

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Psyche, according to Meriam Webster Dictionary, is the fundamental nature of components that make up the mind. But in Greek Mythology, psyche was the Goddess of the Soul who was falling in love with the God of Desire, Cupid, Son of the Love Goddess, Venus (Aphrodite), and Mars. Moreover, psyche in Psychology introduced by Carl Gustav Jung, a Swiss Psychiatrist and Psychoanalyst, is the term used for the subject matter of psychoanalytic theory. Psyche is a complicated study and has a different meaning from the soul. The psyche, in accordance with Jung, is the complete psychic process of consciousness and unconsciousness. Meanwhile, the soul can be best defined as ‘personality’. (Jung, 1971: Def. 48 par. 797). He also asserted that the psyche is a system of self-regulation. The psyche attempts to keep the balance between contrary values while simultaneously pursuing their own improvement or individuation, as he called it. The psyche, for Jung, is immanently divisible into element parts with complexes and archetypes.

He also explained in his theory that everyone’s psyche consists of three constituents: consciousness, personal unconscious, and collective unconscious, likewise the four major archetypes, namely persona, self, shadow, and anima/animus or in other words, the model of the psyche. The archetypes derive from the collective

unconscious, and by the system set in the psyche, the archetypes possibly lead us to view life and live it in various forms.

Jung's theory of model of the psyche sorted by the level of consciousness is, at the very top, that we are very aware of is persona. The second one is ego that is the carrier of the identity and placed between the inner and outer worlds. The third is self that stands in the personal unconscious realm. The fourth is shadow self that takes place in the collective unconscious, and the last one at the very bottom and the most difficult to comprehend is anima/animus.

This theory is based on his book titled *The Collected Works of C. G. Jung* that has some of his other works about psychology and published in various years. His works that I used are *Psychological Types* (volume 6) published in 1921, *Two Essays on Analytical Psychology* (volume 7) which was published in 1967, *The Archetypes and the Collective Unconscious* (Volume 9, Part 1) published in 1959, *On the Nature of The Psyche* (Volume 8), published in 1969, *Psyche and Symbol* published in 1958, and *Four Archetypes; Mother, Rebirth, Spirit, Trickster* (Volume 9) published in 1986.

In this study, I would like to analyze selected poems of Sylvia Plath, a famous American poet, and writer of short stories and novels, with Carl Jung's model of the psyche theory. Eleven poems would be analyzed in this study, viz. *Morning Song*, *Sheep in Fog*, *The Applicant*, *Lady Lazarus*, *Ariel*, *Death & Co*, *Nick and the Candlestick*, *A Birthday Present*, *Daddy*, *The Bee Meeting*, and *The Arrival of the Bee Box*. All of them are her poems in her last book entitled *Ariel* which was published in 1965, two years after her death.

This research would analyze the author's psyche through her works applied with Carl Jung's model of the psyche theory since those poems are in the first-person speaker "I" and are her last works before her death. Those poems represent the author's life and mental health before she killed herself. How she tried to kill herself three times, her problems with her family, and her mental health if compared to her real life.

1.2 Statement of the Problem

This study draws up into three problem statements based on the background of the study above, as follows:

1.2.1 How do Sylvia Plath's selected poems in her book *Ariel* represent her psyche?

1.2.2 How is Sylvia Plath's model of the psyche shown in her selected poems?

1.3 Objective of the Study

The following are the objectives of this study:

1.3.1 To discover how Sylvia Plath's selected poems in *Ariel* represent her psyche.

1.3.2 To examine Sylvia Plath's model of the psyche through her selected poems.

1.4 Scope of the Study

This research focuses on analyzing Sylvia Plath's psyche, namely her persona, ego, self, shadow self, and anima/animus in her selected poems in *Ariel*. It discusses the elements of the psyche in her selected poems and link the eleven analyses of her poems to find her model of the psyche.

1.5 Significance of the Study

The study of the psyche in the selected poems of Sylvia Plath can be a learning for people to examine one's model of the psyche through their works, wherefore there is not much study that discusses how to find one's psyche by analyzing and interpreting their literary works. This research is expected to give a contribution to education and can be a reference for any researchers to conduct a literary study in psychoanalytic that discusses the model of the psyche in literature. This study is intended to provide a clear picture in analyzing one's model of the psyche applied in literature and help people who are interested in this theory to understand Jung's model of the psyche that might be employed in our lives as well.

1.6 Approach to the Study

This study uses the analytical psychology approach with the model of the psyche theory by Carl Jung, which was written in several of his works collected in his book titled *The Collected Works of C. G. Jung*. Analytical psychology approach itself is a human individuality theory that aims to carry the unconscious parts of our psyche into an integrated relationship with the conscious realm in order to pursue the meaning of actions, feelings, occasions, and help to conceive the self. In conduction this study, the researcher uses the theory of the psyche and archetypes in the model of the psyche and applies some procedures, namely: reading, identifying, analyzing, and interpreting.

1.7 Organization of the Study

This study is organized into chapters and sub-chapters, namely: Chapter I Introduction, consists of Background of the Study, Statement of the Problem, Objective of the Study, Scope of the Study, Significance of the Study, Approach of the Study, and Organization of the Study. Chapter II contains Synopsis of Morning Song, Sheep in Fog, The Applicant, Lady Lazarus, Ariel, Death & Co, Nick and the Candlestick, A Birthday Present, Daddy, The Bee Meeting, and The Arrival of the Bee Box, and also Biography of Sylvia Plath. Chapter III is Review of Related Literature that consists of sub-chapters: Previous Study, Literature, Poems, Ariel, Psychoanalysis, Jungian Psychoanalysis, Psyche, Archetypes, Consciousness, Personal Unconscious, Collective Unconscious, Persona, Ego, Self, Shadow Self, Anima/Animus and Individuation. In Chapter IV is Analysis and Discussion. Last but not least, Chapter V is Conclusion and Suggestion.