THE ANALYSIS OF PSYCHOLOGICAL PROBLEM OF THE MAIN CHARACTER IN THE NOVEL *THE GIRL ON THE TRAIN* WRITTEN BY PAULA HAWKINS

Presented as a partial fulfillment of the requirement for the Undergraduate

Program

By :

Allessandra Margaretha Zebua

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ENGLISH DEPARTMENT

FACULTY OF SOCIAL SCIENCES AND HUMANITIES

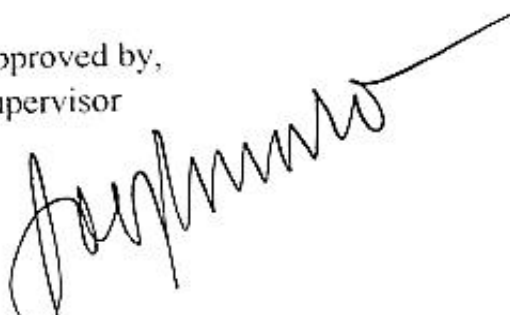**BUDDHI DHARMA UNIVERSITY**

TANGERANG

2021

FINAL PROJECT PROPOSAL

Name : Allessandra Margaretha Zebua

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Faculty : Social Sciences and Humanities

Study Program : English Literature

Final Project Title : **The Analysis Of Psychological Problem Of The Main Character In The Novel** *The Girl On The Train* **Written By Paula Hawkins**

The Final Project Proposal has been approved.

Tangerang, August 16th, 2021

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FINAL PROJECT APPROVAL

Final Project Title : **The Analysis Of Psychological Problem Of The Main Character In The Novel *The Girl On The Train* Written By Paula Hawkins**

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RECOMMENDATION FOR THE ELIGIBILITY OF THESIS EXAMINATION

The Undersigned,

Name   : Dr. Lilie Suratminto, MA

Position   : Supervisor

Certifies that

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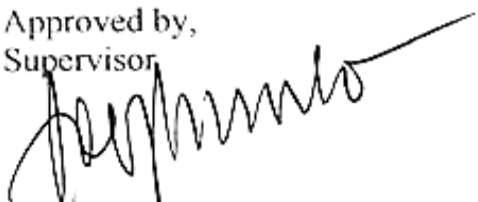
Faculty   : Social Sciences and Humanities

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Title of the Thesis   : **The Analysis of Psychological Problem of The Main Character In The Novel** *The Girl On The Train* **Written By Paula Hawkins**

is eligible to take the thesis examination.

Tangerang, August 16ᵗʰ, 2021

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THE BOARD OF EXAMINERS

Name   : Allessandra Margaretha Zebua

Student Number   : 20170600001

Faculty   : Social Sciences and Humanitioes

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Final Project Title   : **The Analysis Of Psychological Problem Of The Main**
                            Character In The Novel *The Girl On The Train*
                            Written By Paula Hawkins

This thesis has been examined by the Board of the Examiners on August 30, 2021

Name of Examiners :   Signature

1. Examiner I   : **Irpan Ali Rahman S.S., M.Pd**
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STATEMENT OF FINAL PROJECT AUTHENTICITY

I declare that this final project is my own writing. It is true and correct that I do not take any scholarly ideas or work from others. That all cited works were quoted in accordance with ethical code of academic writing.

Tangerang, August 16th, 2021

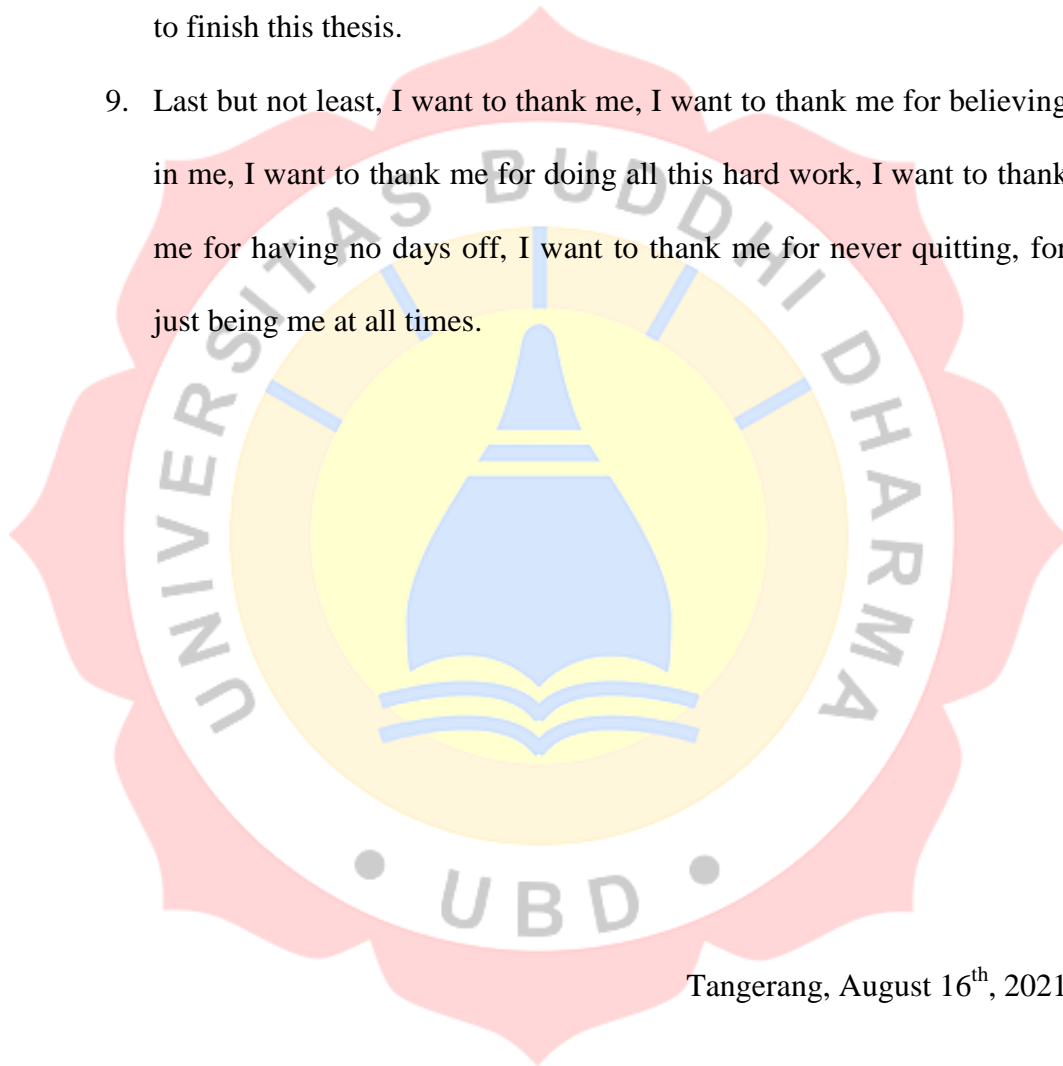**Allessandra Margaretha Zebua**

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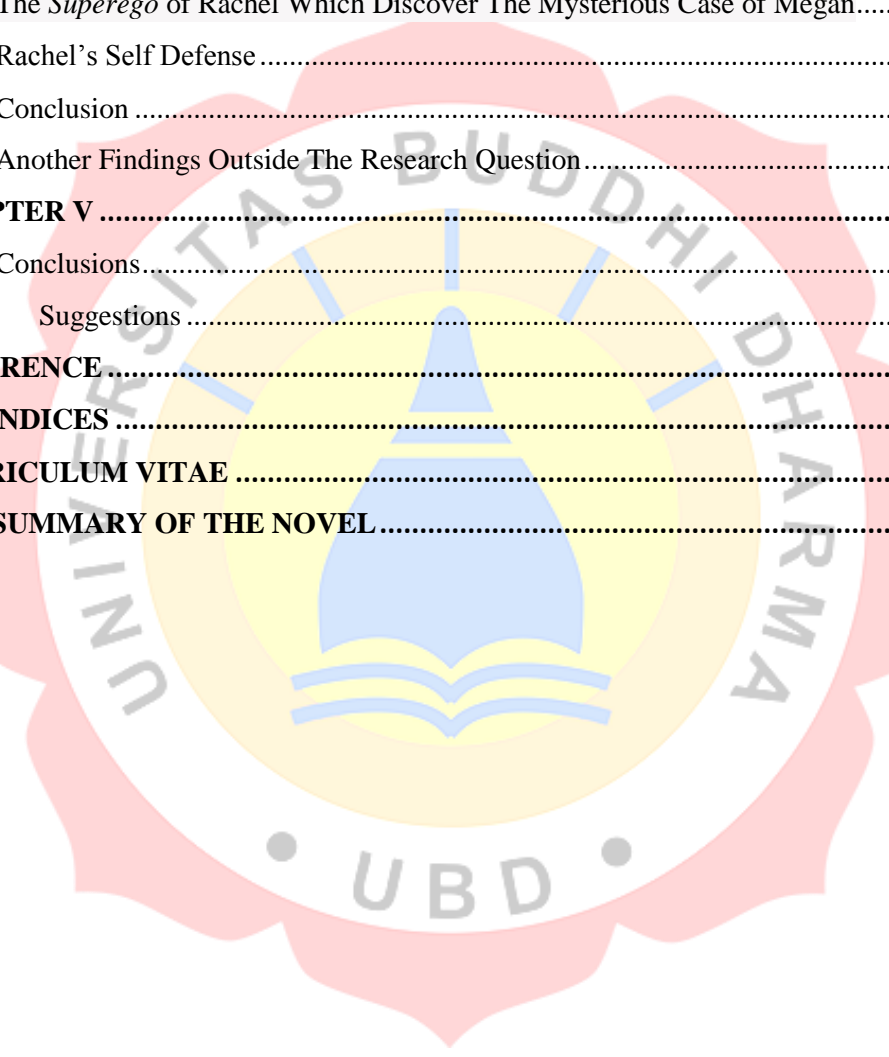**Allessandra Margaretha Zebua**

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ABSTRACT

This study is aimed to describe how *id*, *ego*, and *superego* influenced the main character's mindset and behavior in the novel *The Girl On The Train* written by Paula Hawkins and published in 2015. The writer applied qualitative approach to interpret the data descriptively. The writer took the data from narrations and dialogues in the novel. In understanding it, the writer read the novel to comprehend it. In addition, she also did internet browsing to find relevant additional information. The Goal of this research is to gain information and knowledge such the role of psychoanalysis theory in analyzing the characterization of the main character. The function of this thesis is to make the reader understand the role of psychoanalysis theory in analyzing the main character. The writer analyzed the main character of the novel named Rachel who had an Alcohol Use Disorder. In this regard, she employed Sigmund Freud's theory of psychoanalysis *id*, *ego*, and *superego* since she analyzed the personality of the main character. The theory has helped her to analyze the data. The research findings show that the main character of the novel, Rachel, had obsession to an alcohol. She was an alcoholic that makes her unstable and can not think clearly. However, she wanted to release her bad habit by making appointment with a therapist, Kamal Abdic. The research findings also show that curiousness of her discovered the mysterious case of murder. She felt that she had to the right thing to uncover the case. And she finally could do it even with her struggle against her desire of alcohol, her obsession to her ex husband, and her hard work to makes things right. Hence, it is concluded that alcoholism has gave the bad effect of the main character in the novel and the *id*, *ego*, and *superego* have played an important role in her personality.

Keywords : *novel, alcoholism, psychoanalysis, murder, Sigmund Freud*

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CHAPTER I

Introduction

1.1 Background of Study

Literature is part in our life. Many aspects contain literature. Especially in education, literature is an important thing. It is the way how we express the aesthetic value of something, including written work such as song lyrics, poem, et cetera. The procedure of literature itself is written. In this work of paper, the writer will write the result of the expression through a theory. to learn more about what literature is, here are some explanation from the experts.

Greil Marcus and Werner Sollor in 2009 claimed that literary can be interpreted not only written but by what is voiced, expressed, invented in any form. The one who has interest in literature or people who work in literature, basically represent their life in literary works. Literature represents a language or a people: culture and tradition. But, literature is more important than just a historical or cultural artifact (Pradopo. 1994: 26-27). Literature introduces us to new worlds of experience means that the literary work in an immediate part of the literary environment, the aggreagate of all the socially active literary works of a given epoch and social group. From a strictly historical point of view the individual literary work is a dependent and therefore actually inseparable element of the literary environment (Morris, 2005: 81). The writer assume that literature is an art of work which is important to understand the meaning of a work.

One of an example of literature is novel. Novel based on *Merriam-Websterdictionary.com* is an invented prose narrative that is usually long and complex and deals especially with human experience through a usually connected sequence of events. The novel is a genre of fiction, and fiction may be defined as the art or craft contriving, through the written word, representation of human life that instruct or divert or both. According to Margaret Doody (1997), novel constitutes a continuous and comprehensive history of approximately two thousand years, originating from ancient Greek and Roman novels. Some, including M. H. Abrams and Walter Scott, have argued that a novel is a fiction narrative that displays a realistic depiction of the state of a society, while the romance encompassses any fictious narrative that emphasizes marvellous or uncommon incindents. Furthermore, the writer conclude that novel is a fictiour literature that provides a realistic depiction of society which is long and complex.

To analyze the literature more spesific, people need one or more theory approach to support the analysis. In this paper, the writer is going to use psychoanalytic theory. psychoanalysis is one of the modern theories that are used in English literature. It is a theory that is regarded as a theory of personality organization and the dynamics of personality that guides psychoanalysis. One of a figure that stand for psychoanalysis is Sigmund Freud. Indeed, the goal of psychoanalysis is to make the unconscious conscious.

Before discuss about the main problem of the story, the main character in the novel that the writer going to analyze is named Rachel. She is a widow. She divorced with her husband and left married with no child. She attracted with the life of the married couple she sees everyday through the window of the train. She

felt that she had drown in the girl's life until one day she got shocked by the news of the death of the girl. She tried with her consciousness to reveal the mysterious death of the girl until she found out who was the subject.

Rachel once had husband named Tom. They were fine until they realized they can not life together again. Rachel had addicted with alcohol. Tom was rude. They ever got into fight that make them far apart. The only reason is because Rachel knew Tom had an affair with another girl from his junk email from Anna. Rachel continued her life as a widow besides Tom married a girl named Anna, the girl that he had affair with. They had a daughter. Rachel sees the same view everyday she goes to work by train. She is always looking at the couple across the train. She thinks that the couple is so romantic. It makes her wanted to feel the feeling again with someone. She drown into the couple's life until she named it by herself, Jason and Jess instead of the real name of the couple is Scott and Megan.

Rachel felt that she knew every pieces of life from the couple. She got interested about what does Scott do and Megan do at their leisure time. She makes her own imagination that Scott is a doctor and Megan is an artist. She really got into deep of their life because the couple live near to her old house where Tom and Anna live now. One day, Rachel read news that makes her body sweat, the heart beats fast, and she can not think rational. She shocked because she read about Megan's murder. She thinks that she needed to find out the subject, and what is the relation between Megan and her ex husband.

The writer is interested in analyze the story because the author of the novel depict all of the events clearly so that people can use the imagination to drown in

the story. Especialy the theory is relatable for analyze the main problem. The way the main character moves, it shown more and more clue to uncover the subject and what is the realtion of one event to another. At the end of the story, all of the characterand events in the story are related each other. And also the character in the story is not many. So that the writer can concern to the main problem according to the main character's point of view.

1.2 Statement of the Problem

The curiousity of someone can bring them into something that they can not imagine before and even it can distract their mind everytime until they find out the thing that they want to know. In the novel, the main character distracted by the mysterious case of the murder. The curiousity in the novel *The Girl on the Train* becomes a serious psychological problem that Rachel had.

The curiousity of the main character become a main point of this research. Therefore, the main character thinks so hard about the mysterious case. She realized that the murder was so strange as written in *thefreedictionary.com* the curiousity refers to something rare or strange. The curiousity can make people seek many ways to contenting their curiousity. Sometimes people will not stop until they get what they want especially if he or she is a critical person.

The main character in the novel *The Girl on the Train* is usually like a normal business woman. Everyday she goes to work by train from Ashbury to Euston. But some of her tragedies and memories in the past brought her to

become a different person. She was divorced with no child and left married. The subjects matter in the story refers to her.

1.3 Research Question

From the explanation above, the writer formed the research question that related to the main problem. How does the characterization of Rachel reveal in the novel of *The Girl on the Train* through Freud's Psychoanalytic theory?

1.4 Goal and Function

1.4.1 Goal

The goal of the research is to gain knowledge and information that are related to the research question so that the reader soon will get knowledge and information from this paper. The kind of information is the role of psychoanalysis theory in analyzing the characterization of the main character.

1.4.2 Functions

The functions of this research contain two points. The first one is theoretical function and the second one is practical function. The theoreticial function from this research is to make the reader understand about the role of psychoanalysis in analyzing the main character. The practical function is to make people not imitate the act, tragedy, or violence in the story. Because the theory of psychoanalysis can utter the fact.

1.5 Scope and Limitation

There are many scope in analyzing *The Girl on The Train* novel by Paula Hawkins. Nevertheless, the writer would like to limit on the psychological analysis on the research problems that are related each other based on the content of the novel.

1.6 Conceptual Framework

A conceptual framework is the result of several concepts or ideas to explain or describe an event or understanding about the research phenomenon. Through a conceptual framework, the writer organizes the ideas through concept distinctions and defines the research concepts to be used. This conceptual framework shows the theoretical framework of the research. The writer analyzes the characterization of Rachel in the novel The Girl on the Train. The analysis of Rachel's character through psychoanalytic theory by Sigmund Freud. There are some theories of psychoanalysis such as anxiety, structure of personality, topography of mind, and defense mechanism which will determine the completion of this conceptual framework. All of the theories describe Rachel's characteristics. Below is the conceptual framework of this research and the explanation.

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│  The Analysis of Psychological Problem of the │
│  Main Character in the Novel The Girl On The  │
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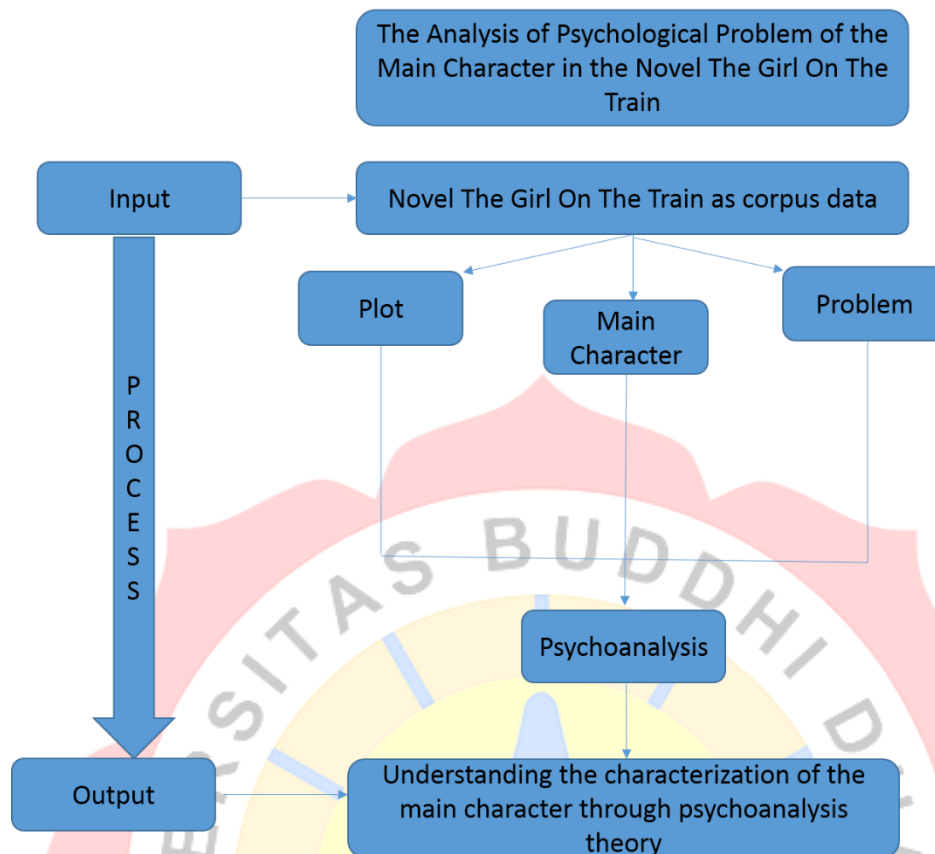
This research focuses on the characterization of the main character in Paula Hawkin's novel "The Girl On The Train". The main character in the novel is named Rachel. She is a widow, a business woman who was left married with no child. She goes to work everyday by train. She always sees the same view of the couple from the house across to the train rail road that she used to live with her ex husband. She finally got too deep into the couple's life until one day she got shock by the news of the mysterious murder that she felt she had to discover it.

There are some sub characters in the story such as Tom (Rachel's ex husband), Scott and Megan (the couple), Anna (Tom's wife), Cathy (Rachel's roommate) All the sub characters are related to the case of the mysterious murder except Cathy. She was Rachel's friend at college then they met again when they

have worked already. Rachel got her first problem with her husband. She used to live romantically. She loved her husband so much. But she lives under the effect of alcohol. It makes her husband sick of her. They got into fight one day because Rachel knew that Tom was cheating behind her with Anna who became Tom's wife now. However, Rachel struggles hard to survive then she lived with her roommate, Cathy. Rachel thinks that she needed to find out the subject of the murder because she felt connected to Megan's life. With her *id, ego,* and *superego* she tried to speak up about the fact to the police, the therapist, and Anna until she can discover the case.

For the output of the conceptual framework, the writer formulated the research question to be answered. How does the characterization of Rachel reveal in the novel of *The Girl on the Train* through Freud's Psychoanalytic theory? Actually it is very interesting to explore the characterization of the main character especially through Freud's theory.

CHAPTER II

THEORETICAL BACKGROUND

2.1 Review of Previous Study

To support this research, the writer attach some previous studies that used psychoanalytic theory as the main point for the research. The previous studies are needed for the researcher to gain information and knowledge as the reference. The first study is "The Analysis of The Main Character's Mental Depression as Seen in the Novel *My Heart and Other Black Holes* Written By Jasmine Warga" from Dafit student at Buddhi Dharma University 2019.

The research discussed depression possessed by the main character named Aysel. She was so depressed that she had strong desire to commit suicide. The research findings show that openess and togetherness with her suicide partner, Roman made her realize that what she so far had thought of commiting suicide to solve her life problem was wrong and actually, in the world she was not alone suffering the mental problem. She fell in love with Roman whom she was afraid to lose, and she finally cancelled to commit suicide.

Aysel's *id* had taken her one step further to achieve what she wanted. This is of course a satisfaction for Aysel's ideas with her suicide partner found a place to suicide. The *ego* controlled Aysel to fulfill her desire with a rational mind and real action. Aysel's ego brought her to think rationally. Aysel's *ego* was related with her *superego*, which she finally realized that suicide was a wrong way to face a problem in life. She acted to go to Roman's house to tell about her desire to stop the suicidal plan.

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The *superego* kept her from rethinking after what they had passed along with openness making her believe that suicide was a wrong thing. Finally, Aysel decided to stay with Roman by forgetting the suicide plan they had planned before. Aysel was aware that opennes to the problems she had had changed her mind to end her life.

Furthermore, the second study is "Dr. Leidner's Anxiety Reflected in Agatha Christie's *Murder in Mesopotamia*" from Fendy Yugo Sarjono student at Universitas Islam Negeri Maulana Malik Ibrahim Malang. This research is conducted using a literary criticism method because the researcher conducts discussion of literature, including description, analysis, and interpretation of novel *Murder in Mesopotamia* as a literary work. Moreover, the researcher applied psychological approach since the characters show their lives with attach psychological condition in the novel. The anxiety analysis of Dr. Leidner's character showed that he has his own self defense in reducing the anxiety.

Dr. Leidner has a conflict between his ego and the superego, which leads to moral anxiety that is always worried and threatening. Anxiety is usually caused by threats from people around you. In reducing moral anxiety, he established a self-defense mechanism, namely aggression, suppression and return. When he tried to cover up the incident, he got the conditions. His wife was murdered by himself. When he arrived at Tell Yarimjah, he knew that Mrs. Leidner had an affair with Richard Carey, as an absent person.

However in the other side, he wanted people around him thinks that there is another people kill his wife. It shows clearly about how the process of

producing a moral anxiety. The conflict between Dr. Leidner's structural personality cannot be separated from the problems outside which appears.

The similarities betweeen the previous studies and this thesis are the theory and the data source. In this thesis, the writer apply Sigmund Freud's psychoanalysis theory – *id, ego*, and *superego* to depict the main character's personality problem, and the source of the data to be analyzed is also a novel, one of the result of literary works. The cause of psychological problem of the main character, Rachel, is different from those of the above previous study and also in this research there are some explanation about delusion and illusion which the main character had.

2.2 Novel

Literature is a reflection of human's life. Literature is almost about fiction, but many people consider is not only about fiction (eg comic, books, nursery rhymes, and pornography) that can be called as literary (Carter. 2006:17). To understand a literature is therefore come in a conspiracy. Stecker (1996: 681) states that literature has a use in which it refers to any piece of writing (or any piece of publicly available writing) as in: "the literature on black holes is rapidly growing". Literature include every sense and feeling such as hearing in song, sight in picture, and so on.

In this thesis, the writer discuss one of the example of literary works which is a novel. According to *Merriam Webster* dictionary, a novel is an invented prose narrative that is usually long and complex and deals especially with human

experience through a usually connected sequence of events. A novel can be understand with feelings and mind. The theory must be needed to analyze the novel. The novel brings the reader with a sequence of a story. But it is not impossible if the novel contains a random or mix sequence. For example the first chapter tells about the present time then the second or the next chapter tells about something happend in the past. People can find many genres in novel such as fiction, horror, romance, thriller, comedy, drama. Nursito (2003: 168) "Novel is a media to express the thoughts, ideas, and feelings of writers to respond to life around them". Novel has intrinsic and extrinsic elements same as the other literary works. The intrinsic are theme, plot, character and characterization, moral values, setting. Beside the extrinsic elements are religion, social value, and author's point of view. Aminudin (2002: 38) claimed that novels are the literary works that have elements of life.

2.3 Character and Characterization

Character in a novel is everyone who play role which is already determined before. They can be used to help teach a lesson, to entertain, to educate, and even to persuade, depending on the author's goal for the story line. According to literarydevices.net a character can be any person, a figure, an inanimate object, or animal. The main function of a character in a story expand and raise the plot, make it interesting for the reader. Most of the stories use more than one character, and it must be one main character that has biggest affect in the story to reach the story line or make a great plot. The main character is not only protagonist, but it could be an antagonist, a dynamic, a static, a flat, or a round charater.

There are different types of characters, and each of them serves its unique function in a story or a piece of literature. The first one is major characters. These are the most important characters in the story. There are two types in major character, protagonist and antagonist. Based on *literaryterms.net* protagonist is the main character around which the whole story revolves. Every single that this character take, it will affect everything in the story line. This character will be affected by a conflict from within, or externally through another character, nature, technology, society, the fates/God, and even themselves it can be a memory from the past. Antagonist is a group or someone that causes the conflict for the main character (protagonist). However, the opponent may be the protagonist torn apart by inner problems. The group of people that caused the conflict will be regarded as society, and may be members of a team, community, or organization.

The second one is minor character. These characters are not as important as the major characters but still take part in the story. Their actions support the story forward. They may impact the protagonist's or antagonist's thought. There are some types in minor character, foil, static, dynamic, flat, round, and stock. A foil character has opposite character traits from another, meant to help highlight or bring out another's positive or negative side. A static character does not change throughout the story. A major character can remain static through the whole story. Dynamic characters change throughout the story. The may learn a lesson, become bad, or change in complex ways. A flat chracter has one or two main traits, usually only all positive or negative. A round characters are the opposite of the flat character. These characters have many different characteristics, good and

bad, which make them more interesting. The standard characters are stereotypes, such as talented teenagers, successful people, loyal partners, and mad scientists.

There must be characterization in every character. Characterization is a literary device that is used step-by-step in literature to highlight and explain the details about a character in a story *(literarydevices.net)*. after introducing the character, the writer often talks about the behavior; then, as the story progresses, the thought-processes of the character. Characterization as a literary tool was coined in the mid 15th century. Frederic Will in his journal "The Review of Metaphysics" wrote that Aristotle in his Poetics argued that tragedy is felt even apart from representation and actors. Thus the assertion of the dominance of plot over characters, termed "plot-driven narrative" is unmistakable. This point of view was later abandoned by many because in the 19th century, the dominace of character over plot became clear through petty bourgeios novels.

Another technique to highlight the qualities of a character is to put them in certain areas that are symbolic of a social status. Understanding the role of characterization in storytelling is very important for any writer. To put it briefly, it helps the behavior of any character in a story more make sense by understanding their thought processes. A good use of characterization always leads the readers to relate better to the events taking place in the story. The dialogues between each character shows clue to examine the motivations and actions of the characters more deeply. There are two types of characterization, direct or explicit characterization, and indirect or implicit characterization. The characterization that takes a direct approach towards building the character is direct or explicit characterization. Whereas indirect or implicit characterization is a more subtle

way of introducing the character to the audience. The audience has to deduce for themselves the characteristics of the character by observing his/her thought process, behavior, speech, appearance, and so on as well as by discerning the response of other characters.

2.4 Delusion and Illusion

In this research, the writer found out that the main character in the novel "The Girl on The Train" named Rachel likes to imagine something. She created the life of the couple (Scott and Megan) in her mind. According to *merriamwebster* delusion is a belief that is not real. Something that is not true and inversely proportional to reality. Beside illusion is a leading image presented to the vision trickly. So here we can say that Rachel is a delusional and illusional person.

2.5 Psychology and Literature

The word psychology was formed by combining the Greek psyche means breath, principle of lie, life, soul with –logia which comes from the Greek logos means speech, word, reason (*merriam-webster.com*). Earlier, it is stated that psychology is the knowledge of the soul. Nowadays, psychology is concerned with the science or study of the mind and behavior. Many branches of psychology are differentiated by the specific field to which they belong, such as animal psychology, child psychology, and sports psychology. Whilhelm Wundt, father of psychology, in his book "Principles of Psychological Psychology" (1904:1) told that Psychology pays attention to all those life phenomena that are presented to us as physical processes in sensory perception, and therefore

constitute part of the entire environment that we call the external world. On the other hand, psychology attempts to explain the interconnection of the processes indicated by our own consciousness, or the interconnection of the processes that we infer from this manifestation of the physical life of other organisms, to show that existence is related to our own consciousness. Similar consciousness.

As written in *simplypsychology.org* psychology is the scientific study of the mind and behavior, according to the American Psychological Association. Psychology is a multifaced discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behavior and cognitive processes. Psychology is a novelty science, with most advances happening over the past 150 years or so. The emphasis was a philosophical one, with great thinkers such as Socrates (470 BC – 399 BC) influencing Plato (428/427 BC – 348/347 BC), who in turn influenced Aristotle (384 BC – 322 BC).

There is an intimate relation between psychology studies and literary works. Literary works such novel contain a psychology elements inside which is shown by the characterization of the character in the novel both major or minor character. Literature as written on journal *Personality and Individual Differences : Literature in Psychology – Psychology in literature* (2014) which intertwines within such fields as history, philosophy, sociology, psychology and so on is a discipline wherein language is used as a medium of expression so as to interpret man, existence and culture, personality and individual differences which have always been studied and discussed by writers, philosophers, artists, psychologists and psychiatrists. David Lodge in his work titled *Consciousness*

and the Novel Connected Essays explains the meaning of literature as follows :
"*...* literature is a record of human consciousness, the richest and most comprehensice we have. Lyric poetry is arguably man's most successful effort to describe qualia. The novel is arguably man's most successful effort to describe the experience of individual human beings moving through space and time" (2002:10). The meaning of psychology in literature is explained by Wellek and Warren (1963:81) as follows: "By 'psychology of literature', we may mean the psychological study of the writer, as type and as individual, or the study of the creative process, or the study of the psychological types and laws present within works of literature, or, finally, the effects of literature upon its readers (audience psychology)".

2.6 Psychoanalysis Theory

A General Introduction to Psychoanalysis by Sigmund Freud (1920 : 7) explained that psychoanalysis is a method of treating nervous patients medically. In psychoanalysis nothing occurs but the interchange of words between the patient and the physician. The patient talks, tells of his past experiences and present impressions, complains, confesses his wishes and emotions. Freud sets forth with a frankness almost startling the difficulties and limitations of psychoanalysis, and also describes its main methods and results as only a master and originator of a new school of thought can do. On *Studies on Hysteria* (1893-1895 : 375) a new method of psychoanalysis is a little intricate, but it is irreplaceable, so fertile has it shown itself to be in throwing light upon the obscure paths of unconscious ideation. By means of that procedure – this is not the place in which to describe it

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‒ hystecial symptoms are traced back to their origin, which is always found in some event of the subject's sexual life appropriate for the production of a distressing emotion.

If psychoanalysis now plays a role in American intellectual life, or if it does so in the future, a large part of this result will have to be attributed to this and other activities. In a psychoanalysis one learns to interpret propinquity in time as representing connection in subject-matter. Two thoughts which occur in immediate sequence without any apparent connection are in fact part of a single unity which has to be discovered; in just the same way, if someone write an '*a*' and a '*b*' in succession, they have to be pronounced as a single syllable '*ab*'.

Psychoanalysis is justly suspicious. One of its rules is that *whatever interrupts the progress of analytic work is a resistance* (page: 951). In the psychoanalysis of neurosis, these two theorems are most fully utilized-when conscious and purposeful thoughts are discarded, the hidden purposeful thoughts will control the trend of thoughts, while the superficial associations are only suppressed. Replaced by deeper associations. Indeed, these theorems have become basic pillars of psychoanalytic technique. There are some theory in psychoanalysis such as Anxiety, Structure of Personality, Topography of Mind, and Defense Mechanism. But the writer here only explain some that related in her analysis.

2.6.1 Structure of Personality

According to Freud, human personality develops from the interactions among what he proposed as the three fundamental structures of the human mind: the *id,*

ego, and *superego*. Conflicts among these three structures, and our efforts to find balance among what each of them "desires", determines how we behave and approach the world. What balance we strike in any given situation determines how we will resolve the conflict between two overaching behavioral tendencies: our biological aggressive and pleasure-seeking drives vs. our socialized internal control over those drives (*courses.lumenlearning.com*). The job of the *ego* is to balance the aggresive/plesaure-seeking drives of the *id* with the moral control of the *superego*. In short, *id* is represent to something pleasant and *superego* is the moral value of it, while *ego* is the bridge between two thoughts that balancing them. Freud believed that the *id, ego*, and *superego* are in constant conflict and that adult personality and behavior are rooted in the results of these internal struggles throughtout childhood. He believed that a person who has a strong ego has a healthy personality and that imbalances in this system can lead to anxiety and depression and unhealthy behaviors.

2.6.1.1 *id*

The *id* is the most primitive of the three structures, is concerned with instan gratification of basic physical needs and urges. It operates entirely unconsciously (outside of conscious thought). For example, if your *id* walked past a stranger eating ice cream, it would most likely take the ice cream for itself. It does not know, or care, that it is rude to take something belonging to someone else; it would care only that you wanted the ice cream.

The *id* is driven by the pleasure principle, which strives for immediate gratification of all desires, wants, and needs. If these needs are not satisfied immediately, the result is a state anxiety or tension. The if is very important early in life because it ensures that an infant's needs are met. If the infant is hungry or uncomfortable, they will cry until the demands of the id are satisfied. Young infants are ruled entirely by the *id*, there is no reasoning with them when these needs demand satisfaction. However, immediately fulfilling these needs is not always realistic or even possible. If we were ruled entirely by the pleasure principle, we might find ourselves grabbing the things that we want out of other people's hands to satisfy our own cravings. (*verywellmind.com*)

2.6.1.2 *Ego*

The functional importance of the *ego* is manisfested in the fact that normally control over the approaches to motility devolves upon it. It is easy to see that the *ego* is that part of the *id* which has been modified by the direct influence of the external world acting in a sense it is an extension of the surface-differentiation. Moreover, the *ego* has the task of bringing the influence of the external world to bear upon the *id* and its tendencies, and endeavours to substitute the reality-principle for the pleasureprinciple which reigns supreme in the id. In the *ego* perception plays the part which in the *id* devolves upon instinct. The *ego* represents what we call reason and sanity, in contrast to the *id* which contains the passions. All this falls into line with popular distinctions which we are all familiar with; at the same time, however, it is only to be regarded as holding good in an average or 'ideal' case.

In contrast to the instinctual *id* and the moral *superego*, the *ego* is the rational, pragmatic part of our personality. It is less primitive than the *id* and is partly conscious and partly unconscious. It is what Freud considered to be the "self", and its job is to balance the demands of the *id* and *superego* in the practical context of reality. So, if you walked past the stranger with ice cream one more time, your *ego* would mediate the conflict between your id ("I want that ice cream right now") and *superego* ("it's wrong to take someone else's ice cream") and decide to go buy your own ice cream. While this may mean you have to wait 10 more minutes, which would frustate your *id*, your *ego* decides to make that sacrifice as part of the compromise-satisfying your desire for ice cream while also avoiding an unpleasant social situation and potential feelings of shame.

2.6.1.3 *Superego*

The considerations that led us to assume the existence of a differentiating grade within the *ego*, which may be called the ego-ideal or *superego*, have been set forth elsewhere. The new proposition which must now be gone into is that this part of the *ego* is less closely connected with consciousness than the rest. The *superego* is however not merely a deposit left by the earliest object choices of the *id*; it also represents an energetic reaction-formation against those choices. The differentiation of the superego from the *ego* is no matter of chance; it stands as the representative of the most important events in the development both of the individual and of the race; indeed, by giving permanent expression to the influence of the parents it perpetuates the existence of the factors to which it owes its origin. The *superego* is concerned with social rules and morals-similar to what

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many people call their "conscience" or their "moral compass". It develops as a child learns what their culture considers right and wrong. If your *superego* walked past the same stranger, it would not take their ice cream because it would know that that would be rude. However, if both your *id* and your *superego* were involved, and your *id* was strong enough to override your superego's concern, you would still take the ice cream, but afterward you would most likely feel guilty and shame over your actions.

2.6.2 Topograhy of Mind

Freud delineated the mind in the distinct levels, each with their own roles and functions. The preconscious consists of anything that could potentially be brought into the conscious mind. The conscious mind contains all of the thoughts, memories, feelings, and wishes of which we are aware at any given moment. The unconscious mind is a reservoir of feelings, thoughts, urges, and memories that are outside of our conscious awareness. Freud likened the three levels of mind to an iceberg (*verywellmind.com*). the top of the iceberg that you can see above the water represents the conscious mind. The part of the iceberg that is submerged below the water, but is still visible, is the preconscious. The bulk of the iceberg that lies unseen beneath the waterline represents the unconscious.

2.6.2.1 Conscious

Freud "*The Ego and the Id*" (1927/2013 : 5) said that consciousness is the essence of mental life, but is obliged to regard consciousness as one property of mental

life, which may co-exist along with its other properties or may be absent. The term 'conscious' is to start with a purely descriptive one, resting on a perception of the most direct and certain character. Experience shows, next, that a mental element (for instance, an idea) is not as a rule permanently conscious. On the contrary, a state of consciousness is characteristically very transitory; an idea that is conscious now is no longer so a moment later, although it can become so again under certain conditions that are easily brought about. Conscious is the aspect of our mental processing that we can think and talk about rationally. This also includes our memory, which is not always part of consciousness but can be retrieved easily and brought into awareness.

2.6.2.2 Preconscious/Subconscious

The whole conduct of our life is constantly influenced by subconscious ideas (Freud:199). The preconscious contains thoughts and feelings that a person is not currently aware of, but which can easily be brought to consciousness (1924). It exists just below the level of consciousness, before the unconscious mind. The preconscious is like a mental waiting room, in which thoughts remain until they succedd in attracting the eye of the conscious (Freud:306).

2.6.2.3 Unconscious

Unconscious in this sense of the word coincides with 'latent and capable of becoming conscious' (The Ego and the Id : 5). The unconscious mind is the primary source of human behavior. Like an iceberg, the most important part of the

mind is the part you cannot see. The unconscious contains all sorts of significant and disturbing material which we need to keep out of awareness because they are too threatening to acknowledge fully, the unconscious mind acts as a repository, a 'cauldron' of primitive wishes and impulse kept at bay and mediated by the preconscious area. The unconscious mind contains our biologically based instincts (eros and thanatos) for the primitive urges for sex and aggression (Freud, 1915). Freud argued that our primitive urges often do not reach consciousness because they are unacceptable to our rational, conscious selves. He emphasized the importance of the unconscious mind, and a primary assumption of Freudian theory is that the unconscious mind governs behavior to a greater degree than people suspect. Indeed, the goal of psychoanalysis is to reveal the use of such defense mechanisms and thus make the unconscious conscious.

2.6.3 Defense Mechanism

People use a range of defense mechanisms (such as repression) to avoid knowing what their unconscious motives and feelings are. Defense mechanisms are behaviors people use to separate themselves from unpleasant events, actions, or thoughts (*healthline.com*). These psychological strategies may help people put distance between themselves and threats or unwanted feelings, such as guilt or shame. The idea of defense mechanisms come from psychoanalytic theory, a psychological perspective of personality that sees personality as the interaction between three components: id, ego, and superego. First proposed by Sigmund Freud, this theory has evolved over time and contends that behaviors, like defense mechanisms, are not under a person's conscious control. In fact, most people do them without realizing the strategy they're using.

CHAPTER III

RESEARCH METHODOLOGY

In this chapter, the writer would like to discuss some methods which are used in analyzing. The writer divided this chapter into five parts. They are research approach, subject matter, data source, data collection, and data analysis.

3.1 Research Approach

The three common approaches to conducting research are quantitative, qualitative, and mixed methods. The researcher anticipates the type of data needed to respond to the research question. For instance, is numerical, textural, or both numerical and textural data needed? Based on this research, the writer selects one of the threee aforementioned approaches to conduct research. The writer typically selects the quantitative approach to respond to research question requiring numerical data, the qualitative approach for research questions requiring textural data, and the mixed methods approach for research questions requiring both numerical and textural data. (Research Method, 2007 : 1).

In this research, the writer is using qualitative approach as the research methodology by using electronic books, websites, journals, articles, and sources as references to get some information about this research. Thus, the writer analyzes the main character of the novel which based on Freud's psychoanalytic theory to analyze the characterization of the main character.

3.2 Subject Matter

The subject of the research is the main character named Rachel in the novel "The Girl on the Train" written by Paula Hawkins in 2015. The writer explains about psychological problem experienced by Rachel is the some types in psychoanalysis theory. Some events that happend in the novel are caused by *id,ego*,and *superego*. There are also some topography of mind in the novel such as conscious, preconscious, and unconscious. Most of the conflict are happens by the minor character in the novel. But it is not impossible that Rachel also has her own problem inside.

3.3 Data Source

The data source of this research is taken from Paula Hawkins' novel entitled *The Girl on the Train* which published in 2015 by Penguin Group version 1. This novel is a mysterious, thriller, psychological genre. It has woman as the main character named Rachel. She is the one that the writer focuses on the chararterization. Besides using the novel as the main data for this research, the writer also collects the data from some resources to understanding the subject and support the analysis. Such as the previous study from Dafit entitled "The Analysis of The Main Character's Mental Depression As Seen In The Novel *My Heart and Other Black Holes* Written By Jasmine Warga" in 2015, and also from Fendy Yugo Sarjono " Dr. Leidner's Anxiety Reflected In Agatha Christies's Murder In Mesopotamia". By collecting and analyzing the data, the writer finds out how the characterization of the main character, Rachel reveals through psychoanalytic

theories such as anxiety, structure of personality, topography of mind, and defense mechanism.

3.4 Data Collection

This research applied a computerized search (online research) to search data that related to the subject of this research extensively, the data collection was conducted by the writer through several steps. Firstly, the writer decides the theory that are related and support the subject. Secondly, choosing and applying the exact topic according to the theory and subject. Thirdly, to applied the theory the writer analyzes the data corpus from novel *The Girl on the Train*. Finally, the writer makes the conclusion.

3.5 Data Analysis

The next step after collecting the data is analyzing in detail all the data that has been gather. Furthermore, the writer look for the related theory that is psychoanalytic theory from Sigmund Freud. After that, the writer finds and notes quotation, list all usefull quotation, and the last make conclusion from it. Here is one example of the narration in the novel.

"**She's lonely**," Cathy was saying. "I really worry about her. It doesn't help, her being **alone all the time**." Then she said, "Isn't there someone from work, maybe, or the rugby club?" and Damien said, "For Rachel? Not being funny, Cath, but I'm not sure I know anyone that **desperate**." (TGOTT, p. 17)

From the narration above, the main character was described as a lonely person by her roommate and boyfriend. And also at the end of the conversation Damien stressed it out with the word desperate that means Rachel was really sad, and tired of her life.