

CHAPTER II

REVIEW OF RELATED LITERATURE

In this chapter, it is significant to understand about the theories of psychoanalysis, especially about the Freudian analysis. The writer uses the theories of psychoanalysis as the fundamental theories and several concepts the writer employs in the analysis of the problem. In order to be more organized, this chapter is going to be classified into three sub-chapters; the first is about the explanation of the Freudian psychoanalytical theories which consists of Freud's theory of the structure of personality (the *id*, the *ego*, and the *superego*), the next sub-chapter is about instincts, and the last sub-chapter is the supporting psychological concepts for the analysis on the chapter.

2.1 The Freudian Psychoanalytic Theory

As for there are assumptions that psychodynamic and psychoanalytical theories are two different theories. They are not related to one another, or conversely, people commonly think psychodynamic and psychoanalytic is the same thing. Hence, in order to avoid misperception in the following times, the writer is going to give a brief explanation about it. Weiten states, "Psychodynamic theory includes all the diverse theories descended from the works of Sigmund Freud, focus on unconscious mental

forces"¹. Even more, Halgin and Krauss explain, "Psychodynamic perspectives stem from Sigmund Freud's theory and practice of psychoanalysis"².

2.1.1 Freud's Theory of the Structure of Personality

There are three folds in the structure of the personality of the psychoanalytical theory is three folds. Freud divides it into the *Id*, the *Ego*, and the *Superego*. Only the *Ego* is visible on the surface, while the *Id* and the *Superego* remains below, but each has its own effects on the personality. In mentally healthy person, these three systems form a unified and harmonious organization. By working together co-operatively they enable the individual to carry on efficient and satisfying transactions with their environment.

2.1.1.1 The *Id*

The id is the original system of the personality. It consists of everything that is inherited and is present at birth, including the instincts"³. The *Id* represents biological forces. It is governed by the 'pleasure principle' or the notion of hedonism, a special case of the universal tendency found in all living matter to maintain constancy in the

¹ W. Weiten, *Psychology Themes & Variations* (3rded; U. S. A: Brooks/ Cole Publishing Company, 1997), p. 30.

² P. Halgin and others [or, et al.], *Abnormal Psychology* (Florida: Harcourt Brave Jovanovich, Inc, 1993), p. 32.

³ Calvin S. Hall, *A Primer to Freudian Psychology* (New York: John Wiley and Sons, Inc, 1979), p. 32.

face of internal and external disturbances. Weiten says, “The id engages in primary-process thinking, which is primitive, illogical, irrational, and fantasy oriented”⁴. On other words, it means that the id is entirely unconscious, expressing its urges at the conscious level through ego, which is called primary process thinking. It is caused by the id operates instinctively; it tends to expressive, in which its needs must be immediately fulfilled regardless of the time and condition. Biological urges as hunger or thirsty are examples of the id’s expression. If a baby is hungry, he is immediately fed by sucking his mother’ breast. This process is repeated again and again so that, the baby will think about his mother’s breast whenever he gets hungry. Through repetition like this, his mother’s breast becomes associated with tension reduction. Consequently, when the baby is not immediately fed, he or she will produce a memory image of food. As said by Hall, “The process which produces a memory image of an object that is needed to reduce a tension is called wish fulfillment”⁵.

Therefore, the id completely works under the pleasure principle, for it always struggle to find immediate fulfillment or satisfaction of its needs. However, not all the id’s desires can be fulfilled since the ego always appears to compromise.

⁴ op. cit., p. 331.

⁵ op. cit., p. 25.

2.1.1.2 The Ego

According to Weiten, “The ego thus engages in secondary-process thinking, which is relatively rational, realistic, and oriented towards problem solving”⁶. And Hall also says, “The reality principle is served by a process which Freud calls the secondary process, which is ordinarily, called problem solving or thinking”⁷. Thus, the ego is the decision-making or the executive branch component at personality. Apparently, the ego works as a ‘bridge’ between the id and the external world. It operates in accordance with the social realities, society norms, etiquette, rules, and customs. The ego tries to tame the id’s urges and needs so they do not conflict the reality by controlling them, delaying, and even suspending their immediate fulfillment.

In other words, the ego helps to fulfill the id’s needs in maximal capacity and to minimize the negative consequences from the society by behaving properly. In case, if the ego fails to control the id (and the superego pressure within oneself), the ego will undergo a sort of threat and anxiety. Yet, if the ego is too strong, the person will become extremely rational and efficient, but cold, boring, and distant.

2.1.1.3 The Superego

The third major institution of personality, the superego, is the moral or judicial branch of personality. Hall states, “It represents the

⁶ loc. cit.,

⁷ op. cit., p.29.

ideal rather than the real, and it strives for perfection rather than for reality pleasure”⁸. So that the superego can be considered as Weiten says, “Superego is the moral component of personality that incorporates social standards about what represents right or wrong”⁹. The superego works based on two subsystems. Hall says, “The superego has two subsystems; ego ideal and conscience”¹⁰.

The superego as the internalized moral arbiter that develops in response to the rewards and punishments made up by the parents. For example, to obtain the rewards and punishments, the child learns to guide his behavior according to moral line taught by the parents. The *ego-ideal* provides rules for good behaviors and standards of excellence toward which the ego must strive. The ego ideal rewards the person by making him feel proud of himself. While, the *conscience* rules what constitutes bad behavior. The conscience punishes the person by making him feel guilty.

Thus, the superego rules as self-control of behavior substitutes for parental control. The superego tends to oppose either the id or the ego and makes its own ideal world. In addition, if the superego is too dominant, the person will feel guilty all the time, or may even have an insufferable saintly personality. It caused by the superego struggles for perfection.

⁸ op. cit., p. 31.

⁹ loc. cit.

¹⁰ loc. cit.

2.1.2 Instinct

There are three terms; instinct, wishes, and need. According to Suryabrata, "Instink adalah sumber perangsang somatis dalam yang dibawa sejak lahir, keinginan adalah perangsang psikologis, sedangkan kebutuhan adalah perangsang jasmani"¹¹. Hall states, "Instinct is a sum of psychic energy which imparts direction to psychological process. It has a source, an aim, an object, and an impetus"¹².

2.2 Psychological Concepts

Below the other fundamental concept is utilized to support this analysis. Both relate to the psychoanalysis approach that is applied in this study.

2.2.1 Concept of Traumatic Event

Neale and Davidson state that, "...traumatic event, which the person has directly experienced or witnessed or learned about that involved actual or threatened death, or serious injury, or threat to physical integrity"¹³.

When an infant, who later grows into an adult, he or she will always encounters various challenges that can cause some frustration. If this frustration becomes greater than the coping abilities of the person, in

¹¹ Sumadi Suryabrata, Psikologi Kepribadian (Jakarta: PT Raja grafindo Persada, 2007), p. 129.

¹² op. cit., p. 37.

¹³ op. cit. p. 155.

which the ego becomes weak, then there is a chance that it might be defeated by the frustration itself that gets too much.

2.2.2 Concept on Abnormal Behavior: The Posttraumatic Stress Disorders

Psychopathology (legally referred to mental illness) describes abnormal behavior in scientific terms to be pathological. It involves patterns of thought, emotion, and behavior that are maladaptive, disruptive, or uncomfortable either for the person affected or for others as caused by personality disorders. The deviation or the abnormality of one's behavior is due to one's violation against the social norms. Consequently, one will soon experience mood disorders like depression and other psychological problems as stress and anxiety.

One of the kinds of stress that will be given explanation is the *posttraumatic stress disorder*, since it has relation to the conducted psychological study. The Posttraumatic Stress Disorders (PTSD) "reflects an extreme response to a severely stressful event"¹⁴. Increased anxiety, re-experiencing the trauma, avoidance of stimuli associated with the trauma, and a numbing of emotional response are symptoms, unlike the definitions of other psychological disorders. As Halgin and others say, "The definition of PTSD includes its presumed cause, namely, a traumatic event directly

¹⁴ op. cit., p. 140.

experienced or witnessed by the person that involved actual or threatened death, serious injury, or a threat to psychological integrity”¹⁵.

However, the symptoms of PTSD are grouped into three categories:

1. Re-experiencing the Traumatic Event

This event is frequently called ‘nightmares’. “Intense emotional upset is produced by stimuli that symbolize the event”¹⁶, for instance, thunder may remind a veteran of the battlefield or by the anniversary of some specific experience. “The importance of re-experiencing cannot be understood, for it is the likely source of the other categories of symptoms”¹⁷.

2. Avoidance of Stimuli Associated with the Event or Numbing of Responsiveness

“The person tries to avoid thinking about the trauma or encountering stimuli that bring it to mind. There may actually be amnesia for the event. Numbing refers to decreased interest in others, a sense of estrangement, and an inability to feel positive”¹⁸. To be noticed that in PTSD there is fluctuation, in which the person goes back and forth between re-experiencing and numbing.

¹⁵ *ibid.*, p. 155.

¹⁶ *op. cit.*, p. 158.

¹⁷ *ibid.*

¹⁸ *op. cit.* p. 159.

3. Symptoms of Increased Arousal

This includes complex falling or sleeping, difficult concentrating, hyper vigilance, and exaggerated startle response. “Laboratory studies have confirmed these clinical symptoms by documenting the heightened psychological reactivity of PTSD patients to combat imagery”¹⁹.

¹⁹ *ibid.*