

## PSYCHOANALYSIS OF THE MAIN CHARACTER IN RAINBOW ROWELL'S *FANGIRL*

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### ***Abstract***

*The main objectives of this research are to find: 1) what are the personality of the main character in Freud's Psychoanalysis? and 2) what kind of conflicts are experienced by the main character. This study used descriptive qualitative method. This thesis discusses psychoanalysis developed by Sigmund Freud: id, ego and superego. This thesis also discusses the conflicts experienced by the main character: internal conflicts (related to the psychology of the main character) and external conflicts (related to other characters, society, nature or things outside of her).*

**Keywords:** *Psychoanalysis, Conflicts, Main Character*

### ***Abstrak***

*Tujuan utama dari penelitian ini adalah untuk menemukan: 1) seperti apa kepribadian tokoh utama dalam Psikoanalisis Freud dan 2) konflik seperti apa yang dialami oleh tokoh utama. Penelitian ini menggunakan metode deskriptif kualitatif. Tesis ini membahas psikoanalisis yang dikembangkan oleh Sigmund Freud: id, ego dan superego. Skripsi ini juga membahas konflik-konflik yang dialami oleh tokoh utama: konflik internal (berkaitan dengan psikologi tokoh utama) dan konflik eksternal (berkaitan dengan tokoh lain, masyarakat, alam atau hal-hal di luar dirinya).*

**Kata Kunci:** *Psikoanalisis, Konflik, KarakterUtama*

## **1. INTRODUCTION**

Nurhayati (2012:7) in Umi (2018:1), argues that literary works can be likened to a portrait of life as a result of human creations which contains the author's views (where and how the author sees life). Therefore, literary works can be interpreted as the result of the author's creation which contains about human life. Through literary works, the authors try to express the ups and downs of life that they feel or experience. Based on the genre, literary works can be divided into three, namely: prose (fiction), poetry, and drama. Of the three types of literary genres, the author only focuses on the study of prose fiction. One example of prose fiction is novel.

According to Nurgiyantoro (2002:4), the novel is a work of fiction that offers a world, a world that contains an idealized life model, an imaginative world, which is built through various elements such as characters (characterization), and conflicts that occur in the literary work. In a novel, the author often tells about human life which expresses itself

in the intricacies of the problems experienced by a character as well as the problems that develop around the life of a particular character specifically. The main character or protagonist is a character who has a main role because he plays very many roles and his position is very important because he is the center of attention in a novel, Adrean (2017). Because the main character is told the most and is always in contact with other characters, he really determines the development of the plot of the story as a whole and is always present as the actor or who is subject to events and conflicts.

Through the characters in the story, the author of the story can show the character personality. That is, with the psychological traits displayed in the character, the reader will be able to understand more about the character personality. Each character will have a different personality according to their environment or social life. Therefore, the personalities of the characters will be different from each other; and it will be shown through the thoughts, behavior, or emotions of the characters towards themselves or their social environment.

Siswantoro (2005:32) in Umi (2018:8-9), suggests that literary psychology studies certain psychological phenomena experienced by the main characters in literary works when responding or testifying to themselves and their environment. Psychology in literature is in the form of a study that views literary works as a psychological activity. Therefore, psychology and literature are not new, psychology and literature are continuous things from one another, because the characters in the literary work themselves must be brought to life, given a soul that can be studied and accounted for psychologically. also. In this study, the author uses the psychoanalytic theory developed by Sigmund Freud as an ingredient in analyzing the novel *Fangirl*. According to Endraswara (2008: 196) in DosenPsikologi.com (2017: 5), psychoanalysis is a special term used in literary psychology research. Psychoanalysis is used to analyze the characters in literary works written by the authors of the literary works themselves as a result of imagination which is poured into written form such as novels.

The novel *Fangirl* by Rainbow Rowell was chosen in this research because it has interesting things to discuss, especially about the psychological problems experienced by the main character and the conflicts that occur in the novel. Cather Avery "Cath" is the main character in the novel *Fangirl*. She has an identical twin sister named Wren Avery "Wren". Cath and Wren are huge Simon Snow fans, he is a fictional character like Harry Potter. Cath ran into some conflicts that were difficult for her to fight, especially when she entered university. In addition, she also has an introverted personality and high levels of anxiety from various aspects, in contrast to her extrovert twin who is free to do

anything. Cath was a freshman in college, and no one was happy about that. Finding herself in the world for the first time, without her twin sister Wren by her side twenty-four hours a day, Cath lacks confidence and is afraid of new places, people and situations. His twin sister suddenly drifted away from him, he also left everything to do with Simon Snow and he became an alcoholic. When Cath and Wren were ten years old, their parents divorced. And at that moment their mother left them. Actually from the start their mother never wanted to be a mother and was forced to marry their father. Cath's father suffers from a mental breakdown and because Wren is away from him, Cath has to take care of his father alone.

Cath Avery, the main character of the *Fangirl*, will be analyzed using psychoanalysis theory, specifically psychoanalysis theory by Sigmund Freud. The psychoanalytic approach of Sigmund Freud is used on writing this thesis as it is explaining about three psychological structure of human (Id, Ego, Superego). This thesis contains information about three level of psychological structure it also provides the readers with information on how someone's character can affected their psychotic behavior therefore by understanding them we can find solutions to individuals problems which essential for social life aspect.

## **2. METHODOLOGY**

This research uses Rainbow Rowell's literary work "*Fangirl*" as the object of research. The type of research method used is descriptive qualitative. The main data source comes from the literary work itself and other data sources come from journals, books, and articles on the internet as a source of supporting data for the research. Data collection techniques and data analysis techniques used in this research is document analysis. In this study, the researcher used the Psychoanalysis theory developed by Sigmund Freud to describe the findings that had been obtained.

## **3. FINDINGS AND DISCUSSIONS**

This chapter discusses the personality of the main character "Cath" in Freud's psychoanalysis, and the conflicts experienced by the main character.

### **3.1 Findings**

The data that has been analyzed by the researcher, the first thing that the researcher finds is about the personality of the main character in Freud's psychoanalysis: the id, ego, and superego. And furthermore regarding the conflicts experienced by the main character in the novel, the researcher

found that the main character experienced internal conflicts which included: excessive anxiety and fear that occurred to her, it made her an introvert. In addition to internal conflicts, researchers also found external conflicts experienced by the main character, namely the main character versus other characters and the main character versus the community or other things outside of herself.

### 3.2 Discussions

#### 3.2.1 The Personality of The Main Character In Freud's Psychoanalysis

##### a. Id

The id is the thing that underlies a person's personality by seeking instant pleasure or satisfaction with human needs.

*Cath had already sent in her university housing forms, and of course she'd put Wren down as her roommate—she hadn't thought twice about it. The two of them had shared a room for eighteen years, why stop now? Rowell (2013:11).*

In this case, Cath tries to fulfill her wish by making Wren her roommate, because she thinks that they have been used to sharing rooms since childhood until now. So, why should it be separated now? and Cath also thought that Wren would agree with that.

##### b. Ego

The ego is related to the reality that a person faces. If the id tries to satisfy every desire, the ego will delay gratification and help relieve the tension that the id feels if the desire is not fulfilled immediately.

*If Cath had slightly less pride, she could have taken this class with her sister—she and Wren both needed the history credits. Maybe she should be taking classes with Wren while they still had a few in common; they weren't interested in any of the same subjects. Wren wanted to study marketing—and maybe get a job in advertising like their dad, Rowell (2013:21).*

Cath wanted her twin sister to take the same history class as her, because according to her, there were still some similarities between them. But in reality Wren was not interested in the history class, because he was more interested in the marketing class.

c. Superego

Superego is a moral aspect of a personality that is obtained from parental care or norms and values in society and is based on morals and judgments about right and wrong.

*“I’mher sister. I’m supposed to look out for her.” Rowell (2013:114).*

This quote sheds light on the new relationship between Cath and her twin sister in college which is a bit strained. When Cath and Levi finds Cath's twin sister, Wren, drunk with her roommate at Muggsy's Bar and a male customer wanting to act annoying, Cath wants to take Wren home but Wren refuses by withdrawing and acting independently, and Cath is the one in the family who wants her to brought her home. Take care of her twin and everyone else.

3.2.2 Conflicts Experienced by The Main Character

The conflicts in *Fangirl* are internal conflicts and external conflicts. Internal conflict will relate to the psychology of the main character while external conflict will relate to the main character and other characters or who are outside himself in the story.

a. Internal Conflict

This conflict is referred to as an internal conflict because the internal conflict is based on the conflict that the main character faces with himself. Like Cath who has to face problems within herself, these problems are in the form of psychological conflicts that exist within her.

1. Cath was anxious and worried about everything. The first time he entered the dorm he cried, then when he met his new friends Levi and Reagan he was so nervous, he even refused Levi's invitation to have lunch with him and Reagan. When Levi da Reagan left her, Cath tried to calm herself in her room.

*She just needed to settle her nerves.To take the anxiety she felt like black static behind her eyes and an extraheart in her throat, and shove it all back down to her stomach where itbelonged—where she could at least tie it into a nice knot and work around it. Rowell (2013:11).*

She tried to calm her worries and she also tried to convince herself that college and living in a dorm was not a bad thing for her.

2. Cath's mother left and caused trauma.

*“... their mom left on September 11th. The September 11th. (Cath still found this incredibly embarrassing; it was like their mom was so self-centered, she couldn't be trusted not to desecrate a national tragedy with her own issues.)” Rowell (2013:135).*

Cath and Wren's mother had been gone from their lives for ten years. Cath feels this fact is embarrassing for her and affects the course of their lives as well as shows her mother's lack of empathy for them and the rest of the world. The effects of the incident were disastrous on Cath's life, destroying emotions, norms, and traumatizing.

b. External Conflict

External conflict in the Fangirl novel is a conflict between the main character and other characters in the story and also between the main character and the surrounding community.

1. Conflict between Cath and Reagan.

Reagan's attitude was annoyed towards Cath at the beginning of their meeting, and Cath felt that Reagan was a popular girl so it was difficult to approach and make friends.

*On the other hand, Reagan didn't seem interested in Cath at all. Actually, that was a bit of a relief, too—Reagan was scary. She did everything so forcefully. She swung their door open; she slammed it shut. She was bigger than Cath, a little taller and a lot more buxom (seriously, buxom). She just seemed bigger. On the inside, too. When Reagan was in the room, Cath tried to stay out of her way; she tried not to make eye contact. Reagan pretended Cath wasn't there, so Cath pretended that, too. Normally this seemed to work out for both of them. Rowell (2013:30).*

Cath felt awkward because Reagan often hung out with the boys in her room, including Levi. This emphasizes Cath's opinion of Reagan as the girl who was popular on campus.

2. When Cath and Wren went to university.

For Cath, college is a place and a terrible new thing because in that place she has to meet new people she doesn't know and have to socialize with them. Cath also has to be separated from her twin sister while in college. But this does not apply to Wren, because he considers college to be a new thing that must be as exciting as an adventure.

*"It's college," Wren said, exasperated, covering her face with her hands. "It's supposed to be an adventure." "It's already an adventure." Cath crawled up next to her sister and pulled Wren's hands away from her face. "The whole prospect is already terrifying." "We're supposed to meet new people," Wren repeated. "I don't need new people." Rowell (2013:12).*

Cath was feeling very anxious about being in a new environment, and she still couldn't get over her anxiety. On the other hand, Wren thinks that her twin sister is ridiculous.

#### 4. CONCLUSIONS

The personality of the main character in Freud's psychoanalysis is about the id, ego and superego. The id is the thing that underlies a person's personality by seeking pleasure or instant satisfaction with human needs, if the pleasure principle of the id is not fulfilled, then a person will experience anxiety, tension, and anger. The ego is related to the reality that a person faces, if the id tries to satisfy every desire, the ego will delay gratification and help relieve the tension that the id feels if the desire is not immediately fulfilled. The superego is the moral aspect of personality that is derived from parental upbringing or societal norms and values and is based on morals and judgments about right and wrong.

The conflict experienced by the main character in the novel is that the main character experiences an internal conflict which includes: excessive anxiety and fear that occur to her, this makes her an introvert. In addition to internal conflict, the main character also experiences external conflict: the main character versus other characters and the main character versus society or other things outside of herself.

#### 5. REFERENCES

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