

CHAPTER II

LITERATURE REVIEW

In this chapter, the writer will review psychoanalysis theory of Sigmund Freud in order to support the writer in composing this research. This chapter is organized into eight subchapters. First subchapter gives a brief biography of Sigmund Freud, the theorist who developed psychoanalysis and followed by his several theories in psychoanalysis. Third subchapter is delivered to give a deeper understanding of Freud's theory of the three parts of the psyche: *id*, *ego* and *superego*; also drives, anxiety, and defense mechanisms theory. Fourth subchapter provides information of the theory of anxiety and followed by his theory of dreams. Sixth and seventh subchapters provide the information of awards that have been received by the novel and the background information of Stephenie Meyer, the author of *The Host*. And the last subchapter is the theoretical framework of the study.

2.1 Psychoanalytical Criticism

Sigmund Freud, the father of psychoanalysis, was born on May 6, 1856 in Freiberg, Moravia (now Pribor, Czech Republic) and died on 23 September 1939 in Hampstead, London, UK. His system of psychoanalysis was the first formal theory of personality and is still the best known. His theory has been the most influential to personality theory than by any other individual (D. Schultz & S. Schultz, 2005, p. 46). Freud's greatest contribution to personality theory is his exploration of the levels of the mind and the drives that motivate us to behave in certain ways. He also defined the unknown danger that comes from within as the

anxiety. In protecting ourselves from the anxiety, our minds often use what he called as defense mechanisms (G. Feist & J. Feist, 2008, p. 22-50)

In developing his theory of psychoanalysis, Freud often related it to art in general and literature in particular. Many of the elements of psychology he described and explained are present in the literary works of various ages and cultures. For example, in the two well-known literary works *Oedipus Rex* (Sophocles, 429 BC) and *Hamlet* (Shakespeare, 1599-1602), Freud analyzed their oedipal elements and the effects the plays had on their audience (Tien, 1990, p. 1). Many of the Freud's psychology elements are present in the twenty-first century novel. These elements will probably inform the discourse of the novel as well. Therefore, by understanding human psychology we can appreciate literature on a new level (Murfin, 2006, p. 503).

2.2 Levels of Mental Life

The division of mental life into the conscious and unconscious is the foundation of psychoanalysis. The division enables psychoanalysis to understand the processes inside a mental life. Freud divided the mental life into two levels: unconscious and conscious. *Unconscious* is latent and capable of becoming conscious. This level consists of very powerful mental processes or notions which can hugely affect someone's inner life but remain unconscious even though their effects may become conscious as notions. *Conscious*, on the other hand, is a notion that tends to be conscious one moment, then no longer conscious the next even though it can easily become conscious again in certain circumstances (Freud, 2003, p. 97-98).

There are two forms of *unconscious*: the latent but capable of becoming conscious and the one—which is not spontaneously capable of becoming conscious—that consists of the repressed. For the latent component, Freud used the term *preconscious* while the term unconscious is used for the repressed one. Freud assumed that *preconscious* is much closer to the *conscious* than the *unconscious* (Freud, 2003, p. 98).

2.3 Three Parts of the Psyche

During 1920s, Freud introduced three apparatus of the mind to help him explaining the mental images according to their functions or purposes. The most primitive part of the mind is id and it is completely unconscious. The second part is ego in which this apparatus is active across the conscious, preconscious and unconscious. The last part is superego and it is both preconscious and unconscious. These three apparatus are interacting with the levels of mind so they can emerge into the conscious, preconscious, and unconscious (Freud, 2003, p. 97-98).

2.3.1 Id

Id is all about passions. It consists of unknown and uncontrollable forces. Id does not have direct contact with real world because it exists in the unconscious. Id cannot be changed, amoral, and asocial because it would lead to any kind of destructions to satisfy its impulses for pleasures without concerning the social conventions, legal ethics, or moral restraints. In other words, id cannot

make a decision based on moral values or differentiate between good and evil (Freud, 2003, p. 104).

Its function is to fulfill the primal life principle which Freud called it as *pleasure principle* (Freud, 2003, p. 105). Freud believed that id is operating as the primary process and relying to the secondary process that runs by the ego in order to connect with the outside world (Freud, 2003, p. 76). Id is the vital core of our human including our animal being because it expresses the primal, basic, ultra primitive of psychic life. The life begins in id, as for children they are all motivated by the id. The life of id is closer to the life of primitive man that recognizing libido as the basic life-force (Freud, 2003, p. 103)

2.3.1.1 Drives

Freud used a German term *Trieb* to refer to drives or stimulus in a person. The term is more accurately rendered as *drives* or *impulses*. These drives originate in the id, but they are under the ego's control. Freud named the sex drives as *libido*, as for energy and aggressive drives he did not name them (G. Feist & J. Feist, 2008, p. 31). He described sexual drive as love whereas destruction drive as hate (Freud, 2003, p. 114).

1. *Sex*

Freud believed that the entire body is invented with libido. The aim of sexual drive is pleasure, but the pleasure is not centered only on genital satisfaction because mouth and anus are also capable of producing sexual pleasure. And he believed that all pleasurable activity is traceable to sexual drive. Genital,

mouth and anus are known as erogenous zones (G. Feist & J. Feist, 2008, p. 32). As Freud demonstrated, the Eros or sexual drives pursue the goal of maximizing the complexity of life (Freud, 2003, p. 114).

2. *Aggression*

The aim of aggression is self-destruction. The aggression drives are flexible and appear in many forms such as teaching, gossip, sarcasm, humiliation, humor, and the enjoyment of other people's feelings. The battle between life and death impulses happen throughout the lifetime, and they frequently create *anxiety* (Freud in G. Feist & J. Feist, 2008, p. 33). The aggression or death drive has a task to cause animate organism to an inanimate state (Freud, 2003, p. 114). The dangerous death drives are dealt with in a variety of ways within each individual. Some of them are neutralized by diffused it with erotic components whereas the others are deflected into the outer world in the form of aggression (Freud, 2003, p. 124)

2.3.2 **Ego**

Ego, or I, is the only psychic zone which has contact to reality and it becomes the only source to communicate with the external world (Freud in G. Feist & J. Feist, 2008, p. 29). As the only part of psychic zones which connects to the real world, ego has an executive part in the decision making process of a personality because it controls the ways to activity. The ego main function is to control the pathways of activity and it represents what may be called as reasons and calm considerations (Freud, 2003, p. 104). Although a large portion of ego is

unconscious but consciousness attaches to the ego. In other words, ego consists of what we think as the conscious mind (Freud, 2003, p. 99).

While the id functions to fulfill the *pleasure principle*, the ego is controlled by *reality principle* which tends to replace the pleasure principle of id (Freud, 2003, p. 105). Though the ego lacks the strong vitality Freud believed ego is able to restrain the strong and pleasure-seeking impulses of id, but, some time ego also fails to take control. When it comes to deal with the impulses, the ego does two things: puts up with them or seeks to fight them through the process of repression (Freud, 2003, p.107)

While the id produces the driving power, the ego takes control in order to reach the desired goal. The ego is located on the border between the world and the id. Its function is to mediate between them so the world matches the wishes of the id (Freud, 2003, p. 125). The ego has two functions in fulfilling its duty to the id. The first function is to watch the external world and assess the most harmless opportunity in dealing with id urges. The second function is to persuade the id in order to substitute its urges (Freud, 2003, p. 105).

Ego does not have its own strength and only rely to id's energy. Even though ego relies on id, it regulates the instinctual drives of the id so that they may be released in nondestructive behavioral patterns. In performing cognitive and intellectual function, ego should choose between a series of illogical and contradictory demands of id with superego. Being in the middle of id and superego causing ego to emerge a reaction called *anxiety*. In protecting itself and overcoming the anxiety, ego uses what called as *defense mechanisms* (G. Feist &

J. Feist, 2008, p. 29). When we are sleeping at night, the ego works as a dream sensor. The ego is also the source of repressions that are intended to exclude certain impulses from inside and outside the consciousness area (Freud, 2003, p. 99).

2.3.2.1 Defense Mechanisms

In the time of his collaboration with Josef Breuer, Freud was interested in the ways human protect themselves from their own mental activities. Freud used the term “defence” for the ways we keep our own thoughts out of awareness. Defenses occur automatically in response to inner situations of danger (Smith, 1999, p. 86).

1. Repression

The most basic defense mechanism is *repression*. Every time the ego is threatened by id impulses, it protects itself by repressing those impulses into the unconscious. The impulses and desires that a human being will consciously process will be rejected by another before they enter consciousness (Freud, 2003, p. 43).

Freud (cited in Feist, 2008) believed that there are several possibilities that could happen after the impulses were rejected. First, the impulses remain unchanged in the unconscious. Second, the impulses create more anxiety by forcing their way to consciousness. The third, the most common possibility, the undesired impulses are expressed in disguised forms (p. 35).

Repression involves three moments. Primal repression is a simple turning away from the offending thought. Repression proper (after pressure) involves setting up secure ideas into the repressed ideas. And the return of the repressed is the tendency for repressed ideas to restate themselves in different forms: dreams, slips, symptoms and so on (Freud in Smith, 1999, p. 87).

2. Denial

This defense mechanism is primitive and potentially unsettling. Denial involves denying the existence of an external threat or traumatic event. Freud believed that denial plays important role in fetishism and religious belief (Smith, 1999, p. 87).

3. Reaction formation

A defense mechanism in which a repressed impulse becomes conscious through adapting a disguise opposite from its original form is called a reaction formation. An example can be seen from a woman who hates her mother but pretends to love her because society demands affection toward parents. To avoid the anxiety, the woman disguises her hatred into an exaggerated act of love toward her mother (Freud in G. Feist & J. Feist, 2008, p. 35).

4. Displacement

Freud (cited in G. Feist & J. Feist, 2008) believed that in another defense mechanism, displacement, people can redirect their undesired impulses toward a variety of people or objects so the original impulses are disguised or

concealed. For example, a girl who is angry at her boss may displace her anger to other objects such as her friends, family or maybe her pets (p. 36).

5. Rationalization

Rationalization is a defense mechanism that reinterpreting our behavior to make it seems more rational and acceptable for us or in other words is self-justification (D. Schultz & S. Schultz, 2005, p. 60).

6. Fixation

In the time a human went to further development then the anxiety will become more provoking than before. To cope with this anxiety, the ego may react to stay at the present. This defense mechanism is called fixation (G. Feist & J. Feist, 2008, p. 36).

7. Regression

When the libido has passed a developmental stage, for some reasons it will be back to the earlier stage. Through this defense, the person regresses to an earlier period that was more pleasant and free of frustration and anxiety. Under an extreme a person may just be in bed all day, well covered from the threatening world or as Feist (2008) stated this as adopting fetal position (p. 36). Freud described regression as the sense of longing for the mother, or the sense of being overwhelmed by the present (Freud, 2003, p. 18).

8. Projection

Projection is a term that Freud adapted from neuroscience (Smith, 1999, p. 88). Projection defense mechanism happens when internal drives provoke too much anxiety, the ego may reduce the anxiety by delivering the undesired drives to another person. Projection can be defined as seeing others unacceptable feelings but the feelings are actually located in one's unconscious (Freud in G. Feist & J. Feist, 2008, p.37).

9. Introjection

This defense mechanism works when the ego directs the undesired impulses to external objects. Introjection takes place when a person adopts positive qualities of someone else into their own ego. The introjections will provide the person a self-worth sense and reduce the feelings of inferiority (G. Feist & J. Feist, 2008, p. 37).

10. Sublimation

Sublimation is the repression of the genital aim by substituting a cultural or social aim. In other words, it is a process where the object-libido is substituted by a different goal far from sexual gratification (Freud, 2003, p. 43). One example of sublimation: Freud believed that the art of Michelangelo such as painting and sculpting are an indirect outlet of his repressed libido. Defense mechanism is normally beneficial for individual and harmless for society but sublimation is an exception, because it usually benefits for both individual and society (G. Feist & J. Feist, 2008, p. 38).

2.3.3 Superego

The last part of a personality is superego. Superego or ego-ideal as Freud called it is all about morality, religion and a social sense in which we live in or something that our parents have taught us (Freud, 2003, p. 112). According to Freudian psychology, the superego is controlled by moralistic and idealistic principles. Superego does not have contact with external world so its demands toward perfection become unrealistic (Freud in G. Feist & J. Feist, 2008, p. 30). The main function of superego is to decide whether or not the actions fit into the ethical or moral values in the community we live in. Superego is always in close touch with the id and can act as its representative in relation with the ego. The superego is therefore a mental organ that is responsible for morality (Freud in Smith 1999, p. 83).

There are two subsystems of superego, conscience and ego-ideal. Conscience is a part of superego that emerges from the punishments that we received for bad behaviors, on the other hand, ego-ideal emerges from the rewards we receive for good behaviors (Freud, 2003, p. 110). Hypothetically, Freud drew the relation between id, ego and superego within three different personalities. A healthy personality is psychologically dominated by the ego. The personality who always seeks pleasure is dominated by the id. The last personality who is dominated by superego is a weak and inferior personality because the ego cannot control the demands of id and superego (Freud in G. Feist & J. Feist, 2008, p. 30-31).

2.4 Anxiety

Anxiety can only be produced and felt by the ego, but the id, superego, and external world are involved in one of three kinds of anxiety: *neurosis*, *moral* and *realistic*. Freud (cited in Smith, 1999) believed that anxiety is a response of the ego to perceived danger. The ego's dependence on the id causes neurotic anxiety while the ego's dependence on the superego creates moral anxiety, and the ego's dependence on the external world produces realistic anxiety (p. 85).

Neurotic anxiety exists in the ego but originates from id impulses. A neurosis is often the result of ego-id conflict. This kind of anxiety appears from an unknown danger, for examples people may experience it in the presence of a teacher, employer, or some authority figures (Freud in G. Feist & J. Feist, 2008, p. 34). A second type of anxiety, moral anxiety, emerges from the conflict between ego and superego. This anxiety results from the failure to behave consistently with what they consider morally right. The tension between what superego demands and what the ego actually does is experienced as guilt feeling (Freud, 2003, p. 112). The last type of anxiety, realistic anxiety, is related to fear. Fear involves a possible danger and nature danger (Freud, 2003, p. 60). We may experience nature danger if we start to lose control of a vehicle we are driving in (G. Feist & J. Feist, 2008, p. 34).

2.5 Dreams

Freud, as cited in Schultz (2005), believed that dreams represent repressed desire, fears and conflicts in form of symbol. When the feelings have been repressed so strongly, then they can only surface in disguised form during sleep.

He distinguished two aspects of dreams, the manifest content and the latent content. The manifest content refers to the actual events in the dream, whereas the latent content is the hidden symbolic of the dream's events (p. 70).

Freud's (2003) basic assumption of dream analysis is that nearly all dreams are wish fulfillment. Some wishes are expressed through the manifest content but mostly are expressed in the latent content. Those wishes in the latent content dreams can only be uncovered by dream interpretation. For people who suffer traumatic neurosis, the dream-function is thrown into disarray and distracted from its proper purposes so the dreams are not wish fulfillment (p. 61).

Traumatic neurosis is a condition resulted from severe life-threatening incidents. Through their dreams, these people who suffer from traumatic experience are repeatedly taken to the situation of their frightening or traumatic situation and when they awake the sense of fright will be renewed. The fact that the traumatic experiences can repeatedly attack the patients during sleep proofs that they have made a deep impression on the patients (Freud, 2003, p. 60).

In his book *Interpretation of Dreams* (1900, trans. 2010), Freud divided the sources of dreams into four categories: external (objective) sensory excitations, internal (subjective) sensory excitations, internal (organic) somatic stimuli, and purely psychical sources of stimulation. The external sensory stimuli are the stimuli that can affect the sleeper such as a strong light, a noise, and certain kind of smell. The subjective sensory stimuli are different from the objective stimuli because they are independent from external events. The subjective stimuli are coming from the subjective sight and hearing during the

waking state. The other sources of dreams are coming from inside organism. The painful sensations from unhealthy organs can be the internal (organic) source of dreams. And the last stimuli that come from people experience during the day are the psychic sources of excitation (p. 55-73).

Freud believed that dreams are formed in the unconscious but forced their way into consciousness. In order to become conscious, dreams must past the primary and final censors. During sleep, these two censors force the unconscious material to adopt a disguised form. The disguised form operates in two basic ways: condensation and displacement (G. Feist & J. Feist, 2008, p. 50).

2.6 *The Host*

The Host is a science fiction, romance, thriller, dystopian novel written by Stephenie Meyer. This novel was published in 2008 before its film adaption was released in 2013. This novel debuted at No. 1 on *The New York Times* bestseller list and remained on the list for 26 weeks (*Entertainment Weekly*, 2008). It also spent more than 36 weeks on *Los Angeles Times* bestseller list (*Los Angeles Times*, 2009). The novel was #1 on Mclean's Magazine's list of 10 top-selling fiction books in Canada (E. George, The Canadian Press: "Careless in Red", n.d.).

In the future, the world is controlled by aliens who live inside human bodies. When Melanie Stryder, one of the few remaining humans, is captured by the aliens, she thinks she meets her end. Wanderer, the invading "soul" who has been given Melanie's body, was warned about the emotions, senses and memories inside human. Wanderer faces one unexpected difficulty: the former soul of the body is refusing to disappear from her own mind. After months seeking

information of Melanie's family, Wanda becomes affected of her. Their thoughts often confront each other to decide what is best for them. This confrontation often brings Wanda to dilemma between behaving in a way she desires and following Melanie's orders and requests.

2.7 Stephenie Meyer

Stephenie Meyer was born December 24, 1973. She is an American young-adult fiction writer and film producer. Meyer graduated from Brigham Young University with a bachelor's degree in English. She is a stay-at-home wife and mother of three sons who lives in Phoenix, Arizona with her husband and sons (StephenieMeyer.com).

Her first novel, *Twilight*, was first published in 2005. After the publication of her first novel, *Twilight*, booksellers chose Stephenie Meyer as one of the "most promising new authors of 2005" (*Publishers Weekly*). Meyer was named as the bestselling author of 2008 and 2009 in America (*USA Today*, 2009). On May 6, 2008, Little, Brown and Company released *The Host*, Meyer's highly anticipated novel for adults which debuted at #1 on *The New York Times* and *Wall Street Journal* bestseller lists. *The Host* still remains a staple on the bestseller lists more than a year after its debut (StephenieMeyer.com).

Meyer admitted that *The Host* was inspired by absolute boredom occurred when she was driving from Phoenix to Salt Lake City. During the long ride she was telling herself stories to keep herself from going insane, and that was when *The Host* started (Hachettebookgroup.com).

2.8 Theoretical Framework

This study will be conducted using Sigmund Freud's theory of psychoanalysis to investigate the contestation between id, ego and superego in Stephenie Meyer's *The Host*. This theory will be used to analyze the battle between two personalities in the story, Melanie and Wanda, who try so hard to work as one individual. The investigation of the contestation of id, ego and superego will be taken from Wanda's dialogues with Melanie, their anxieties, and their behaviors toward people around them.