THE EFFECT OF PAST TRAUMATIC EVENTS IN THE SHAPING OF THE MAIN CHARACTER'S IDENTITY IN THE PERKS OF BEING A WALLFLOWER BY STEPHEN CHBOSKY

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DECLARATION OF ORIGINALITY

I hereby declare that I am the sole author of The Effect of Past Traumatic Events in The Shaping of the Main Character's Identity in the Perks of Being a Wallflower by Stephen Chbosky. This research is my result under guidance of Marliza Yeni, S.S., M.A. To my knowledge, there have not been forms or ideas written or published by others except those referred to in this thesis in the works cited.

Padang, August 2023

Nadia Hadisty Azzahra

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Padang, August 2023

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DEDICATION

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ABSTRACT

This study aims to examine that the shaping of Charlie's identity as the main character in *The Perks of Being a Wallflower* is the impact of the traumatic events that Charlie faced using psychoanalysis by Sigmund Freud. The main focus of this study is the formation of identity with a self-defense mechanism in the form of repression by Charlie against memories of sexual abuse committed by Aunt Helen. The impact of the repression on the trauma forms the identity of the 'wallflower' in Charlie's daily environment. However, the presence of Sam, Patrick, and Bill becomes a turning point in the development of Charlie's identity, from being an observer to becoming a participant. In addition, this study also uses psychosocial theory to see the results of Charlie's identity development at the adolescence stage, which shows the success of balancing the crisis that leads to identity and achieves virtue, namely fidelity.

Keywords: *The Perks of Being a Wallflower*, psychoanalysis, psychosocial, Sigmund Freud, Erikson, repression, identity, trauma.

KEDJAJAAN BANGS

ABSTRAK

Penelitian ini bertujuan untuk mengkaji bahwa pembentukan identitas Charlie sebagai tokoh utama dalam The Perks of Being a Wallflower merupakan dampak dari peristiwa traumatis yang dihadapi Charlie dengan menggunakan psikoanalisis Sigmund Freud. Fokus utama penelitian ini adalah pembentukan identitas dengan mekanisme pertahanan diri berupa represi yang dilakukan oleh Charlie terhadap ingatan akan pelecehan seksual yang dilakukan Bibi Helen. Dampak represi terhadap trauma tersebut membentuk identitas 'wallflower' di lingkungan keseharian Charlie. Namun, kehadiran Sam, Patrick, dan Bill menjadi titik balik perkembangan identitas Charlie, dari pengamat menjadi partisipan. Selain itu, penelitian ini juga menggunakan teori psikososial untuk melihat hasil perkembangan identitas Charlie pada tahap remaja yang menunjukkan keberhasilan menyeimbangkan krisis yang mengarah pada identitas dan mencapai kebajikan yaitu kesetiaan.

The Perks of Being a Wallflower, psikoanalisis, psikososial, Kata Kunci: Sigmund Freud, Erikson, represi, identitas, trauma

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INTRODUCTION

CHAPTER I

1.1 Background of the Research

In the social environment, the term youth is a stage that may be a bit complicated to qualify for, because basically teenagers are too mature to be qualified as children and too young to be considered adults. Adolescence is also a stage that cannot be avoided by humans in the stage of life. According to Macket, teenagers or Young Adults in the age range between 18 and 22 are positioned between the stages of children and adults (4). Teenagers also get more attention in social categories and even literary works. Young Adult is a genre that involves teenagers as readers and writers. This genre is also considered a marginal genre and can be equated with popular literary works which are considered to have high aesthetic value.

The perspective of adolescene on a work of young adult literature directly affects how a teenager forms a perspective of self-perceptions and self-concepts, because basically the cases raised in young adult literature are related to character formation of adolescence and the events which they faced also the character they develop which will influence their behavior and identities (Janet Alsup 205). The storyline that really reflects the problems of life among teenagers is one of the reasons why this Young Adult novel is in great demand. Apart from having an interesting plot, Young Adult novels also present very realistic characterization and relate to various teenage characters.

The Perks of Being a Wallflower by Stephen Chbosky which was first published in 1999 by Pocket Books, tells the story of an introverted and awkward teenager named Charlie. Although described as a loner, Charlie is a person who likes to observe things around him. The word 'Wallflower' in the title of this novel is a reflection of the image of a teenager who is unpopular and finds it difficult to socialize with the surrounding environment. The word comes from a situation where usually a introvert person prefers to be alone and standing close to the wall in every party or crowd (Chbosky 28). The word 'Wallflower' is also suitable to describe the characteristics of a Charlie in the novel *The Perks of Being a Wallflower*.

The whole story revolves around the search for Charlie's identity with various childhood traumas, stories of the past of a large family, and the life of teenage puberty. Charlie's trauma is the main cause of character and personality being formed. The traumatic experience which happened in his life started with the death of his aunt and best friend. It was told that his best friend died by suicide, while Aunt Helen (Charlie's aunt) died in an accident that occurred while on the way to buy a birthday present for Charlie. In addition to these events, another dark side began to be revealed. It turned out that Aunt Helen, whom he considered to be his own mother, had abused him sexually and he did not realize until he was an adult. From there, Charlie's anxiety grew, which affected his personality and the way he saw his environment. The traumatic experience directly affects the way Charlie socializes with his surroundings.

Identity has a strong relationship as an individual's psychological characteristics. Identity is a term often used to describe the roles, goals, value, and

beliefs about someone's perspective of world which people adopt in order to give their lives a sense of direction and purpose. Erikson (1968) also explained that human identity makes individuals able to accept themselves. Identity also makes a person have an orientation and purpose in life in the form of internal beliefs to consider several things in his life. In general, identity is the continuity of the individual with the past which they experience and the basis for a meaning personal and social, which concerns their future. Meanwhile, identity is first combined in late adolescence, as initial identity. According to Kroger (2000) the development of identity undergoes successive transformations in at least with every stage of the life cycle. An identity (in the psychoanalytic concept of ego) develops during adolescence and is influenced by self-exploration and the environment. Traumatic events have an important role in shaping a person's identity. Traumatic events can change the course of identity development and undermine the existing of identity commitments. Trauma can also affect the authority a person has over how the formation of his identity works. It makes sense that frightening or traumatic experiences and identity development are connected and influence one another (Berman 3). It also has a correlation with the psychoanalytic approach by Sigmund Freud.

Psychoanalytic approach proposed by Sigmund Freud, explained that someone will protect themselves from anxiety by using a defense mechanism in order to deal with their trauma. In this novel, it is indicated that Charlie as main character uses a self-defense mechanism in the form of repression.

In addition, the way Charlie adapts to his environment is also a form of repression. Therefore, the defense mechanism in the form of repression will be the main focus in how shaping identity leads to Charlie's adolescence.

1.2 Identification of the Problem

Charlie is a 16 year old teenager who has the characteristics of being an observer in his social environment. He is associated as a 'Wallflower' which refers to a quiet person who prefers to lean against a wall rather than interact with crowds. In this study, there is an indication which a correlation between how Charlie tries to blend in with his environment and how traumatic events in his past had a major influence on his present identity. In addition, Charlie is described as having difficulty trying to remember events from the past that he has faced. I also assume that Charlie as an observer in his environment is the result of how his past trauma affects the development of his identity towards adolescence. I try to prove that the past traumatic events greatly impact on the shaping of Charlie's identity

1.3 Review of Related Literature

The Perks of a Being Wallflower by Stephen Chbosky is a novel that represents a situation where past trauma can affect one's growth and development and shaping one's identity. In writing this research, I need several reviews from related studies conducted by other researchers to obtain wider views to enrich the analysis conducted by me as the writer in this study.

The first thesis provided by Rinda Sinta Dewi entitled "Introvertness In The Perks of Being a Wallflower Novel by Stephen Chbosky" (2019), This thesis discusses the same novel that I will analyze in this thesis, namely The Perks of Being a Wallflower. In this thesis, the writerr also uses the Psychoanalytic Approach theory in researching Charlie's personality. There are three objectives in this research. First, the writer analyzes Charlie's habits and personality in his environment, the second writer analyzes Charlie's introverted personality and also looks at whether this introverted personality has a significant impact on Charlie's habits. The conclusion obtained is that Charlie has 4 habits, namely as an introvert, social introvert, thinking introvert, anxious introvert, and retained introvert. In addition, the four personalities affect Charlie's habits, namely the effects of psychology and social communication. This thesis helps me as the writer, because it uses the same theory, namely the dynamics of the personality structure proposed by Sigmund Freud.

The second is a thesis written by Uswatul fitri entitled "The Struggle of The Main Character The Struggle of The Main Character with Personality Disorder as Seen in Gone Girl by Gillian Fynn" (2020) which focuses on the personality problem of the main female character in the novel that, Amy Elliott Dunne, who was assumed to have a disorder from the start personality. This thesis using the psychoanalytic theory discovered by Sigmund Freud about the three zones of the human psyche (id, ego, superego), characteristics psychopathy by Martin Kantor and ego defense mechanisms by Anna Freud. I conclude that the diary written by Amy is used for trapping her husband is part of the ego defense mechanism that is projection, where the diary contains what is actually felt by Amy herself but she distorted the facts from what was real occur. This thesis is helpful for me because it is inform about the struggle of the main characters with the personality disorder and this thesis also use psychological approach by Sigmund Freud.

The third thesis provided by Pakerti Nur utami, entitled "Personality Disorder Of Charlie Kelmeckis In *The Perks Of Being A Wallflower*" (2019). The theory used by the writer is psychoanalysis popularized by Sigmund Freud. Unlike the previous paper, this paper focuses more on the analysis of the id, ego, and superego in Charlie's character. The conclusion of this study is Charlie Kelmeckis experienced anxiety which is the effect of trauma and unpleasant childhood experiences, sexual harassment he got from Aunt Helen (One of the main characters in this film) As a result, her superego has a strong influence on overcoming bad memories. In psychoanalytic theory, he uses the defense of rationalization the mechanism by which the id pushes into socially acceptable ways. This thesis has the same focus as the thesis that I will analyze, namely in the form of an analysis of the self-defense mechanisms that exist in the main character. The difference is the result of this study, I found that the main character uses a self-defense mechanism in the form of rationalization.

Fourth thesis provided Khendy entitled "Defense Mechanism System of the Main Character in the Whispering Skull Novel: Psychological Approach" (2020). This research focuses on several types of self-defense systems using a psychological approach in Jonathan Stroud's novel The Whispering Skull. In addition, the writer also examines the patterns of human reactions on websites that are unexpected and tend to be unpleasant. The theory used in this research is Sigmund's theory, namely self-defense mechanism Self-defense system is also

explained as a person's way of defending and protecting oneself when faced with an unpleasant condition. Based on the results the analysis, the writer concludes that; there are five types of systems self-defense in the novel, namely sublimation, repression, denial, displacement, and projection. This thesis is very helpful, because it contains a detailed explanation of the self defense mechanism which is the theory used in this thesis.

The next article written by Dwi Didik Santoso entitled "Kecemasan Dan Mekanisme Pertahanan Ego Tokoh Utama Dalam Kumpulan Cerpen Lǔ Xùn Xiǎoshuō Quánjí 鲁迅小说全集 Karya Lu Xun" (Paramasastra, Vol. 4, No. 2, pp.294-304). This study focuses on the psychoanalytic analysis of the main character in Lu Xun's collection of short stories entitled Lǔ Xun Xiǎoshuō Quánjí 鲁迅小说全集 by Lu Xun Yang. In this article, the discussion includes the anxiety experienced by the main character in the form of realistic, neurotic, and moral anxiety, the causes of anxiety, the main character's ego defense mechanisms. The data obtained in the analysis of this article in the form of neurotic anxiety dominates and the ego defense in the form of repression also dominates. Overall, the data in this article helps me the writer in analyzing this thesis, because they have the same study focus in the form of an analysis of self-defense mechanisms in the form of repression to the main character of a story.

Last thesis written by Alyssa Ibrati entitled "Peer And Adolescence Stage Development In John's Green Looking For Alaska" (2018). In this thesis, the writer emphasizes the analysis of the adolescence stage of the main character in Looking for Alaska by John Green and how the relationship of the main character

with his friendship environment influences his adolescent identity. In this thesis, Erik Erikson's theory is used, namely the Psychosocial Development stage. The results of the analysis found that the main character named Miles Halter managed to get a virtue of fidelity or the ability to adapt in a community where an individual can contribute and has the ability to accept the imperfections that exist in that individual. This thesis helps in examining the results of the shaping of identity of the character Charlie in The Perks of Being a Wallflower which also uses the theory of Psychosocial Development by Erik Erikson.

All studies were conducted by me the writer to explore the analysis of psychoanalytic theory in the form of identity development and how self defense mechanisms can influence personality formation. Therefore, I will conduct research on how the effect on past traumatic event in the shaping of identity in The Perks of Being a Wallflower using psychoanalytic theory by Sigmund Freud.

1.4 Research Questions

Based on the phenomenon that has been explained about the development of personality towards adolescence faced by Charlie in the novel The Perks of Being VEDJAJAAN a Wallflower, I decided to formulate two questions to be answered in the results and classified research chapters. as follows:

- 1. What traumatic events happened to Charlie in The Perks of Being a Wallflower?
- 2. How do the traumatic events impact his identity and how does Charlie cope with them?

1.5 Scope of the Research

This research focuses on the main character in *The Perks of Being a Wallflower* named Charlie Kelmeckis. It is told that Charlie, who is a 16-year-old teenager, is facing a search for identity. But on the other hand, he is also faced with past trauma which affects the identity that will be shaped within Charlie. Therefore, to analyze this thesis, the theory will be used that discusses the personality structure described by Sigmund Freud which affects the development of Charlie's characteristics that make him an observer in his social life. In addition, I will also examine how a self-defense mechanism can affect on how Charlie deals with his past trauma. The results of the analysis will ultimately relate to how the identity is shaped.

1.6 Objective of the Study

This research aims to explain indications of self-defense mechanisms in Stephen Chobsky's novel The Perks of Being a Wallflower which are carried out by Charlie as the main character to overcome his past trauma, which forms Charlie's identity. Apart from that, this thesis will also explain the impact of trauma on the shaping of Charlie's identity.

CHAPTER II

THEORIES AND METHODS

2.1 Theoretical Framework

In this research, I applied the psychoanalytic theory proposed by Sigmund Freud in the form of the development of the personality structure which is divided into Id, Ego, and Superego, as well as an approach theory in the form of self defense mechanism. The two theoretical approaches are expected to be able to analyze the correlation between the traumatic experiences experienced by Charlie, as the main character of the novel *The Perks of Being a Wallflower*, which affects his identity as a teenager. In the field of psychology, identity is a picture of personal characteristic, in which it shows certain qualities and characteristics of an individual. Identity is basically also related to a person's self-concept and mental about themselves, self-esteem, and personal image.

2.1.1 Psychoanalytical Criticism

According to Endraswara, psychology and literature have a functional connection. Basically, the object in literature and psychology is human life, functional connection exists in both of them which study a person's mental health. The difference is that in psychology, symptoms are real things, whereas in literature they are fictional things (97-99). According to jurnal untitled *Psyhoanalytic Theory Used in English Literature: A Descriptive Study*, the focus of psychoanalytic literary criticism is divided into four, namely: 1) author: theory used to study the author's life. 2) character: theory used to study the behavior and motivation of characters in a literary work. 3) audience: theory is

used to examine the appeal of literary works in the eyes of readers. 4) Text: theory that focuses on the study of language and symbolism of works.

The writers of literary works adopt connected psychoanalytic concepts in their characters and thoughts as writers. The psychoanalytic concepts put forward by Sigmund Freud as the main influence of the author's psychoanalysis are: The Theory of the Unconscious, The Iceberg Theory of the Psyche, Dreams as a reflection of our consciousness, Infantile Sexuality and the role of the neuroses of adults.JNIVERSITAS ANDALAS

The relationship between psychoanalysis and literary criticism has existed for most of the 20th century primarily to do with issues of writer's psychology and character psychology. This approach focuses on the unconscious. Psychoanalysis in literature has several meanings, the first is the study of the psychology of the writer as a person, second is the study of the creative process, third is the study of types and psychological laws applied to literary works, fourth is studying the impact of literature on readers (Wellek & Werren 139). The emergence of the psychological approach in literature was initiated by the widespread introduction of literature based on Freud's teachings which began to be published in English, in the decades leading up to the world war.

2.1.2 Dynamics of Personality (Id, Ego, Superego)

In his theory Sigmund Freud formulated three stages of mental activity in humans, namely the unconscious, the conscious, and the preconscious. The unconscious itself is the source of the desires that humans want to achieve, preconsciousness is a place where memories that can be recalled are located,

while consciousness is a place that contains things that are fully realized by an individual. Like memory, childhood experiences cannot always be captured by the memory stage of an individual's consciousness, and logically childhood experiences also greatly affect the growth and development of human personality.

Basically, the concept of the unconscious contains impulses, attitudes and even instincts that are not related to law and logic (Semiun 56). According to Freud, this can harm an individual so that there is suppression of consciousness through a self-defense mechanism. Logically, the preconscious mediates between the conscious and the unconscious. In the process, the mental activity has a form that can describe a mental picture based on its role and aim. In this theory, Freud divides the description into three forms, namely the Id, Ego, and Superego. These three systems are influential in the formation of human personality and their relationship with the surrounding environment.

The id is a form of human personality structure that is owned since birth. The id consists of instinctive desires that humans have, such as hunger, thirst, or other biological desires. The id also works based on the pleasure principle which acts as a fulfillment of primordial needs and avoids displeasure (Hall 22). The next personality structure is the Ego, the Ego is the opposite of the Id. The id works based on the pleasure principle, while the ego works based on reality and the laws of logic. The purpose of the ego itself is to delay satisfaction or desire until the object that provides satisfaction is obtained by humans. This delay works as a tolerance for tension until the tension is acceptable to humans and reality.

The last personality structure is the superego. The superego works based on ethical norms and morals that are instilled in the human personality since childhood. This is in the form of morals taught by parents, norms in society, and determining which things are good and bad.

The superego is divided into two parts, namely the conscience and the ideal ego. Conscience comes from reflection of experience and memory in the form of punishments given by parents to their children if they make mistakes, while the ideal ego comes from experience in the form of rewards given by parents to their children when they do things and actions that are commendable.

These three concepts of personality structure are used to analyze the dynamics of the conflict experienced by Charlie, where this conflict is reflected in the things and experiences he experienced when he was a child and then had an impact on his development and perspective as a teenager.

2.1.3 Self Defense Mechanism

Basically, there is a contradiction between the Id, Ego, and Superego. In this conflict, the Ego has an important role as a mediator between the Id and the Superego. These three personality structures also greatly affect the nature of a human being, if humans are dominated by the Id, then their nature tends to be impulsive. if the ego dominates, then it forms a character who thinks logically and rationally, whereas if the superego dominates, it will form a moral and ethical character. The conflict that occurs between the Id, Ego, and Superego produces anxiety, the anxiety is identified as a reality principle that comes from an external human perspective, neurotic anxiety which is anxiety that comes from threats, and the last is moral anxiety. When the ego cannot control anxiety in humans, the ego will automatically carry out several defense processes in the form of identification, displacement, and self defense mechanisms. In this research, identification is a defense in the form of imitation and reflection of a person's character which is considered better as a living reference in the formation of human character. This form of defense is considered to be able to help in achieving self goals. In theory, Freud stated that the defense mechanism is used by a human as a defense against the id and the rejection of the superego. Basically, the ego works by reacting to threats of danger caused by the Id by carrying out two ways, which are fortifying oneself from impulsiveness so that awareness is found and deflecting impulses and weakening the original intensity (Alwisol 28). As a result, the ego will be able to overcome tension and danger. Freud states that the following are some ego defense mechanisms:

Repression

Repression seeks to push out unwanted id impulses from consciousness to KEDJAJAAN return to the subconscious. This type of self-defense mechanism aims to suppress and encourage impulses that try to get out of consciousness. Repression appears to try to avoid feelings of anxiety. Due to individual repression, a person tends to be unaware and even forget the impulses that cause anxiety, and do not consider the unpleasant experiences in the form of trauma that a person faces.

• Sublimation

Sublimation can be interpreted as an ego defense that aims to prevent or relieve anxiety by changing and adjusting the Id's desires which are the source of anxiety to things that can be accepted and appreciated by society.

• Projection

Projection is a defense mechanism in the form of diverting attitudes and behavior by causing anxiety to others. Basically, someone makes a projection in the form of delegating the problems and worries they face to other people. One does projection with reason.

Rationalization

An action that provides all justifications and reasons with the aim of motivating oneself in actions taken to suppress all unpleasant thoughts and anxiety.

Regression

People who feel threatened or agitated may unconsciously 'escape' in a way similar to how they behaved as children. This self-defense mechanism is characterized by a person's psychological condition returning to his childhood.

Denial

Actions taken to reduce anxiety by denying all kinds of actions that are done. People who practice denial know that what they are doing is wrong or harmful, but they use various excuses to make it acceptable.

2.1.4 Psychosocial Development

Theory of Psychosocial Development by Erik Erikson (1950) is a theory influenced by the theory of psychosexual development stated by Sigmund Freud. Erik Erikson broadens the scope of this theory and includes a stage of life that emphasizes the role of social life which is the focus in character development. In his book entitled *Childhood and Society* (1950), Erikson said that human has 8 stages in their life development, and in each stage there is its own crisis which will then be a positive or negative result for human development itself. The following are the stages and also the crisis in each stage: (1) Infancy (under 1 year): Trust vs. Mistrust, (2) Toddlerhood (1-3 years): Autonomy vs. Shame and Doubt, (3) Early childhood (3-5 years): Initiative vs Guilt, (4) Middle childhood (6-12 years): Industry vs Inferiority, (5) Adolescence (12-18 years): Identity vs Role Confusion, (6) Early adulthood (18-40 years): Intimacy vs Isolation, (7) Middle adulthood (40-65 years): Generativity vs Stagnation, (8) Late adulthood (>65 years): Integrity vs Despair.

According to Erikson, the results in development at each stage depend on how the individual overcomes the crises at each stage. Individual survive a crisis if they can balance the two crises that exist at each stage of development. If there are problems in the previous stage, then it will affect the next stage and also the development faced by the individual will not go well (Fleming 3). In addition, after the individual is gradually exposed to the crisis, the individual will gain a new sense of competence as a result (Austria 46).

In the 8 stages above, I will narrow the analysis from early childhood stage to the adolescence stage. Charlie in the novel *The Perks of a Being a Wallflower* is a 16 year old teenager, and when referred to the stages in psychosocial development, Charlie enters the fifth stage. This stage begins with puberty which enters adolescence. In addition to physical changes and developments, in this stage an individual will also experience changes mentally. The individual will experience an increase in the way of thinking and perspective in seeing the world (Elkind 13). In this stage the individual will be faced with the formation of a self-image in the form of an identity. In general, the identity achieved in this stage is in the form of goals attached to oneself, the desire to control the direction of life, and goals to be achieved in the future. Teenagers who have the right support to explore their identity will develop self-confidence and independence. This leads to the virtue of fidelity.

In general, the fidelity achieved is a form of the adolescent's ability to be faithful to themselves as well as the ability to commit to their environment. Apart from that, they will also be faced with role confusion or also known as an identity crisis, which will make a person feel confused about themselves and ignorant of the characteristics and goals they want to achieve. Individuals who can deal with this stage properly will develop the power of ego loyalty which affects the ability of individuals to live by society's standards despite the imperfections, incompleteness, and inconsistencies that they have (Boeree 11). In contrast, the pressure in forming and expressing identity, adolescents often act in extreme ways, so they are often seen by their environment as deviation or damage (Erickson 310). The encouragement of a sense of identity that is

built in one hand is often balanced with fidelity and high tolerance towards peers. Based on these conditions, one of the tasks in this stage is to resolve the identity crisis. Adolescents who are able to achieve a stable identity will gain a clear principle about themselves, self-confidence, and can be wise in making decisions. Conversely, failure to overcome an identity crisis can be dangerous and make a teenager become intolerant.

I will use the self defense mechanism as an example of the defense used by Charlie in shaping his personality identity. In this study, the psychoanalytic theory proposed by Sigmund Freud and Psychosocial Theory are used to identify the character development of Charlie in the novel *The Perks of a Being* Wallflower, then analyze the relationship between the traumatic experiences experienced by Charlie which have an impact on the way he views life and also the shaping of his identity.

2.2 Method of Research

The method that will be used in this research is qualitative, which aims to understand the message contained in the object of research, namely the novel The VEDJAJAA Perks of a Being Wallflower by Stephen Chbosky. The main analysis is done to Charlie, as the main character in this novel. I will analyze how Charlie interacts with his friends and his environment. It aims to see the process from shaping identity to adolescence that happened to Charlie. In addition, I will also analyze the self defense mechanism in the form of repression, which is used by Charlie to see its relationship to the formation of Charlie's character.

2.2.1 Collecting the Data

In collecting the data, I need primary data and secondary data. The primary data is the analysis of the novel entitled The Perks of Being a Wallflower by Stephen Chbosky. Moreover, I also need to read books, journals, and other thesis as the secondary data.

2.2.2 Analyzing the Data

In analyzing the data, I will read the novel The Perks of Being a Wallflower by Stephen Chbosky and focusing on the topic I am going to analyze, which is past traumatic and shaping of identity. With the help of several references obtained from journals, articles or theses that show similar topics, these data can be related to psychoanalytic theory which focuses on dynamic of personality structures (id, ego, superego), self defense mechanism, and psychosocial theory to identify the shaping of Charlie's identity.

2.2.3 Presenting the Data

In presenting the data, I will descibe the result of analysis of the novel entitled The Perks of Being a Wallflower by Stephen Chbosky.

CHAPTER III

THE PRELIMINARY ANALYSIS OF THE PERKS OF BEING A WALLFLOWER BY STEPHEN CHBOSKY

3.1 Plot

The Perks of Being a Wallflower is a novel by Stephen Chbosky which was first published in 1999. In this novel, Chbosky uses a quite unique and different style in telling the plot of this novel. In this novel, Chbosky uses a combination of all the letters written by the main character, namely Charlie, a 15-year-old teenager who is described as an observant in his high school environment as the plot line. The letters Charlie wrote have several styles of writing, some of which contain satirical irony, while others highlight Charlie's sorrow.

E.M Forster in Aspect of the Novel Story, story is a series of events that have a time sequence that has been arranged. Forster explained that a story only serves to attract the attention of the audience. So they become curious about what will happen in the story. While the plot is defined as the description of events which emphasizes the form of causality (cause-effect) in a story. E.M Forster divided plot into 6 elements, namely:

- 1. Exposition, the initial part of the story which in this section consists of character and the setting of a story.
- 2. Rising action, in this section some of the conflicts must be faced by the main character. The emergence of conflict in the previous stage was developed to be more intense. The dramatic events that form the core of the story are increasingly gripping and tense.

- 3. Climax is the culmination of the conflict within the story itself. At this stage all things antagonistic begin to dominate intensely. This stage is the peak of the conflict in a story.
- 4. Falling action, at this stage the character must be faced with determining whether they succeed in getting what they are fighting for or not. In falling action, it's time for all the conflicts that previously peaked to start to subside.
- 5. Resolution is the final part of the story, where the main character solved the problems in the storyline. The end of the problem can be a sad or happy ending.

This story begins with Charlie as the main character in the story writes a letter to an anonymous person as a form of overcoming his anxiety in entering the new school year, in the letter he writes the loss of his closest friend named Michael who committed suicide. In this novel, Charlie meets several people who change his social life. One of them is a girl named Sam. The conflict escalates when Charlie has feelings for Sam. It is actually seen that Charlie has a crush on Sam, but Charlie chooses to have a relationship with a girl named Mary Elizabeth. But it seems that Charlie actually did not really fall in love with Mary Elizabeth. In one of the letters Charlie wrote that he played a game which required him to kiss the most beautiful girl in the room. After much consideration, Charlie kissed Sam which was the beginning of the breakdown of his relationship with Mary Elizabeth and some of his friends. One night before Sam went to college. They spend the night together and kiss each other. It almost leads to sexual intercourse, once Sam touches Charlie's vitals, Charlie stops Sam immediately. This actually triggers an event in the form of a trauma that Charlie has been repressing. The

climax is that the trauma that was buried in his unconscious emerges in the form of his dream. He finally realized that his Aunt Helen had abused him when Charlie was a child.

The falling action in this story is when Charlie ends up being treated in a mental hospital. Charlie was treated for two months. During those two months Charlie's family visited him frequently. To cheer Charlie up, Sam also writes letters to him. The resolution is after two months later, Charlie finally reunites with Sam and Patrick. They spent time talking while eating dinner. After dinner, they boarded the truck and passed through the tunnel. As they drive along the tunnel, Charlie feels infinite.

3.2 Character

Character is an important element in a novel and also influences the course of a story, because the storyline also depends on how the character development is made. No matter how good the plot is, it will feel lacking if the characters being developed are unstable. Character can be interpreted as a verbal description of the individual. This can be identified from the speech, the actions of a character, and the description of the author (Edgar 1987). According to Steven Martin a character who may be an imaginary individual living in a story. Characterization is defined as the author's way of describing the physical and non-physical identity of an individual who undergoes the story plot to the reader. Pope (133) suggests that characters are divided into two categories. The first one is the main character. The main character is a character who has an important role and is in control of the plot of a story. The main character is also referred to as the protagonist, who has major interactions with his opponent, namely the antagonist, and the second is

a minor character which has a supporting role for the main character. Minor characters do not appear too often in the story, but the presence of minor characters is still important and a highlight for a main character.

To understand what are the characters in The Perks of Being a Wallflower, readers need to understand how each character develops in this novel. Therefore, the main characters in The Perks of Being a Wallflower will be identified in the following paragraphs.

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3.2.1 Charlie

Charlie is the main character in The Perks of Being a Wallflower. He is a 15 years old boy. He is described as a quiet teenager who doesn't easily blend in with his surroundings. Throughout his narration, Charlie is also described as a teenager who faced various kinds of trauma during his life. This can be seen from how Charlie narrates the storyline through his point of view. The strong narration created by Charlie indirectly influences how the reader sympathizes with the past traumatic events that befell him.

3.2.2 Aunt Helen

Helen is one of the influential characters in the development of Charlie's character. She is Charlie's favorite aunt (Chbosky 4), who also lives with and takes care of Charlie since childhood. Towards the end of the novel, Charlie slowly begins to realize that his aunt sexually abused him (Chbosky 154). At first Charlie thought of it as the affection he got from the only member of his family. In the end Charlie also realized that all this time he had been repressing the memory and trauma.

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3.2.3 Patrick

Patrick is one of Charlie's favorite characters. They first met at a football match, when Charlie was also introduced by Sam (Patrick's step-sister) and also several people from Patrick and Sam's circle. Since then, their relationship has been very close. Patrick is a character who manages to bring Charlie out of his comfort zone as an observer. With Patrick, Charlie felt valued and accepted UNIVERSITAS ANDALAS by his friends.

3.2.4 Sam

Sam is someone who easily gets along with Charlie. Sam is also the first girl whom Charlie fall in love with for the first time. She has a cheerful personality and is open to her surroundings. Just like her step brother, Patrick. Sam also helped Charlie to start socializing with his environment. Sam even became Charlie's first kiss, the reason Sam kissed him was to make sure that someone who kissed him first had to be someone who loved him (Chbosky 52). At the end of the novel, Sam leaves Charlie to continue her studies in college. KEDJAJAAN Their love relationship was still not told clearly, whether it was only a platonic or romantic relationship.

3.2.5 Bill

Bill is the first adult at school which Charlie is close to. He is Charlie's English Teacher. Bill knows that Charlie has potential in the field of literature, therefore he often lends Charlie books as his new reading. Bill portrays someone who is able to be a wise adviser and build trust in Charlie. Bill and

3.2.6 Mary Elizabeth

Mary Elizabeth is Charlie's first date. She is a friend of Sam and Patrick, because of her rebellious personality, Charlie was able to have sexual experiences with her for the first time. In the novel, they did have a romantic relationship with each other, but in fact Charlie did not really have a crush on Mary (Chbosky 148). Charlie stayed in the relationship only because he did not have the courage to admit that he actually did not have any feelings for Mary. Their relatively brief relationship taught Charlie that in a relationship, the two people must be fully equal in loving one another.

3.2.7 Michael

Michael becomes one of Charlie's traumas. He is Charlie's middle school friend who chose to commit suicide because he was faced with problems he had at home (Chbosky 2). This is the beginning of his letter in this novel, in his letter Charlie tells how the incident became a topic of conversation at school. Because of this incident, Charlie began to be aware of life and mental health in his family.

3.3 Setting

Setting is defined as the environment where a story or event in the story, as well as the surrounding environment, also plays a role in an event at that time. In the division, Settings are also divided into certain times, such as day, month, year, weather, place (Stanton 35).

Throughout the novel it is not clearly explained where Charlie lives, but several letters written by Charlie indicate that Charlie and his family live in Pittsburgh, Pennsylvania. It can be proven that Charlie's brother became a Penn State representative to play football. "He's playing football for Penn State but he needed the summer to get his grades right to play football" (Chbosky 11).

In this novel, Charlie also mentions a location called the Fort Pitt Tunnel several times, which is also in Pittsburgh, Pennsylvania. "Patrick was driving this time. As we were approaching the Fort Pitt Tunnel, Sam asked Patrick to pull to the side of the road." (Chbosky 48).

"November 15, 1991. Dear friend, It's starting to get cold and frosty here. The pretty fall weather is pretty much gone." Additionally, Charlie stated that the events in the story occurred in the early 1990s. Precisely in the fall and winter of 1991, spring and summer of 1992.

3.4 Theme

Theme is the fundamental of the initial ideas and meanings that I try to convey to his readers. Theme is the basic idea or understanding conveyed by the writers (Jones 82). The story in the novel basically has a specific purpose and does not only present the arrangement and sequence of events. *The Perks of Being a*

Wallflower is a portrayal of how trauma and violence can play a role in the formation of an individual's personality. In this novel, it is not only Charlie who is traumatized, but several characters are also faced with their respective traumas. Some of the characters are told to have several experiences that influence their teenage lives. This novel also teaches humans to be able to participate in their own lives, indirectly this novel also invites its readers to live life all out. From the novel, the author attracts readers to be able to develop into the truest version of themselves.

3.5 Point of View

In writing *The Perks of Being a Wallflower*, Stephen Chbosky Stephen Chbosky uses the first person point of view which is the main character's narration. What is unique in this novel is that Chbosky uses Charlie's perspective and puts it in the form of letters he wrote to an anonymous person. Charlie also directly described his condition, thoughts, and even his feelings of anxiety in the letter. But with the uniqueness of this narrative, the reader gets a subjective side because in that novel we are only shown by how Charlie sees his own perspective. The reader's knowledge is limited only by what Charlie wants to tell in each of his letters. Sometimes in his letters Charlie can be honest with what he feels, but on the other hand there are some long-winded explanations and so the reader does not fully know what Charlie wants to explain.

CHAPTER IV

THE EFFECT OF PAST TRAUMATIC EVENTS IN THE SHAPING OF THE MAIN CHARACTER'S IDENTITY IN THE PERKS OF BEING A WALLFLOWER BY STEPHEN CHBOSKY

Charlie is described as introverted and has only a small circle of friends. Charlie is a portrait of someone who needs someone to listen to his story, but on the other hand he also has a fear of opening himself up. Charlie is also described as someone who has emotions that tend to be unstable and sensitive. This trait makes Charlie a person who very easily cries over small things and feels guilty about something. At the beginning of the novel, Charlie chooses to write down all of his daily stories in a collection of letters to an anonymous. In the letters, Charlie told a lot of things that happened in his life, he even said that he had lost some of his closest people, his friends Michael and Aunt Helen.

4.1 Traumatic Events Faced by Charlie and Dynamics of Personality as The Impact of Trauma to his Identity

A traumatic event is an experience which puts someone in a situation which forces a person to recall bad memories in the past. Trauma in an individual is the result of self-projection. In this case, the entire inclination, object, imagination can be studied in a forced repetition (Bernard et al. 215). All events that occur are not controlled by the subject but as a process that forms the subject. Traumatic events force the memory in the individual's mind to recall memories that occurred in the past.

This theory was explained by Sigmund Freud, according to him, this Traumatic experience occurred in a brief time. Trauma can increase the stimulation given to the brain, which affects a person in the form of abnormal fear. According to The American Psychiatric Association (APA) Traumatic experiences can cause a posttraumatic syndrome known as brain injury or war neurotic. Post-traumatic syndrome gives the same impacts as severe as rape or violence (147). In the journal from European Journal of Trauma and Dissociation, with the title *The* Impact of Childhood Trauma on Children's Wellbeing and Adult Behavior (2021) explained that victims of childhood trauma produce low personal self-esteem, some of them also suffer from prolonged depression and anxiety, and in some cases there is also denial of the trauma that has occurred. A few of them also create fake self-branding and use drugs and alcohol as the way out for their trauma. Charlie as the main character is faced with his past trauma. Two of them are the trauma of losing their closest figure, the first is their aunt, Aunt Helen, who died in an accident on Charlie's birthday (Chbosky 67), and the second is the loss of his closest friend, Michael (Chbosky 3). However, there is one big trauma that has been unconsciously buried in Charlie's memory. Charlie faced trauma in the form of sexual abuse perpetrated by his aunt, Aunt Helen. The trauma from the sexual assault began to unfold little by little when Charlie had feelings for a friend named Sam. Charlie describes Sam as beautiful, and he hopes to someday date Sam (Chbosky 45). Sam is also Charlie's first kiss, Sam once told him that someone who kisses Charlie must be someone who loves him.

"And she kissed me. It was that I would never tell anyone about out loud. It made me know that I was never this happy in my life" (Chbosky 52).

The innocent Charlie even dreamed of Sam as his sexual object during a wet dream. This made Charlie feel guilty because for Charlie, that dream should not have happened. Charlie also feels guilty because in his dream he saw Sam naked, because of this guilt Charlie chooses to tell his dream to Sam.

"I told Sam that I dreamt that she and I were naked on the sofa, and I started crying because I felt bad, and do you know what she did? She laughed. Not a mean laugh, either. A really nice, warm laugh. She said that she thought I was being cute. And she said it was okay that I had a dream about her. And I stopped crying. Sam then asked me if I thought she was pretty, and I told her I thought she was "lovely." Sam then looked me right in the eye.

"You know you're too young for me, Charlie? You do know that?"

"Yes, I do." KEDJAJAAN BANGSA

"I don't want you to waste your time thinking about me that way."

"I won't. It was just a dream" (Chbosky 21).

This trauma made Charlie as a teenager become someone who has low selfesteem. The trauma also had an impact on Charlie's difficulties in expressing his sexual desires. Therefore, his sexual desire is formed in a dream which is the result of her unconscious desire to have sexual intercourse with Sam. Another "Dear friend, do you know what "masturbation" is? I think you probably do because you are older than me. But just in case, I will tell you. Mastrubation is when you rub your genitals until you have an orgasm. Wow!" (Chbosky 24).

From the quote above it can be concluded that Charlie still considers masturbation as a proscription thing. In this case, Charlie has anxiety about making Sam the object of his sexual fantasies. The anxiety that arises comes from conflicts that exist in his unconscious mind. A person who has this anxiety is not aware of the events behind the anxiety, this anxiety can also be referred to as neurotic anxiety (Minderop 23).

For detaching a particular syndrome from neurasthenia under the description, the negative effects of neurotic anxiety are very complex to be identified by someone who experiences the anxiety (87). Charlie does not know the negative repercussions of the way he made Sam as the object of his sexual fantasies. His fear of making Sam the object of his fantasies was the result of his own thoughts, so an understanding was formed that made Charlie think that having sexual fantasies was unappropriate.

As time went on, Sam and Charlie's closeness became more intense. The climax, on the day before Sam left for college, Sam and Charlie almost had sexual intercourse, but Charlie immediately stopped Sam because Charlie felt uncomfortable with Sam's touch. This brought Charlie's memory of looking at his

"When I fell asleep, I had this dream. My brother and my sister and I were watching television with my Aunt Helen. Everything was in slow motion. The sound was thick. And she was doing what Sam was doing" (Chbosky 151).

This also opened up the trauma that was buried in Charlie's memory. Over time, Charlie realized that he was being sexually assaulted by those closest to him. Little Charlie did not understand what was happening at that time, he just thought it was a natural thing because of his closeness to his aunt. The study of dreams and the past is in line with what was stated by Sigmund Freud. According to him, dreams are psychic results that are projected during sleep, this is related to unconscious desires and expressions (Freud 591).

Charlie, who is described at the beginning of the story as a introvert child and has difficulty socializing, is the result of his trauma. Before knowing Sam and Patrick, Charlie only lived in a very small circle of friends, he only had Michael and Aunt Helen as his closest people. When Charlie loses both of them, Charlie is faced with difficulties in adapting and getting out of his comfort zone. Charlie wrote his letters to someone who is not known, is a form of his wish to be heard.

He needs someone who can hear his story, because all his life he was only a bystander in his environment.

> "I just need to know that someone out there listens and understands and doesn't try to sleep with people even if they could have. I need to know that these people exist." (Chbosky 2).

Losing the two closest people in his life, made Charlie a person who was afraid to make friends. Even within the family circle, Charlie is described as not having a strong bond with his family.

"I try to think of my family as a reason for me being this way, especially after my friend Michael stopped going to school one day last spring" (Chbosky 2).

Charlie's memory of Michael's death makes Charlie live as a bystander. In every school activity, Charlie just observes his surroundings, hoping he can make new friends. But on the other hand, Charlie does not have the courage to start a friendship.

> "It would be very nice to have a friend again. I would like that even more than a date" (Chbosky 20).

Events that are considered as trauma cannot be compared from one individual to another. Trauma is related to the ability of a sufferer to control stressors and adapt trauma to their surroundings. This can be controlled by disposition support, genes, and intelligence reality (Bernard, J. D, et al 25).

Charlie's propensity in his behavior directly influences how he lives his life in society and the way he behaves. Charlie prefers to stay away from the crowd and is cornered as a crowd observer, this refers to the consequences of trauma that affects himself. According to Smith. P, et al (2018) in Posttraumatic Stress Disorder and Its Treatment in Children and Adolescents there are several things that are the core symptoms of someone who has trauma, and some of them are also present in Charlie's dynamics personality:

• Low Self-esteem

According to a journal with the title Social Anxiety In Terms Of Self-Esteem In Adolescents With Low Socio Economic Status, people who have low selfesteem tend to withdraw in their environment and do not want to dissolve in crowds, because they are afraid of rejection in a group.

"He's a wallflower" (Chbosky 4).

Those words were said by Bob to Patrick, which was addressed to Charlie. According to the Cambridge dictionary, The term wallflower refers to someone who is described as shy, unpopular in their environment, and tends to be awkward when socializing. The term also describes someone who feels compelled to participate in an activity. Wallflower refers to Charlie's quiet demeanor and prefers to stand against a wall in the middle of a crowd.

On several occasions, Charlie actually wants to strike up a conversation with other people, for example when he first met Patrick at a football game.

"Hey, you're in my shop class!"

"I'm Charlie." "I said, not too shy."

"And I'm Patrick" (Chbosky 14).

Based on the conversation, we can see that the Id in Charlie's personality dynamics is Charlie's desire to try to interact and start a conversation with other people. But the ego within him resisted the desire and let others initiate the interaction. The superego in him feels guilty for allowing himself to feel lonely.

Self-blaming

Self-blaming is an action taken when someone feels depressed or experiencing stress, which has an impact on the way a person processes their emotions. someone who has a feeling of shame, will allow that person to bring up a negative evaluation reaction that affects the overall self-determination, so that feelings of worthlessness arise. According to Kaur and Kaur (74) in Dysfunctional attitude and self-blame: Effect on Self-Esteem and Self-Conscious Emotions among Adolescents International Journal of Indian Psychology, self-blame is a form of psychological abuse against oneself. This affects the tendency in difficulties to want to move forward. Charlie as someone who tends to be shy has a self-blame attitude, it can be seen in several quotes.

everybody else. She would be alive if I were born on a day that didn't

snow" (Chbosky 68).

Aunt Helen is Charlie's favorite family member, aunt Helen's death is the biggest pain in Charlie's life, moreover Aunt Helen's death is right on his birthday. That night Aunt Helen left the house to buy a present for Charlie, but at that time it was snowing heavily and there was an accident that took Aunt Helen's life. The incident was very painful for Charlie, the fact that his aunt's death coincided with his birthday, left a very deep wound for him. Charlie feels that he is responsible for Aunt Helen's death, and this has an impact on how much Charlie hates his birthday.

One more example that shows that Charlie has a personality that tends to blame himself is when he feels guilty for making Sam his sexual fantasy. Charlie tells Sam he had a dream they were naked (Chbosky 16). Charlie thought that the dream was reprehensible. Responding to Charlie's story, Sam just laughed and explained that this is a normal thing experienced by boys when they grow up. The id within Charlie is in the form of a sense of lust which is manifested in the form of dreams. Nevertheless, his superego thinks that this is both inappropriate and shameful, for Charlie he is presumptuous because he used Sam as an object of his sexual fantasy. The ego works in

accordance with the instinctive thing in humans. Humans are created to have desires. In this case, Charlie is a teenager who is growing up and during the process of growing up, a teenager, in this case a boy, will be faced with wet dreams or also called sleep orgasms. The ego in Charlie channels his sexual desires in the form of dreams.

Fear of Intimacy

Fear of Intimacy can be categorized as an anxiety and fear that comes from UNIVERSITAS ANDALAS the human subconscious, and it directly impacts someone's personal relationships. According to Development and validation of a fear-of-intimacy scale. Psychological Assessment A Journal of Consulting and Clinical Psychology, the fear of attachment is an action from an individual's personality which has barriers in sharing their personal emotions with someone closest to them (220). Charlie in the novel The Perks of Being a Wallflower is shown as someone who has difficulty establishing an intimate relationship with someone, it is said that Charlie actually has feelings for Sam. On the other hand, Charlie knows that Sam cannot possibly be his girlfriend, because Sam is a more KEDJAJAAN mature woman in terms of age and attitude.

"I am really in love with Sam, and it hurts very much" (Chbosky 56).

Charlie's reluctance to get close to others impacts his inactivity in participating in his environment. The Id in Charlie's personality admits that he loves Sam, but the ego chooses to keep his feelings hidden. He realized he could not do anything to make Sam happy and feel better. Nevertheless,

Charlie is afraid that he will depend on and lose his friends if they get too close to him, just like he lost his Aunt Helen.

Charlie controlling his feelings for Sam is a form of superego in Charlie who thinks that making Sam his girlfriend is something he should not do. In order to stay on good terms with Sam, Charlie chooses to make Sam his listener and advisor in Charlie's romance. This action is a negotiation between ego and superego in Charlie. Charlie tried to control himself so as not to show his passion for Sam too much, but on the other hand he still wanted to be near Sam.

Abandonment Issues

People who tend to fear being alone or ignored by those they love will seek affection and desire the presence of those they care about. In the case of this novel, Charlie is seen as someone who gets more affection than his aunt. Since the death of his aunt, Charlie began to feel lonely especially in his family environment. To cure his longing for his aunt Helen, Charlie often visits her grave with Charlie's mother, and reminisces about flashbacks of her aunt (Chbosky 12).

Charlie's circle of friends began to broaden, leading him to get to know Patrick and Sam, who became two of the closest people at his school. During school holidays, Charlie goes out of town with his family. On the other hand, Charlie feels anxious and lonely because he has to face the fact that he is far from his friends. Charlie starts to feel anxious because Sam and Charlie do not call him (Chbosky 55). Charlie's abandonment issues led him to become a people pleaser. Charlie is willing to do anything for the people closest to him, like when Patrick kissed him (Chbosky 119).

"...it's like you can come to Patrick's rescue and hurt the two guys who are trying to hurt him, but what about when Patrick's hurting himself? Like when you guys went to that park? Or when he was kissing you? Did you want him to kiss you?"

"So, why did you let him?" UNIVERSITAS ANDALAS

"I was just trying to be a friend," I said.

"But you weren't, Charlie. At those times, you weren't his friend at

all. Because you weren't honest with him."

"I sat there very still. I looked at the floor. I didn't say anything. Very uncomfortable" (Chbosky 148).

Based on the dialogue above, the Id in Charlie's personality actually did not VEDJAJAAN feel comfortable with the kiss Patrick gave him. However, Charlie's ego thought that he should not refuse the kiss because he knew Patrick really needed it to at least ease his depression. However, Charlie's superego thinks that what he did is something that should not be done. Charlie's ego beats his Id, because Charlie thinks that by not refusing the kiss, Charlie has become a good friend to Patrick. The truth is Charlie was just afraid of losing Patrick as a friend.

4.2 Repression as Charlie's Self Defense Mechanism

In the dynamic structure of personality, id and superego work in opposition to each other. The ego becomes a mediator trying to control both id and superego. The ego seeks to satisfy both of them. According to Sigmund Freud, the correlation between id, ego, and superego influences the development of an individual's identity. On the other hand, the prolonged conflict between the Id and the superego causes anxiety to arise in the ego (Freud 56). Humans naturally have a way of processing id and superego conflicts. Self defense mechanisms arise because of the urge to seek diversion from this anxiety. Freud in his theory stated that this self-defense thing refers to what happens in a person's unconscious. This self-defense works in a person's unconscious mind which maintains anxiety in the form of a feeling response that cannot be controlled by diverting anxiety from reality in various ways.

In The Perks of Being a Wallflower, Charlie is a teenager who has several traumas, but there is one trauma unintentionally buried in Charlie's unconscious. Several indicators show that the self-defense mechanism used by Charlie is in the form of repression from the trauma of sexual abuse that he received from his aunt. Repression is a self-defense that makes an individual bury a memory in the form of inner conflict, trauma, and anxiety. This defense mechanism works by repressing and getting rid of unpleasant desires and impulses in the human subconscious. Person who performs repression on their memories, unconsciously represses unpleasant thoughts out of their subconscious mind.

According to Freud, the concept of repression is the basis of Freud's personality system which is related to neurotic anxiety. In the novel *The Perks of* Being a Wallflower, Charlie exhibits anxiety neurosis. Anxiety neurosis is anxiety in which the sufferer is not aware of the cause of the anxiety. This anxiety is based on conflicts that occurred in childhood. Conflict can be in the form of satisfaction between instinctual and the reality of life (Coda-Forno, et al 50). For example, children who are raised with punishment due to their impulsivity in fulfilling id needs, will make them someone who has fear in satisfying these instincts in their adulthood. This fear occurs because of the memory of the punishment given if they show impulsive behavior in fulfilling the id. In the process, the self-defense mechanism works by denying or changing the reality that has happened. In *The Perks of Being a Wallflower*, Charlie uses books as a distraction from his grief.

Charlie's promise not to dissolve in grief other than the death of Aunt Helen. For him, Aunt Helen is an important figure in his life. Therefore, he would not be drawn into grief over anything, beyond his grief at Aunt Helen's death. Charlie's id impuls is present in the form of a desire to accept sadness and cry over something that really makes him sad. However, Charlie unconsciously represses his desire to cry beyond his grief at Aunt Helen's death. Charlie distracts his sadness by reading a book. Books became part of Charlie's self. This can be associated with the diversion of psychic emotions by reducing anxiety. "...In the morning, I finished the book and immediately started reading it again. Anything to not feel like crying, because I made the promise to Aunt Helen... "(Chbosky 68). Diversion was done by Charlie because it was difficult for him to accept the fact that his id's impulses wanted to cry over things that made him sad.

a. Masturbation Experience and Sexual Fantasy as an Indication of Repression of Sexual Desire

Patrick was the first to introduce Charlie to masturbation. It started with Charlie telling Patrick about his wet dream, in which Sam became the object of Charlie's sexual fantasy (Chbosky 20). In a previous letter, Charlie also wrote about masturbation. "Dear friend, Do you know what 'masturbation' is? I think you probably know because you're older than me. But just in case, masturbation is when you rub your genitals until you have an orgasm! Wow!" (Chbosky 16). After that incident, masturbation become addictive for Charlie. Sometimes he feels guilty after doing that, but on the other hand Charlie begins to dare to explore his fantasies, and not only imagining Sam, but also sometimes imagining an unknown lady as his fantasy (Chbosky 20).

According to Human Sexual Response, "Masturbation in general can support the provision of sexual pleasure, as an active encouragement in increasing sexual responsiveness on both sides, also as a social adaptive basis of sexual relations is enforced" (145). Basically, masturbation can be categorized as preparation for reproduction and puberty in sexual acts. Masturbation also affects how the body adapts to reproduce in the future. In this case, Charlie was sexually abused when he was a child. At that time Charlie had not found his sexual identity, therefore Charlie's little body had not been prepared for sexual things. Masturbation is identified as a way to get back what had been taken from Charlie as a child. Unknowingly, Charlie tries to persuade himself for preparing to take part in sexual things.

"I guess I also forgot to tell you how often I do it now, which is a lot. One night, I felt so guilty that I promised God that I would never do it again. So, I started using a pillow, pillow hurts, so I went back to normal" (Chbosky 20).

In The Perks of Being a Wallflower, Charlie is faced with a sexual conflict in the form of his sexual fantasy toward Sam. Simultaneously Charlie also tries not to feel guilty for what he did, this shows Charlie's repression of his fantasies. Charlie thinks masturbation as an obsession and not just an occasional activity he does to satisfy his sexual desires. Many sexual situations such as masturbation Charlie faced, might be considered normal for someone who has never been involved in sexual violence. But for Charlie this is very risky, considering that Charlie himself has not been able to accept the trauma that has happened to him.

As a result of repressing sexual desire, Charlie not only blocks out his sexual sensations by letting his imagination flow while masturbating, but he also subconsciously avoids the sexual trauma he experienced as a child. The reason behind it is because Charlie is bashful with imagination attacking his fantasy. Charlie was in a mixture of pleasure and discomfort at the same time. He is not aware that there is a reason behind triggering these feelings.

b. Charlie's Fear of His Birthday and Christmas

In the letter which Charlie wrote on December 23, 1991, Charlie explained that he was very impatient for birthdays and Christmas. His impatience emerged as a form of anxiety that he really wanted to get past as soon as possible. His birthday and Christmas were the scariest experiences in his life because it was that day that Charlie lost his aunt in an accident when her aunt wanted to buy a present for him.

"I am really glad that my birthday and Christmas are coming soon, that means they will be over soon. I can already feel myself going to a bad place I used to go. After my Aunt was gone, I always went to that place. I felt so bad that my mom had to take me to the doctor. But now I am trying not to think about it because I don't want to make everything worse. It's kind of like when you look at yourself in the mirror and you say your name, it gets to a point where none of it seems real. It happens really fast, and things start to slip away. Then I start to breathe really hard trying to see something, but I can't. It doesn't happen all the time, but when it does, it scares me" (Chbosky 55).

The quote above explains that there is a trauma buried in Charlie's subconscious. This can be seen from how Charlie has difficulty in describing his fear. Charlie seemed to be taken to a scary place, so his mother took him to the doctor to overcome his fear. Charlie is faced with an inability to remember events that occurred in the past properly. This memory leaves pain and makes it difficult for Charlie to recall his memory completely. His difficulty in remembering his past indicates long-term repression. This repression suppresses and reduces the burden of fear. On the other hand, repression can also cause memory loss. According to a journal entitled *Memory Repression*: Brain Mechanisms Underlying Dissociative Amnesia, Repression can result in dissociative amnesia caused by patterns of neural activity (602-613). At certain times, the results of repression appear due to pressure from the id trying to recall memories in the form of past trauma. In this case, id impulses can be suppressed by Charlie's dominating superego, which emerges in the form of good memories of Aunt Helen.

c. Charlie's Description of Aunt Helen as His Favorite Family Member

From several letters which Charlie wrote, Charlie described Aunt Helen as a very affectionate person. Charlie also mentioned several times that Aunt Helen was his favorite family member (Chbosky 4). Even when it was Charlie's birthday, Aunt Helen was the only person who gave him two gifts on his birthday. Aunt Helen was also the person who always accompanied Charlie every time he watched his favorite series on Saturday nights. Aunt Helen's affection is deeply embedded in Charlie's mind, causing the traumatic events committed by Aunt Helen not appear in Charlie's consciousness. Charlie is also KEDJAJAAN very selective about describing Aunt Helen in every letter he writes. There is a letter that tells about the day of Aunt Helen's death, in that letter Charlie tells that he did not cry over his aunt's death. The letter also stated that Charlie was brought to the hospital by his mother. However Charlie does not even know the reason behind why he was taken to the hospital.

"I don't really know what happened next, and I never really asked. I just remember going to the hospital. I remember sitting in a room with bright lights. I remember the doctor asking me questions. I remember telling him how Aunt Helen was the only one who hugged me. I remember seeing my family on Christmas day in a waiting room. I remember not being allowed to go to the funeral. I remember never saying good-bye to my Aunt Helen." (Chbosky 101).

Charlie's selectiveness in writing letters can be seen from the quote above, even in the quote above Charlie still remembers good things about Aunt Helen. Charlie never explained what really happened to him when Aunt Helen died. All he remembered was sitting in the room with the doctor asking him a few questions. During the conversation Charlie explained that Aunt Helen was the only person who was always there for him. In the letter Charlie also explained that he was not allowed to go to Aunt Helen's funeral, and was also not allowed to go to school within the specified time. The above quote indicates that at that time Charlie was faced with an incident that shook him mentally. Another indication of repression can also be seen from the statement that Charlie did not cry over his aunt's death. This unconsciously indicated a feeling of relief from the burden and fear that Charlie had received as a result of the sexual abuse from his aunt. Charlie's great love for Aunt Helen makes him form a subjective perspective on his aunt, whereas Charlie represses his trauma, which makes him unaware that the reason behind why he did not cry over his aunt's death is because there is relief he feels from being free from sexual abuse.

In addition, Charlie's family also plays an important role in forming Charlie's perspective on Aunt Helen. Charlie's parents loved Aunt Helen very much. When Aunt Helen was a child, she had been sexually abused by a family acquaintance, therefore Charlie's parents gave more attention and affection to Aunt Helen, they even allowed Aunt Helen to stay in their house (Chbosky 66). From this it can be indicated that Charlie's family also contributed to the formation of a good image towards Aunt Helen, so it is impossible for Charlie to give bad descriptions in every letter he wrote about Aunt Helen.

d. Charlie and Sam's Sexual Intercourse Triggers a Resurrection of His Past Trauma

UNIVERSITAS ANDALAS The last event that became the main indication as well as the trigger for the emergence of the trauma that Charlie had been repressing, was when Charlie and Sam were involved in a sexual intercourse. Charlie, who at that time loves Sam, manifests his id in the form of impulses in the form of his sexual desire for Sam. When the two of them got carried away, Sam started touching Charlie's genitals, but this made Charlie uncomfortable and suddenly stopped Sam's action. "It felt good actually, I didn't know what was wrong" (Chbosky 150). The trauma in the form of sexual harassment that he received from his aunt began to appear slowly in Charlie's conscious mind. Charlie claims that at that time he was not ready to engage in sexual relations with Sam, but in fact he was again in an anxiety neurosis which made him not realize the reason behind the sudden feeling of discomfort and anxiety. This anxiety arises from id impulses that are triggered by Sam's actions when he touches Charlie's genitals. It reflects another memory, this memory is a trauma that arises because of an action that unconsciously awakens that memory.

Sam, who at that time felt that Charlie was not ready to engage in sexual relations, and felt an uncomfortable response from Charlie, finally asked Charlie to rest in her room until his condition getting better. In his sleep, Charlie dreams of images from his past. The dream comes as a result of the repression carried out in holding back the Id from appearing in consciousness.

"When I fell asleep, I had this dream. I was watching television with my Aunt Helen. Everything was in slow motion. The sound was thick. And she was doing what Sam was doing. That's when I woke up, and I didn't know what the hell was going on" (Chbosky 151).

In the dream, Charlie seemed to be transported back to his childhood, where he and his aunt used to spend time watching television together until late at night. In his dream, Charlie realizes that Aunt Helen was doing the same thing Sam was doing, which is touching his genitals. The memory is repressed so that his unconscious mind cannot resist the id's impuls and forces the memory to appear in the conscious mind in the form of a dream. In the process, Charlie's Id, which should have kept memories in the form of sexual harassment by his aunt, clashed with supergo, which made Charlie only remember the kindness of Aunt Helen. Charlie also used the letters which he wrote as a means of repressing the fear and trauma he felt as a result of this trauma being buried.

"I'm not the way I am because of what I dreamt and remembered about my Helen. That's what I figured out when things go quiet. Don't get me

wrong. I know what happened was important. And I needed to remember it" (Chbosky 156).

At the end of the novel, Charlie writes his last letter. The letter was written after Charlie went through a period of recovery at the hospital. In the letter Charlie realized what his aunt had done to him. But even at the end of the letter Charlie still thinks positively about what Aunt Helen did to him. Charlie justifies what his aunt did. According to Charlie, the character that exists in him in the form of him being introverted and difficult to adapt are not the result of the trauma given to him by his aunt. This is also the repression that Charlie is still doing against his memory of Aunt Helen. Charlie definitely did not want to destroy his memory of Aunt Helen.

By understanding the self-defense mechanism used by Charlie, I hope readers will understand that scientifically humans have a mechanism that is carried out unconsciously to reduce anxiety caused by the conflict between the Id and the Superego. This defense mechanism basically does not reflect an individual's identity and characteristics in general, but can influence a person's KEDJAJAAN identity development and all the mechanisms used cannot change the conditions of threat and anxiety but can change how individuals perceive the threat that they face which helps a person to avoid mental disorders

4.3 The results of the shaping of Charlie's Identity in Psychosocial

As previously explained, Erikson stated that humans have eight stages of personality development, starting from infancy to adulthood. In each sequence of stages, an individual will be faced with a crisis which will have an influence on

the development of an individual's personality. According to Erikson, if an individual successfully resolves each crisis in stages, it produces the basic virtues in each of the stages (117). The basic virtues serve as the foundational characteristics which the ego will use in facing the next crisis in the life stage. Meanwhile, if an individual fails to deal with a crisis at one stage, it can result in a lack of ability to develop personality positively.

4.3.1 Charlie's Failure in the Fourth Stage

In The Perks of Being a Wallflower, Chbosky only tells a little about Charlie's childhood life. Moreover, Chbosky focuses on Charlie as a teenager, which is the fifth life stage in the psychosocial theory by Erik Erikson, namely Adolescence. However, it can be seen that Charlie failed to face the crisis at the previous stage, namely the Middle Childhood stage. In the Middle Childhood stage, a child will be faced with a crisis in the form of industry vs inferiority. A child who has a tendency to explore in socializing will develop a sense of industry, will lead to virtue in the form of competence and a child will grow into a person who has high self-confidence in achieving life goals. According to Newman, in the Middle Childhood stage, a child's peer group can influence the development of a child's self-confidence. In addition, children at this stage seek validation from both adults and their peers in the form of the ability to achieve something (367). In this case, Charlie is faced with several losses, which are losing his aunt as an adult who is close to him, and losing Michael as Charlie's best friend. The loss of the closest person that Charlie had to face in his Middle Childhood stage indirectly affected how Charlie was connected to his environment. In the novel, Charlie is a description of a child who chooses

4.3.2 Peer and Teacher Support Influenced Charlie to Face The Fifth Stage

Charlie represents the fifth stage in Erikson's theory of psychosocial development, which is identity versus role confusion. In the beginning of the story, Charlie is in the process of finding an identity, his difficulty in finding identity is the result of traumatic experiences, such as the death of his aunt and his closest friend's suicide obstruct his personality development. The development and process of searching for identity in Charlie is also inseparable from the influence of several agents such as the role of his peers, family, and also his teachers. In this case, Charlie's peers play an important role in helping him deal with this crisis in the fifth stage.

Charlie discovers many new things which influence how his identity is shaped. At this Adolescence stage, teenagers spend more time with their circle of friends. Therefore, peer influence is the key to success in dealing with a crisis at this stage.

In his journey through the adolescence stage, Charlie faced many fears in starting friendships, but in the process Charlie met several friends such as Sam and Patrick. Sam and Patrick also introduce Charlie as their friend to Brad and Bob. Starting from that moment, Charlie began to feel acceptance again

(Chbosky 26). Charlie has lost his sense of acceptance in the beginning of high school after Michael's death, but he regains it after meeting Patrick and Sam. In adolescence, individuals will develop social skills which impact on long-term basics. Social skills are connected to the potential of individuals to choose whether their identity development is in accordance with their group of friends or not (Newman 370). Charlie, who had just met a new group of friends, was introduced to matters relating to sexual activity, drug use, alcohol and smoking. However, Charlie can balance and limit the new things he knows from this group of friends. For example, when Charlie was invited to a party held by a friend, Charlie was tricked into eating a cake containing drugs. Following that incident, Charlie tries to take drugs again, but Charlie realizes that he is not interested in drugs (Chbosky 23). According to Fleming, Teenagers have a tendency to try various things and then decide which option suits their personality (12). According to a journal entitled *Peer Similarity in Adolescent* Social Networks: Types of Selection and Influence, teenagers who do a lot of activities with their peer group will follow each other's lifestyle in the group. On the other hand, there are also peer groups that determine rejection if a member of the peer group does not imitate the behavior that other members want (375). However in this novel, Charlie's peers still consider him to be part of them even though Charlie refuses to consume alcohol or drugs. Apart from alcohol and drugs, Charlie was also introduced to sexual things, heterosexuality and homosexuality relationships. Patrick contributed a lot in introducing Charlie to sexual things, starting from masturbation and introducing homosexuality between Patrick and Brad. There was one incident where

demanding Charlie experienced something that did not make him comfortable, which is kissing Patrick.

"...it's like you can come to Patrick's rescue and hurt the two guys who are trying to hurt him, but what about when Patrick's hurting himself? Like when you guys went to that park? Or when he was kissing you? Did you want him to kiss you?"

"So, why did you let him?" UNIVERSITAS ANDALAS

"I was just trying to be a friend," I said (Chbosky 148).

In the quote above, Charlie is facing some kind of pressure from his friend. The coercion that he gets refers to a negative connotation, in which a person performs an action that does not originate from within oneself. This action is solely done to avoid rejection. Quoting from a journal entitled Toward understanding the functions of peer influence, peer pressure becomes an encouragement for an individual in the process of adapting to members of a friendship group. This happens referring to things that are inappropriate, a person will tend to behave according to his peers in order to avoid rejection (893). Bad influences such as sexual things, alcohol, and even drugs that Charlie faces do not necessarily make Charlie to become a bad person and lead him into role confusion. Charlie has strong enough principles in the process of finding identity.

The peer influence that Charlie gets is also in the form of support to take part in school activity. Sam and Patrick invite Charlie to join in working on a fanzine called Punk Rocky, which discusses topics around punk rock music and The Rocky Horror Picture Show, besides helping in the work on the fanzine, Charlie is also asked to play a character in a drama, which supposed to be played by Craig (Chbosky 82). At the Adolescence stage, teenagers will carry out an evaluation process and identify the crises they faced in childhood. They also have a tendency to explore their talents and interests (Boeree 46). The support and influence that Charlie received from his peers succeeded in building a virtue in the form of competence, which Charlie had previously failed at the Middle Childhood stage. AS ANDALAS

Bill, Charlie's teacher, also played an important role in encouraging Charlie to overcome his difficulties to participate and get involved in school activity. Apart from that, Bill always emphasized to Charlie to participate in anything so he could determine which one was compatible for him.

"Not necessarily, sometimes people think to not participate in life."

"Is it bad?"

"Yeah"

"I think I participate. Don't you think I am?"

"Well, are you dancing at dances?"

"I'm not a very good dancer." (Chbosky 20).

Bill, who sees Charlie's potential in literacy, encourages Charlie to understand his interest in reading and writing. Hence, Bill often gives additional assignments in the form of reading new novels and writing essays

and directs Charlie to his potential. By starting to participate, Charlie evolved identity within himself. Adolescence is considered successful in developing an identity, namely those who have been faced with struggles with crises and make principles and commitments grow within themselves (Newman and Newman 167). This virtue refers to adolescence's ability to commit, participate, and accept different principles or ideologies within the group (Erikson 185). In addition, Charlie developed a commitment to continue to be involved in activities, and this shows that Charlie has successfully faced crises and gained a sense of identity. Identity development stabilizes the crisis faced in the adolescent stage, which shows a virtue in the form of fidelity.



CHAPTER V

CONCLUSION AND SUGGESTIONS

5.1 Conclusion

After analyzing the character Charlie in the novel entitled *The perks of Being a* Wallflower by Stephen Chbosky, I as a researcher come to the conclusion that Charlie as the main character in this novel has a trauma that impacts on the shaping of identity within himself. The trauma Charlie has to face includes the death of his close friend, Michael, and the death of his favorite family member, Aunt Helen. Traumatic events shape Charlie's personality, which make him a person who has difficulty participating in his society. Indirectly, the trauma has also shaped Charlie's personality, which makes him into a person with low selfesteem, self-blaming, fear of intimacy, and abandonment issues. As time goes by, Charlie represses his traumatic memories of sexual abuse committed by Aunt Helen when he was a child. Evidence of this repression is found in the form of anxiety neurosis, in which the sufferer is not aware of the cause of the anxiety. Charlie does repression by not mourning Aunt Helen's death. Apart from that, EDJAJAAN repression is also present in the form of Charlie's experience in exploring his sexual desires by masturbating. When masturbating, Charlie is faced with a conflict in the form of feeling guilty when he makes Sam the object of his sexual fantasies. This feeling of guilt is the proof that Charlie blocks out his sexual sensations and he also subconsciously avoids the sexual trauma he has experienced as a child.

Meanwhile, Charlie's fear of Christmas which coincides with his birthday is also an indication of Charlie's repression. His birthday and Christmas are the days Charlie wants to pass as quickly as possible, because on that day Aunt Helen died in an accident when she wanted to buy Charlie a present. Shortly after Aunt Helen's death, Charlie has trouble remembering the day Aunt Helen died. Difficulty in remembering traumatic things indicates long-term repression. Repression is present due to pressure from id's impulses due to pressure from the id trying to recall memories in the form of past trauma. The climax of Charlie's repression was when he had sexual intercourse with Sam, this actually triggered the emergence of the trauma he was repressing. This anxiety stems from the id's urge triggered by Sam's action of touching Charlie's genitals. This action reflects the memory of the trauma he received from Aunt Helen. Memories in the form of trauma that are repressed in the unconscious mind cannot accommodate impulses from the id, and force these memories to be present in Charlie's dreams. The results of shaping Charlie's identity from a psychosocial point of view show that Charlie failed to face the fourth stage of development, namely Middle Childhood. At that stage Charlie faced a crisis in the form of industry vs inferiority. In the fourth stage Charlie fails to attain virtue competence, bringing Charlie into UNTUK KEDJAJAAN BANGS inferiority.

In the fifth stage in development, namely Adolescence, Charlie is faced with a crisis in the form of identity vs role confusion. Peer influence and support from people around are very influential in the success of achieving virtue fidelity at this stage. Charlie's encounter with Patrick, Sam, and Bill at school leads Charlie to many new experiences. From them, Charlie began to explore and convey the impulses of the id and also re-evaluates the failure that occurred in the fourth stage, engenders a sense of participation. The desire to take part and participate

appears in the form of Charlie's initiative to try to join school events and activities, for example when Charlie participates in fanzine work. Bill, as Charlie's favorite teacher, also encourages Charlie 'to participate', because by taking part he can provide concrete directions and goals which represent the ego in humans, which is having a purpose in life.

Finally, this study concludes that traumatic events can affect the shaping of identity in Charlie. His personality as a quiet person and chooses to be an observer in his environment is the result of the process of repressing traumatic events that he has done in the long term. Sam, Patrick, and Bill finally managed to form Charlie's new personality and get him out of his comfort zone as an observer and an emerging sense of 'to participate'. This also shows Charlie's success in dealing with the crisis in the fifth stage which leads Charlie to an identity and achieves virtue: fidelity.

5.2 Suggestion

This research still has many shortcomings and is far from perfection. This research is only limited by the analysis of the character's identity, the repression he does on his traumatic memory, and also the results of identity development in psychosocial theory. The research does not include the indications of PTSD (Post-Traumatic Stress Disorder) that Charlie suffered due to the trauma he repressed. There are still many interesting things in *The Perks of Being a Wallflower* that can be studied. Therefore, I hope there will be further research that explores the issues in this novel more deeply.

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