The Impact of Trauma on the Main Character's Development in Rivers'

Redeeming Love

An Undergraduate Thesis

BY:

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ENGLISH LITERATURE STUDY PROGRAM

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LEGITIMATION

THESIS

THE IMPACT OF TRAUMA ON THE MAIN CHARACTER'S

DEVELOPMENT IN RIVERS' *REDEEMING LOVE*

BY

CICI NADHILAH HUTRIWATI MALLOLONGANG

Student ID Number: F041201076

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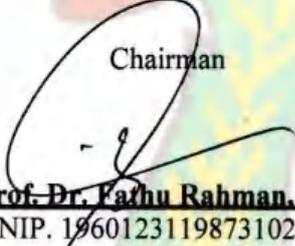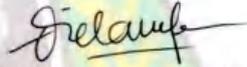
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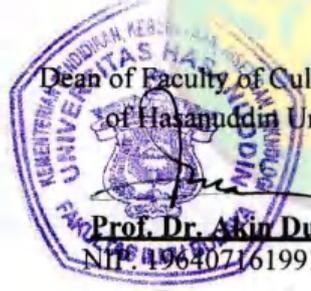
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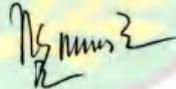
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AGREEMENT

On July 19th, 2024, the Board of Thesis Examination has kindly approved a thesis by Cici Nadhilah Hutriwati Mallolongang (F041201076) entitled *The Impact of Trauma on the Main Character's Development in Rivers' Redeeming Love* submitted in fulfillment of one of the requirements to obtain Sarjana Degree in English Literature Study Program, Faculty of Cultural Sciences, Hasanuddin University.

Makassar, July 19th, 2024

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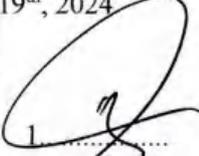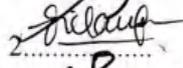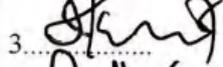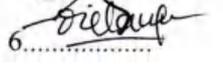
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DECLARATION

The thesis by Cici Nadhilah Hutriwati Mallolongang (F041201076) entitled *The Impact of Trauma on the Main Character's Development in Rivers' Redeeming Love* has been revised as advised during the examination on Friday, 5th July, 2024 and approved by the Board of Undergraduate Thesis Examiners:

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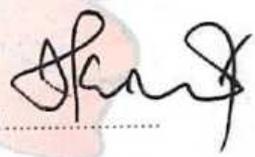
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iv

STATEMENT OF ORIGINALITY

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Title of Thesis : The Impact of Trauma on the Main Character's Development in Rivers' *Redeeming Love*

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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 people's ideas except quotations and references.

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Cici Nadhilah Hutriwati Mallolongang

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APPROVAL FORM

With reference to the letter of the dean of Faculty of Cultural Sciences Hasanuddin University No. 1240/UN4.9.1/KEP/2023 regarding supervision, we hereby confirm to approve the undergraduate thesis draft by Cici Nadhilah Hutriwati Mallolongang (F041201076) to be examined at the English Literature Study Program of Faculty of Cultural Sciences.

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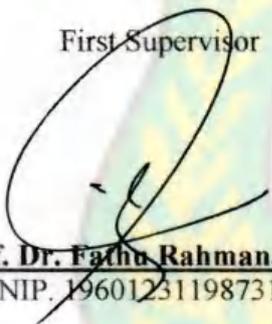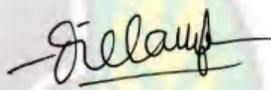
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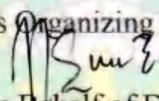
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LIST OF CONTENTS

ABSTRACT

Cici Nadhilah Hutriwati Mallolongang, 2024. The Impact of Trauma on the Main Character's Development in Rivers' *Redeeming Love*. (Supervised by **Fathu Rahman and A. ST. Aldilah Khaerana**).

This study aims to discover the trauma experienced by the main character and examine its impact on the main character's development. It also aims to discover how Sarah overcomes her trauma.

The author applies psychoanalysis theory by Sigmund Freud and focuses on the id, ego, and superego in analyzing the impact of Sarah's trauma. The data was obtained from the *Redeeming Love* novel by Francine Rivers.

The study findings reveal that Sarah has experienced trauma from childhood through adulthood, which has significantly affected her development. Accordingly, Sarah has developed self-blame and feelings of unworthiness, employed pretense and repressed her feelings as defense mechanisms, lost faith in God, became resigned and pessimistic, engaged in self-harm due to self-loathing, refused to fall in love due to trust issues, and grew fears related to dark, attending church and getting hurt. Sarah overcame her trauma with the support of people around her, especially Michael, her husband, who was the first person who helped her out of her despair. Sarah overcame her trauma by learning to trust others and became emotionally open, regained her faith in God, and confronted her abuser. Sarah also experiences self-healing by altering young prostitutes' lives through the house of Magdalena's teaching, and ultimately, Sarah achieves self-acceptance.

Keywords: *Trauma, Redeeming Love, Psychoanalysis.*

ABSTRAK

Cici Nadhilah Hutriwati Mallolongang, 2024. Dampak Trauma Terhadap Perkembangan Tokoh Utama Dalam Novel karya Francine Rivers *Redeeming Love*. (Dibimbing oleh **Fathu Rahman** dan **A.ST. Aldilah Khaerana**).

Penelitian ini bertujuan untuk mengetahui trauma yang dialami oleh karakter utama dan meneliti dampaknya terhadap perkembangan karakter utama. Penelitian ini juga bertujuan untuk mengetahui bagaimana Sarah mengatasi traumanya.

Penulis menerapkan teori psikoanalisis dari Sigmund Freud dan berfokus pada id, ego, dan superego dalam menganalisa dampak dari trauma yang dialami Sarah. Data diperoleh dari novel *Redeeming Love* karya Francine Rivers.

Hasil penelitian mengungkapkan bahwa Sarah telah mengalami trauma sejak kecil hingga dewasa, yang secara signifikan mempengaruhi perkembangannya. Oleh karena itu, Sarah telah mengembangkan sikap menyalahkan diri sendiri dan merasa tidak berharga, melakukan kepura-puraan dan menekan perasaannya sebagai mekanisme pertahanan, kehilangan kepercayaan pada Tuhan, menjadi pasrah dan pesimis, melakukan tindakan melukai diri sendiri karena membenci dirinya sendiri, menolak untuk jatuh cinta karena masalah kepercayaan, dan menumbuhkan ketakutan yang berkaitan dengan kegelapan, pergi ke gereja, dan tersakiti. Sarah berhasil mengatasi traumanya dengan dukungan dari orang-orang di sekitarnya, terutama Michael, suaminya, yang merupakan orang pertama yang membantunya keluar dari keterpurukan. Sarah mengatasi traumanya dengan belajar mempercayai orang lain dan membuka diri secara emosional, mendapatkan kembali kepercayaannya kepada Tuhan, dan menghadapi pelaku pelecehannya. Sarah juga mengalami *self-healing* dengan mengubah kehidupan para PSK muda melalui pengajaran Rumah Magdalena, dan pada akhirnya, Sarah mencapai tahap *self-acceptance*.

Kata Kunci: *Trauma, Redeeming Love, Psikoanalisis.*

CHAPTER I

INTRODUCTION

1.1. Background

An author can produce works in a wide range of genres, such as science fiction, fantasy, horror, thriller, mystery, romance, historical fiction, and many others. They get the inspiration for these various genres from their imagination, proving that human imagination is limitless. An author can also conjure up a whole new universe where he/she can incorporate all kinds of wonders, impossibilities, and ideas that others would not have thought of, inviting his readers to immerse themselves in it. Literature centered on imaginative creation extends beyond factual documentation. It emerges as a product of limitless authorial imagination, capable of constructing its unique worlds (Wellek & Warren, 1963). The constraints of reality do not bind literature. Instead, it has the capacity to surpass them through the imaginative abilities of the author.

Since literature is written by and for humans, it is undeniable that many literary works mirror real life despite its freedom from reality. Within the bewitching realm of storytelling, an author crafts words that captivate the reader and draw them into the story's core. Through this ethereal work of art, readers can understand the characters and become entangled with their feelings, feeling all the wonders and challenges that the story delivers. Things relevant to their lives appeal to people

hey create an emotional connection that elicits favorable feelings and a

alidation or affirmation. Literature is defined as works of art that interpret

ings of life and nature in powerful, endearing words that are infused with

the author's personality and create works of art that are always interesting (Henry Van Dyke, 1910). Sometimes expressive literature is an expression of the inability of an author who wants to achieve things that are impossible for them, a kind of escape for the author, or it could be a problem in the author's life that they brought up in the novel and of course, it was given the sprinkle of drama in it, or it could be a regret that cannot be expressed and can only be poured into a piece of writing.

As for Francine Rivers, writing served as a refuge and a means of self-expression. It was one of the areas in which she had "control," even though it was just an illusion. For example, in her most famous work, *Redeeming Love* (1991), she wrote it as a confession about how she perceived and treated God before she knew him. It was her desire for a rescuer and the longing for affection. Francine Sandra Rivers is an American author specializing in Christian-themed literature, particularly inspirational romance novels; she was born in Berkeley on 12th May 1947. Before becoming a born-again Christian in 1986, Rivers published historical romance books. Her most famous work is the inspiring novel *Redeeming Love,* and another of her books, *The Last Sin Eater*, has been adapted into a movie. She went to Amador Valley High School in Pleasanton, California and later graduated from the University of Nevada with a Bachelor of Arts in English and Journalism.

Redeeming Love by Francine Rivers is a compelling historical romance story set in 1850s California during the Gold Rush. The plot revolves around Sarah, a ...dy who is sexually exploited and forced into prostitution. The story is ...nchored in Sarah's tragic experiences, emphasizing the emotional and ...gical cost of her past. The tale depicts Sarah's transformative path toward

healing and repentance as she confronts her past scars. Michael Hosea, a farmer, becomes a beacon of unwavering love and faith, guiding Sarah to healing and salvation. The book, which explores themes of love and forgiveness, highlights the transformational power of genuine love in overcoming widespread trauma and pain.

In this study, the author has chosen *Redeeming Love*, written by Francine Rivers, which focuses on the impact of trauma on Sarah's development, the female protagonist in Redeeming Love. To analyze the novel sufficiently and appropriately, the author uses Freudian psychoanalytic theory to look deeper into the main character's defense mechanisms and Freud's concepts of id, ego, and superego help the author to find how trauma impacted Sarah's development by explaining how the three roles play on Sarah's development due to trauma.

Before going into further detail on Sarah's trauma, let us understand trauma. Trauma is a distressing and alarming event or experience that affects a person's emotions and feelings (Heidarizadeh, 2015). In essence, terrible memories and past tragedies impact the characters' minds. Various factors can cause trauma; common causes of psychological trauma include domestic violence, bullying, police brutality, sexual abuse, accidents, natural disasters and particularly traumatic experiences during childhood. However, each individual will react differently to similar events.

Trauma is categorized into three types: acute, chronic and complex. The acute ; a result of a single horrifying event that overwhelms the individual. chronic trauma is a result of continuous exposure to highly stressful

situations such as child abuse or domestic violence. Third, the complex trauma emerges from being exposed to multiple traumatic events for a long time. The impact of traumatic events on an individual's well-being can vary and is influenced by various factors, including personal characteristics, preexisting mental health conditions, prior exposure to trauma, the nature of the event, and individual coping mechanisms. Emotional and psychological responses to trauma can range from denial and anger to anxiety, depression, and feelings of guilt or hopelessness. These emotional reactions can also be accompanied by physical symptoms, like headaches, digestive problems, fatigue, a racing heart, sweating, and jumpiness. Identifying potential causes of trauma, the Charity Mind in the United Kingdom cites bullying, harassment, abuse, sexual assault, car accidents, childbirth, life-threatening illnesses, sudden bereavement, attacks, kidnappings, acts of terrorism, natural disasters, and warfare as significant contributors to traumatic experiences.

Moreover, the same thing also happened to Sarah, the main character of Redeeming Love, who experienced horrible events throughout her childhood to adulthood; undeniably, the trauma she faced during her life had an impact on her growth. For instance, when her biological father rejected her, seeing her mother also get rejected because of her existence inflicted feelings of guilt and self-blame. All her traumatic events impacted her since she experienced them at a very early age while still in the developmental stage, which made her growth unnatural. Newport Institute's (n.d.) article stated that enduring traumatic events during ... l have a lasting effect on an individual's overall welfare. Moreover, trauma ... acknowledged and treated seriously to get a healthier life; a prolonged

ignorance of trauma will result in more suffering, so it is better to address it and start the healing process.

The characterization of Sarah is interesting to be taken as an object of study due to her trauma and the way she deals with the trauma. In her early life, Sarah does not believe in love and feels that she is not worthy of being loved by anyone. Meeting Michael Hosea reverses Sarah's perspective on love and being loved. Michael's perseverance in showing his love to Sarah has successfully changed Sarah's belief in love and God. It does not matter how traumatized or how bitter someone's life is. By loving them, it is assumed that love can improve their self-worth and self-esteem. Quoting from Rumi, "Love is cure, love is power, love is the magic of changes. Love is the mirror of divine beauty." Love is a healing force, a source of strength, a catalyst for change, and a reflection of divine beauty.

Furthermore, the outcome of this research shows the vital role that other people play in providing support to those who have suffered trauma. Traumatized individuals are vulnerable and defenseless. Thus, they need others to pull them out of their misery. Just like the figure of Michael in this story, he helps Sarah heal from her trauma and shows her that things are not as bad as she thought.

1.2. Identification of the problem

After reading Redeeming Love by Francine Rivers, the authors found several problems, including:

exual exploitation and human trafficking

npact of trauma experienced by Sarah.

c) The cycle of abuse that Sarah is unable to break.

d) Societal judgment toward Sarah.

e) The portrait of women's struggles in the 19th century.

f) Pedophilia and child exploitation

g) Crisis of faith in God

1.3. Scope of the Problem

Based on the identification of the problem found in the *Redeeming Love* novel by Francine Rivers, the author has limited the scope of this study. This study focuses on the impact of trauma on the development of Sarah as the main character of *Redeeming Love* by Francine Rivers. The impact of trauma on the development of Sarah as the main character is analyzed by applying Sigmund Freud's psychoanalysis theory, especially on the concepts of id, ego, and superego.

1.4. Research Questions

Concerning the background of the study above, the author formulates the statements as follows:

1. What experiences does Sarah endure during her past life that cause trauma in *Redeeming Love* by Francine Rivers?

2. How does trauma impact Sarah's development in *Redeeming Love* by Francine Rivers?

3. How does Sarah overcome the trauma she experiences in *Redeeming Love* by Francine Rivers?

1.5. Objective of the Study

As has been stated in the problem of the study, this study was conducted to find out the following:

1. To identify the traumatic events that Sarah endures during her past life in *Redeeming Love* by Francine Rivers.

2. To describe the impact of trauma on Sarah's development in *Redeeming Love* by Francine Rivers.

3. To elaborate on Sarah's way to overcome her trauma in *Redeeming Love* by Francine Rivers.

1.6. Significance of the study

This study aims to provide new insights into Francine Rivers' *Redeeming Love*, especially by looking at it through a psychological aspect. The author hopes this study can raise awareness of issues like abuse and exploitation and its impact on the victims emotionally, socially, and psychologically. In addition, this study is also expected to bring awareness regarding the struggles of individuals who have faced trauma. In practical terms, this study can help English Literature students, giving them a deeper understanding, especially from a psychological viewpoint. This study is also expected to serve as a reference and a supplement to information for other researchers conducting related research on this book.

CHAPTER II

LITERATURE REVIEW

2.1. Previous Related Studies

To support this study, the author reads several previous studies relevant to the topic but discusses different aspects and objects of study.

The first research is a thesis written by Kuni Kama Liyyah (2021) entitled "Psychological Trauma of the Main Character in E. Lockhart's *We Were Liars.*" The thesis focuses the research on identifying the reasons for the trauma, the type of PTSD, and how Cadence deals with her trauma. This study applies literary criticism research method. The result of the research is that Cadence's trauma was caused by both physical traumas from accidents and psychological trauma from the divorce of her parents, family turmoil, and denial from the deaths of her friends. Second, Cadence's character's psychological trauma is divided into two categories: memory disorder and Post-Traumatic Stress Disorder (PTSD). The study discovered that Cadence's PTSD is classified into three types: recalling the terrible experience, avoiding it, and physical disturbance. Cadence character's experience memory difficulties like as amnesia and confabulation. The third factor is Cadence's response to her trauma. The researcher discovered three findings. First, she returns to her extended family's house and devises ambitious plans to save them. Second, she instinctively transforms potentially damaging wants into helpful activities, such as releasing regrets by fabricating stories. Cadence uses her imagination to assist blaming herself, which allows her to move forward with her life and er memories without suffering depression.

The second previous study is a thesis written by Muhammad Zhulhul Ikram (2022). The thesis title is "The Effect of Traumas on Percy's Character in Rick Riordan's *Percy Jackson and the Olympians: The Lightning Thief.*" The thesis focuses on discovering the trauma and determining the outcome of the trauma experienced by Percy in the novel. Furthermore, using Sigmund Freud's psychoanalysis theory, the researcher seeks to determine the positive and negative effects of the trauma on Percy's personality. The result shows that Percy was traumatized by the numerous types of creatures he encountered during his journeys. These experiences had both positive and negative influences on Percy's character. The trauma's good impacts have transformed Percy into a braver, smarter, wiser decision-maker, and a more cautious action-taker. The trauma's harmful effects have transformed Percy into someone in denial, suppressing his thoughts and releasing his emotions to another person or item.

The third research is an article written by Angellisa Pratami Salman and Leni Marlina (2022). The title article's title is "The Effect of Childhood Trauma in Joseph Moldover's Novel *Every Moment After (2019)*". The objective of this study is to analyze how well the book captures how a person's everyday life is impacted by childhood trauma and how that impacts their mental health and mental illness. The researchers employ Sigmund Freud's psychoanalytic theories, particularly concerning repression and the unconscious mind. The study's findings indicate that two factors, such as guilt and anxiety, can negatively affect an individual's mental ... er experiencing childhood trauma. The character's anxiety prevents him ...aging with other people since it makes him fearful of communicating with

them. Because of feeling guilty, the character constantly blames himself and even develops suicidal thoughts.

The fourth research is a thesis written by Rachel Adacia Yollanda (2023) entitled "The Psychological Conflict of the Main Character in *Redeeming Love* Novel by Francine Rivers." This research aims to discover the inner psychological conflict Sarah, the main character, is experiencing. The researcher applied Muis' (2009) conflict theory and Kurt Lewin's theory, which encompasses numerous sorts of psychological or inner conflicts that a person may encounter. The study's findings indicate that Sarah encountered psychological conflict in various forms of guilt, insecurity, melancholy, anxiety, fixation, and feelings of inadequacy, as well as frustration, fury, attention, offense and discontent. Feelings of frustration and dread primarily drive Sarah's internal conflicts. According to Kurt Lewin's theory, Sarah encountered approach-approach, approach-avoidance, and avoidance-avoidance conflict. According to the three categories of psychological conflict, approach-avoidance conflict is common in Sarah's character.

Drawing from the previously listed studies, the author concluded that the first previous related study's objectives were nearly identical to the author's: to determine the cause of the trauma, the type of PTSD, and how the main character, Cadence, managed to deal with her trauma. In comparison, the purpose of this thesis author is to explain the trauma's actual effects on someone's well-being and life. Another difference is the approach and research object/book. While the author of

s applies Freud's psychoanalytic theory, the researcher applies literary

The second previous study's similarity was that the problems highlighted

were about the effect/impact of trauma on the main character. The distinction is in the researcher's simultaneous application of two literary theories: Sigmund Freud's psychoanalytic theory and structuralism. In addition, the objective of the study is different. The third previous related study difference is that while this study is primarily focused on the impact of childhood trauma, it remains relevant because it analyzes the impact of trauma. Aside from that, the book studied differs but applies the same approach. The last previous related study used the same book, *Redeeming Love* by Francine Rivers; the difference is that this previous study looked for internal or psychological conflict encountered by the main character, Sarah, also known as Angel, whereas the author of this thesis wants to know the impact of trauma on Sarah's development.

In conclusion, the three previous studies above have different objects than the author's. However, the issues raised by each author of the previous research above are relevant to the author of this thesis. The last previous research has the same object, but the two authors' goals differ. The author also makes an effort to pinpoint the horrific experiences Sarah had in a previous life and to explain how Sarah overcame those experiences. Because the main character has endured a great deal of horrific situations throughout childhood and even into adulthood, the author is especially interested in analyzing how this trauma has affected the main character's development.

2.2. Psychoanalysis Theory

gh literature, we can explore the theme of psychology, allowing us to ...end our feelings and others. It also enables us to comprehend human

emotions and the perspectives of others. Psychoanalysis serves as a theoretical framework and an explanation for people's thoughts, feelings, and behaviors, which allows us to comprehend human behavior on a deeper level. Novels with psychological themes have always attracted readers and have a way of making them fall in love with the characters. Even though the characters are fictional, the authors describe them according to the feelings that real people would feel and actual real-life experiences. Since it was designed to be realistic, it is an effective tool for studying and comprehending the complexities of the human mind. Noam Chomsky quoted, "It is more likely that novels than scientific psychology will teach us more about human life and personality" (Lodge, 2002).

A. Freudian Psychoanalysis

It is widely known that psychoanalysis was founded in the 1890s by Sigmund Freud and was first spread in Vienna. As a therapeutic approach, psychoanalysis is a method of treating patients by allowing them to openly talk about problems, thoughts (unfiltered and unrestrained), trauma, desires, dreams and childhood memories, which allows the therapist access to the unconscious mind and brings them to their conscious state, thereby resolving psychological distress. According to Zhang (2020), psychoanalysis is a theory of personality that links unconscious conflicts and motives to thoughts and behaviors. In literature, psychoanalytic literary criticism is a theory that applies psychoanalytic concepts to analyze and evaluate literary work.

...und Freud was an Austrian-born neurologist. He was born in Freiberg, ...in 1856 to a Jewish family and had nine siblings. He was 17 when he

entered the University of Vienna's medical faculty, and in 1882, he started working as a junior doctor at Vienna General Hospital. He traveled to Paris in 1885 to pursue further studies in neurology and neuroanatomy. He studied under Jean-Martin Charcot, a neurologist. Later, he created the concept of "psychoanalysis," which was influenced by his personal reflections, his colleague Josef Breuer's collaboration and contribution, and his years of clinical experiences with his patients. Initially, Freud used the hypnosis method in treating his patients, the same method he also used in studying Breuer's patient. However, he realized that hypnosis was not applicable to all his patients, and he was unsatisfied with the result, so he abandoned hypnosis and began treating his patients in their normal state. Freud (1910) said in his book 'The Origin and Development of Psychoanalysis' "I was unable to hypnotize all of my patients, so I decided to give up hypnotism and develop a cathartic method instead" (p.191). Cathartic method was the same method that Freud and Breuer applied to Anna O and Josef Breuer developed the method.

Freud then managed to find another way besides hypnosis: allowing his patients to express what was on their minds. When they started to forget, he would convince them that they knew what was happening and they could tell him. Freud (1910) said, "At one point throughout my procedure when they claimed they had nothing to say anymore, I would convince them that they did know what to say and they can be open" (p.192).

later used what he eventually called "free association" to reveal the complex in his patients' memories, and the way is to let them speak all

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the things they want. Carl Jung coined the term complex. As Freud said, "... if only the patient wants to said anything that comes to his mind. Therefore, we allow the patient to said anything he desires ..." (p.199). The free association subsequently became one of the key principles of psychoanalysis. In literature, this concept can be applied metaphorically to interpreting texts, leading them to find new insight into the text.

Freud discovered several techniques alongside free association, including dream analysis/interpretation, transference, and resistance analysis. Freud (2010) said in his book 'The Interpretation of Dream' that Freud called it the "royal road" to access the unconscious mind to analyze the dream. He believed dream interpretation was a highly effective method for reaching the unconscious. Dream analysis or interpretation analyzes someone's dreams to find suppressed unconscious urges and thoughts. Through dreams, the unconscious mind uses symbols to communicate. The four main processes of condensation, displacement, symbolism, and secondary revision shape unconscious desires into the material perceived in a dream.

The conscious, preconscious, and unconscious are the three levels of awareness that form Freud's structural model of the mind. Every level has its own role in influencing someone's emotions, thoughts, and behavior. Freud's concepts of the id, ego, and superego are each associated and coincide with these levels. The conscious is a state when we are aware of what is happening and are able to ourselves and the environment. It is like thoughts, vibes, and experiences onstantly recall and are actively aware of. The preconscious level is where

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mental content is not in the consciousness but can be easily recalled since it is not repressed. On the other hand, mental content in the unconscious will be hard to recall, or it might even be deliberately forgotten because it is "repressed," which can cause emotional distress for the individual. Billig (1999) stated, "Freud considered people will repress and block embarrassing thoughts from their conscious mind which then slip into the unconscious."

According to Hossain (2017), in Freud's opinion, literary works parallel to daydreaming. Through their fantasy nature, literary works can realize discontented desires and improvise on a flawed reality, much like a daydream. Psychoanalytic literary criticism addresses one or more elements of a literary work, including the author, the characters, the text, and the audience. Focusing on both the characters and the text would be appropriate for analyzing this research since it delves into the main character's development post-trauma.

- **The Concept of Id, Ego, Super Ego**

To perfect his idea of psychoanalysis, Sigmund Freud developed three elements that shape our personality: id, ego, and superego. Each of these elements has its own role in influencing the creation of a personality. Let us take the analogy of angel and devil perched on shoulders; the devil represents the id, the angel represents the superego and the human is the ego. The id is our instinctual, which has existed since birth. It is like human default. The id obscures the moral boundaries between good and evil by operating under the pleasure principle. It will

ur needs, pleasures and desires, including sexual desire, yet unable to

determine what is right and wrong. Freud (1964) considered the id as unreachable and the dark side of our psyche.

According to Freud (1989), the ego is the upgraded version of the id that changes from the outside world. Since the id is unconcerned with the norms that apply in the society, the ego stabilizes and adjusts the id's demands and desires. The ego will appease id's desires as long as it obeys the social norms and is morally right. It is like a best friend that keeps us on the right track whenever we start to go off track without realizing it. The ego is the in-charge operator, while the id solely acts by persuading the ego (Boag, 2014). Additionally, Freud (1989) argued that the ego depicts reason and common sense, whereas the id depict passion. Aligning with this, Lapsley and Stey (2011) stated that id is the fire of desire, and the ego is the agent of rationality, sensibility and safeguarding.

Freud (1989) added that the ego would attempt to affect the id and its traits with the outside world's touch and intent to change its unconstrained pleasure principle to the reality principle. Since the pleasure principle is inconsiderate with reality and societal norms, leading to unsafe behavior, the ego will redirect it to a safer choice aligned with the reality principle. As a regulator, the ego constrains the id's urges when it conflicts with the outside world's societal norms, individual values or pragmatic factors.

The superego is internal guidelines obtained from parents, cultural customs, and practices in society. This guideline will instruct rules, prohibitions and reud (2012), in his book 'On Narcissism: An Introduction' originally in (1914), stated, "... his conscience working as watchman, resulted from

parents' crucial impact, people surrounding, peers and public perception". As the watchman, the superego supervises every act of the id and the ego to maintain norms and morals within the individual's mind since the superego aims for perfection. Whenever the ego commits deviations, guilt can rouse within the superego.

The conscience and the ego ideal are the two systems that make up the superego. Our "inner voice," or conscience, alerts us when we have misbehaved. The ego ideal is a fictional representation of who we should be, including our ideal job, interpersonal behavior, and social interactions (Mcleod, 2024). Freud (1989) stated that authoritative figures like teachers continue to play the father's role as the kid's age. Their commands and prohibitions retain value inside the ego ideal, serving as a conscience that guides moral action. The conscience represents the moral norms and restrictions that are internalized and learned via parental or social authority figures. However, the ego ideal represents the internalized notion of perfection resulting from a child's affiliation with social or parental figures.

The ego maintains stability by giving the id choices that pass the superego and the ego standard. This way, the ego, as a mediator, prevents harm to the individual psyche.

In conclusion, according to Freud (1989), the difference between those three elements is that the ego represents the external world and reality, while the superego s the internal world and the id. While the superego embodies the internal

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world and the id, establishing internalized moral norms and values via guilt and shame, the ego uses the reality principle to adjust to external demands and limits.

B. Jungian Psychoanalysis

Carl Gustav Jung was born on 26th July 1875 to Paul Jung and Emilie Preiswerk in Kesswil. He was a psychiatrist and psychoanalyst from Switzerland; he is known for developing analytical psychology, also known as Jungian psychology. His ideas were significantly influenced by his collaboration with Sigmund Freud, with whom he worked for seven years. However, their admirable friendship began to deteriorate due to disagreements, which worsened, resulting in their split in 1913. Freud's psychoanalysis in that era was already dominating. However, Jung dared to be different by exploring deeper into the unconscious, introducing a breakthrough that has since become a crucial concept in psychology (Vibhute & Kumar, 2024). Jung's prominent theories include collective unconscious, archetypes, psychological types, individuation, dream analysis, symbolism and mythology, complex theory, and alchemical studies.

Jung's models of the psyche consist of the ego, personal unconscious, and collective unconscious. The ego aligns with conscious awareness and represents a sense of identity. The personal unconscious stores forgotten or repressed memories. The personal unconscious allows us to observe the world from our perspective, while the collective unconscious is a universally shared set of reactions to everyday situations people face (Schwefel, 2015). The collective unconscious is composed

sal symbols and archetypes.

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Analytical psychology, also called Jungian therapy, uses a holistic approach, signifying it examines the wholeness health of an individual rather than treating specific symptoms. The treatment is not in some standard procedure but is adjusted to the individual's needs (Trosclair, 2023). Analyzing the art of a patient is one of the techniques Jungian therapy utilizes in treating patients, along with dream analysis and active imagination, which allows patients to imagine themselves in scenes that represent the unconscious material they are working on. The last technique is word association.

Although Jung and Freud may share fundamental ideas, their perspectives diverge regarding the specifics, such as their thoughts on the unconscious mind. Freud believed that unexpressed thoughts, traumatic recollections, sexual urges and aggression are stored in the unconscious mind. In contrast, Jung believed that the unconscious mind's material is not limited to repressed material but also holds the collective unconscious. Another example is that they also have different thoughts on dreams. Freud considered that dreams can provide access to our repressed thoughts, mostly repressed sexual desires. Therefore, that desire or thoughts emerge in our dreams in disguise or symbolic form; in contrast, Jung did not believe that the material of dreams was essentially erotic or that it has been disguised from the genuine interpretation. He believed dreams could have many different meanings. Jung suggests that the manifest content of dreams carries the actual meaning and message, albeit expressed in archaic language that requires interpretation to grasp ﾠscious's intended communication (Falzeder, 2012).

In summary, Freudian psychoanalysis and Jungian analytical psychology contrast in many ways. However, their approaches propose beneficial comprehension of the complexity of human experience and the diverse nature of the psyche, which has significantly influenced the field of psychology. Both Freud and Jung had their own goals but were equally effective in treating patients with mental illness, each in their own way. It should be noted that the effectiveness of treatment can vary depending on the patient.

However, in this analysis, the author focuses on applying psychoanalysis theory by Sigmund Freud, especially Freud's id, ego and superego. The following is how the author applies psychoanalytic theory to *Redeeming Love* by Francine Rivers:

1. The chosen book must meet the following criteria to be analyzed using psychoanalysis: complex characters, psychological themes, symbolism and allegory, the conflict and tension within the narrative.

2. Read the text thoroughly and identify the events that cause the character lasting emotional, psychological and physical pain. After discovering the events, examine how they impact the character. Then, mark how the events change the way a character sees the world and behaves.

3. Apply the Freudian principle associated with trauma to identify the character's defense mechanisms and coping mechanisms. Discover and interpret symbolism and allegory throughout the narrative.

4. Observe the character's journey to trauma recovery. Mark how the main haracter's reaches personal growth, self-improvement and achievement fter reaching the healing state.

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