

CHAPTER 1

INTRODUCTION

1.1 Background of the Research

Dennis Lehane was born on August 4, 1965, in Dorchester, Massachusetts. According to an article entitled “The Biography of Dennis Lehane” which published by Litlovers, Lehane has written several award-winning novels, including *A Drink Before the War* and the *New York Times* bestseller *Mystic River*, which was later made into an Academy Award-winning film. Another novel, *Gone, Baby, Gone*, was also adapted into an Academy Award-nominated film. His novel *Shutter Island* was adapted into a film by Martin Scorsese in 2010.¹

Shutter Island was published on April 15, 2003. This psychological thriller first set in 1954 on summer, the time when World War two only separated 10 years before. The novel then, bring the reader to the two U.S. Marshals Teddy Daniels and his new partner Chuck Aule when these guys are on their way to *Shutter Island*, a place of Ashecliffe Hospital for the criminally insane. Teddy was assigned to investigate the disappearance of a patient, named Rachel Solando. She had been sectioned at the institution for dangerous criminals, because she drowned her three kids. Teddy is a veteran World War two soldier, traumatized by the war experience and the loss of his wife in a criminal fire. As these two Marshals dive deeper into

¹ <http://www.litlovers.com/reading-guides/13-fiction/937-shutter-island-lehane>

their investigation to find out where Rachel has gone, they discovered a code on a piece of paper that he believes the code points to a 67th patient, when the records of the Ashcliffe show only 66. Teddy also reveals that he wants to avenge the death of his wife, Dolores, who was killed two years prior by a man named Andrew Laeddis, who he believes is one of the patient in the Ashcliffe.²

This novel has described a form of mental disorder, which is *schizophrenia*. *Schizophrenia* is characterized by severe distortions of reality, withdrawal from social interaction, disorganization and fragmentation of perceptions, thoughts, and emotions.³ Teddy Daniels has mental disorder when he believes and act like a detective (marshal at that time). He wanted to settle a case on an island which a psychiatric hospital of the island. Teddy believes that he is Teddy Daniels, a detective who will investigate a case of patient's escape at the hospital, Rachel Solando. In fact, he is Andrew Laeddis, a mental disorder patient in Ashcliffe and his entire story is fictional story which is part of his delusion and hallucination.

The writer chooses *Shutter Island* novel as the object because it is one of some famous novels that has place in the societies' heart. It means the story of the novel is understandable. The writer notices that in the *Shutter Island*, the main character did many things that could be considered as hallucination activities. He is highly intelligent and highly delusional. Known proclivity for violence. Extremely agitated. Shows no remorse for his crime because his denial is such that no crime ever

² *Ibid*

³ James D. Page, *Abnormal Psychology*, (New Delhi: Tata McGraw-Hill Publishing Company LTD, 1947), p236.

took place. The book says, “Patient has erected a series of highly developed and highly fantastical narratives at this time, his facing the truth of his actions.” (154)

All of his hallucination is begun with the death of his wife, Dolores. The writer found that the death of Dolores is a cause for this all hallucination. Dolores’s death shocks Andrew Laeddis, and it troubles his psychology. Writer applied psychoanalytical criticism to explore deeply the hallucination and psychology of Andrew Laeddis. Based on *Critical Theory Today* by Lois Tyson, he stated, “psychoanalytic concepts have become part of our everyday lives” (11). Everything can be analyse with psychoanalytic. It helps us better to understand human behavior. So is Teddy’s hallucination which is abnormal. The writer can analyse psychology of Teddy Daniels and find the type of all his hallucination.

Psychoanalytic criticism has developed by Sigmund Freud into some branches such as Conscious and Unconscious desire, anxiety, life and death instinct, and also self defense mechanism. Based on the explanation above, the writer was interested in analyzing the novel *Shutter Island*. Teddy Daniels as the main character has inflected many hallucination and self defense mechanism that makes him not a good figure of human being. Here the writer was assisted by Freud’s theory on *id, ego and superego*. The other theory that would be used is self defense mechanism. The writer believed that all of Teddy’s hallucination is unleashed as the emergence of the self defense mechanism.

1.2 Identification of the Problem

Shutter Island is a fictional story created by Dennis Lehane, about two marshals who has been put on the case of investigating a disappearance of a patient at a mental facility at Shutter Island. In the end Teddy wakes up to the reality that he himself, is the missing patient and the entire investigation has been a set-up all along in hope that he would acknowledge his trauma of losing both wife and kids. The writer notices that the main character is the representation of someone who tends to have hallucination and showing several self defense mechanism from the way he behave in every part of the story. The problem to be raised is how this character use the self-defense mechanism to cope with the problems he face and solve it.

1.3 Scope of the Research

In order to focus the analysis, the writer limits the analysis into two topics. The topics is about the hallucination and self defense mechanisms in main characters. In this research, the writer will focus on one character, Teddy Daniels or Andrew Laeddis.

1.4 Research Questions

The writer's analysis are based on several questions:

1. How does the author depict the hallucination undergone by the main charcter?
2. How does the main character survive from the hallucination?

1.5 Objective of the Research

The objective of this research firstly to explain the hallucination process and self-defense mechanisms which are used by the main characters to overcome the problem or conflict. Secondly, the writer wants to show that there is a way for people to solve the schizophrenia problem that appear in his life and explains how that defense occurs based on the existence of the the three zones (id, ego and superego).

1.6 Review of Related Studies

In order to make an authorized research, reviewing the preview studies is necessary then it can be shown that this research is not imitating another research which already existed and also to support the writer's idea. During the library research, the writer finds out that there is no student of the Faculty of Humanity Andalas University who already analyzed this novel for their thesis. The writer found some studies which relate to the topic.

The first study is a journal English literature's literatures of Tabriz University. It is entitled "Distress and Psychological Distortions in Dennis Lehane's *Shutter Island*" by Hossein Sabouri and Majid M. Sadeghzadegan (2013). In the journal, they applies psychological development approach proposed by Freud and Ronnel.

They explains that the main character, Teddy Daniels, has the psychological problem which is caused by traumatic events. These two writers believes that the trauma of war is more than anything for the main character, even worse that the trauma when his wife murder their three children, that he cannot forgive himself

about this. Sabouri and Sadeghzadegan's journal is related to the writer's topic because the detail explanation about trauma and theory of hallucination in their journal. They explained that Teddy was suffered from trauma and caused him to hallucinate and this journal is very supportive of the writer's research because in the writer's research he is investigating what triggers the main character to make up his hallucination in the novel. Despite the explanation about trauma as the trigger of the main character's hallucinations, the writers of this journal have not explained the forms or types of the hallucination that main character has been suffered. In this case, the writer will provide his idea deeply in the explanation of the forms or types of the hallucination.

The writer also found an international journal about the theory of Hallucinations by Leo P. W. Chiu entitled "*Differential Diagnosis and Management of Hallucinations*". This article focuses on an algorithm to discuss to distinguish hallucination from illusion, dream, pseudohallucination, and imagery. And also a step by step strategy to manage hallucinations. This journal is very helpful for the writer regarding the hallucinations. Not only used as the related studies but also later is used to make a quotation from the journal.

The third study is a thesis English department's student of Andalas University. It is entitled "*Insanity and Death Instinct: A Freudian Psychoanalysis on Albert Camus's Caligula*" by Rian Erisman. In the thesis, Rian applied psychoanalytic criticism to analyse deeply the insanity and psychology of the main character, Caligula. In the end, he found out that the unbalanced id is influenced by

the death instinct that appears after Caligula lost his sister. Rian Erisman does not explain anything about hallucination. He only assumes that the main character has unbalanced id. This article is contributed to the writer's research in term of psychoanalytic criticism provided by Sigmund Freud, especially on the theory of id, ego and superego in a deeper understanding.

The last study is also a thesis by English Department's student, entitled "Defense Mechanism in the main character of Ernest Hemingway's *The Old Man and The Sea*" by Eka Purnama Sari. Eka reveals the explanation about theory of defense mechanism by Sigmund Freud in his own way and style of writing. This thesis is related to the writer's research in term of the theory of self defense mechanism. From the article the writer conclude that there are several types of defense mechanism and its examples, and also about why this mechanism is indispensable to human life by knowing the history of the Concept of defense by Sigmund Freud.

1.7 Theoretical Framework

To analyze *Shutter Island*, the writer applies the psychological approach Based on theory psychoanalysis proposed by Sigmund Freud. In analyzing the literary works by using the psychological approach, the writer chooses the objective or textual theory.

1.7.1 Sigmund Freud Psychic Orders

This objective theory is a theory that views the literary work from the work itself, as Abrams states in his book *The Mirror and The Lamp*, "...[o]bjective theory

is view that hold literary works to be the most significant as an object itself, independent of the facts of its composition, the actually imitation, its author lacked intention of the effect produces its audiences” (1986:342).

Since the analysis is done to discuss the hallucination and self defense mechanism of the main character in *Shutter Island*, the writer choose this objective theory as the most appropriate one Literary criticism in the novel can be studied through the analysis of the character. Analysis of the character in the film can be analysed on the personality of the character or character’s thought. As this study is about the main character’s personality based on the theory of psychoanalysis.

Psychological theories of the most widely referred to in the psychological approach or the most dominant in the analysis of the literary works is the theory of psychoanalysis by Austrian neurologist Sigmund Freud (1856-1939). This theory is a method of medical treatment for people suffering from neurological disorders. Psychoanalysis is a type of therapy aims to treat someone who had mental disorders and anxiety.

The structure of the personality in psychoanalytic theory is threefold. Freud divides it into id, ego, and superego. Only the ego is visible or on the surface, while id and superego remains below but each has its own effects on the personality.

The **id** is the most fundamental and basic aspect of the personality. It is governed by the “pleasure principle”. The id does not want frustration, but it must endure it. The id deals with satisfying human’s basic needs like food, sex or denying painful or reducing uncomfortable physical tensions. In attempting to satisfy these

needs, the id acts directly and without considering external circumstances, whether these needs can or should be satisfied at the moment. Consequently, the ego develops out the id as means of dealing with reality. Initially described in his book *Beyond the Pleasure Principle* (1920), Freud proposed that “the goal of all life is death”. He noted that after people experience a traumatic event (such as war), the often re-enact the experience. He concluded that people hold an unconscious desire to die, but that wish is largely tempered by the life instincts. Freud believes two types of instincts: Eros (the life) and Thanatos (the death) instincts. The life instincts are those that deal with basic survival, pleasure, and reproduction. The energy created by the life instincts is known as “libido” and behaviors commonly associated with the life instinct include love, cooperation, and other prosocial actions.⁴

The **ego** attempts to control the id, delaying gratification until conditions are appropriate. The ego sets priorities and determines how, when and which needs will be satisfied.⁵ The ego becomes the executive of the personality, controlling both the demands of the id and the superego. Just as the id represented the pleasure principle, the ego is the *reality principle*. It is partly conscious mind and partly unconscious mind. The function of the ego was to find ways of satisfying the demands of the id. Another function was the *secondary process*. This took over where the primary process of the id left off, involved taking a plan of action, or solving a problem.

Then there is the **superego**, originating in the child through an identification with parents, and in response to social pressures, functions as an internal censor to

⁴ <http://psychology.about.com/od/sigmundfreud/a/instincs.htm>

⁵ Berent, Stanley. *Introductory Psychology: A Basic Self-Instructional Guide* (1977. USA: McGraw-Hill, Inc), p.104

repress the urges of the id. In other words, the superego represents the *morality principle*. This morality is meant to a child principally carrying out the demands of his parent or her parents. It might punish the ego for bad thoughts or deeds.⁶

Freud considered id as the king or a queen, ego as a prime minister and superego as religious leader. Id acts like an absolute controller that is spoiled, cruel and egoist: what id want must be done or had immediately. Ego on the other hand surely has many duties. He must finish them that connect with reality get attentive to citizen's desires. Superego, because it is considered as religious leader, it always according to good and bad values, right or wrong. It reminds the avaricious id that wise attitude is very important in this life.⁷

1.7.2 Imagined Human Beings: A Psychological Approach to Character and Conflict in Literature

This theory was founded by Bernard J. Paris in his book entitled *Imagined Human Beings*. In this book Bernard says: "Like most students of literature, I had been taught to analyze literary characters primarily in formal and thematic terms. When I looked at realistically drawn characters from a Horneyan perspective, I came to see that there was an immense amount of psychological detail that literary criticism had simply ignored. These characters were not simply functions in a text or encoded messages from the author but were imagined human beings whose thoughts, feelings,

⁶ Berent, Stanley. *Introductory Psychology: A Basic Self-Instructional Guide* (1977. USA: McGraw-Hill, Inc), p.205

⁷ Minderop, Albertine. *Psikologi Sastra: Karya Sastra, Metode, Teori dan Contoh Kasus* (2010. Jakarta: Yayasan Pustaka Obor Indonesia), p.21

and actions made sense in motivational terms. I had not been taught that literature is about human beings, human relationships, and human experiences; but outside of the academy one of the primary appeals of great literature has always been its portrayal of characters who seem to be of the same nature as ourselves. A psychological understanding of these characters makes them all the more fascinating.” (Bernard J. Paris, 1997)

When Bernard began discussing the psychology of literary characters, he quickly encountered a great deal of resistance to this procedure among his fellow critics. It has become a dogma of modern theory that literary characters do not belong to the real world in which people have internal motivations but to a fictional world in which everything they are and do is part of a larger structure whose logic is determined by purely artistic considerations. The most recent schools of criticism continue to see characters in primarily functional terms, with many of them attacking the whole concept of a self that can be represented.

He believes that the rejection of the idea that literary characters can be analyzed in ways similar to those in which we analyze real people has been an enormous critical error (for fuller accounts of his argument, see Paris, 1974 and 1991b). The objections to this procedure apply to some kinds of characters but not to others. It is essential to recognize that there are different types of characterization requiring different strategies of interpretation. Bernard believes that psychoanalytic theory has much to contribute to people understanding of literature and that it permits a conceptual clarity that cannot be derived from literature alone. But literature has a

contribution of at least equal importance to make to the theories that help people to understand it.

The analyst and the artist often deal with the same phenomena, but in significantly different ways. Psychoanalytic theory gives us formulations about human behavior, whereas literature gives us truth to experience. Because of its concrete, dramatic quality, literature enables us not only to observe people other than ourselves but also to enter into their mental universe, to discover what it feels like to be these people and to confront their life situations. We can gain in this way a phenomenological grasp of experience that cannot be derived from theory alone, and not from case histories either, unless they are also works of art. Because literature provides this kind of knowledge, it has a potentially sensitizing effect, one that is of as much importance to the clinician as it is to the humanist. Literature offers us an opportunity to amplify our experience in a way that can enhance our empathic powers, and because of this it is a valuable aid to clinical training and personal growth.⁸

1.7.3 Hallucination

Generally, definitions about hallucinations follow DSM IV: “The hallucination is a sensory perception that has the compelling sense of reality of a true perception but that occurs without external stimulation of the relevant sensory organ” (DSM IV, 1994). However, hallucinations have many cognitive and sensory characteristics, so it is very difficult to propose a definition that embraces all aspects.

⁸ Paris, Bernard J. *Imagined Human Beings: A Psychological Approach To Character And Conflict In Literature*. New York: NYU Press. 1997.

Generally, the different theories about hallucinations capture some, but not all, of these characteristics. For instance, the self-monitoring hypothesis considers that hallucinations arise from a disruption of the ability to monitor self-generated events (e.g., inner speeches). Thus, sometimes patients subjectively experience their inner speech as external speech. The self-monitoring hypothesis accurately describes the lack of the sense of agency accompanying hallucinations but fails to explain the other characteristics.

In other word, hallucination is hearing, seeing, feeling, and smelling something that is not there. Along with delusions, thought disorders, disturbed affect, motor symptoms, hallucination is one of the symptoms of Schizophrenia. Most common are auditory and visual hallucinations. Auditory hallucinations is noises or voices from outside the person that refers to the perception of non-existent sounds. In schizophrenia, patients often hear voices talking to them but the hallucinations may also take the form of whistling or hissing, for example the voices may be saying complimentary, critical or neutral words to them.⁹

Panoramic hallucinations or usually called visual hallucinations is a person sees something that does not exist or sees something that does not exist but sees it incorrectly. Several conditions can cause visual or panoramic hallucinations including dementia, migraines and drug or alcohol addiction.¹⁰ Another hallucination is temporal illusions. Temporal illusions can make one perceive that time has sped up,

⁹ <http://www.news-medical.net/health/Hallucination-Types.aspx>

¹⁰ <http://www.news-medical.net/health/Hallucination-Types.aspx>

slowed down, gone backward, fallen out of sequence or even stopped. Psychoactive substances are often the culprits of these affects.¹¹

Therefore, the writer will analyze the psychological condition and to find out what kind of hallucinations depicted in the novel which are experienced by the main character to understand the main conflict of this research.

1.7.4 Self-Defense Mechanism

The writer focuses the analysis on defense mechanisms to explore the analysis. Sigmund Freud describes how the ego uses a range of mechanisms to handle the conflict between the id, the ego and the super ego. His daughter, Anna Freud introduced the principle of inner mechanisms that defend the ego. According to Cherry in her essay Defense Mechanisms, she states that Sigmund Freud's daughter, Anna Freud described ten different defense mechanisms used by the ego. They are denial, repression, displacement, sublimation, projection, intellectualization, rationalization, regression, and reaction formation (psychology.about.com). Linda L. Davidoff explains about self defense mechanisms in her book "Introduction to Psychology" (1981: 454-456), theorizes that to protect themselves, people used mental tactics unconsciously to falsify threatening experiences, impulses, conflicts, and ideas. There are some ways of the defense mechanisms;

¹¹ <http://www.owlcation.com/Types-Hallucination.aspx>

a. Repression

Repression is defined as the exclusion of anxiety-arousing motive, ideas, conflicts, memories, and the like from awareness. When repression is working, the banished material does not enter consciousness, although it does influence behavior.

b. Denial of Reality

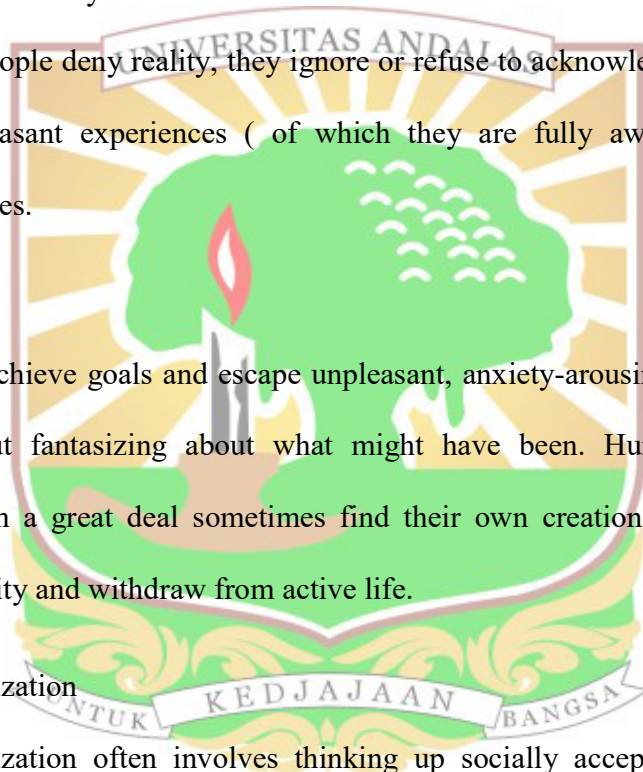
When people deny reality, they ignore or refuse to acknowledge the existence of unpleasant experiences (of which they are fully aware) to protect themselves.

c. Fantasy

People achieve goals and escape unpleasant, anxiety-arousing and frustrating event but fantasizing about what might have been. Human beings who daydream a great deal sometimes find their own creations more appealing than reality and withdraw from active life.

d. Rationalization

Rationalization often involves thinking up socially acceptable reasons for behavior to hide the truth from oneself. Rationalization occurs when people deceive themselves by pretending that a bad situation is really good and a good one is really bad



e. Regression

When handling a problem or anxiety is not possible in an adult fashion, some people turn to the defense mechanism of regression. Regression is a backward movement psychologically to a more helpless state. In the normal adult we see occasional regressive behavior in angry verbal outburst or possibly crying spells. In the maladjusted, however, regression is typically a movement way back in time. A few mental patients have been known to roll up into the fetal position, some suck their thumbs, some have complete rolling-on-the-floor temper tantrums.

f. Reaction formation

People use reactions formation when they conceal a real motive or emotion from themselves and express the opposite one by attitudes and behavior.

g. Projection

People who used projection are quick to note and magnify personal characteristics in others that they don't acknowledge in themselves (to reduce anxiety due to facing threatening personal characteristics).

The writer also finds the other sources relate to self defense mechanisms in article Personality Theories: Sigmund Freud (1858-1939). by George Boeree (2009). They are;

a. Displacement

Displacement is redirection of an impulse onto a substitute target as a way of releasing emotion. If the impulse, the desire, is possible with you, but the person you direct that desire towards is too threatening, you can displace to someone or something that can serve as a symbolic substitute. Someone who hates his or her mother may repress that hatred, but direct it instead towards, say, women in general. Someone who has not had the chance to love someone, someone may substitute cats or dogs to displace the feeling.

a. Sublimation

The transforming of an unacceptable impulse, whether it is sex, anger, fear, or whatever, into socially acceptable activities, even productive form. On the other word, sublimation is diversion of unwanted impulses into socially approved thoughts, feelings, or behaviors. It can be seen like someone with powerful sexual desires may become an artist, a photographer, or a novelist, and so on. For Freud, in fact, all positive, creative activities were sublimations.

The writer will analyze the psychological condition and to find out the self defense mechanisms which are used by the main character to overcome the conflicts that appear. In brief, using psychoanalysis approach will allow the writer to investigate the psychology of the fictitious character, with the focus on the foregrounding unconscious motives of the main character in the novel.

1.8 Methods of the Literary Research

In conducting this research, the writer will apply the library research. According to Andrew Abbott of the University of Chicago “Library Research and Its Infrastructure in the Twentieth Century” (2017),

Library research is the art of figuring out which of the many things that are staring you in the face is the one you ought to have wanted to look for. It has almost nothing to do with searching for known items. Finding something is easy. It's knowing you ought to be looking for it that is hard. You search for known items only once you have done all the real work. (Abbott, 2017)

The writer will follow three steps. Those three steps are collecting data, analysing the data, and presenting the data. In collecting data, the writer will take it from to sources, primary data and secondary data. Primary data is taken from *Shutter Island* novel by Dennis Lehane. Since the writer focuses on intrinsic elements to find out hallucination and self defense mechanism of the main character, therefore the secondary data are any information from related materials such as books, online journals, articles, which related to the topic that are available in library and internet.

In analyzing the data, the writer reads the story extensively in order to analyse the intrinsic data. Then, the writer will identify this intrinsic elements which are the main character hallucinations and self defense mechanism. After that, the writer applies the theory of Psychoanalysis which is proposed by Sigmund Freud.

In presenting the data, the writer uses the qualitative method. According to J. Amos Hatch in an online book titled *Qualitative Research Introduction*, “Data

analysis is a systematic search for meaning. It is a way to process qualitative data so that what has been learned can be communicated to others. Analysis means organizing and interrogating data in ways that allow researchers to see patterns, identify themes, discover relationships, develop explanations, make interpretations, mount critiques, or generate theories.”(148). It proves the analysis by emerging arguments and opinion since the data are words, statements, or paragraph and not in form of number.

