

CHAPTER TWO LITERATURE REVIEW

This chapter describes some research theories related to this writing so that it can be easier to support this research. In this case, the explanation related to the study explains the understanding of literary psychology, and the archetypes of Carl Jung shadow theory which are more related to this study, as well as some previous research that makes references to be better and influential to current research.

.2.1 Previous Study

In previous studies, several studies have been conducted related to this research. The authors analyzed previous research as a reference to explain the notion of shadow archetypes. In this case, the author can more fully explain the problem in the story of the silent novel *Patient*. Researchers provide an explanation to make it easier to analyze the main character Alicia Berenson in the novel *The Silent Patient* with a study of literary theory by Jung's about the meaning of shadow archetypes related to this study.

Magazen Kharisma Fitdausya's (2020) research, titled "*The Archetype of Shadow in A.J. Finn's The Woman in The Window*," explores the psychological challenges faced by the main character, Anna, in dealing with the problem of shadow archetypes in the novel. Drawing on Carl Jung's archetype theory, the author identifies six shadow archetypes manifesting in Anna's character, influencing her behavior and contributing to feelings of depression and stress. These archetypes include social anxiety, a reluctance to share problems due to trust issues, sexual deviant behavior, anger towards challenges, social interaction problems affecting Anna, and emotional neuroticism.

The analysis aligns with previous research using Carl Jung's theory, revealing similarities in the exploration of shadow problems. However, the current study differs in its focus on "The Silent Patient" novel as opposed to the previous research's use of "The Woman in The Window" as the data source. Despite these distinctions, both studies contribute to a deeper understanding of shadow archetypes in literature.

Ian Gusti Jantan Lagita Galang's (2021) research, titled "The Individuation Through Persona and Shadow on Sayaka Murata's Convenience Store Woman," aims to analyze how the main character shapes her personality in Sayaka Murata's novel. Focusing on Persona and Shadow in the context of archetype theory, the study delves into Keiko's character and her experiences in the novel. The analysis reveals five key processes: (1) Keiko's quiet demeanor since childhood, influenced by early-life challenges; (2) Keiko's discovery of happiness in identifying with the shop girl figure; (3) Keiko's struggles to get close to the shop girl, facing obstacles and opposition from close relationships; (4) Keiko's revelation of her true nature as a convenience store girl to the shop owner, showcasing her authentic self. The research utilizes shadow theory data from Carl Jung to explore Keiko's experiences and reactions to challenges, emphasizing the impact of her shadow archetype on her journey of individuation.

The third a thesis from Pretty Yulastika Putri Siregar (2022) "*The Analysis of Archetypal Image in Suzanna Collin's 'The Hunger Games' Novel*". This thesis explains the relationship between archetypes theory in *The Hunger Games*, a novel by Suzanna Collin. After the author analyzes there is a picture of the behavior of the characters in the novel. That researchers analyze persona and shadow tenure in their research. In addition, researchers reveal behavioral figures that contain shadows, but in the story more dominantly reveal the persona in the characters of *The Hunger*

Games novel. In addition, the author gets references to reveal shadow traits in a character in a novel through theoretical archetypes. In analyzing researchers describe a difference between persona and shadow through the character traits of Katniss Everdeen in *The Hunger Games*. The similarities between this study and previous research using the same theory from Carl Jung. Furthermore, the difference in analysis from previous studies is that the researchers delved into the explanation of archetype theory, especially in Persona and Shadow, but the authors in this study focused on character in shadow archetypes

The last journal is from Dewi Nurhayati, Daru Kuncara, Anjar Dwi Astuti (2022) entitled "*The Shadow Archetype of Emil Sinclair's Character in Demian Novel by Hermann Hesse*". This study explains the shadow archetype in the main character Emil Sinclair. This research is very helpful for the author to explain the meaning of the shadow that occurs in the main character in this novel. Researchers found that shadow theory not only explains the fear of someone, but losing someone in love can also cause stress and cause a person's dark shadow to appear after the events experienced by the character Emil Sinclair. This research has similarities in analyzing using qualitative descriptive and the theories used are also equally related to explaining the theory of shadow archetypes, while the difference between this research and the previous is using different novels so as to produce different stories and problems.

2.2 Jungian Archetypal Theory

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. According to (Suprpto, 2016) The human unconscious is found in the human mind and the unconscious can sometimes change a person's treatment of others so that they are not

aware if they have done something. The human unconscious can be referred to as the collective unconscious.

Each person consists of several archetypes that exist in a person's behavior. This pattern is explained in various forms. Actually this archetype is common to researchers about psychology, but sometimes rarely recognized. All these forms are symbols that need to be understood. Jung's theory explains that archetypes are always related to the past as well as the entire understanding of Jung's applied from generation to generation. In relation to human nature, it shows the original form of nature that the basic form of the archetype is a book understanding of the meaning of human behavior to the surrounding environment. In psychology, archetypes describe the behavior of human life, especially the positive and negative traits of humans. (Siregar, 2022) argues that archetypal criticism leads to the clarification of character images, signs, and themes that appear in literary works. Archetypes, on the other hand, have a different pattern of understanding of human nature found in many works of fiction. Therefore, the story is unrelated and somewhat confusing how similar the archetype patterns are despite having different plots, settings, and characters. The whole human archetype that an individual possesses forms the collective unconscious. Furthermore, selfishness arises in a person, but the one responsible for combining all personalities is commonly referred to as the self.(Jung, 2014). This means that a person's unconscious can be called an archetype when the storyline is confusing in setting, plot, and characters.

The structural elements of the collective unconscious by Jung are referred to as archetypes, these elements can be pictorial forms of instinct, because the unconscious shows itself to have no conscious thinking in the storyline as in dreams and fantasies, the process of conscious human

instinct reaction that is able to imagine happiness or fantasy. According to Pangestu & Julianti (2021), an archetype is a shape, symbol or sign that comes from the collective unconscious. While archetype is an explanation of the self that arises from the collective unconscious and can strengthen a person's personality. Moreover, human unconsciousness is the cause of neurotic and even psychotic disorders, which can have an impact on behavior such as performing actions of physical organs or human instinctive systems that are always ignored or persecuted (Jung, 2014).

2.3 Jungian Archetypes

Jung's archetype has a role in the instinct to dream dreams about happiness, but if happiness does not materialize then depression will appear so that the shadow on humans also grows. Jung examined himself in the study of archetypes from various research studies to construct detailed archetypal concepts. Jung defined archetypes as part of the anointed psyche as an early concept for developing psychological theories through the experiences of earlier times until his time Jung's theories were well known by researchers about the concept of human personality.

The concept of human personality describes the personality characteristics of a person obtained through his experience during the study of the individual person that are passed on to the next generation to be developed by researchers according to (Lamarck, 1744-1829). The term archetype was developed by Carl Jung, in Jung's terms archetype is defined as the first form of other similar concepts derived and described in the form of symbols. This form of pattern derived from the collective unconscious as a whole can be referred to as consciousness. In this context, archetypes are the development of ideas subsequently can be involved in the explanation of observed problem events (Carl Jung, 1968).

Another statements is from (Rizakiah et al., 2018) Arguing that Jung's explanation of the human unconscious became a force in itself called archetypes, his own personality theory had a major impact on archetypes in the form of unbelieved theoretical views and few have developed to the point where they can be conceptualized. On the other hand, the concept of archetypes can be applied in analyzing the nature of characters in a literary work such as in a novel, story, poem and drama (Di Yanni, 2007 in (Dharlie & Samanik, 2021). Therefore, the writer make summaries of archetypal images as follows:

2.3.1 Persona

Persona is a personality that is intended for someone to cover up their true nature, in this character is usually used to express characters in a drama art stage to conceptualize the form of persona signs on a characters. According to (Rizakiah et al., 2018) in Jung's concept of the persona that he conclude may be the concept of persona Jung was have come from experience with the personality.

Persona can be described as a happy trait that is revealed to the general public to mask its true nature, usually the form of facial expression of the persona can be expressed to always look happy. Then this symbol is interpreted as the second nature of humans when not in the general environment. In the analysis of a persona can't be seen with the eyes, but felt with the mind. In addition, the emergence of the ego in humans to get attention and be accepted into the community environment in order to become a person who can adapt and be accepted by the nature of the ego. Conversely, if the ego cannot be controlled then a rejection that will arise from society becomes self-assessment and is simply ignored by the surrounding environment (Galang, 2021).

2.3.2 Shadow

According to Jung (1968) the characteristics of shadow archetype it represented the darkness and depression that showing quality which never admitted its existence trying to hide it from ourselves and others. In others, the characteristics of shadow archetype it represented the darkness and depression that showing quality which never admitted its existence trying to hide it from ourselves and others. Although many archetypes appeared in the usual shadows, only a few got to the point where the shadows could be conceptualized.

According to Coster (2010), the archetypes of Jung's shadow archetypes can arise from a darkness of a person and rejection of the environment affects the nature of the shadow appearing. Therefore, shadows can also indicate fear of someone or the past and phobia of something that makes fear to control thinking patterns. Basically, shadows have positive and negative sides. The negative side of a shadow includes refusal to interact with someone and fear of believing in everything that people thinks is wrong. In addition, the past that arises is a rejection from ourselves. This is common in the instincts of the human subconscious mind. Human patterns of unconsciousness cause sexual desire, desire for power, anger, and fear (Jung, 2014).

The analysis Alicia character used shadow archetype, there are several characteristics such as Social Anxiety, Limiting Beliefs, Anger, Problem Associating with People and Neuroticism. The characteristic of social anxiety it can be called social phobia, this start with common problem during the teenage years or since it was child and overwhelming fear of social situations. According to Carl Jung (1970) said that Anxiety to socialize can be cured by

yourself when anxiety can be controlled with positive feelings. In other hand we want to explain the social anxiety personality, the attempt would build on the fact that archetype of the shadow, but from the analysis in the darkness of someone who cause anxiety for severe stress and effect of their daily activity's routine. Examples of the Shadow are found in character Alicia in *The Silent Patient* novel.

Based on the explanation about Alicia (2019), which is the Shadow by Alicia's character. Alicia's Shadow has been present since childhood and after the tragedies of her husband was killed by someone. In others, the characteristics of Shadow is Limiting Beliefs, Limiting Beliefs is The concept belief stops always have to be about yourself, Self-confidence has limited her to interacting with others because her trust has been lost after her husband Alicia was killed by someone, the influence of Alicia's dark childhood made her a quiet person, but after meeting Gabriel as her husband happiness appeared in Alicia's face, but her trust was lost after knowing the true story that her husband was killed by Theo Faber because he had had an affair with his wife. Not only have that, characteristic of shadow in the character in can called as anger. Anger is a natural response to feeling threatened and can trigger a fight or flight response which is necessary to our survival. In other, the character of Alicia's Shadow has characteristics Problems Associating with People. When Alicia has problem. Alicia who has problems interacting or socializing has excessive anxiety about anything. His daily life was filled with depression and anger. Therefore, Alicia when she can't control her anxiety will feel herself refusing to talk or make physical contact with someone who is nearby,

On the other hand, Shadow in Alicia's character also has characteristics Neuroticism. Neurosis, like all diseases, is a symptom of misalignment, caused by an obstacle, a weakness or a physical defect, a bad education, bad experiences and an inappropriate attitude. Then, from this characteristic more specifics to bad experience because after the tragedies she always silences and becomes individuation person. Jung referred to this archetypal shadow when Alicia spoke of the existence of evil. It is at this point that people often enter therapy, and in Jung's approach the analyst is in therapy just like the Silence.

2.3.3 Anima

Anima is the nature of a man who refuses to be a brave man. Usually the form of anima will show the nature of being loving to anything and doing things gently like women in general. Jung's explains that it is believed that anima comes from the experience of analyzing human character that occurs in a man, but it has resistance to traits that actually resemble female traits and Jung's calls them male anima symbols that show a general picture of female traits (Rizakiah et al., 2018).

2.3.4 Animus

The animus is the rejection side of female nature. Animus will affect changes that occur in women's nature, if women feel that they do not have a female soul such as makeup, then they will change their appearance like men in general. Women show themselves that they can be without men and do the habit like men to always work hard. This affects the human unconscious and the nature of women's refusal to change and believes that women can also be like men if they feel they don't like things like women's habits.(Singer, 1994). According to

Jung's animus explains the responsibility of being a woman, but the inner nature of women is to resist and choose to be like men do by working hard. (Rizakiah et al., 2018) argues that in the animus has a stubborn female trait and that this trait exists in men. Therefore, women who have critical thinking feel themselves capable of equalizing against men.

The male character that exists in women is called an animus. Jung's proves that every individual has a different trait, not necessarily all women have a male soul (Coster, 2010). Another statement Jung's state in (Yunara & Kardiansyah, 2017) The male character that exists in women is called an animus. Jung's proves that every individual has a different trait, not necessarily all women have a male soul.

2.3.5 Great Mother

Great mothers the concept of motherhood in a story character. The concept of mother is associated with the feeling of a mother to a child. Just like the mother gets an important role to take care of her child from small to large. Maternal love represents happiness, and even brings the opposite closer to evil, if on the other hand. Jung believed that mother's love would lead to evil if it exceeded the limit.(Rizakiah et al., 2018) In the archetype of the mother, this symbol describes the role of the mother in a character. Furthermore, a good mother's character will provide good affection for her child and the mother's role to provide education in childhood affects a clear future.

2.3.6 Hero

According to Jung's in (Rizakiah et al., 2018) Hero is a character that depicts a hero character and protects everyone from evil. Heroes are needed when needed to help solve problems. In addition, the hero archetypes can influence the audience to inspire to be the strongest, the role of the hero can have a good impact to influence someone to always help in difficult circumstances. Sometimes, one strong and good character can influence many people if represented in a movie. A superhero character in a movie can be characterized as someone who has superpowers.

The figure of the hero in a story character describes the role of the protagonist. Not only that, the hero archetype represents in the form of someone who is the strongest, but it can also be a hero archetype describing a hero who can be used as a role model. Sometimes, the word motivation of a heroes carries a very motivating meaning. Superhero characters have been made as characters who have their own characteristics. The impact of hero character archetypes that arise from the words of a hero can be analyzed for research.

2.3.7 Self

The self is an archetype that describes a feeling within oneself that feels perfect or different from others. The meaning of self in archetypes has the view that he is a character who is very influential on others (Jung: 1968). It means that the nature within oneself has the ability or power to influence others. Self-nature defines meaning in oneself or nature within oneself such as good qualities that appear in oneself or vice versa bad qualities that appear in oneself for This unconscious explains the human unconscious that someone is perfect (Wandansari & Yulistiyanti, 2020). It means the self-archetype encompassing conscious and unconscious

aspects of person represents the deep essence of an individual, symbolizes wholeness, integration, and the pursuit of individuation.