CHAPTER ONE
INTRODUCTION

1.1 Background of the Study

In a literature making about novels, short stories, poetry is one form of depiction of human life in various stories so that it can produce works that can be read or enjoyed by everyone it can call as literary works. For example, in the study of psychology, an important part of psychology analyzes what problems are thought or occur in individuals, to express the human unconscious in the past or to the level of human consciousness and unconsciousness. In a literary work there is a close relationship between psychology and literature, both are related to humans where psychology analyzes characters or stories in a literary work to describe human behavior through fiction. Fiction is an imaginative work of literature, such as a short story or novel.

A novel is a work of fiction is a literary work based on the author's imagination or can be called an unreal story and cannot be related to the original life (Nurdayanti et al., 2020). According to (Rina & Samanik, 2023) literary work can be in the form of depictions of people's stories, it can also be in the depiction of political problems, and also psychological problems in a story or novel so that it becomes an issue and topic in literary works and can have a great influence on a reader by seeing the actual story of a topic and analyzing it into literary theories. Literary is an art of literary in word through the imaginative human with the meaning intention to make the past, present and future of the readers be betters.

As a phenomenal problem in this research, the writer used the shadow archetype by Carl Jung's as a theory to analyze the novel. The Archetype is ancestral or archaic shadows that come from the

collective unconscious. The concept is general in every culture. it is a collection of shadows that are strongly associated and colored by feelings. On the other hand, in this case it can be called as indirectly these issues can be seen in a character who has human mental problems and produces a picture of the character's problems with life experienced in a story in this depiction usually the motive describes the situation when human life begins, or adventure, and it can also be a romantic story that can captivate the reader's heart.

Carl Jung (1968) argues that in psychology archetypes explain psychological problems in amnesia life as well as explanations of human theories of various things, on the other hand the depiction of archetypes is divided into various things in the form of various characters and explanations. The whole in the basic problem of the human unconscious that the individual has formed the collective unconscious, which can form the entire human personality, can be referred to as the archetypal self.

Each archetype of Jung's theory explains that shadow has a positive and negative side. The negative side is called the shadow. Shadows are parts of the dark side of humans or human selves that are rejected and cannot explain what behavior perceives so that characters in a story cause mental psychological problems (Jung, 1968). In this case, mental problems can affect into more severe problems such as sexual desire that is not like in general, The desire for power to rule is so high that in this case it can be called selfishness that exists in humans, anger can also be a character characteristic of having stress problems so that anger can arise in any situation, and fear of someone can cause him to be afraid to express problems experienced by himself. This image can represent our darkest desire for the problem we are experiencing, the rejection in causing other

problems and it can also symbolize our fear of someone and our biggest phobia of dealing with problems in the past. Shadows don't all have a bad side, and they may show an amazing positive side. Enemies or villains have resistance to a hero often wearing a shadow mask to cover his true self, but shadows are a natural part of human beings that cannot be changed except through psychological therapy, if the problem is not able to be faced by someone. As long as it is not realized, it will cause crimes, and also commit murder and can become psychopathic humans. it becomes hostile if ignored or misunderstood because he cannot express the problems experienced by a character that can be called a shadow in characters (Coster, 2010).

This novel is the first literary works by Alex Michaelides as a writer. This novel has a genre psychological and mystery. *The Silent Patient* was published on 5 February 2019, by Macmillan publisher. This novel managed to achieve success as best seller book. Then managed to achieve award from Goodreads Choice Award category best mystery and Thriller in 2019. Alex Michaelides used two points of view in write story *The Silent Patient* novel. The first point of view that from Theo point of view as narrator, and other point of view is the story through diary Alicia Berenson. Alicia Berenson, a renowned painter, becomes entangled in a mysterious story when her husband, Gabriel, is found dead in their home, shot five times with a shotgun. Alicia is discovered with a cut hand, seemingly attempting suicide beside Gabriel's lifeless body. The incident becomes a public fascination and catapults Alicia to fame, even though she remains silent about the tragedy. Theo Faber, a psychotherapist, is determined to work with Alicia, believing he can make her talk and uncover the motive behind the murder. Alicia's rejection to communicate is attributed to her mental health issues and guilt. As Theo delves into the case, his obsession with Alicia's story takes a dark turn, leading him on a path to discover his own motivations and the truth

behind Gabriel's death. In the Grove, a mental health facility, Theo attempts to unravel the mystery while grappling with his own inner demons.

The writer used *The Silent Patient* novel by Alex Michaelides as an object to analyze the main character as Alicia Berenson in the stories. In the story, the murders have been debated on social media, and different theories have been posted in print, radio, and talk shows because Alicia Berenson was a painter. A psychologist was brought in to explain, Alicia's behavior. After being accused of murdering her husband, Alicia does not speak at all. She also has been abused as a child by her father. Therefore, she becomes a quite person. On the other hand, the main characters in Alicia Berenson personality is related to anxiety, to use mechanisms defense to defend itself against these various kinds of anxiety. A life that is full of problems that originate from oneself as it were be the cause of the emergence of psychological problems in him, so it becomes something interesting to analyze more deeply.

Based on the description above this research focus on the archetype shadow of main character which never been discussed by any previous study. The writer believe that this research would provide insight related to the application of Jungian theory, in this case archetype shadow on literary works novel proposed on depth. Additionally, the main character has social anxiety, and silence due to the trauma with her husband death. In others, the writer Interested in main character because have strange problem that not easy to showing the main problem of the main characters keep silence to explaining Alicia Berenson in the novel *The Silent Patient* by Alex Michaelides.

1.2 Research Question

There is the problem that will be explored in this study, based on the background of the study. The problem including are:

1. How is the archetype of shadow on the main character described on Alex Michaelides's novel *The Silent Patient*?

1.3 Objective of the Study

The writer has formulated objective study research as follow:

1. This study is to describe archetype of shadow on the main character in *The Silent Patient* novel.

1.4 Uses of the Study

This research is focused on the main character's personality on archetype of the shadow and the writer want to analyze using Carl Jung's theory. On the other hand, this research explains the shadow of characteristics Alicia Berenson on *The Silent Patient* novel by Alex Michaelides. In this part the writer has some benefits through the character and phenomenon can be seen the psychology mainly the emotion by the character in the novel. In examine Jung's theory, it is important to explore the roots of his epistemological theory to explain in the main character Alicia Berenson.

1.4.1 Theoretical Use

Based on the illustrations, the author argues that the shadow archetype theory is very appropriate to analyze the characteristics of Alicia Berenson as the main character in the novel *The Silent Patient* by Alex Michaelides. In theory, the author in this theme uses the theory of the archetype of Carl Jung. Then from Jung's theory, the author focuses on the shadow of Alicia who is the main character in the novel story *The Silent Patient*. In this case the author explains the collective

unconscious and uses personal experience to package the personality as a whole. He distinguished the collective unconscious into a drive for autonomy called Archetype (Carl Jung's theory). The features of archetypes cannot appear alone, shadows can be divided into several forms, mostly dreams and fantasies. The author uses Carl Jung's shadow theory in the novel *The Silent Patient* by analyzing the main character in the novel. Additionally, the research in this novel has not previously been researched using Carl Jung's theory especially the shadow archetype.

1.4.2 Practical Use

The writer plans to conduct research on the novel "The Silent Patient" by Alex Michaelides, specifically focusing on the archetype of the shadow as manifested in the main character, Alicia Berenson. The study employed the method of telling and showing to analyze the elements of the story and delve into the phenomenon of the shadow archetype. The main objective is to understand and describe Alicia Berenson's character in relation to Jung's theory of archetypes, with a particular emphasis on the shadow archetype. The author believes that exploring this theme will provide insights into behavioral issues and contribute to a deeper understanding of individual rejection. The research aims to be beneficial for readers, particularly English literature students interested in literary analysis using Carl Jung's shadow archetypes. Additionally, the study will elucidate the characteristics of Alicia Berenson's shadow in "The Silent Patient" novel.

1.5 Scope of the Study

This research has many areas and cases study that can be used as analyzed in the novel *The Silent Patient* by Alex Michaelides. But the writer focuses on the description of shadow archetype on the main character, Alicia Berenson. This research applies Jungian analysis as the theory and approach.