems, which are often called disorders or dysfunctions (Tyson, 2006). Everyone has psychological problems. Also, psychoanalytic concepts become part of our daily life whether people realize it or not. Psychoanalysis can

help people not only to better understand human behavior, but can also help them understand literary works. Sigmund Freud, the founder of psychoanalytic theory, was a doctor in Vienna, Austria. Psychoanalysis has three aspects (Milton, Polmear & Fabricius, 2004): first, psychoanalysis is a frame of mind of knowledge, which has been discovered through types of work and studying human phenomena in general. Second, the word 'psychoanalysis' refers to a method of examining the mind. Third, psychoanalysis refers to a form of psychotherapy treatment. Freud divided our mental life into three parts: the subconscious, the preconscious and the conscious (Ryckman, 2008). Freud showed that our thoughts are like an iceberg (Guerin, 2005). It means that the bottom surface of the iceberg is our subconscious mind while the top surface of the iceberg is our conscious mind.

### **1. Unconscious**

Sigmund Freud said that the unconscious consists of practices and memories that we are not aware of at all times. The unconscious works at the deepest level of the personality (Ryckman, 2008). Furthermore, the unconscious is human motivation due to desires, fears, or conflicts that they are not aware of (Tyson, 2006). The unconscious contains the power of all behavior and is a storehouse of forces that we cannot control (Schultz, 2005). It also contains all the feelings or instincts that are beyond our awareness but which motivate most of our actions (Feist, 2006). For example, "a man may know that he is attracted to a woman but may not fully understand all the reasons for the attraction, some of which may even seem irrational."

## **2. Preconscious**

Sigmund Freud said that the preconscious contains experiences that are not conscious but can become conscious with little effort. The preconscious is just below the surface of consciousness. The preconscious is a storehouse of memories, perceptions, or thoughts that we are not currently aware of (Schultz 2005). For example, “if your mind strays from this page and you start thinking about a friend or what you did last night, you will gather material from your subconscious into your consciousness” (Schultz 2005). There are two sources that come from the subconscious: conscious perception and the subconscious (Feist 2006).

## **3. Conscious**

Conscious refers to ideas and sensations that people are aware of. Sigmund Freud said that consciousness is a human limitation because only a small part of our thoughts and memories occurs in consciousness at any time (Schultz 2005). He defined the conscious as the mental element in consciousness at a given point in time (Feist 2006). For example, “You may notice the feeling of your pen, the view of the yard, the idea you are trying to grasp, and the dog barking in the distance.” He also defined consciousness as encompassing all the sensations and experiences we are aware of at any given moment (Schultz 2005). Ideas can reach consciousness from two different directions: from perceptual consciousness and from within the mental structure itself. Perceptual awareness turns into the external world and acts as a medium for external perception.

### **2.2.1 Theory of Personality**

According to Sigmund Freud, personality derives from the Latin word 'persona' which refers to the mask used by Roman actors in a play (Feist 2006). Personality theorists say that "personality is a relatively permanent and unique pattern of characteristics that gives consistency and individuality to a person's behavior" (Feist 2006). Personality refers to our external and obvious characteristics. A person's personality can change according to the situation, so personality can change according to different situations (Schultz 2005). For example: "even though we realize that a friend may often be calm. We know that he can get excited, nervous, or panicked at other times. The psychoanalytic theory that will be used is Sigmund Freud's theory which can be called the Personality Theory. Sigmund Freud's psychoanalytic theory was one of the great intellectual contributions of modern times, and continues to influence western thought today. Sigmund Freud explained that there are three personality structures: the id, ego, and superego. They are not physical people, places, or things. They are the name given to certain motivating forces whose existence is inferred from the way people behave. Each has a very specific role in maintaining normal personality function, (Hall 1995).

#### **1. Id**

Sigmund Freud defined id as the primary and completely unconscious personality (Feist 2006). Id is a part of the personality that contains our primitive impulses like thirst, anger, hunger, and desire for instant gratification. He said that id is the reservoir of the libido, the main source of all psychic energy (Guerin, 2005). It is

also a reservoir of instincts, very and directly related to the satisfaction of the body's needs. Id has no contact with reality because its function is to seek pleasure or satisfy basic desires. Id is basically characterized by an extraordinary and formless energy. Sigmund Freud believed that id is based on our pleasure principle and to fulfill the primordial principle of life (Feist 2006). The pleasure principle is the principle by which the id functions to avoid pain and maximize desire (Schultz 2005). Not only to avoid pain and maximize desire, but also to satisfy people's instincts for pleasure without respecting social conventions, authoritative ethics, or moral controls. Id leads people to do things, destroys people, and satisfies their desire for pleasure (Guerin, 2005). It also has no awareness of reality (Schultz 2005). Since id is for pleasure, it cannot make a value judgment between good and evil. The id is sometimes represented by a demon sitting on a person's shoulder. Freud considered id to be synonymous with the devil as defined by the theologians. Id has no morality and is illogical. In his view, it is completely unconscious and is a primitive impulse because it only seeks pleasure without regard to what is appropriate or not.

## **2. Ego**

Sigmund Freud stated that ego is the regulating agent of the rational mind (Guerin, 2005). Ego is a part of the personality that maintains a balance between our impulses (our id) and our conscience (the superego). The purpose of the ego is not to prevent the desires of the id but to reduce the tension of the id. According to Sigmund Freud, the ego is the area of the mind that relates to reality, so it is called the reality principle (Feist, 2006). The reality principle is the principle by which the ego functions to provide appropriate restraints on the instinctive



expression of the id (Schultz 2005). The reality principle is opposite to the pleasure principle, by which the id operates. As the area of a person's mind that deals with the outside world, the ego becomes the decision maker of personality. So, the ego can decide to do or not to do. The ego decides when and how to satisfy the instincts of the id. This means the correct and socially acceptable time, place, and object that will satisfy the id's impulses (Schultz 2005). The ego can make decisions at everyone's mental level: conscious, preconscious or unconscious. For example, "a woman's ego may consciously motivate her to choose clothes that are too neat and well-designed because she feels comfortable when she is well-dressed. At the same time, he was probably only vaguely aware of his previous experience being rewarded for choosing good clothes.

In addition, he may be subconsciously motivated to be too tidy and organized because of his childhood experiences of toilet training" (Feist 2006). The ego understands that other people have needs and wants and sometimes being impulsive or selfish can hurt people in the end. It is the ego's job to fulfill the needs of the id, while taking into account the reality of the situation. The ego does not have the strong energy of the id. It organizes the primitive ideas of the id so that they can be released in a non-destructive pattern of behavior (Guerin, 2005). Freud points out in "The Dissection of the Psychological Personality," "To adopt the popular mode of speech, we can say that the ego represents common sense and common sense while the id represents wild passion". Freud also said that the ego is never separated from the id because the ego gets its strength and energy from the id (Schultz 2005). Freud argued that "we must protect ourselves from being controlled by the id and proposed various unconscious mechanisms for defending

the ego". So, the function of the ego must be controlled constantly. In review, the ego is the rational ruler of the personality which can control the impulses of the id and find the right ones to satisfy the impulses of the id.

### **3. Superego**

In Freudian psychology, superego represents the moral and ideal aspects of personality. Sigmund Freud says that superego is the censor of moral agency, the repository of conscience and pride (Guerin, 2005). As Freud says in "The Anatomy of the Mental Personality," the" representative of all moral restrictions, the advocate of the impulse toward perfection, in short it is as much as we have been able to apprehend psychologically of what people call the higher things in human life" (95). Superego is led by moralistic and idealistic principles, contrast with the pleasure principle of id and the realistic principle of ego.

Superego represents the moral requests and prohibitions which does not come from external people, but from one's own ordinary love of important others, and the wish to protect them from one's own more pitiless side (Feist 2006). The superego has two subsystems, are the conscience and the ego-ideal. Generally, conscience tells people what they should not do because it is the result from bad behavior's experience. Freud says that "Conscience is a component of the superego that contains behaviors for which the child has been punished" (Schultz 2005). Whereas the ego-ideal tells people what they should do because it is the result from good behavior's experience (Feist 2006). Ego-ideal is a component of the superego that contains the moral or ideal behaviors for which a person should strive (Schultz 2005). Superego is a personality system that contains values and

rules relating to good and bad (Koswara, 1991). In superego, someone begins to know about norms. Someone feels conscious about anything that he is done. Id would make someone devils, but superego would have people behave as angels (Guerin, 2005). Superego strives only for moral perfection (Schultz, 2005). The id presses for satisfaction, the ego tries to postpone it, and the superego wishes morality above all.

### **2.3 Cognitive Theory of Obsessions**

Obsessions are thoughts, images, or impulses that you play over and over in your mind and can never let go of. Everyone experiences obsessions to some extent. Salkovskis's theory on obsessions helps us comprehend why they happen and how to prevent them. Salkovskis (1985, 1989) proposed a cognitive-behavioral theory to explain the development and persistence of clinical obsessions. Some theory of obsession is heavily influenced by Salkovskis's cognitive-behavioral theory (Abramowitz & Houts, 2005). The model considers two cognitive processes central in the development of obsessions. First, people who tend to be obsessive attribute excessive personal responsibility to possibly hurting themselves or others in response to unwanted intrusive thoughts. Second, in an attempt to overcome the discomfort and sense of responsibility associated with intrusion, individuals develop overt or covert neutralization rituals that, in turn, increase the frequency and salience of intrusions.

Salkovskis' model begins with the assertion that clinical obsessions represent the extreme end of the normal, unpleasant, unwanted, and disturbing cognition continuum. Rachman (1981) describes unwanted or unacceptable thoughts,

images, and impulses as mental events that interfere with ongoing activity, are associated with internal origin, and are difficult to control. The concept of unwanted intrusive thoughts is defined and elaborated, with particular reference to obsessions (Rachman, 1981). Examples of unwanted intrusive thoughts reported by nonclinical subjects were thoughts of saying something rude or unacceptable to someone, of being poisoned with dirt or germs, of harming others, or of engaging in unacceptable sexual acts.

### **2.3.1 Obsession For Perfection**

The obsession for perfection is closely related to depression. Some cases of depression are also caused by the imperfection of a person who ultimately has the desire to be perfect, by doing whatever can make it happen. A person with depression often feels like he or she is being held back by something that is not perfect or that something is not right in their life. This can cause a person to lose confidence and become depressed. The American Anxiety and Depression Association is of the view that approximately 17 million Americans experienced an episode of a serious depressive disorder in 2017. The leading cause of illness and disability in the US in people aged 15 to 44 years is depression. The characteristics of the emergence of depression are quite diverse and one of them is depression towards imperfection which finally ends develop an obsession with perfection. New research shows a clear link between the rise of perfectionism in society and the emergence of psychological problems, especially anxiety and depression. In a study published in the Psychological Bulletin, the problem of perfectionism increases in younger people. Between 1989 and 2016, a rapid

increase in the trend of perfectionism was seen in the US, corresponding to an increase in anxiety and depression in it.

Perfectionism in social view, people think that they are judged harshly. They have to show perfection to get approval. This type of disorder can lead to suicidal ideation. Half of people who commit suicide are described as perfectionists. Modern studies have found that more than 70% of young patients who commit suicide have high standards of behavior for themselves. It has been reported that perfectionism afflicts college students in particular. According to a recent study, about 35% of undergraduate students, who practice perfection, experience symptoms of anxiety that are associated with symptoms of depression (Lesser, 2021). Perfectionism has also been linked to an increased likelihood of bipolar disorder.

10 Signs People May Be Suffering From Obsession for Perfectionism (Newburg, 2019):

1. Having an all-or-nothing mindset.

A person who has "All-or-Nothing" thoughts refers to a tendency to evaluate one's own qualities in an extreme category. This is very common among perfectionists, this type of thinking leaves small room for mistakes, no matter how small the trouble will have a major impact on the perfectionist's mentality. Basically, if something isn't perfect, then it's considered a failure.

## 2. Having constant self-doubt.

A person with a perfectionist obsession can also experience enormous self-doubt, especially when it comes to their own performance. Even if they received overwhelming feedback, they would worry excessively. Since a perfectionist's sense of self-worth depends on the expectations of others, they will obsessively contemplate everything. For example, they will worry about whether they have done something the right way, whether people are satisfied with their performance, or whether their boss really likes the report they send out. At least such thoughts can suddenly appear and can lead to depression.

## 3. Self-esteem depends on what is accomplished and how others respond.

Perfectionist bases their self-worth on what they have accomplished. They crave the approval of others and will regularly make the comparison because the perfection they achieve is based on how people perceive them. For example, someone who attends a public school is better off than someone who attends a private school. Or maybe seeing someone with hundreds of Instagram followers is worth nothing more than someone with millions of followers. Those with this sufferer will constantly make comparisons with others to achieve perfection.

## 4. Fear of failure leads to project delays or abandonment.

Perfectionists will worry that they don't live up to their own (or others) standards. The expectation of negative consequences causes anticipatory anxiety, which in turn leads to avoidance. Perfectionism and procrastination go hand in hand. Procrastinating on a difficult task or ignoring it makes it possible to avoid failure. Perfectionists may prefer not to take on jobs that are likely to lead to failure.

5. Unable to accept and celebrate any success.

Perfectionists cannot calmly celebrate victory, even if they have completed their goals and achieved their perfectionist standards. They still believe that they can do more than what they have already accomplished. Perfectionists don't recognize their victories as far as feeling happy or satisfied with a job well done. Instead, they find every flaw in the way they run the project. For perfectionists, there is always something wrong, even when they achieve the results they want, and gain public recognition.

6. Avoid challenges that can expose weaknesses.

Perfectionists like to persevere by avoiding making mistakes based on what they realized. When they are faced with new challenges, they fear not being able to learn something new. As a result, they avoid taking risks and end up inhibiting their creativity to stay within their own comfort zone. They worry that if their failures will reveal their weaknesses, they will not be able to achieve the perfection that they have been aiming for in themselves.

7. Always put up a front, insisting everything is perfect.

Perfectionists have an outward need to emerge perfect and will avoid the opportunity to reveal imperfections, especially in public concerns. Driven by a deep-rooted fear of vulnerability, perfectionists hide their perceived imperfections as a way to gain the approval of others.

8. The word “Should” is part of everyday vocabulary.

The word “should” is prominent in the daily internal dialogue of a perfectionist. Statements like, "must be the best at everything" or "no mistakes" will make them feel anxious or depressed and often lead to avoidant behavior.

9. Being defensive when receiving feedback.

Perfectionists always carry out projects with great detail and have high standards and never allow the slightest mistakes. When they receive constructive feedback, they have a tendency to do mental screening and focus only on negative feedback. Mental screening can make them feel as if they were being verbally attacked, leading to feelings of defensiveness.

10. Frequently feel overwhelmed with stress.

Perfectionism can be a huge contributor to personal stress, which can wreak havoc on the body. Chronic stress has been linked to insomnia, fatigue, anxiety, depression, and even cardiovascular disease.

## **2.4 Narrative Analysis**

Understanding what kind of research to use is a powerful tool for a researcher. We can use narrative analysis in many ways. Narrative research is a multifaceted method that has the potential to show different results based on the researcher's intentions for the study. Narrative analysis is a type of study that seeks to understand and summarize human experience by using in-depth methods to explore the meanings associated with people's life experiences (Delve & Limpaecher, 2020). So, it can be said that narrative analysis can reveal behaviors,



feelings, and motivations that are not explicitly stated. It examines the story elements, including narrative structure, character, and plot. This type of analysis considers the entirety of the film and the story it seeks to tell. The use of narrative in research can be viewed as an addition to existing inventories of experiments, surveys, observations, and other traditional methods (Lieblich, Mashiach & Zilber, 1998).

According to the article published by Harappa Education, Many social scientists have used narrative research as a valuable tool for analyzing their concepts and theories. This is mainly because narrative analysis is a more thorough and diverse method. This helps researchers not only build a deeper understanding of their subject, but also helps them figure out why people act and react the way they do.