

**THE INFLUENCE OF ENVIRONMENT TO CHILD'S
PSYCHOLOGY IN FRANCES HODGSON BURNETT'S *THE
SECRET GARDEN*: A PSYCHOANALYTIC ANALYSIS**



*Submitted to the Faculty of Cultural Sciences, Hasanuddin University as Partial
Fulfillment of Requirements to Obtain Bachelor Degree in English Department*

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MAKASSAR
2024**

LEGITIMATION

THESIS

**THE INFLUENCE OF ENVIRONMENT TO CHILD'S PSYCHOLOGY IN FRANCES
HODGSON BURNETT'S *THE SECRET GARDEN*: A PSYCHOANALYTIC ANALYSIS**

BY

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It has been examined before the Board of Thesis Examination on Friday, 30 August 2024
and is declare to have fulfilled the requirements.

UNIVERSITAS HASANUDDIN

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With reference to the letter of the dean of Faculty of Cultural Sciences Hasanuddin University No. 1273/UN4.9.1/KEP/2023 regarding supervision, we hereby confirm to approve the undergraduate thesis draft by Cecilia Thesalonika Tangke (F041201021) to be examined at the English Literature Study Program of Faculty of Cultural Sciences.

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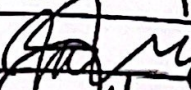
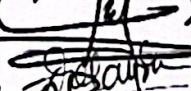
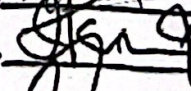
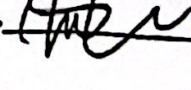

AGREEMENT

On 30 August 2024, the board of Thesis Examination has kindly approved a thesis by Cecilia Thesalonika Tangke (F041201021) *The Influence of Environment to Child's Psychology in Frances Hodgson Burnett's The Secret Garden: A Psychoanalytic Analysis* of one of the requirements to obtain Sarjana Degree in English Literature Study Program, Faculty of Cultural Sciences, Hasanuddin University.

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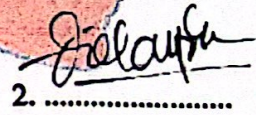
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DECLARATION

The thesis by Cecilia Thesalonika Tangke (F041201021) entitled *The Influence of Environment to Child's Psychology in Frances Hodgson Burnett's The Secret Garden: A Psychoanalytic Analysis* has been revised as advised during the examination on Friday 30 on August 2024 and is approved by the Board of Undergraduate Thesis Examiners:

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Hereby, the writer declares that this thesis is written by herself. This thesis does not contain any materials which have been published by other people, and it does not cite other's people ideas except the quotations and the reference.

Makassar, 20 Agustus 2024

The Writer,



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The Writer



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ABSTRACT

Cecilia Thesalonika Tangke. 2024. *The Influence of Environment to Child's Psychology in Frances Hodgson Burnett's The Secret Garden*. (Supervised by Hearawaty Abbas and Syafri Badaruddin).

This study aims to explain the change in behavior of one of the main characters, Mary, in a literary work entitled *The Secret Garden* by Frances Hodgson Burnett. The objectives of this study are: (1) to explain the influence of nature on human psychology, and (2) to describe the impact of Mary's psychology changes and how she behaves in the novel. The research method used in this study is descriptive qualitative. The primary data source was obtained from the novel *The Secret Garden*, while the source of secondary data was obtained from several books and journal articles. The writer uses a psychoanalytic approach on Freud's behavior change theory to analyze Mary's behavior. Mary undergoes three phases of behavior change: the unfreezing, the movement phase, and the refreezing. The results of this study show that in *The Secret Garden* changes in Mary's behavior can be found and the environment around her influences them. She finds herself transformed into a friendly and sensitive daughter to her surroundings. She becomes a healthy, strong, and brave child. By starting a new life, Mary also becomes a better character.

Keywords: *Behavior, Freud's theory, phases, The Secret Garden.*

ABSTRAK

Cecilia Thesalonika Tangke. 2024. Pengaruh Lingkungan terhadap Psikologi Anak dalam *The Secret Garden* karya Frances Hodgson Burnett. (Dibimbing oleh Herawaty Abbas and Syafri Badaruddin).

Penelitian ini bertujuan untuk menjelaskan perubahan perilaku salah satu tokoh utama, Mary, dalam karya sastra berjudul *The Secret Garden* karya Frances Hodgson Burnett. Tujuan dari penelitian ini adalah: (1) menjelaskan pengaruh alam terhadap psikologi manusia, dan (2) mendeskripsikan dampak perubahan psikologi Mary dan bagaimana ia berperilaku dalam novel. Metode penelitian yang digunakan dalam penelitian ini adalah deskriptif kualitatif. Sumber data primer diperoleh dari novel *The Secret Garden*, sedangkan sumber data sekunder diperoleh dari beberapa buku dan artikel jurnal. Penulis menggunakan pendekatan psikoanalisis dengan teori perubahan perilaku Freud untuk menganalisis perilaku Mary. Mary mengalami tiga fase perubahan perilaku: fase pencairan, fase pergerakan, dan fase pembekuan kembali. Hasil penelitian ini menunjukkan bahwa dalam *The Secret Garden* dapat ditemukan perubahan perilaku Mary dan lingkungan sekitarnya mempengaruhinya. Dia mendapati dirinya berubah menjadi seorang putri yang ramah dan peka terhadap lingkungannya. Ia menjadi anak yang sehat, kuat, dan pemberani. Dengan memulai hidup baru, Mary pun menjadi karakter yang lebih baik.

Kata Kunci: Perilaku, teori Freud, fase, *The Secret Garden*.

CHAPTER I

INTRODUCTION

1.1 Study Background

In human life, we will never be separated from social interaction and communication which of course is the basis of relationships between one individual and another. This encourages humans to express desires or intentions so that they can be understood or comprehended by other humans. So language emerged as a communication tool that helps humans interact socially. Language is a tool used to communicate every day, both spoken and written language. This written language is expressed in writing systems, symbols, and literary works (Felicia, 2001:1).

Literature is the expression of artistic and imaginative facts as the embodiment or manifestation of human life and society. In literature, the delivery usually uses language and has a positive effect on human life (Mursal Esten, 1978:9). Literature is a language art, which usually gives rise to works that are then called literary works. Literary works born from literature can be enjoyed by readers, either by earnestly finding out about literary works or simply as entertainment. Literature is not only limited to writing on a piece of paper but has also played an important role in human life since ancient times. Why is that? Since ancient times, humans have been able to convey their hearts, aspirations, and feelings to others, ranging from society to governments or officials.

Novel is one of the genre literature works in the form of prose with a narrative process of considerable length and complexity that deals imaginatively with human experience, usually through a series of connected events involving a group of people in a specific setting. Novel comes from the Latin *novellus* which is derived from the word *Novelis* which means new. It could be said to be new when compared with literary works such as poetry, drama, etc. (Tarigan, 2000: 164).

The Secret Garden by Frances Hodgson Burnett is one of the many novels the writer will examine. This novel tells the story of a child whose presence is never desired by his parents. After the death of her parents, spoiled and grumpy Mary Lennox came from India to England to live in the house of her uncle, Mr. Archibald Craven. She felt lonely in the big and quiet home. But one day she finds a way to a secret garden that has been locked for years. With the help of Dickon, a boy who could talk to animals, she revives the garden and made it beautiful. The activity of taking care of the garden slowly made Mary's nature change, and in the end, it was not only Mary who became happy because of the secret garden, but everyone around her.

Frances Hodgson Burnett was the middle of five children, born on 24 November 1849 in Manchester, England to Eliza and Edwin Hodgson. After his father died in 1953, his mother was no longer able to maintain the business. In 1865, when Frances was about 16 years old, the family emigrated to the United States, moving to rural Tennessee to live with her mother's brother. He began writing at a young age, using his active imagination to help his family in difficult times. At the

age of 18, in an effort to earn money to support her family, Frances, already an avid writer, began submitting stories to magazines, which eventually started career writing it long and successfully. Frances Hodgson Burnett is remembered as The Writer of classic children's novels, such as *Little Lord Fauntleroy* (1886), *A Little Princess* (1905), and *The Secret Garden* (1911). In addition to writing children's novels, Burnett is a popular adult novelist and has also published romantic novels *The Making of a Marchioness* (1901). Although he has produced many works for adults, he is best known for his children's novels including *The Secret Garden* (1911). During his time as a writer, he was able to create beautifully written stories, which often spanned the entire British social hierarchy. He died in New York in 1924 at the age of 74. The attitude of never giving up and being persistent in achieving success attracted the writer to examine his work. (Marilena, 2014)

Reasons for choosing this novel to be researched because *The Secret Garden* is one of the best children's novels of all time. There is character development. Interesting to see Mary go from an annoying bad girl to a sweet and loyal person. Apart from that, there are beautiful natural descriptions. The writer favorite part is when Mary first discovers the garden that has been hidden for over a decade. The description of the park itself left such a vivid image in my mind that I felt the grass under my feet and the wind on my face. Next reason: The light conflict makes it easy for the writer to understand the storyline. The main conflict of *The Secret Garden* is nothing but the transition of conditions experienced by the protagonists from a weak state to being strong and cheerful like children in general.

The Writer found that the main character in this novel is a complex character who experiences many events that he would never have thought of before. This is what will be analyzed in the research.

The novel celebrates the power of nature to heal and transform, as Mary and her friends discover the healing properties of gardens and the restorative effects of spending time in nature. That's why the writer chose the title *The Influence of Environment to Child's Psychology in Frances Hodgson Burnett's The Secret Garden* in this research.

One perspective that can be used to analyze a literary work is literary psychoanalysis, which can help to look at literature from a different perspective. The psychoanalysis approach is suitable for this study as it deals with real human behavior and non-fiction. This approach will help the writer answer the questions in the problem statement section and reveal the impact of the psychology changes that Mary experienced on her social environment. Psychoanalysis is a science developed by Sigmund Freud and his followers as the study of human psychological functioning and behavior. Psychoanalytic theory is a theory that seeks to explain the nature and development of human personality. The elements that take precedence in this theory are motivation, emotions, and other internal aspects. This theory assumes that personality develops when there is a conflict with these psychological aspects, which generally occurs in children or at an early age.

1.2 Statements of The Problems

Based on the description of the background of the study above, the writer tries to identify several problems of the leading research problems mentioned. They are :

1. The nature's influence on human psychology
2. The impact of Mary's psychological changes
3. The moral values that influence the characters in *The Secret Garden* novel
4. The internal struggle with emotional isolation and loneliness

1.3 Scope of The Problem

In this study, The Writers limit the scope of the problem to the discussion of the object of this study, and they are also interested in analyzing the changes in the character of the main characters in *The Secret Garden*. The study focused on the analysis of character development problems in Married and several attempts to solve psychoanalytic problems based on the novel *The Secret Garden* using Sigmund Freud's theory of personality and anxiety.

1.4 Research Questions

In conducting research, of course, there are objectives, including:

1. How does the psychology state of Mary after discovering *The Secret Garden*?
2. What are the impact of Mary's psychology changes on her social environment?

1.5 Research Significance

There are two functional considerations for conducting research. This research is important because of its theoretical and practical functions.

Theoretically, this study aims to enrich the theoretical foundation of literary studies, especially about psychoanalytic analysis of the personality of the main character. Practically, the writer hopes that this research can provide benefits for the community around what happens in terms of psychology in the real world. The writer hopes that this study can help readers understand the psychological conditions that not only occur in reality but are also reflected in literary works, which will increase insight into the psychological development of characters in novels, short stories, and all forms of literature. This research is expected to be useful to other researchers who are conducting similar research on this relevant topic.

1.6 Research Benefits

The writer hope this study will provide benefits, including:

1. Increase readers' insight into the analysis of literary works.
2. The reader can derive psychoanalytic theory from character analysis.

CHAPTER II

LITERATURE REVIEW

2.1 Previous Research Results

In completing this research, the writer has found several studies that are relevant to the approach and object of research. Therefore, it is important to review this analysis to enrich knowledge about other related studies, deepen this analysis, and use it as a reference and comparison for this study. In this process, the writer found several discussions about psychoanalysis in previous studies presented by Arif Hidayat (2016), Aprilia Rosemarie (2019), and Ratih Pelangi Putri (2022).

Arif Hidayat (2016) "*Analyzed the Characterization of the Main Character of The Secret Garden (Comparative Study of Characterization in Films and Novels)*" This study discusses the main characters in the film and novel *The Secret Garden*. The purpose of this study was to analyze the characterization of the main character in the novel and movie *The Secret Garden*. In this study, The Writer used descriptive qualitative research with comparative studies. In the results of a comparative analysis of the characterization of the main character in the novel and film *The Secret Garden*, it was found that in the novel, the method used to uncover and develop the character of Mary Lennox is direct characterization, which is carried out through appearance, dialogue, and action. Meanwhile, there is a transformation of characterization through some reduction and addition of the main characterization. In addition to the different

characterization methods used, there are also differences in the representation of Mary Lennox's characters between novels and films.

Aprilia Rosemarie (2019): ***“Cultural Edition of Frances Hodgson Burnett's novel The Secret Garden”*** This study discusses the acts of bullying and racism experienced by the main character, Mary Lennox. The Writer uses qualitative methods to analyze the data. This study aims to find out the cultural issues contained in the novel 'The Secret Garden' by Frances Hodgson Burnett. After conducting an analysis, the writer concludes that the cultural issues contained in this novel are bullying and racism. Intimidation and racism have existed and have been for a long time. Both of these can hurt the victim. Committing sarcasm, hatred, revenge, intimidation, and racism are despicable acts.

Ratih Pelangi Putri (2022), a student of Surabaya State University, discusses ***“Natural Healing In The Secret Garden By Frances Hodgson Burnett.”*** This research focuses on pastoral imagery as a component of ecocriticism to show the elements of nature represented as natural healing. In addition, the concept of healing, especially as a result of healing, is carried out to reveal the representation of natural elements in the result of healing. The Writer used qualitative methods to complete the research. The purpose of the study was to reveal the natural healing that occurs in the characters through the pastoral images depicted in the novel. The results showed that pastoral imagery in novels was categorized into five groups: soil, plants, seasons, liquid elements, and animals. Through these pastoral images, the idea of the consequences of

healing is revealed in three aspects: positive change, finding meaning, and realizing wholeness.

Based on the three studies above, there are several similarities and differences between the approach and theory used with the novel as an object. The similarity between this study and previous research is that both use the novel *The Secret Garden* as the object of research. The difference between this study and previous research is that Ratih Pelangi Putri (2022) focuses on pastoral imagery to show natural elements represented as natural healing, while Aprilia Rosemarie (2019) discusses acts of intimidation and racism, and Arif Hidayat (2016) analyzes the characterization of the main characters in the novel and film *The Secret Garden*.

Previous studies were helpful and contributed a lot to the research. Some previous studies have used the same approach but different theories for analysis. In addition, all previous studies have different objects, but the analytical approach is the same, like the psychoanalytic approach. This study used a psychoanalytic approach by Sigmund Freud to analyze the personality of the main character in *The Secret Garden*. The difference between previous research and this study is that it discusses the psychological problems of figures in qualitative research and literature. Therefore, the writer focuses on three main things: Id (nature), Ego (the result of interaction with the environment), and Super Ego (the result of internalizing the values of influential figures). These studies aim to support my research analysis later in Chapter 4.

2.2 Psychoanalytic theory by Sigmund Freud

Literary psychology is a branch of science that studies psychology and literature. Literary psychology can be used to examine characters' psychology in novels because it focuses on examining aspects of character. Freud's psychoanalytic personality theory views humans as predisposed to their subconscious. Schellenberg stated that all mental phenomena are unconscious and are masked by the realm of consciousness. A person's personality, according to Freud, is classified into three parts: id, Ego, and superego. The three parts have different roles, but a person's inner state can be seen from the combination of these three parts.

The theory of psychoanalysis provides the existence of unconscious impulses that influence human behavior. As we know, when producing a work, an author is sometimes influenced by subconscious elements, thus helping in producing literary works.

The theory of psychoanalysis became the most comprehensive theory among other personality theories, which received both positive and negative responses. The important role of the unconscious and the sexual and aggressive instincts present in the regulation of behavior became Freud's monumental finding. The systematics used by Freud describe personality in three points: Personality structure, personality dynamics, and personality.

A. Personality Structure according to Sigmund Freud

Personality consists of three aspects or systems, namely Id (biological aspect), Ego (psychological aspect), and Superego (sociological aspect). Human behavior is always the result of cooperation from these three aspects. Freud divided human psychism into the id, Ego, and superego. The id located in the unconscious part is a pulsion reservoir and becomes a source of psychic energy. The Ego lies between the conscious and unconscious realms; its job is to be the mediator that reconciles the demands of pulsion and the prohibition of the superego. The superego is located partly in the conscious and partly in the unconscious. His job is to be a supervisor and a barrier to the complete satisfaction of these pulsion's, which is the result of education and identification in parents.

1. Id

The id acts as a psychic energy that presses humans to meet their basic needs, such as the need to eat, have sex, and resist pain or discomfort. Id is related to the principle of pleasure: always seeking pleasure and avoiding discomfort. Man cannot live just by having an id within himself. A developing child learns that he cannot behave as he pleases; he must follow the rules imposed by his parents. If a child wants to fulfill reality's strong demands and desires, then a new form of personality structure called the Ego arises.

Freud in (Bartenz,2004) stated that this unrealistic and pleasure-seeking nature of the id made the id illogical and able to satisfy conflicting thoughts. For example, a woman can show her love consciously for her mother while also subconsciously expecting her to leave her life. Such conflicting desires can occur because the id has no

morality. That is, Id is incapable of making decisions on base values or distinguishing good things from bad ones. Id is something immoral, not immoral or morally violating. All the Id's energy is devoted to one purpose only, seeking pleasure regardless of whether the pleasure is appropriate or not to be displayed. In short, Id is a primitive, chaotic, and unreachable territory of the conscious mind. The Id is unchangeable, immoral, illogical, unruly, and full of energy that comes from basic impulses and is devoted solely to satisfying the pleasure principle as a region for impulses b. The basic Ego (main drive), the Id operates based on the first process (primary process). Because the id uses horse glasses to satisfy the pleasure principle, it survives by relying on developing secondary processes that allow it to relate to the outside world. The Ego executes the functions of these secondary processes.

2. Ego

The Ego is the main leader in the personality structure. The Ego serves as the assignor to key mental functions, such as reasoning, problem-solving and decision-making. As explained earlier, the Ego lies between the conscious and the unconscious. However, as a leader in the personality structure, the Ego is caught between the id and the superego.

The Ego must obey the principle of reality by trying to fulfill the individual's pleasures that are limited by reality. However, like the id, the Ego also has no morality, so neither of us knows what is good or bad. The Ego is controlled by the reality principle, which seeks to replace the id's pleasure principle. As the only area of the mind that deals with the outside world, the Ego takes on the role of executive or

decision-maker of personality. However, because the Ego is partly conscious, some subconscious, and some unconscious, it can make decisions at all three levels.

Freud in (Ewen,2010) stated that when performing cognitive and intellectual functions, the Ego must weigh between a series of irrational and conflicting demands of the id and contradictory to the superego. Thus, the Ego constantly seeks to control the blind and irrational demands of the id and superego with realistic demands from the outside world. Sandwiched by three sides of forces that are different and opposite to each other, the Ego also gives rise to a foreseeable reaction, namely anxiety. Therefore, the Ego uses repression and other defense mechanisms to protect itself from anxiety. When comparing the Ego to the id, Freud used the analogy of riding a horse. The rider always tugs of war with the horse, but the driver depends on the horse.

Similarly, the Ego continues to tug of war with id drives, but the Ego is actually in the grasp of a stronger but irregular id. The Ego has no power because it borrows energy from the id. Even if it depends on the id, sometimes the Ego takes complete control, for example, in someone who is psychologically mature. When children learn through rewards and punishments from parents, they learn what they must do to get pleasure and avoid pain. At a young age, pleasure and pain are functions of the Ego because the child has not fully developed the inner voice and Ego ideal, the superego. Once children enter the age of five or six, they identify themselves with their parents and begin to learn what they should and should not do. This is the origin of the superego.

The emergence of the superego as a mediator between the id and the Ego is important in the structure of human personality. Without it, man would be unable to distinguish what is good and bad for him. The superego is a conscience that recognizes good and bad (conscience). The superego refers to morality; just like the id, the superego does not consider reality. Except when sexual impulses and aggressiveness can be satisfied in moral considerations.

Freud in (Bartenz,2016) stated that a well-developed superego plays a role in controlling sexual and aggressive impulses through the process of repression. The superego cannot produce repression independently, but the superego can command the Ego to do so. The superego watches the Ego closely and assesses its actions and intentions. Guilt arises when the Ego acts or intends to act contrary to the moral standards of the superego. Feelings of inferiority arise when the Ego cannot meet the standards of perfection set by the superego. Thus, guilt is a function of conscience, while feelings of inferiority are rooted in the ideal Ego. The (superego does not bother with ego happiness. The superego strives for perfection with horse glasses and unrealistically. Realistic here means that the superego needs to consider the obstacles or things that the Ego cannot possibly face in carrying out the superego's orders. Indeed, not all demands of the superego are impossible to fulfill, just as not all demands of parents or other authority figures are impossible to fulfill. However, the superego resembles the id, which the superego proposes can be implemented. Who does not bother at all and does not care? What is a series of conditions?

The process of switching functions between the id, Ego, and superego can be explained as follows. First, a need or desire arises in the id, which is then transferred to another object because of the id's inability to distinguish the object's function in reality.

Second, the process of identifying the Ego by retracing how the id acquires the images that result in the emergence of desires and seeks to reduce the tension within them. This process will experience censorship or ego attempts to block the id from eliciting destructive instincts and being accepted by the outside world so that ego defense mechanisms emerge.

3. Superego

Third, the obstacles that the superego as a representative of the outside world to direct the Ego cause a tense situation with the id to fight over the Ego as a helper to master the other system.

Of the three structures of Freud's personality, it is clear that all three complement and support each other with their respective tasks in the personality of a human being. When the id dominates an individual, the individual becomes one who is always looking for pleasure or self-satisfaction. If the superego dominates an individual, then the individual becomes an individual who always feels guilty and inferior, while a psychologically healthy individual is an individual for whom the Ego dominates

B. Personality Dynamics

The mental life level and the region of mind refer to the structure or composition of the personality, but the personality itself also acts. Thus, Freud proposed a motivational dynamic or principle to explain the forces that drive human action. For Freud in (Bartens,2016) humans were motivated to seek pleasure as well as lower tension and anxiety. This motivation derives from the psychic and physical energy of their basic drive. Encouragement works as a constant motivational pressure. As an internal stimulus, this impulse is different from an external stimulus because a person cannot avoid the internal stimulus. Freud stated that various kinds of drives could be classified according to two categories, namely sex or Eros and aggression, distraction, or Thanatos. These impulses come from the id, but are under the control of the Ego. Each drive has its form of psychic energy. Libido is the term Freud used for sex drive, while energy for aggression drive is not named.

1. Instinct

According to Freud in (Bertenz,2016) instinct is an innate psychological representation of excitation (a state of tension and arousal) due to a need arising from the body. The form of this instinct is tension reduction, which is regressive and conservative (trying to maintain balance) by correcting the state of deficiency. Instinct has a repeating process of calm, tense, and calm (repetition compulsion). An example of instinct is when the body needs food. Psychic energy will be gathered in the hunger instinct, encouraging a person to meet his needs to eat.

2. Death Instinct and Death Desire

Freud divided the instinct between man into two: eros or life instinct (life instinct) and Thanatos or death instinct (death instinct). According to Freud in (Bertenz,2016), human behavior is based on these two basic energies. First, the instinct of life is manifested in sexual behavior, supporting life and growth. Second, the death instinct underlies aggressive and destructive actions. This instinct can lead to suicide, self-destruction (self-destructive behavior) or being aggressive towards others. The desire to die (death wish) can arise, for example, due to a person's freedom that is hindered by having to care for disabled people.

3. Anxiety

According to Freud in (Bertenz,2016), anxiety is the result of unconscious conflict as a result of the conflict between the id pulsion (generally sexual and aggressive) and the defense of the Ego and superego. Most threatening pulses are caused by conflicting personal values or values that exist in society.

Neurotic anxiety is anxiety due to unknown dangers. The feeling itself resides in the Ego but arises from id impulses. A person can feel neurotic anxiety due to the presence of teachers, superiors, or other authority figures because they previously felt an unconscious desire to destroy one or both parents. During childhood, this feeling of anger is often followed by a fear of punishment and this fear is generalized into an unconscious neurotic anxiety.

The second type of anxiety, moral anxiety, stems from the conflict between the Ego and the superego. When children build a superego, usually at the age of five or six, they experience anxiety that grows out of the conflict between realistic needs and the

commands of the superego. For example, moral anxiety can arise from sexual temptation if the child believes that accepting the temptation is morally wrong. This anxiety can also arise from a failure to be consistent with what they believe is morally right. For example, being unable to care for parents in old age.

The third category of anxiety is realistic anxiety, which is closely related to fear. This anxiety is defined as an unpleasant and nonspecific feeling that includes the possibility of danger itself. For example, we can experience realistic anxiety when driving fast in heavy traffic in a foreign city, that is, situations that include objective and real dangers. However, This realistic anxiety differs from fear because it does not cover the object being feared. For example, we feel afraid when our vehicle suddenly slips and cannot be controlled on a slippery freeway due to ice sheets.

4. Sexual instinct

The sexual drive has a purpose, which is pleasure, but this pleasure is not limited to genital gratification. Freud in (Bertenz,2016)believed that the whole body is fed by libido. In addition to the genitals, the mouth and anus are also capable of producing sexual pleasure and are known as the erogenous zone. Freud stated that the ultimate goal of the sexual drive (reduction of sexual tension) is irreversible, but the path taken to achieve the goal may vary. The form can be active or passive or temporarily or permanently inhibited. Because these pathways are flexible and because sexual pleasure can be obtained from organs other than the genitals, most behaviors that are motivated by Eros are difficult to recognize as sexual behaviors.

5. Defense and Conflict Mechanisms

The Ego tries its best to maintain a stable relationship with reality, the id, and the superego. However, when anxiety overwhelms the Ego, it must try to defend itself. He will subconsciously survive by blocking all impulses or shrinking them into a more acceptable and less threatening form. Some of the Ego's defense mechanisms are:

a. Repression

Repression aims to push out unreceived Id impulses from the conscious and back into the subconscious. Repression is the foundation of how all ego defense mechanisms work. All ego defense mechanisms aim to repress or push threatening impulses out of the conscious. According to Freud in (Bertenz,2016), our childhood experiences, which many experts believe stem from sex drive, are very threatening and conflictual for humans to overcome consciously. Therefore, humans reduce the anxiety of conflict through the defense mechanism of ego repression.

b. Sublimation

Sublimation is a form of diversion; it occurs when socially beneficial actions replace feelings of discomfort. For example, if an individual has a high sexual drive, then he diverts these uncomfortable feelings into socially acceptable actions by becoming a model or body painter.

c. Projections

Projections occur when individuals cover up their shortcomings and the problems faced or mistakes are passed on to others. For example, we have to be critical or rude to others; we realize that this attitude is not appropriate, but the attitude is given

the reason that the person deserves it. The unconscious mechanism that protects us from acknowledging the condition is called projection.

d. Assignment

His job is to transfer feelings of displeasure towards an object to another more likely object. For example, the existence of aggressive impulses that can be replaced, as scapegoats, against people (or other objects) where these objects are not a source of frustration but are safer to target

e. Rationalization

This happens when the real motive of the individual perpetrator is unacceptable to the Ego; some substitute motive for justification replaces the real motive. Rationalization has two purposes: to reduce disappointment when we fail to achieve a goal and to give us acceptable behavior motives. For example, first, a liking or dislike as an excuse: a girl who was not invited to a party said that she would not go even if invited because some people she did not like were present at the party. Second, blame others or the environment as an excuse: a person being late for falling asleep will blame others for not waking him up or say he is exhausted from being too busy to sleep. He should be able to wake up by putting an alarm on before

f. Formation Reaction

Repression due to impulse anxiety is often followed by the opposite tendency as opposed to the repressed tendency: formational reactions. For example, a person can become a fanatical martyr against evil because of sin-related subconscious feelings. He may repress his impulses, ending in his resistance to evils he does not understand.

g. Regression

There are two interpretations of regression, namely retrogressive behavior (the behavior of someone who looks like a child, cries and is very spoiled in order to gain the security and attention of others) and prioritization (when an adult behaves as an uncultured person and loses control so that he does not hesitate to fight).

h. Aggression and Apathy

Feelings of anger are closely related to tension and anxiety that can lead to destruction and assault. There are two aggressions: direct and diverted. Direct aggression is expressed directly to a person or object that is a source of frustration. For adults, this kind of aggression is usually verbal rather than physical; the offended victim will usually respond. Diverted aggression is when a person experiences frustration but cannot express satisfactorily the source of the frustration because it is unclear or untouchable. The perpetrator does not know where to attack; he is very angry and needs something to vent. Apathy is another form of reaction to frustration, which is apathy by withdrawing and acting as if surrendered.

i. Fantasies and Stereotypes

When we face such piled problems, sometimes we seek a solution by entering into an imaginary world, a solution based on fantasy rather than reality. For example, war soldiers often stick pictures of pin-up girls in their barracks that symbolize the fantasy of life going on when their sexual life is disrupted. Stereotyping is another consequence of frustration, stereotyped behavior showing continuous repetition. The individual always repeats actions that are useless and seem strange.

C. Personality

Personality is the part of the soul that organizes human existence into a unity, not divided into functions. Understanding personality means understanding me, self, self or understanding as a whole person. The most important thing is that the understanding is strongly influenced by the paradigm, which is used as a reference for developing the theory. Personality theories can be distinguished or grouped based on the paradigm used to develop them, namely the paradigm of psychoanalysis, the cognitive paradigm, the paradigm of behaviorism, and the paradigm of traits. Psychoanalysis attempts to explain how to free up the energy used by neurotic symptoms due to the incorrect direction of psychic energy to return instinctive energy pathways to the desired activity. The main goal of the psychoanalytic paradigm is to recognize sexual instincts and biological drives that require satisfaction. These instincts will develop with age. The basic concept of the cognitive paradigm in understanding behavior is one's thoughts and beliefs.

Cognitive paradigms seek to reveal that a person's perspective reflects how the world moves and how the brain works. The behaviorism paradigm seeks to explain how humans interact with the environment and how human behavior can change due to that interaction. The theory of behaviorism is closer to the theory of learning. Developing old and new behaviors is a learning stage process that motivates people to be willing to behave according to their environment. The traits paradigm considers the impact of mental activity more important than the static elements of the psyche. The traits paradigm also explains that understanding the soul is not through understanding

the soul's elements but through the soul's function in response to squash. Based on the description above, this study tends to the paradigm of psychoanalysis, which aims to recognize the instinct of always seeking pleasure and avoiding discomfort. The elements contained in the paradigm of psychoanalysis are the most appropriate theories for analyzing literary works in this study because there are factors that exist in Freud's psychoanalysis.

2.1 The Impact of Changes in Child Psychology on the Environment in *The Secret Garden* Novel

In the study, it was found that someone who briefly walked through the lush, green part of the Stanford campus was more likely to have a sense of concern for others and be happier than those who walked the same amount of time in heavy traffic. Although the study did not examine the neurological mechanisms underlying the effects in real terms, people who had walked in tree-lined areas showed significant improvements in their mental health. They also had less blood flow to the subgenual prefrontal cortex, which caused parts of the brain to think nothing.

Scientists in Japan found a 12% drop in cortisol (the stress hormone) after a short walk in a forest or green space. It has the same effect as meditation. Not surprisingly, green spaces such as parks, forests, and plantations are often tourist attractions that we

can visit to unwind. Not a few people who do activities such as camping in nature or just a picnic in a park full of trees and grass become the main choice for refreshment.

Several basic hypotheses can be used to describe how nature may play an important role in our mental health, including:

1. The first basic hypothesis is related to the process of perception. Perception is part of action.
2. The second hypothesis is Wilson's (1984) theory of biophilia. Attention and affiliation with nature provide adaptive value for human survival. For example, a natural environment that has an open landscape with several parts shows natural vegetation (open), a complex natural environment with different natural objects (complexity), and the availability of water. It activates a sense of security and, at the same time, a sense of openness, which plays an important role in our mental health.
3. The third hypothesis is Kaplan's (1995) Attention Restoration Theory (ART). In everyday tasks, the human being uses his cognitive resources to direct attention to certain objects and tasks, avoiding distractions by suppressing thoughts and feelings that are incompatible with the task at hand. That is why people feel refreshed when traveling to places filled with green vegetation.

Many studies support the above hypothesis, but due to space limitations, I will present only a few examples of interesting research that show how the natural environment can help recover our cognitive resources as well as strengthen our mental

health. Normal people who walk in green environments or even just look at green landscapes experience improved short-term memory skills that are better than those who walk in urban environments (Berman, Jonides, & Kaplan, 2008). Depressed people who were taken for a walk in natural green environments showed improvements in their positive mood and short-term memory span (meaning the person would be able to process information better) than depressed people who walked in urban environments (Berman et al. 2012). Moving from an environment with low levels of greenery to a place with high levels of greenery has been shown to have a positive effect on mental health in general (Alcock et al. 2014).

Children experience the development of their personality, which continues to develop like adults. Often, it is not easy for children to express what they feel or explain what they think. Psychoanalytic studies provide important information about life, including children.

The novel *Secret Garden* tells the story of a girl who is full of imagination and energy but loses her parents shortly while she is in India due to a deadly cholera epidemic, which also claimed the lives of Mary's entire family. Mary was then housed by her uncle, Lord Craven, in England. Mary Lennox was repeatedly reminded by Mrs. Medlock (Lord Craven's housekeeper) not to cause trouble, considering that Lord Archibald Craven was still grieving after the death of his wife. Bored, Mary Lennox then chose to go around the yard around the house and found a garden that seemed to

have long been untouched or cared for by humans. In the park, Mary Lennox slowly begins to heal her grief over the loss of both her parents at once, along with her two new friends, Dickon, and Colin Craven, as they turn the pages of the past lives of her loved ones.

There is also the influence of nature on the psychological changes felt by the main character, Mary, in *The Secret Garden* Novel:

1. **Become a friendly and sympathetic girl.** Sympathy is a person's tendency to feel what others feel. This can happen based on equality—feeling the same fate so that we can feel it. Mary is described as arrogant, hot-tempered, and doesn't care about several things because of her background in life. It started with his curiosity about the secret garden. Every day, I try to figure out what's going on in the park by discovering new things and talking to people and animals. Without realizing it, there is a psychological change in her that makes her a friendly and sympathetic girl.
2. **Have a good influence on the environment.** As human beings who live among millions of other souls, we don't just compete to show who is the best among others. But also trying to be more useful human beings and a good influence on our neighbors. Of course, it is not easy for us to realize. Even so, be grateful if you are never arrogant and want to have all the contents of the world alone. After feeling the good changes happening to her, Mary also has a very good influence on the people around her, especially those in the house. For example, Colin's character, who originally had no

desire to live because of his illness, now says loudly, "I will live forever! And forever. Not only for humans, Mary also made the secret garden into a garden that came back to life. It's beautiful to always be taken care of by him.

3. **Began to pay attention to appearance and self-care.** Self-care is the ability to take care of one's health and prevent illness or health problems, both physically and mentally. Self-care includes our knowledge and behavior in maintaining health and preventing health problems. Self-care includes knowledge about health, self-awareness about one's condition, physical activity, and healthy eating, as well as behaviors that are carried out consciously to prevent disease. Taking care of ourselves helps us navigate many of our activities and avoid physical and emotional burnout. It helps us stay healthy, and productive, and have a good quality of life. Since childhood, Mary has always been spoiled by her parents. Whatever she wants is always available. From top to toe, cared for by a nanny. Even wearing clothes is still helped by the nanny. This makes him a child who is always dependent on others and knows nothing. Since moving into her uncle's house, she has been taught by Lord Craven's servants to be able to take care of herself. It was very difficult for him to start with that. But because she had to go to the secret garden secretly to solve the mystery, she was forced to wear her clothes without the help of others. This is what made him start to pay attention to his appearance and take care of himself.
4. **Feel safe and loved by those around him.** When we were young, we depended on the love and care of our parents. When our parents love us, we feel more secure and useful. When they praise us, we feel more confident and feel better. But not everyone can feel

that because of several factors that occur in his life. Then what are the consequences if the child does not get love? Some engage in drugs or drinking, join gangs, and date for love and affection. However, these relationships rarely last long, and when they break up, they feel even more worthless. As explained earlier, Mary is a child who does not receive enough love from her parents after they die. After moving into her uncle's house, she was always accompanied by Martha, who was Lord Craven's servant and governess. After years of feeling alone and uncared for, she begins to feel safe again thanks to Martha. Add to that Dickon and Colin Craven, who always help her and make her feel loved like family. The three of them became true friends.