

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Individu is a term that refers to a single person, separate and distinct from others in a society or group. According to Cambridge Dictionary (2023), individuation is the act of becoming a person who thinks or behaves in their own original way. In the context of society, the idea of individuation refers to the process by which an individual comes to develop a sense of self that is distinct from the group. This involves connecting with one's inner life, which for the person may lead to the identification of a pathway leading to self-realization (Jacoby, 1990). Individuals are prone to losing touch with key aspects of their genuine selves during the phases of their lives. Through individuation, with all of the various knowledge and experiences they gain throughout their lives, individuals are able to merge the aspects of themselves (Jacoby, 1990). The issue of individuation can also be found in the work of literature.

Literature is a kind of written expression. Through the text, message, and aim, literature attempts to convey some meaning or idea (Afrianto, 2018). The majority of literature is focused on the human condition. As stated by Puspita & Pranoto (2021), the author uses literature as a resource that provides inspiration for their works of art. It can be shaped by the author's surroundings, and it could even include the author's way of life. Kardiansyah (2016) mentioned the arrangement of the story reflects the author's perspective on the world. Literary works often reflect and

explore societal, political, and psychological themes, which can profoundly impact and influence readers' lives by presenting a genuine perspective on these specific issues (Fithratullah, 2021). Literature may thus be viewed as a psychological phenomenon that illustrates psychological traits in people through the characters in a narrative. The field of psychological literary analysis integrates elements of psychology and is concerned with the inner human being (Afifulloh, 2019). Thus, literary works also offer knowledge about a variety of topics the reader may not be aware of (Mandasari & Oktaviani, 2018). Psychology and literature have a tight link since they both deal with people, with psychology analyzing the patterns of human behavior and literature describing human behavior through fiction. Every human has various complex psychological processes in his or her life as he or she is recognized through *the self*.

People have the opportunity to become more completely aware of who they are as living beings through an analysis of *The Self*. Consequently, one can reach their full potential, as stated by Jung in 1966: “*That is how individuation happens. In the same way that "individuality" encompasses our core, final, and unmistakable uniqueness, becoming an individual also entails becoming one's own self. Hence, individuation can be defined as the act of "discovering oneself" or "finding one's true self". It means individuation is not just about discovering the unique characteristics and traits, but it also involves striving towards a destination or objective. This destination may be a sense of self-realization or coming to one's self, which means becoming aware of our true nature and purpose in life. Individuation is the term used to describe the process by which an individual transforms into a*

psychological entity, a distinct and indivisible unity or entirety (Adler & Hull, 1980). Thus, individuation is the process of becoming aware of and integrating all aspects of one's personality, including the unconscious, to become a whole and authentic individual.

Novel *"Eleanor Oliphant Is Completely Fine"* by Gail Honeyman follows the story of a socially awkward and isolated woman named Eleanor, who works in an office in Glasgow, Scotland. The book depicts Eleanor's gradual opening up to the world around her and confronting the trauma of her past. Eleanor, who is thirty years old, leads a solitary and monotonous life, spending most of her days at work and evenings drinking vodka and talking to her houseplant, Polly. She struggles to connect with others and lacks meaningful relationships in her life. Throughout the story, Eleanor's curiosity about the world grows, and she befriends Raymond, a kind and patient coworker, and explores new experiences. However, her progress is hindered by the trauma of her past, which is revealed through flashbacks of her neglectful, abusive, and bereaved childhood. In the end, Eleanor confronts her past and takes a brave step towards a more fulfilling future, suggesting her journey can be seen as an individuation process.

Self-individuation is viewed as a journey to discover oneself. Carl Jung developed the phrase "self-individuation" to describe a person's actualization in their effort to understand who they truly are. The central focus of Jung's psychology revolves around the idea of self-individuation. Thus, According to Jung in his book entitled *The Archetypes and Collective Unconscious* (1980) Self-individuation is "a

process by which a person becomes a separate and whole". The concept was first introduced by Swiss psychologist Carl Jung and is closely linked to his theories of the collective unconscious and archetypes. He explained every idea that would make his work known for, including the collective unconscious, archetypes, individuation, dreams, psychic energy, etc (Mijolla, 2005). In a broad sense, the key insights of the influential work in Jung's career were that because the archetypes or norms of myth are shared by all of mankind's species, that are innately indicative of universal human needs, instincts, and potentials rather than specific local social conditions or individual experiences (Campbell, 1976). The self archetype symbolizes an individual's aspirations for excellence, fulfillment, and completeness. It signifies the collective unconscious pursuit of unity, balance, and interconnectedness.(Feist, Feist, & Roberts, 2018). Every person possesses the natural tendency to grow, mature, be ideal, and completely termed as the Self. The novel "Eleanor Oliphant is Completely Fine" authored by Gail Honeyman narrates the journey of a woman, protagonist named Eleanor Oliphant who has lived a very isolated and routine life. As the story progresses, Eleanor begins to confront the traumas of her past and starts to develop relationships with others.

Throughout the novel, we see Eleanor struggle with her identity and her place in the world. She has difficulty relating to others and often feels like an outsider. However, as she begins to open up and allow others into her life, she starts to develop a greater sense of self and begins to realize that she is not alone in her struggles. From the story in the novel, the writer assumes that it is suited to the characteristic of individuation to the Self, that stated by Franz (1964) "*There is a*

conscious decision making from the individual to leave his old way of life and live with a new way of life and its consequences". Thus, the novel can be seen as a portrayal of the aspect of Self individuation in the main character and the importance of connection and relationships in the development of the self which can be seen through the characteristics of Jung's Self archetype itself.

Finally, research on self individuation in *Eleanor Oliphant Is Completely Fine* using Jung's archetype theories could be considered urgent for several reasons. Firstly, the novel deals with the theme of trauma, and understanding how Jung's archetypes can be used to facilitate self individuation could help individuals who have experienced trauma to heal and develop a stronger sense of self. Secondly, the novel deals with issues of social isolation and loneliness, which can be addressed through individuation. By understanding and integrating different aspects of the self, individuals may be able to develop a stronger sense of identity and connection to others. Thirdly, the novel deals with issues of mental health, and self individuation can be used as a tool for healing and coping with mental health issues. Overall, research on the self individuation of the main character in *Eleanor Oliphant Is Completely Fine* using Jung's archetype theories could have significant implications for individuals struggling with trauma, social isolation, and mental health issues. By understanding and working with especially Self archetypes, individuals may be able to build a stronger sense of self and connection to others, leading to greater fulfillment and wellbeing. Since individuation refers to the greater and more complete realization of the collective human qualities (Campbell, 1976).

Through the self-individuation analyzed using the Jungian archetype framework, the novel explores the complex psychological issues related to trauma and mental health, and emphasizes the importance of empathy, compassion, and human connection in the journey towards healing and self-discovery. Thus, this study will be entitled “Self Individuation On The Main Character In Gail Honeyman’s *Eleanor Is Completely Fine* Novel”.

1.2 Research Question

From the complete explanation in background, this thesis will focus the analysis form the problem formulated below:

How is the self individuation of the main character in *Eleanor Oliphant Is Completely Fine* novel portrayed based on Jungian Archetypal theory?

1.3 Research Objective

This research's objective is to provide an answer to the presented research topic. This study focuses on Eleanor Oliphant's character in the novel by Gail Honeyman. The objective of the study is to portray the self individuation of Eleanor Oliphant character in the novel titled *Eleanor Oliphant Is Completely Fine* by Gail Honeyman on Carl Gustav Jung’s archetypal theory.

1.4 Uses of study

The primary goals of this research are to provide society with greater knowledge and proper information, especially related to the self individuation of a human.

1.4.1 Theoretical Use

Theoretically, this work can contribute more to the field of literary analysis and be used by other academics with a similar research focus.

1.4.2 Practical Use

Practical terms, the writer expects that this study will provide a better knowledge of the relevant topic in the novel.

1.5 Scope of the Study

This research focuses on studying the self individuation based on Jungian Psychoanalysis using Carl Jung theories of archetypal in a novel titled *Eleanor Oliphant Is Completely Fine*. The writer will analyze the self individuation of Eleanor Oliphant, the main character that is reflected in the novel.