CHAPTER TWO
THEORETICAL REVIEW

2.1 Previous Study

In conducting this research, it is necessary to have prior research to assist the writer in conducting a research study. Thus, several previous studies with the same object and topic were chosen as a guide for researchers.

Writer	Title	Method, Approach & Theories	Finding
Ahadini (2021)	Inner Conflict faced by Marianne in Sally Rooney's Normal People	Descriptive qualitative; psychological approach; Freud's id, ego & superego; Kurt Lewin's inner conflict theories	Marianne resolved her inner conflict by accepting her situation, showing courage, avoiding certain aspects, and sometimes giving in to situations.
Ambarsari et.al. (2023)	The Personalities and Inner Conflict of Teachers in Three Modern Indonesia Novels Reviewed from a literary psychology perspective	qualitative; psychology approach; intrinsik and ekstrinsik	The teacher's personality and inner conflict was expressed in three modern Indonesian, namely the personality of high commitment, enthusiasm for work, sincerity in work, high ambition, patience, and firm convictions. based on a review of academic psychology is the inner approach-avoidance conflict and avoidance conflict, and approach-approach conflict
Maulidiyah et. al. (2019)	The conflict of main character in the novel faith and the city	qualitative: psychological approach: freud's psychology, inner conflict theory	inner conflict of the main character
Bulu (2018)	conflict analysis of the main character in short story	qualitative method	type and effect of conflict such as positive effect, negative effect
Humareoah	Psychological	Qualitative method;	internal and external

(2021)	Approach On Sacrifice Conflict Of Anna's Characters In The Novel "My Sister's Keeper"	inner conflict kurt lewin	conflict, according to the research. External conflict (man vs. man) comes from her family, while the main character's internal conflict (man vs. self) is a psychological struggle with her sister's stem cell donation and sacrifice.

The research conducted by Ahadini (2021) entitled *Inner Conflict faced by Marianne in Sally Rooney's Normal People* analyzes a psychological fiction novel written by an Ireland author. The main objectives of the study are identifying the type of inner conflict experienced by Marianne, identifying the factors causing the inner conflict experienced by Marianne and analyzing how Marianne resolves her inner conflict. The author adopts a qualitative descriptive approach to shed light on the various defense mechanisms portrayed within the narrative. This research uses psychoanalytic theory by Kurt Lewin. This study found that Marianne resolved her inner conflict through positive valences like acceptance and courage, negative valences such as avoidance, and neutral valances including giving in to situations she didn't want to partake in, all contributing to her decision-making process.

This research was conducted by Ambarsari *et.al.* (2023) entitled *The Personalities and Inner Conflicts of Teachers in Three Modern Indonesian Novels Reviewed from a Literary Psychology Perspective*. The purpose of this study was to analyze the teacher's personality and inner conflict in three Indonesian novels because the authors show the many inner conflicts experienced by teachers through the characters they create. The researchers employed a qualitative approach and relied on existing literature for the technical aspects of their study. The research primarily

employed psychology approach is used to analyze literature exhaustively, the extrinsic and intrinsic sides.. This reference proves to be highly beneficial in comprehending the common occurrences of inner conflict and the analytical process employed to investigate them. Furthermore, the utilization of the theory in this research will enhance my understanding of the analytical framework to be applied in my own analysis.

This research was conducted by Rizqi Maulidiyah, Muhammad Rohmadi, Kundharu Saddhono in 2019 entitled *The Conflict of Main Character in the Novel Faith and The City by Hanum Salsabiela Rais And Rangga Almahendra* the objective of this analysis is to is to describe and explain the inner conflicts of the main character in the novel. The research approach utilizes a qualitative research strategy that focuses on description and takes a Sigmund Freud approach to the psychology literature. The research methods and the theoretical framework employed in this analysis can serve as valuable references for future analyses.

This research was conducted by Maryana Bulu in 2018 entitled *Conflict Analysis of The Main Characters in Short Stories by Edgar Allan Poe* this study aims to describe the types of conflicts of the main characters in short stories by Edgar Allan Poe, describe the effects of conflicts of the main characters in short stories by Edgar Allan Poe. In this study, the researcher used the qualitative method to classify and analyze data taken from a Short Stories by Edgar Allan Poe. And after analyzing the results on the affected experienced by the main characters are: One datum of positive affect (enjoyment or joy, interest or excitement, and surprise or startle),

and fifteen data of negative affect (anger or range, disgust, dissmell, distress or anguish, fear or terror, and shame or humiliation). The references of this research really helped me in distinguishing some of the inner conflict that occurs by someone using theory and data collection that was carried out according to this research reference.

This research was conducted by Humaeroah in 2021 entitled *Psychological Approach On Sacrifice Conflict Of Anna's Characters In The Novel "My Sister's Keeper"*. The study adopts a psychological approach and analyzes the psychology of Anna about her sacrifice for her sister. This analysis uses qualitative research. The findings of the research discovered that the story contained a sacrificial conflict. The novel displays internal and external conflict, according to the research. External conflict (man vs. man) comes from her family, while the main character's internal conflict (man vs. self) is a psychological struggle with her sister's stem cell donation and sacrifice. This research reference serves as a valuable example of a well-structured study employing qualitative methods, which will inform the methodology to be used in my own research.

Some of these studies discuss the types of inner conflicts of the main character. Most of this research focuses on analyzing the main character's inner conflict. However, this study does not specifically refer to the use of psychological approaches. More research is needed to determine the difference in results between the use of psychological approaches in analyzing the inner conflicts of the main

characters. Therefore, to fill the gap, current research focuses on Kurt Lewin's use of psychological approaches and inner conflict theory.

2.2 Theoretical Framework

2.2.1 Psychological Approach

Literary works are a mirror of the soul. Literature reflects the individual in various deeds to achieve a desired desire. Literature is the inner world in another form. The inner world which in our unconscious phantasy each of us contains inside ourselves is one of those psycho-analytical concepts that most people find especially difficult to accept or understand (Riviere, 1952).

Literature cannot be separated from the psychological context, and vice versa, psychology is also inseparable from literature (Ahmadi, 2019). In the context of literature, literary psychology uses a psychological perspective to analyze characters, motivation, and behaviors in literary works. The psychological approach is a perspective that believes that literary works always describe the events of human life. The psychological approach describes the influence of psychology in literature, which is influenced by the work of Sigmund Freud.

There are three aspects of human personality that are structured in a tripartite model, namely the id, ego, and superego. All three develop at different stages in our lives and interact with each other to shape behavior and have a significant impact on an individual's personality (Freud, 1923).

1. **Id**

The id is the part of the personality that is formed from birth and is located in the deepest layers of the unconscious. When a child tells his parents, "I'm going to smash you with a cement truck," it means he's expressing his most basic desires. These desires are rarely fulfilled immediately, and most of them remain unconscious as we grow up (Freud, 2002). The id represents unconscious, basic instinctive drives, such as biological desires, impulses, and strong urges. It operates on the principle of pleasure (Freud, 1920), which means always seeking the fulfillment of desires without regard for consequences or moral considerations, which means always seeking the fulfillment of desires without regard for consequences or moral considerations.

2. **Ego**

That part of the mind which is most conscious of self. The ego runs on the principle of reality. The ego, according to Freud's theory, is a part of the personality that functions as a mediator between the demands of reality from the outside world, the needs of the pleasure-oriented id, and the moral standards of the superego. The ego plays a role in finding the most effective way to fulfill the id's desires within the limits of acceptable reality. The ego represents what may be called reason and common sense, in contrast to the id, which contains the passions. In its relation to the id it is like a man on horseback, who has to hold in check the superior strength of the horse; with this difference, that the rider tries to do so with his own strength, while the ego uses borrowed forces (Freud, 1920, p. 31). Its means the ego as the part of the personality that uses intellectual and logical forces to control impulses

unconscious of the id. The ego functions as a controller that tries to balance desires. The ego is the part of the personality that makes decisions based on reality and considers the consequences. These are basic drives (ids) and moral rules (superegos). For example, when the id wants something, the ego will think about whether it is worthy or possible to get it, as well as whether it is right or wrong. So, the ego helps us act according to the situation and the values held.

Ego desires are organized desires and are best exemplified by the type of desire that we often exhibit. For example when we get mad at dad because of something he said to us id hope maybe that you want to hit him and really hurt him. The superego's hope may be that we love our parents and hitting them is wrong, and Dad, being your example, never hits people. The ego's desire may be for you to love your father, even though he has hurt with his words.

3. **Superego**

The superego is the moral and ethical force of character (Freud, 2002). The superego is a part of the personality that develops in the later stages of development, usually in childhood. According to Freud, the superego reflects the internalization of moral values, rules, and norms taught by parents and society, which work as the filter to oversee and block the pulse (Dina 2021). The primary function of the superego is to uphold moral and ethical standards, as well as to control and suppress instinctive impulses of the id that conflict with those values. In this case, the superego acts as an internal watchdog that ensures the behavior of the individual in accordance with the social and moral norms espoused in society. By using a

psychological approach, we can identify the causes of inner conflict, understand the mechanisms involved, and develop effective management strategies to overcome the inner conflict.

2.2.2 Inner Conflict Theory

Conflict is two great opposing forces that occur within the individual (Lewin, 1997). According to Sigmund Freud, inner conflict arises due to the opposition between the three main structures of personality, the id, ego, and superego. The id is driven by basic instincts and desires, seeking immediate gratification according to the pleasure principle. The ego, governed by the reality principle, attempts to mediate between the unrealistic demands of the id and the external world. The superego represents internalized societal norms and morals, often imposing restrictive rules on behavior. The constant tug-of-war among these three components creates inner conflict, leading to psychological tension and anxiety. The conflicts between the demands of the instinctual impulses, which seek satisfaction, and the constraints of the ego and superego, which aim for repression, are the sources of inner conflict (Freud, 1920). It means that inner conflict occurs because of the tension between the three components of the id, ego and superego. Instinctive drives seeking instant gratification often conflict with reality and the moral norms that govern our behavior. As a result, individuals experience stress and anxiety from having to constantly navigate and balance these conflicting needs.

Conflict in a fictional story is a situation where there is tension or conflict between two forces, a conflict experienced by one character internally, or a conflict between

two different characters (Nurgiyantoro 2015). Conflicts in novels can psychologically affect the behavior and character of characters. Inner conflict is a conflict that arises within a character. This conflict is also known as psychological conflict because it involves the character's struggle with himself to solve or overcome a problem or situation he faces (Nurgiyantoro, 2015). Internal conflicts also often reflect conflicts between conflicting desires, values, or emotions within the character. In the process, the character must overcome this opposition to reach a resolution or a better understanding of himself. This inner conflict is often one of the important elements in developing character characters and adding complexity to the story.

According to Kurt Lewin conflict can take many forms.

1. Approach - Approach

A type of conflict that occurs when a person is faced with two interesting or favorable choices or situations. The approach-approach conflict, as described by Kurt Lewin, occurs when an individual is faced with two appealing choices or situations. This type of conflict is generally less stressful than other types of conflicts (like avoidance-avoidance or approach-avoidance) because both options have positive aspects. However, it still involves hesitancy and difficulty in making a decision because choosing one option means going for the benefits of the other.

For example, consider a person who has tickets to two different concerts by their favorite bands on the same night. Both concerts are highly appealing and promise an enjoyable experience, but the individual can only attend one. This scenario

creates a conflict because the person is equally drawn to both options but must make a choice, leading to decision and potential regret over the option not chosen.

In an approach-approach conflict, the individual is torn between two attractive goals. The decision-making process involves hesitation as each goal presents a desirable outcome, leading to a struggle in making a choice (Lewin, 1935, p. 135).

2. Approach – Avoidance

Kurt Lewin identified the approach-avoidance conflict as a situation where an individual is faced with a single choice or goal that has both attractive and unattractive aspects. This type of conflict creates ambivalence because the person is simultaneously drawn to and repelled by the same choice. The closer one gets to the decision, the stronger the avoidance tendency becomes, increasing anxiety and stress.

For example, consider an employee who is unhappy with their job due to a toxic work environment but is also afraid of the uncertainty that comes with searching for a new job. The job offers financial stability (approach) but comes with significant emotional and psychological distress (avoidance). This duality makes decision-making challenging and can lead to significant emotional distress.

In an approach-avoidance conflict, the individual is drawn to and repelled by the same goal. The closer they get to the goal, the stronger the repulsion becomes, leading to increased tension and difficulty in decision-making. (Lewin, 1935, p.

135). This conflict can cause anxiety and stress because people have to choose between two options that each have a negative outcome. These difficult decisions can lead to dissatisfaction and emotional distress.

3. Avoidance - Avoidance

According to Lewin, this conflict occurs when two choices do not have one goal (Alwisol 2014). types of conflicts that individuals might face, one of which is the avoidance-avoidance conflict. This type of conflict arises when a person is confronted with two equally undesirable options. The avoidance-avoidance conflict involves a situation where the person must choose between two negative outcomes.

For example, consider a student who dislikes both studying for an upcoming exam and facing the consequences of failing the exam. Both choices are unattractive: studying is tedious and stressful, while failing would have negative academic repercussions. This creates significant psychological stress as the individual feels compelled to choose between two evils.

Kurt Lewin described this type of conflict in his discussions on field theory, noting the psychological tensions that arise when individuals must navigate between competing negative forces. In an avoidance-avoidance conflict, the individual is caught between two repelling forces, each leading to an undesirable goal. This situation creates significant psychological tension as the individual seeks to avoid both outcomes but must choose one (Lewin, 1935, p. 135).