

CHAPTER I

INTRODUCTION

In this chapter, the writer wants to explain the introduction of the research which consists of Background, Problem Identification, Scope of the Problem, Research Questions, Research Objectives, and Writing Systematics.

1.1 Background

Literary works are becoming increasingly important in this modern era. Literary works not only provide personal satisfaction, but also convey moral messages to society. Literary works are created at a certain time and are influenced by the circumstances and situations that surround them, whether socio-cultural, religious, political, economic, or educational. In addition, literary works can be used as socio-cultural documents that describe the reality of the past, but do not always reflect that situation.

Literature refers to a composition that tells a story, dramatizes situations and emotions, and analyzes ideas (Roberts & Jacobs, 1995:1). Thus, literature can be defined as an imaginative world created by writers who take references from real life to create a story that has its own reasons contained in the story in giving or conveying something to its readers. Literary works are also divided into three, namely poetry, prose, and novels. Literature, as a fictionalized reality, depicts social, political, economic, and cultural realities.

Novels are a form of literature that typically explores inner feelings and thoughts, as well as more complex life concepts or values. These in-depth characterizations allow for a more individualized story for each reader. Not only is the story more individualized, but so is the experience of reading it. When we discuss novels, we are essentially exploring them as we delve into the domain of human activity that surrounds them (Gorelick, 2019: 137). Each novel must have its own characters in building an interesting story to be presented to readers, and each character is also created by the author for various reasons. The personality/psychology of the character is closely related to the personality that occurs in the real world, because every author will definitely imagine the character he created and not a few characters created by the author represent and visualize someone who exists in the real world.

A perspective that can be used to analyze literary works is through literary psychology, which helps us to look at literary works from a different perspective. This discipline helps us understand how literary works are created, and interpret their effects on readers. With psychology, we can enrich our understanding and appreciation of literary works and their impact on human life.

The classic novel *The Strange Case of Dr. Jekyll and Mr. Hyde* written by Robert Louis Stevenson has become one of the most recognized and influential literary works in gothic and psychological literature. In this novel, Stevenson depicts a complex and perplexing psychological and psychiatric phenomenon through the main character, Dr. Henry Jekyll, and the manifestation of his dark side known as Mr.

Hyde. This phenomenon is interesting because it reflects the internal battle that exists within humans between good and evil. The background of this research is inspired by the complexity of Dr. Jekyll and Mr. Hyde's characters and the inner conflicts they face in the novel. Understanding the psychological phenomena of this context is important to uncover the conflicting and complex nature of human beings, and its impact on individual behavior and psychology.

Psychological problems are disorders that affect a person's thoughts, attitudes, ways of communicating and emotions. Examples include depression, anxiety disorders, schizophrenia, bipolar, and many more. There are various causes of these disorders, such as social conditions, past trauma, and certain other conditions. These disorders can also occur to all individuals regardless of who the individual is. This psychological problem has also become one of the trends that are currently rife in this modern era because at this time there are many cases regarding psychological issues that occur in society and with the development of the internet which can help people more easily access more about the importance of maintaining mental health or knowing about what mental issues are. What makes this novel interesting to research again is not only because of the current trend of mental/psychological issues but also in terms of its characters. As we know that the view of society or people who say that a doctor is someone who has the capability to heal or the knowledge to provide help and advice to the community/patient to maintain their health and help them prevent disease, but ironically in this novel tells of a doctor who is not even able to save himself from the psychological problems he faces.

Given the current trend of increased awareness and attention to psychological/mental health issues, the novel provides a classic literary perspective that is still highly relevant to understanding the complexity of mental health and its impact on individuals and society. Thus, this study aims to analyze the factors that influence Dr. Jekyll's personality change into Mr. Hyde through Erich Fromm's psychological approach. Previous research suggests that this kind of personality change can be caused by emotional distress, trauma, or inner conflict experienced by the individual. Therefore, this research explore the psychological aspects that influence Jekyll's transformation and inner conflict. Questions regarding the limits of morality and individual freedom will be raised, as Jekyll uses his transformation as a way to uncover the darker side of himself and overcome the limitations that exist within him as a prominent doctor.

By analyzing the psychological disorders in the novel *The Strange Case of Dr. Jekyll and Mr. Hyde*, it is hoped that this research can provide a deeper understanding of the complex human nature and the inner battles that exist within each individual. Through this understanding, it is hoped that a deeper meaning and message can be found from this novel, as well as its relevance to aspects of human psychology in real life.

1.2 Identification of Problem

After reading the novel, the writer found and identified several problems below:

1. The psychological aspect discusses duality in human nature and argues that everyone has two conflicting traits, good and evil, which are the traits possessed by the novel's main characters.
2. Moral and Ethical Issues, which discusses the ethics of scientific experimentation.
3. Identity Problems is an aspect that discusses the fragmentation of the self when the main character experiences a deep identity crisis.
4. Social Problems is an aspect that discusses the social problems that occur in the novel such as the problems of Social Class and Honor.
5. Issues of Law and Justice Aspects that Explain Law and Morality The novel presents issues regarding the relationship between law and morality. Hyde commits a crime that Jekyll, a more honorable figure, escapes punishment for, highlighting the flaws in the legal system that cannot account for the complexity of human nature.

1.3 Scope of Problem

In the novel, the writer found several problems, but the author only focuses on analyzing the Psychological aspects of the Duality of Human Nature in the main character by using Erich Fromm's personality theory.

1.4 Statement of Problem

Based on the scope of the problem, the writer wants to analyze the main character in the novel *The Strange Case of Dr. Jekyll and Mr. Hyde*. Therefore, the writer formulates two questions regarding the following problem:

1. What are the forms and types of psychological disorders in Dr. Jekyll's as main character & how they are presented in the novel?
2. What are the cause of Dr. Jekyll's Psychological Disorder?

1.5 Research Objectives

1. To find out the form and type of psychological disorder in Dr. Jekyll as the main character in the novel.
2. To Find out the cause of Psychological Disorder that occurred in Dr. Jekyll as the main character.

1.6 Sequence of Writing

This study consists of five chapters, which explain the psychological conflicts portrayed by the main character in the novel *The Strange Case of Dr. Seuss*. Chapter One is an introductory chapter, which includes research background, problem identification, problem scope, research objectives, research questions, and writing systematics to provide an overview of the study. Chapter Two is a literature review, which provides an in-depth analysis of previous research and theories that form the basis for further analysis. Chapter Three outlines the methods used by the author in analyzing the novel, including data collection and analysis methods. Chapter Four presents the analysis of the object of research, namely the social conflict depicted by the main character in the novel *The Strange Case of Dr. Jekyll and Mr. Hyde*. Finally, Chapter Five contains conclusions and recommendations based on the data that has been analyzed in the previous chapter.

CHAPTER II

LITERATURE REVIEW

In this chapter, the writer wants to explain about the literature review related to this research and explain about the psychological approach, the types and forms of psychological disorder. This chapter consists of related previous studies, an explanation of the psychological approach, and an explanation of psychological disorder.

2.1 Previous Studies

The first research is *Mechanism of Escapes to Cope the Main Character's Basic Anxiety in order to Fulfill Her Existential Human Needs in Kindred Novel: A Humanistic Psychoanalysis* by Erich Fromm written by E. Evie (2016). The purpose of this study is to identify the anxiety faced by the main character in the novel and how she overcomes it, as well as to find out how she achieves the meaning and purpose of her existence in the era of slavery by using Erich Fromm's humanistic psychoanalysis approach. The method used is descriptive qualitative through thorough observation by paying attention to aspects such as words, phrases, and sentences contained in the object of research. The results of this study show that Dana as the main character in the novel experiences basic anxiety. She uses conformity as her escape. As a result, Dana managed to achieve the search for meaning and purpose of her existence in that era of slavery.

The second research is *Dual Personality of Dr. Jekyll in the novel Dr. Jekyll and Mr. Hyde* by Robert Louis Stevenson written by K Fadhilillah (2017). using the approach of the philosophy of individual psychology by sigmund freud. this research refers to two aspects, namely the analysis of structural elements in the first aspect, and the analysis of the psychological theory of multiple personality in the second aspect. The researcher arrived at a number of findings based on the research. Character and characterization, setting, time and place, narrative, point of view, and theme - all of which are organized to create a story, then with all the elements in the novel in place, the author finds a psychological imbalance in Dr. Jekyll, caused by the conflict between id, ego, and superego, causing him to create the character of Mr. Hyde who is the manifestation of his evil desires.

The third research is *Dissociative Disorder of the Main Character in M. Night Shyamalan's Split* written by P.M. Yunina (2020). Using a psychological perspective from Sigmund Freud, this research aims to identify why Kevin has 24 different identities as well as the impact of dissociative identity disorder on him. Because it can change another person's personality, this research reveals the trauma experienced. A mental illness is present in someone who has dissociative identity disorder. When a person undergoes such an experience, they think that they are what they think they are. Their ability to defend themselves is deeply embedded in their minds, and they have abilities that others do not have.

The fourth research is the *Personality Conflict experienced by Dr. Jekyll and Mr. Hyde in the novel The Strange Case of Dr. Jekyll and Mr. Hyde by Robert Louis Stevenson* written by D. Samsurizal (2012). The purpose of this study is to use structural methods to understand the personality struggle that occurs between Dr. Jekyll and Mr. Hyde. The strategy used is a qualitative descriptive method, and the structural approach is used to evaluate the structural aspects of the novel's story, which include topic, place, character, and conflict. This analysis allows the author to characterize the traits of Dr. Jekyll and Mr. Hyde and see that Dr. Jekyll struggles with society's standards as they require him to behave in a way that suits his social status. The narrative takes place in London in the 19th century, in the context of middle-class society.

The difference between this research and some of the studies above, is the difference that exists in the object being studied and also the approach used. Previous studies that have different research objects are research written by Evie and Yunina, this research and this have differences in objects even though the difference in the objects studied by the two studies still has a connection with this research such as Evie's which both use the humanistic psychoanalysis approach of Erich Fromm, while Yunina who also has differences in objects or approaches but her research with this research is still related because both use a psychological perspective. Meanwhile, with research that has the same object, the difference between this research and the previous studies, such as the one conducted by Fadhlillah, is that the previous study only focused on the multiple personalities experienced by Dr. Jekyll and used Freud's psychoanalytic theory, while the research that the writer conducted focused on analyzing the psychological disorders experienced by the main character, which included several aspects of mental disorders and also the cause of main character psychological disorder. Then with the research conducted by Samsurizal, this research uses a psychological approach, especially psychological theory to analyze the phenomenon of mental disorders experienced by Dr. Jekyll. This approach involves the identification and classification of psychological disorders such as dissociative identity disorder, paranoia, and antisocial personality disorder.

2.2 Psychological Approach

Literary psychology is a discipline that examines the psychological aspects of literary works and offers a unique lens to understand literary works more deeply. According to Wellek & Warren (1956: 75), this discipline helps us understand how literary works are created, and interpret their effects on readers. With psychology, we can enrich our understanding and appreciation of literary works and their impact on human life. Literary psychology seeks to understand how an author's personality, life experiences, and mental state influence his or her work. Freud's psychoanalysis can help analyze an author's psychological profile and creative process (Aras, 2015: 252). It helps us understand the motives behind the diction, themes and characters in literary works.

Literary psychology can be used to see the relationships and perspectives of literary works that are born from the study of literature and psychology. Literary works

are closely related to the interconnected conditions and situations of the human soul, mind, and personality. As a reflection of the realities of real life from a fictional imagination, literary works bring many things that we do not realize into our lives, bringing our eyes to dive into diction that not only teaches us about human emotions and feelings, but also encourages us to seek the meaning of life and self-existence in a broader context. This is reflected in Jung's statement on how it is clear that psychology, as the study of psychic processes, can be applied to the study of literature, for the human psyche is the womb of all science and art.

Literary psychology also analyzes literary texts to reveal their psychological meaning. Symbols, metaphors, and characterizations can provide insight into the emotions, conflicts, and ideas the author is trying to convey. It studies how readers understand and interpret literary works. Readers' life experiences, cultural background, and knowledge can influence their interpretation of the text's meaning. Literary psychology helps us understand how literary works can trigger various emotional and cognitive responses in readers.

Literature and psychology have a close and complementary relationship. Both focus on human beings: their reactions, their perception of the world, their woes, hopes, desires, passions, fears, conflicts, and reconciliations (Aras, 2015: 251). Literature interprets humans, existence, culture, personality, and individual differences through the use of language as an expressive medium. An author's representation of life is shaped by their goals, viewpoints, beliefs, and moral standards. Reading literature gives readers access to another world, arouses their emotions, and allows them to find purpose in life. Literature develops knowledge and understanding, which allows people to know and explore who they are. In addition, literature through a psychological approach also offers a space for exploration of the human psyche. Authors explore human emotions, thoughts, and experiences through the characters and stories they create. Readers can find self-reflection and understand various psychological aspects of humans through literary works.

As such, literary psychology is a valuable tool for understanding literary works in greater depth. By studying literary psychology, we can enrich our understanding and appreciation of literary works and their impact on human life. Literary psychology helps us see literary works not only as products of imagination, but also as reflections of the psychological conditions of writers and readers.

2.3 Psychological Disorders

According to the American Psychiatric Association (APA) in 2013 in its book DSM - V, they classified hundreds of different psychological disorders under many categories. Some of these disorders such as: Depressive Disorders (Major depression and Dysthymia), Dissociative Disorders (dissociative identity disorder (DID), amnesia, etc.); Personality Disorders (paranoid, antisocial disorder, etc.); Substance use/addiction disorders, and etc.

a. Major Depressive Disorder

Depression is characterized by a sad, empty, or irritable mood, accompanied by somatic (a mental health condition in which a person feels severely distressed by physical symptoms and has abnormal thoughts, feelings, and behaviors in response

to those symptoms) and cognitive (any mental activity related to information processing, perception, understanding, decision-making, and other mental functions) changes that significantly affect an individual's capacity to function (American Psychiatric Association, 2022)

DSM (Diagnostic and Statistical Manual of Mental Disorders) is a book published by an organization called the American Psychiatric Association (APA) which contains professional experts in their respective fields, especially in the field of mental health. DSM itself is a book whose contents are the results of statements from these experts which are then put together into a book entitled DSM (Diagnostic and Statistical Manual of Mental Disorders). DSM - V - TR (Diagnostic and Statistical Manual of Mental Disorders - Fifth edition - Text Revision) is the latest version issued by the American Psychiatric Association (APA) in 2022 (American Psychiatric Association, 2022).

Characteristics of *Major Depressive Disorder* according to DSM – V – TR (Diagnostic and Statistical Manual of Mental Disorders- Fifth Edition) (American Psychiatric Association, 2022, p. 184):

1. Depressed mood most of the day, almost every day, as indicated by subjective reports (e.g., feeling sad, empty, hopeless) or observations made by others (e.g., appearing to cry).
2. Greatly diminished interest or pleasure in all, or almost all, activities for most of the day, almost every day.
3. Significant weight loss when not dieting or weight gain (for example, a change of more than 5% of body weight in a month), or a decrease or increase in appetite on an almost daily basis.
4. Insomnia or hypersomnia almost every day.
5. Almost daily psychomotor agitation or retardation (observable by others, not just subjective feelings of restlessness or slowing down).
6. Fatigue or loss of energy almost every day.
7. Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) on an almost daily basis (not just self-deprecation or pain guilt).
8. Reduced ability to think or concentrate, or indecisiveness, most days
9. Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or suicide attempts or specific plans to commit suicide.

From some of the above traits, the author will identify the character's psychological disorder by using it as a basis to prove that the character is really suffering from Depressive Disorder.

b. Dissociative Identity Disorder (DID)

Dissociative Identity Disorder or previously known as *Multiple personality* is a multiple personality disorder, where the individual has two or more personalities that each have different traits, memories, behaviors, and even speech styles but only occupy the same body. These identities can consist of different races, gender identities, and ways of interacting with their environment. People with dissociative identity disorder experience bizarre changes in perception (e.g., depersonalization or

derealization, such as feeling detached, as if seeing themselves from outside their body); recurrent and unexplained disruptions to their conscious functioning and sense of self (e.g., voices; dissociative actions and speech; intrusive thoughts, emotions, and urges); changes in sense of self (e.g., attitudes, preferences, and feelings that their body or actions are not their own). According to Ringrose (2018), this disorder is a mental disorder in which the sufferer has two or more personalities or Identities that take over control of the individual's behavior, and is usually followed by the individual's inability to remember important personal information (American Psychiatric Association, 2022)

Characteristics of *Dissociative Identity Disorder* according to DSM - V – TR (Diagnostic and Statistical Manual of Mental Disorders – Fifth Edition – Text Revision) there must be at least Two symptoms to make a diagnosis (American Psychiatric Association, 2022, p. 331).

1. The presence of two or more personalities within an individual, which repeatedly control the individual's behavior. Alter personalities can reflect differences in age, gender, prompts, and ways of interacting.
2. Recurring gaps in recall of everyday events, important personal information, or traumatic events, which cannot be explained by ordinary forgetting.
3. These symptoms cause significant distress and impairment in social relationships, work and other important functions.
4. The disorder is not a normal part of widely accepted cultural or religious practices.
5. The symptoms are not caused by the physiological effects of a substance (alcohol) or other medical conditions.

From the above characteristics, the author will identify the character's psychological disorder by using it as a basis to prove that the character is really suffering from Dissociative Identity Disorder.

c. Antisocial Personality Disorder

The habit of belittling and violating the rights of others, as well as disobeying social standards and breaking the law, is known as antisocial personality disorder. This disorder begins in early childhood or adolescence and lasts into adulthood. Dissocial personality disorder, psychopath and sociopath are other terms used to describe these tendencies. Integrating data from rigorous clinical examinations with data from corroborating sources would be beneficial as deception and manipulation are fundamental characteristics of antisocial personality disorder (American Psychiatric Association, 2022). Antisocial behavior disorder is a disorder in which individuals are characterized by antagonistic and irresponsible behavior and a lack of remorse for their mistakes (Nevid, et al., 2005). People with this disorder usually fail to establish interpersonal relationships in work, family, and other settings.

Characteristics of Antisocial Personality Disorder according to DSM - V - TR (Diagnostic and Statistical Manual of Mental Disorders - Fifth Edition – Text Revision) (American Psychiatric Association, 2022, p. 749):

1. A widespread pattern of disregard and violation of the rights of others, occurring from the age of 15, as indicated by three (or more) of the following: a) Failure to conform to social norms with respect to lawful behavior, as demonstrated by repeatedly committing acts that are grounds for arrest. b) Deception, as demonstrated by repeated lies, use of pseudonyms, or deceiving others for personal gain and pleasure. c) Impulsiveness or failure to plan ahead. d) Irritability and aggressiveness, as shown by repeated physical fights or assaults. e) Reckless disregard for one's own or others' safety. f) Not consistently responsible, as demonstrated by repeated failure to maintain consistent work behavior or honor financial obligations. g) Lack of remorse, as shown by indifference or rationalizing hurting, mistreating, or stealing from others.
2. Individuals are at least 18 years old.
3. There is evidence of behavioral disorders that appear before the age of 15.
4. The occurrence of antisocial behavior is not exclusively during the course of schizophrenia or bipolar disorder.

From the above traits, the author will identify the character's psychological disorder by using it as a basis to prove that the character really suffers from Antisocial Personality Disorder.

d. Paranoid Personality Disorder

Paranoia is a disorder of the thought process, which includes disturbances in form, flow and content, both the nonverbal content and the thoughts conveyed can be affected by thought content problems. The illness causes sufferers to be highly sensitive to criticism, both real and imagined, which makes them quickly agitated. They also tend to see other people's actions as threatening or demeaning (American Psychiatric Association, 2022). According to Magdalena (2008), Paranoid is defined as a sense of fear that cannot be located and causes us to feel that someone wants to hurt us. It also includes the suspicion that others will disappoint or annoy us.

Individuals suffering from this illness often believe that they have been severely and permanently harmed by someone or someone else, even in situations where there is no solid evidence. They are consumed by unfounded suspicions regarding the loyalty or reliability of their friends and associates, and they examine their actions closely for signs of malice. Any apparent deviation from loyalty or trustworthiness helps reinforce their underlying beliefs. They find it difficult to believe or trust friends or coworkers who show loyalty because they are so surprised by it. They anticipate being attacked or ignored by friends and coworkers if they get into trouble (American Psychiatric Association, 2022). Paranoid as a psychological disorder characterized by excessive suspicion of others and a feeling that one is being watched or threatened for no apparent reason (Williams, 1995).

Characteristics of Paranoid Personality Disorder according to DSM - V - TR (Diagnostic and Statistical Manual of Mental Disorders – Fifth Edition – Text Revision) (American Psychiatric Association, 2022, p. 739):

1. Widespread distrust and suspicion of others such that their motives are interpreted as malicious, begins in early adulthood and is present in a variety of contexts, as indicated by four (or more) of the following: a) Suspecting, without sufficient basis, that others are exploiting, harming or deceiving them. b) Being preoccupied with unwarranted doubts about the loyalty or trustworthiness of friends or coworkers. c) Reluctant to tell others because of an unreasonable fear that the information will be used against them. d) Reading for hidden derogatory or threatening meanings into comments or events. e) Constantly holding grudges (i.e., not forgiving insults, injuries, or annoyances). f) Senses an attack on their character or reputation that is invisible to others and is quick to react with anger or counterattack. g) Having recurring, unjustified suspicions about the fidelity of a spouse or sexual partner.
2. Does not occur exclusively during the course of schizophrenia, bipolar disorder or depressive disorder with psychotic features, or other psychotic disorders and is not caused by the physiological effects of another medical condition.

From the above traits, the author will identify the character's psychological disorder by using it as a basis to prove that the character really suffers from *Paranoid Personality Disorder*.

e. Substance Addiction

Addiction is a condition where individuals have a condition where they are dependent on substances or drugs, physically or mentally. A condition that can make the sufferer do anything to satisfy his desire for the thing he really likes, so that it can have an impact on the sufferer or even on the people around him and usually these impacts tend to lead to negative ones. Why this usually tends to lead to negative things, namely because it can usually affect a person's quality of life which makes the person usually unable to live without it and can also increase symptoms of isolation from society, if the drug stops being consumed (American Psychiatric Association, 2022). According to Roger & Mcmillins (1991), Addiction is a condition of physical and mental dependence on certain things that cause behavioral changes for people who experience it even to the point that it can be detrimental.

Characteristics of *Addiction/Substance Use Disorder* according to DSM – 5 – TR (Diagnostic and Statistical Manual of Mental Disorders - Fifth Edition – Text Revision) To be diagnosed, a person must meet at least two of the eleven criteria (American Psychiatric Association, 2022):

1. More or Longer Usage than Planned.
2. Persistent Desire to Quit or Reduce, but Failure.
3. Spending a Large Amount of Time Acquiring, Using, or Recovering from Substance Use.

4. Strong Desire or Craving to Use Substances.
5. Repeated Use Resulting in Failure to Fulfill Obligations.
6. Continued Use Despite Social or Interpersonal Problems.
7. Repeated Use in Hazardous Situations.
8. Continued Use Despite Knowing the Problems Caused or Aggravated by the Substance.
9. Tolerance, An increase in the amount of substance required to achieve the same effect, or a reduction in effect with the same amount of substance.
10. Withdrawal symptoms, experiencing unpleasant physical or psychological symptoms when not using the substance, or using the substance (or another similar substance) to relieve or avoid withdrawal symptoms.
11. Decreased Social, Occupational or Recreational Activities.

From some of the above traits, the author will identify the character's Disorder by using it as a basis to prove that the character is really suffering from Addiction/Substance Use Disorder.

2.4 Erich Fromm Theory

Erich Fromm, is one of the psychologists who developed the theory of basic human needs. This theory teaches that humans have basic needs that must be met in order for a person to live a healthy and balanced life. This theory is important in motivating individuals and contributing to psychology. Fromm's contribution is to develop the concept of human/individual needs in a social and cultural context that focuses on how basic human needs affect mental health and personal development. Through this theory of basic human needs, Fromm has provided new insights into how we understand ourselves and helped us to see literary works as self-reflections, including our psychology as readers.

Fromm outlines five essential human needs: relatedness, rootedness, transcendence, sense of identity, and frame of orientation (Das, 1993). The absence of these five needs, according to Fromm, will lead to mental and social problems such as alienation.

a. Relatedness

Relatedness is the fundamental human need to relate to others, both individuals and groups. Fromm argues that humans have a fundamental need to feel connected to others. This connectedness includes love and solidarity with others, not only in a physical context, but also emotionally and spiritually. In *On Disobedience and other essays*, 1981, Fromm States By becoming part of something larger than himself and experiencing his identity in relation to the power he has surrendered, he definitively transcends the separateness of his existence as an individual.

In his book, *Beyond The Chains of Illusions* (2017) Fromm believed that alienation is a direct result of people not getting what they need in terms of connectedness. This need is so important that Fromm saw alienation as "a major mental health problem".

Fromm (2017) builds on Marx's idea that alienation is something that should be talked about. He was convinced that alienation leads to boredom, which he saw as a major psychological and social problem. In his book *To Have or To Be?*, 1976, Fromm said relatedness is what gives us psychological energy, joy, well-being and identity. When we lose relatedness, we lose this energy. Man is fundamentally a social being, and his primary drive is to relate to others in love and productive work, not to live in isolation.

b. Rootedness

Fromm talks about the importance of having a sense of belonging. Fromm thought that it would be intolerable if people did not find a way to feel connected to themselves, to the natural world, and to other human beings. People need to feel that they fit in, whether through cultural identity, community, or family. Finding a sense of rootedness can help people form connections and create a sense of security and comfort. If you didn't have a healthy need to be rooted, you may become overly dependent and inflexible. Fromm, states Man that needs to feel a sense of belonging and rootedness; without it, he feels isolated and alienated. As with relatedness, Fromm believed that people can develop relatedness by forming bonds with others.

This helps people feel less isolated and more connected to others in society (Fromm, 1941).

c. Transcendence

Every human being is driven by the need for transcendence. Transcendence itself can be defined as the urge to rise above passive, involuntary existence and enter into a world of purpose and freedom (Fromm 1981). This concept describes the tendency of human beings to move beyond their self-centered and isolated position in the world to one that is interconnected and open to others. Moreover, earlier, Fromm (1964) *The Heart of Man: its genius for good and evil*, Fromm argued that man cannot remain in a passive state; he needs to transcend himself, to go beyond his own existence. Humans, different from animals, are aware of their existence, their mortality, and their biological limits. This awareness creates the drive to overcome their passive state of existence in a more meaningful way. which means that this Transcendence is reflected in the human ability to create, innovate, or have a higher purpose in life. Humans want to give meaning to their lives by creating something bigger than themselves.

Furthermore, Fromm said that Transcendence has two forms, namely positive transcendence (creation) and also negative (destructive). Positive transcendence according to Fromm is the ability of humans to transcend their existence through creation, innovation, or meaningful contributions that enrich their lives and others. Examples are art, science, or acts of compassion. In a healthy society, the transcendence impulse is usually directed towards creation. Individuals feel empowered and connected to others, allowing them to constructively transcend their limitations.

In a broken or alienated society, this impulse can take the form of destructive negative transcendence as individuals feel they have no avenue to create anything meaningful. When an individual transcends himself through destruction-destroying others, himself, or the world to overcome a sense of existential limitation. It is often chosen when individuals fail to fulfill other existential needs, such as rootedness or relatedness (Fromm, 1947).

d. Sense of Identity

Fromm believed that people also need to develop a sense of self. creating a strong sense of identity that allows people to have healthy self-esteem and self-confidence, but it can also pose problems. Fromm believed that being in a strange and challenging world, people can feel incompetent. To compensate for the possibility of feeling passive - and losing a sense of will - people must acquire a sense of being able to do something. People need a clear sense of identity, a sense that they are unique individuals with purpose and meaning. A sense of identity helps individuals develop an understanding of themselves and their role in the world. Man is driven by the need to develop a sense of self, a unique identity that distinguishes him from others (Fromm, 1947).

e. Orientation Framework

Another need related to a sense of identity is a framework of orientation. Humans need a framework of orientation, which is a value system or philosophy that

helps them understand the world and their place in it. This includes worldviews, ideologies, or religions that help individuals formulate the meaning of life and give them direction. In *The Anatomy of Human Destructiveness* (1973) Fromm states Without a frame of orientation, man is lost in the chaos of existence, unable to make sense of his life.