

**THE ARCHETYPE OF SHADOW IN A.J. FINN'S *THE
WOMAN IN THE WINDOW***

THESIS

By

Magazen Kharisma Firdausya

NIM 16320092



DEPARTMENT OF ENGLISH LITERATURE

FACULTY OF HUMANITIES

**UNIVERSITAS ISLAM NEGERI MAULANA MALIK
IBRAHIM MALANG**

2020

**THE ARCHETYPE OF SHADOW IN A.J. FINN'S *THE
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THESIS

Presented to

Universitas Islam Negeri Maulana Malik Ibrahim Malang

In Partial Fulfillment of the Requirements for the Degree of *Sarjana Sastra* (S.S.)

By

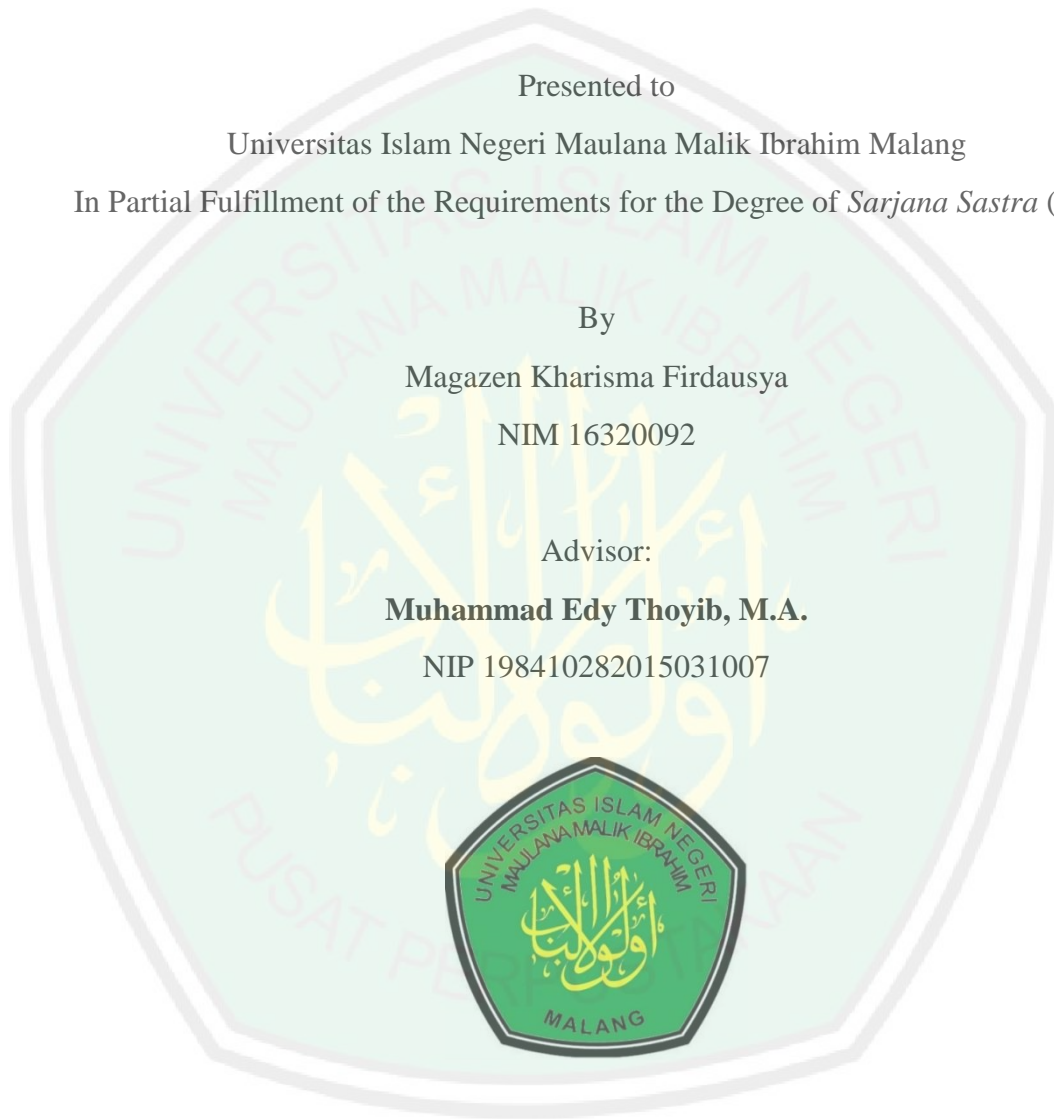
Magazen Kharisma Firdausya

NIM 16320092

Advisor:

Muhammad Edy Thoyib, M.A.

NIP 198410282015031007



DEPARTMENT OF ENGLISH LITERATURE

FACULTY OF HUMANITIES

**UNIVERSITAS ISLAM NEGERI MAULANA MALIK
IBRAHIM MALANG**

2020

STATEMENT OF AUTHORSHIP

I state that the thesis entitled "*The Archetype of Shadow in A.J. Finn's The Woman in the Window*" is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

Malang, June 14, 2020

The researcher



Magazen Kharisma Firdausya

NIM 16320092

APPROVAL SHEET

This to certify that Magazen Kharisma Firdausya's thesis entitled **The Archetype of Shadow** in A.J. Finn's *The Woman in the Window* has been approved for thesis examination at Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of *Sarjana Sastra* (S.S.).

Malang, June 14, 2020

Approved by

Advisor,

Head of Department of English Literature,

Muhammad Edy Thoyib, M.A.

NIP 198410282015031007

Rina Sari, M.Pd.

NIP 197506102006042002

Acknowledged by

Dean,



Syafiyah, M.A.

NIP 196609101991032002

LEGITIMATION SHEET

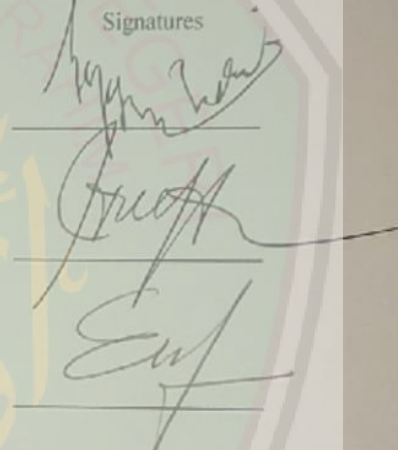
This is to certify that Magazen Kharisma Firdausya's thesis entitled *The Archetype of Shadow in A.J. Finn's The Woman in the Window* has been approved by the Board of Examiners as one of the requirements for the degree of *Sarjana Sastra* (S.S.) in Department of English Literature.

Malang, June 25, 2020

Board of Examiners

1. Dr. Syamsudin, M.Hum.
NIP 196911222006041001 (Main Examiner)
2. Ahmad Khozi, M.A.
NIP 19830214201608011034 (Chair)
3. Muhammad Edy Thoyib, M.A.
NIP 198410282015031007 (Advisor)

Signatures



Approved by

Dean of Faculty of Humanities

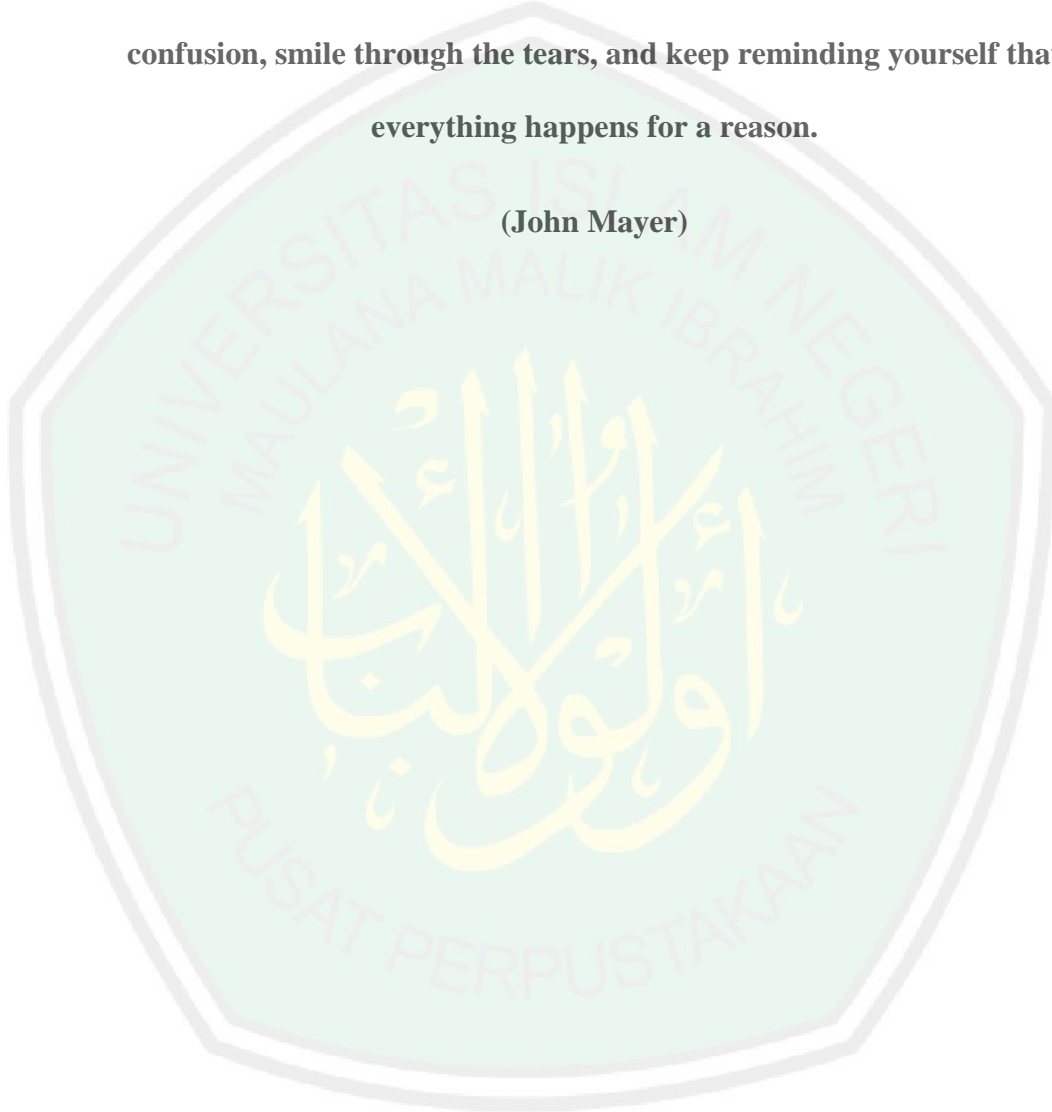


Dr. Dwi. Syafiyah, M.A.
NIP 196609101991032002

MOTTO

Someday. Everything will make perfect sense. So for now, laugh at the confusion, smile through the tears, and keep reminding yourself that everything happens for a reason.

(John Mayer)



DEDICATION

This thesis is dedicated to my mother, who suggested me to study at UIN Malang, and hopefully she is always happy there.

Yes, I am. ILY mother.

Also for my father, my two brothers who always give encouragement and support for my success in writing this thesis, may Allah give my brothers and their family a lot of happiness, I hope my father is given a long life so I can make them happy.

Aaamiin.

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This thesis writing is intended for as one of the requirements for the degree of *Sarjana Sastra* (S.S.) in Department of English Literature. The title of this thesis is *The Archetype of Shadow in A.J. Finn's The Woman in the Window*.

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Finally, as the saying goes “Tak ada gading yang tak retak”, I realize this thesis is far from perfect. It is solely due to my limited abilities. Therefore, I hope for positive and constructive suggestions and criticisms from all parties so that this thesis will be better and more effective in the future.

Malang, June 14, 2020

Magazen Kharisma Firdausya

ABSTRACT

Firdausya, Magazen Kharisma (2020) *The Archetype of Shadow in A.J. Finn's The Woman in the Window*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Muhammad Edy Thoyib, M.A.

Key Words: Archetype, Shadow, Psychoanalysis

The archetype of shadow is an important part of Carl Jung's theory, the archetype of shadow talks about fear and the dark side. It happened when Anna was depressed after an accident that caused her husband and daughter dead. The dark side is also part of the psychology that every individual has. This study aims to analyze the shadow of the main character named Anna Fox in the novel by A.J. Finn is entitled *The Woman in the Window*. Although this novel has many characters and Jung's archetype theory has many types, researchers only focus on the shadows Anna Fox to get a comprehensive explanation of the shadows that exist in these characters. This research has two benefits. First, the theoretical benefit, this research can develop information about the analysis of the novel *The Woman in the Window* and shadow theory by Jung. Second, practically this study is useful as the reference and example for other researchers doing a similar study.

This study is part of literary criticism since the researcher interprets and analyzes a literary work. The study uses a psychological approach for analysis as it focuses on the literary texts related to the psychological aspects of the character in the novel. Specifically, this study applies Carl Gustav Jung's archetype theory is used by researchers, focusing only on the concept of shadow. The data are taken from words, phrases, and sentences in the novel *The Woman in the Window*, published in 2018 by William Morrow and Company. The researcher collects the data by identifying and classifying relevant citations in *The Woman in the Window*. Then, the researcher analyzes the data by explaining or describing quotations based on Jung's theory.

The results of the analysis show that: (1) Anna Fox has six archetypes of shadow based on Carl Jung's theory. The first is social anxiety, the second is limiting beliefs, the third is deviant sexual behavior, the fourth is uncontrolled anger, the fifth is problems associating with people, the last is neuroticism; (2) Anna Fox struggles with all shadows that occur with begins to accept all the fears that she faces. Anna has cleared her mind and stop to get drunk, no longer hiding and preparing to rejoin the world again.

مستخلص البحث

مغزين كاريسما فردوش (٢٠٢٠)، النموذج الأصلي للظل في ا.ج.فينن المرأة في النافذة. البحث الجامعي، قسم اللغة الإنجليزية وأدبها. كلية العلوم الإنسانية. جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج. المشرف: محمد ادي طيب، الماجستير

الكلمات المفتاحية: النموذج الأصلي، الظل، التحليل النفسي

النموذج الأصلي للظل جزء مهم من نظرية كارل يونغ، النموذج الأصلي للظل يتحدث عن الخوف والجانب المظلم. يحدث ذلك عندما أصيبت أنا بالاكْتئاب بعد حادث تسبب في وفاة زوجها وابنتها. الجانب المظلم هو أيضاً جزء من علم النفس لدى كل فرد. تهدف هذه الدراسة إلى تحليل ظل الشخصية الرئيسية المسماة أنا فوكس في رواية أ. الفنلندي بعنوان المرأة في النافذة. على الرغم من أن هذه الرواية تحتوي على العديد من الشخصيات وأن نظرية جونج النموذجية لها أنواع عديدة، إلا أن الباحثة تركز فقط على الظلال أنا فوكس للحصول على شرح شامل للظلال الموجودة في هذه الشخصيات. هذا البحث له فائدتان. أولاً، الفائدة النظرية، يمكن لهذا البحث تطوير معلومات حول تحليل رواية المرأة في النافذة ونظرية الظل التي كتبها جونج. ثانياً، هذه الدراسة مفيدة عملياً كمرجع ومثال للباحثين الآخرين الذين يقومون بدراسة مماثلة.

هذه الدراسة جزء من النقد الأدبي حيث أن الباحثة تفسر وتحلل الأعمال الأدبية. تستخدم الدراسة منهجاً نفسياً للتحليل لأنها تركز على النصوص الأدبية المتعلقة بالجوانب النفسية للشخصية في الرواية. على وجه التحديد، تنطبق هذه الدراسة على نظرية باحث كارل جوستاف يونج التي تستخدمها الباحثة، مع التركيز فقط على مفهوم الظل. البيانات مأخوذة من الكلمات والعبارات والجمل في رواية المرأة في النافذة، التي نشرتها في عام ٢٠١٨ ويليام مورو وشركاه. تقوم الباحثة بجمع البيانات عن طريق تحديد وتصنيف الاقتباسات ذات الصلة في المرأة في النافذة. ثم تقوم الباحثة بتحليل البيانات عن طريق شرح أو وصف الاقتباسات بناءً على نظرية يونج.

تظهر نتائج التحليل ما يلي: (١) لدى آنا فوكس ستة أنواع من الظل تستند إلى نظرية كارل يونج. الأول هو القلق الاجتماعي ، والثاني هو الحد من المعتقدات ، والثالث هو السلوك الجنسي المنحرف ، والرابع هو الغضب غير المنضبط ، والخامس مشاكل مرتبطة بالناس ، والأخير هو العصائية. (٢) تناضل آنا فوكس مع كل الظلال التي تحدث مع قبول كل المخاوف التي تواجهها. خلصت آنا عقلها وتوقفت عن الشرب ، ولم تعد محتبئة وتستعد للانضمام إلى العالم مرة أخرى.



ABSTRAK

Firdausya, Magazen Kharisma (2020) *The Archetype of Shadow in A.J. Finn's The Woman in the Window*. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Muhammad Edy Thoyib, M.A.

Kata Kunci: Arketip, *Shadow*, Psikoanalisis

Archetype of Shadow adalah bagian penting dalam teori Carl Jung, *archetype of shadow* membahas tentang ketakutan seseorang atau sisi gelap. Itu terjadi ketika Anna merasa depresi akibat kecelakaan yang membuat suami dan anaknya mati. Sisi gelap juga merupakan bagian dari psikologi yang dimiliki setiap individu. Penelitian ini bertujuan untuk menganalisa kepribadian tokoh utama bernama Anna Fox dalam novel karya A.J. Finn berjudul *The Woman in the Window*. Walaupun novel ini memiliki banyak tokoh dan teori arketipe Jung memiliki banyak jenis, peneliti hanya fokus kepada pola dasar bayangan Anna Fox menggunakan *shadow* agar mendapatkan penjelasan yang komprehensif mengenai *shadow* yang ada pada tokoh tersebut. Penelitian ini mempunyai dua manfaat. Pertama, manfaat secara teoritis, penelitian ini bisa mengembangkan informasi tentang analisa novel *The Woman in the Window* dan teori *shadow* oleh Jung. Kedua, secara praktis analisa ini berguna sebagai acuan dan contoh untuk penelitian-penelitian selanjutnya.

Penelitian ini adalah bagian dari kritik sastra karena peneliti menginterpretasi dan menganalisa karya sastra. Pendekatan psikologi digunakan untuk menganalisa teks sastra yang berhubungan dengan aspek-aspek psikologi tokoh dalam novel. Teori arketipe Carl Gustav Jung digunakan oleh peneliti, berfokus hanya pada konsep *shadow*. Data penelitian diambil dari kata-kata, frasa, dan kalimat di dalam novel *The Woman in the Window* yang diterbitkan pada tahun 2018 oleh penerbit William Morrow and Company. Peneliti mengumpulkan data dengan cara mengidentifikasi dan mengklasifikasi kutipan yang relevan dari novel. Peneliti menganalisa data dengan menjelaskan atau mendeskripsikan kutipan berdasarkan teori Jung.

Hasil analisa menunjukkan bahwa: (1) Anna Fox memiliki enam *archetype of shadow* berdasarkan teori Carl Jung. Yang pertama adalah *social anxiety*, yang kedua adalah *limiting beliefs*, yang ketiga adalah *deviant sexual behavior*, yang keempat adalah *uncontrolled anger*, yang kelima adalah *problems associating with people*, yang terakhir adalah *neuroticism*; (2) Anna Fox berjuang dengan semua *shadow* yang terjadi dengan memulai untuk menerima semua ketakutan yang dihadapinya tidak lagi bersembunyi dan bersiap untuk bergabung dengan dunia kembali. Anna telah menjernihkan pikirannya dan berhenti untuk mabuk.

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CHAPTER I

INTRODUCTION

This chapter covers the Background of the Research, Problem of the Study, Objective of the Study, Significance of the Study, Scope and Limitation, Definition of Key Term, Research Method.

A. Background of the Study

The archetype can mean ancient pictures that reflect essential examples or general topics that are basic to us and present in the unconscious. The word archetype example, as a rule, implies the first example or model from which duplicates are made. The archetype example structure is widespread while the particular substance is independently filled in from individual experience, and can't be anticipated from the information (Daniels, 2004, p. 5). By reading a novel, readers can understand what the purpose of the novel and readers can know more specific, what the story is and who the main character in the novel is, and the meaning of the author can be looking. The researcher using an archetype in this research because the researcher wants to know the shadow of the main character. The theory commonly used to analyze characters of the novel or the other literary work is the archetype theory using a psychological approach with psychoanalysis.

Psychoanalysis is defined as a set of psychological theories and therapeutic techniques that have origins in work. Psychoanalysis is one way to analyze characters' in literary works. Since artistic works show mental angles through characters, analysis is in this way applicable (Endraswara, 2003 p. 96).

By psychoanalysis concentrating on character, the researcher breaks down the character through attitude and behavior. These attitude and behavior become the information which must be revealed by researcher alongside suitable hypotheses (Siswantoro, 2005 p. 31). Because personality is important in human life, psychoanalysis is significant to examine. The core idea at the center of psychoanalysis is the belief that all people have unconscious thoughts, desires, memories, and feelings.

This research uses archetype theory by Carl Jung with a psychological approach to analyze the character. The idea of archetype example has a pivotal connection with aggregate oblivious, which demonstrates distinct structures in mind to be available without fail and all over the place (Jung, 1969, p.42). This expands the unconscious nature by Freud with putting forward by adding a collective unconscious, among others, in the conscious world lies the ego with the main function of filtering various life experiences and thus also being a regulator and guardian of the wholeness of personality. In other cases, we also have a continuity of self and self-identity.

Shadow is the dark side or the evil side of us. Shadow associated with the level of unconsciousness or out of its self, the shadow is a universal personification of the form of the crime psyche and shadow is darkness and depression, which are always hidden from ourselves or others (Feist, J & Feist, G, 2006, p.107). The things that shadows don't want are the lowest in our personality, and the part of us that we don't want to show. The way someone in hiding his shadow is the development of a persona that someone uses to hide the real

condition. The stronger the shadow conceals, the stronger the persona and that participates in personality development (Singer, 1994). The way the researcher wants to analyze the main character in the novel because many shadows that represent the main character.

The Woman in the Window by A.J Finn is an interesting novel, especially in the portrayal of a unique main character. Anna in the novel *The Woman in the Window*, can be said as a figure whose get an important role. It is because of almost every part of the novel Anna always appears. Anna is portrayed as an independent wife and has agoraphobia, which makes her faint when in situations that might cause her panic and feel trapped. It happened when a knife in Jane's chest, her new neighbor and blood in the glass window, fingers reaching out for help, when Anna rushed out the house to save the woman, then Anna's phobia emerged. Anna is very afraid of what she faces outside of the house because she has a phobia that afraid of open place or crowded, finally she observed all of what was happening outside using the camera, and many things happen that is the beginning of the conflict that occurred in this novel. According to the novel *The Woman in the Window* (2018, p.52).

"And suddenly I'm rushing down the stairs; suddenly I'm back in the dark of the hall, my bare feet on the tiles, my hand on the knob. Anger grips me by the throat; my sight is swimming. I seize a breath, seize another. In-two-three—I jolt the door open. Light and air blast me. For an instant it's silent, as silent as the film, as slow as the sunset. The houses opposite. The three kids between. The street around them. Quiet and still, a stopped clock. I could swear I hear a crack, as of a felled tree."

There are many researches about psychoanalysis based on Carl Jung's theory such as: First, Daniel Satria Pamungkas (2019) *The Analysis of*

Agoraphobia on The Main Female Character in The Woman in the Window by A.J. Finn. This thesis aims to prove the agoraphobia symptoms from the Diagnostic and Statistical Manual of Mental Disorders Fifth Edition. Second, Nailah Dian Ekaputri (2019) *Persona and Shadow in Shatterday by Harlan Ellison and Fight Club by Chuck Palahniuk* aims to find differences and similarities in two novels, analyze the persona and the shadow using Carl Jung's theory. Last, Dyah Kurniawati (2015) *Jung's Archetypes of Persona and Shadow in Wilde's The Picture of Dorian Gray and Stevenson's DR. Jekyll and MR. Hyde* aims to compare two novels that analyze persona and shadow using Carl Jung's theory. This researches study has contributed to providing examples of how to use the psychoanalysis theory of Carl Jung, which focuses on Archetype.

By analyzing this research, the researcher chooses the novel with the title *The Woman in the Window* by A.J. Finn. By analyzing the novel in this research, the researcher chooses this novel because in this novel there is an interesting storyline, present a tense situation, Anna's character who is the main character in the novel *The Woman in the Window* by A.J. Finn has a unique personality. She wanted to report what she saw that his neighbor Jane had been killed. After the police arrived, it turned out to be just a delusion from Anna's illness, but she was very sure that it was real, and she was trying to prove that the incident was real in a situation that no one was on her side and agoraphobia suffered. And then this novel is one of the best seller novel and different from another novel.

Based on the description above, the researcher assumes that the theory of archetype with a psychological approach is very suitable for analyzing the

characteristic of Anna the main character in the novel *The Woman in the Window* by A.J. Finn. The researcher in this case uses the psychoanalysis theory of archetype by Carl Jung. The researcher focuses on the shadow of Anna who is the main character in the novel. Shadow can be analyzed to all individuals because they actually have their own dark side. The researcher uses Carl Jung's theory of shadows in the novel *The Woman in the Window* with the intention to fill the gaps after knowing the previous study that the object has never been studied using the theory of Carl Jung's psychoanalysis, especially archetype of shadow.

B. Problems of the Study

In conducting this study, based on the background above, the researcher formulates the research questions:

1. What are the archetype of shadows in Anna Fox in A.J. Finn's *The Woman in the Window* based on Carl Jung theory?
2. How does Anna Fox struggle against her archetype of shadow that she faces in A.J. Finn's *The Woman in the Window*?

C. Objectives of the Study

In this study the researcher has objectives according to the research questions.

1. To describe the archetype of shadows in Anna Fox in A.J. Finn's *The Woman in the Window* based on Carl Jung's theory.
2. To explain how Anna Fox struggles against her archetype of shadows that she faces in A.J. Finn's *The Woman in the Window*.

D. Significance of Study

This research has two benefits: theoretically and practically. Theoretically, this study gives the contribution towards the development of Carl Jung's theory of psychoanalysis focuses on the archetype and its function in analyzing literary work. In addition, this research explains the shadow of characteristic Anna Fox on *The Woman in the Window* novel by A.J. Finn and the idea A.J. Finn convey through the shadow in the novel *The Woman in the Window*, practically result of this study is expected to contribute to the upcoming research in analyzing the novel *The Woman in the Window* by A.J. Finn. Finally, the findings also are expected to give benefits toward the novel *The Woman in the Window* by A.J. Finn reader in understanding the archetype of shadow on Anna Fox and each idea that the writer wants to convey in the novel.

E. Scope and Limitation

There are many areas and cases that can be used as analysis in the novel *The Woman in the Window* by A.J. Finn, but the researcher only focuses on one case experienced by the main character Anna Fox about an archetype, then more focus on the shadow. This research uses a psychological approach that is continuous with the archetype of shadow in this novel. This research focuses on the shadow that is experienced by the main character in *The Woman in the Window* by A.J. Finn.

F. Definition of Key Terms

1. Archetype is the structure, pattern, or character that presents a person, which influences the way an individual perceives his experience, which describes the basic needs of the individual in the unconscious (Daniels, 2004, p. 5).
2. Shadow is darkness and depression which are always hidden from ourselves or others (Feist, J & Feist, G, 2006, p.107)

G. Research Method

This study uses a qualitative descriptive method in conducting the data of the research. The researcher uses the qualitative approach aims to describe the Archetype of shadow Anna Fox on *The Woman in the Window* novel by A.J. Finn. This present study is applied to get in-depth understanding focusing archetype on characteristic Anna Fox and the idea of the novel.

1. Research Design

This study employs literary criticism. Literary criticism focuses on analyzing literary works. This research uses the psychological approach in analyzing the character. The researcher also uses the archetype of shadow theory by Carl Jung, especially in analyzing the main character Anna Fox in A.J. Finn's *The Woman in the Window*. The researcher wants to reveal the characteristic of archetypes on Anna Fox. The focus on the shadow is the analysis of characteristic approach in the psychoanalysis by Carl Jung archetype that used to research characteristics of someone. This novel

contains the shadow experienced by the main character that occurs in the story in the novel after she has an accident that lost her family and fought in the wild. Through this approach, this research is expected to learn intensively about the causes and consequences of shadow that occur in the main character.

2. Data Source

The data source for this research is novel *The Woman in the Window* by A.J. Finn (2018). This novel was published in New York on January 2, 2018 by William Morrow. This novel has 455 pages.

3. Data Collection

The researcher does the following ways to collect the data:

1. Reading intensively and deeply.
2. Underlining, highlighting, and making notes to know which one is relevant to the archetype of shadow from A.J. Finn's *The Woman in the Window*.
3. Classifying the data that is appropriate with the characteristic of the archetype of shadow in the analysis.

4. Data Analysis

The researcher does the following ways in analyzing the data:

1. Elaborating the data that is appropriate with the characteristic of the archetype of shadow.

2. Analyzing the data that is appropriate with the characteristic of the archetype of shadow based on Carl Jung's theory.
3. Concluding the data based on Carl Jung's archetype of shadow.



CHAPTER II

REVIEW OF THE RELATED LITERATURE

This Chapter presents the theory related to the research in applied to support this study. It includes of notion about the psychology of literature, archetype, and the archetype of shadow theory by Carl Jung that is applied for this research, then some previous study to make it this study commendable.

A. Psychology of Literature

Psychology of Literature is an approach that thinks about aspects of the mental and psychological aspect of human beings because of both psychology and literature study about the mental state of others. However, psychology and literature, there are also differences, namely in psychology, these symptoms are real, whereas, in literature, they are imaginative. Providing a psychological analysis of artworks is to explain the unconscious conflicts of an artist, as revealed in his childhood life history, in the works he produces, such as a psychoanalyst dealing with disorders suffered by his patients with explaining the causes (Milner, 1992, p. 210).

According to Endraswara (2003), the psychology of literature is the study of literature that views literary works as psychiatric activities. The author will use creativity, taste, and intention in his work. Also, reading, in response to the work also will not be separated from each other's psyche. Psychology of literature also recognizes literary works as mental reflections. The author will catch the

Symptoms of the soul and then processed into text and equipped with psychiatric. Projection of what has happened, life experiences around the author will be imagined shown in literary texts (p. 96).

Psychology of Literature approach deals with three main symptoms, namely the author, literary works, and readers with the consideration that the psychological approach is more related to the author and literary works. Psychology of literature has the purpose of understanding the psychological aspects contained in a literary work, even so, it does not mean that the analysis of literary psychology is entirely independent of the needs of society. In accordance with its nature, literary works provide an understanding of the characters, for example, in the community can understand the changes, contradictions, and other deviations that occur in society, especially in terms of the psyche (Ratna, 2009, p. 61).

The term psychology of literature has four well-known notions. The first is the study of author psychology as a type or as a person. Second is the study of creative processes. The third is the study of the types and psychological laws that are applied in literary works to readers (Wellek, 1995, p. 90). According to Endraswara (2008), another problem in the psychology of literature shows the portrait of the soul. Psychology is a branch of science whose object of study is human because psyche contains an understanding of the soul. Thus psychology contains the meaning of science about the soul. Psychology and literature have a close relationship because psychology is one of the studies in studying literature. Psychology of Literature is the subject that produces work (Ratna, 2009, p. 341).

Basically, the psychology of literature gives attention to problems related to the mental elements of fictional characters contained in literary works. These aspects of humanity are the main psychology of literature objects because it is solely in human beings that psychiatric aspects are included and inventoried. Literary psychology research is carried out in two ways. Firstly, through an understanding of psychological theories, then an analysis of a literary work is held. Secondly, it is by determining a literary work as an object of research, then determining psychological theories that are considered relevant for conducting analysis (Ratna, 2009, p. 342-344).

Psychology of Literature looks to the psychological phenomena experienced by the fundamental characters in literary works when responding to themselves and their condition, with the goal that mental manifestations can be communicated through the behavior showed by characters in literary works. Psychology of literature has a functional relationship in talking about psychological conditions in humans and literary works. The thing that matters is the human psychological condition, which shows up in a literary work is imaginary, while in the psychological context, the psychological condition experienced by humans is a genuine thing that occurs. However, both can complement each other to get a profound comprehension of human psychology (Siswantoro, 2005, p. 32).

B. Archetype

Collective unconscious appears in the recurrence of specific stories, images, figures also called as archetypes. According to Daniels, Carl Gustav Jung is a Swiss psychiatrist and psychoanalyst who discovered analytical psychology, Jung's work impact psychiatry as well as archaeology, anthropology, philosophy, literature, and religious studies. Jung makes some renowned psychological concepts. Those are archetypal phenomena, synchronicity, psychological complex, collective unconsciousness, introversion, and extraversion. He proposes collective unconscious as the primary commitment to psychology. It implies the unconscious, which shows innate, basic topics all through all human life (Daniels, 2004, p. 3).

Psychic presence can be perceived uniquely by the presence of a substance that is *capable of consciousness*. That way can talk about an unconscious just to the extent that it can show its substance. The substance of the individual unconscious is mainly the inclination conditioned complexes, as they are called; they establish the individual and private side of psychic life. The substance of the collective unconscious, on the other hand, that are known as archetypes (Jung, 1969, p. 4). The idea of the archetype is essential about the possibility of the collective unconscious. It shows the presence of explicit structures in the psyche which appear to be present always and everywhere (Jung, 1969, p. 42).

The archetype means structures, themes, or the main character who represents an individual, which affects the individual perceiving experience that illustrates the basic needs of individuals in the unconscious. The word archetype

can mean ancient images that reflect basic patterns which are original pattern or model from duplicates are made. The archetype structure is universal, while the specific substance is individually filled in from individual experience and can't be anticipated from knowledge (Daniels. 2004, p. 5).

According to Frye, he presented new distinctions in literary criticism between archetype and myth. According to Frye, as William and Cleanth Brooks put it, he mentions that “archetype, acquired from Jung, implies an early stage picture, a piece of the collective unconscious, the psychic residue of countless encounters of a similar kind, and along these lines some portion of the acquired reaction-patterns of the race” (Grodan & Kreiswirth, 1994, p. 709). An archetype is an unlearned propensity to experience various things in a certain way. It works like the understanding that was initiated by Freud's theory. For example, at first, when a baby wants something to eat, he will cry without recognizing what he needs to eat. He wants a vast wish for something fundamental. At that point, based on his experience, the child starts asking for certain things like cakes or toys (Boeree, 2009, p.105).

Actually, there are many of Jung' s archetype concepts, but there are four famous ones. The first is the persona, a mask that is worn so that people do not know the true condition of an individual. Usually, it is shown to make a great impression. The next is self as an identity or goal of life. It is the aspect of personality from the unconscious to the conscious. The third is anima and animus. Anima is the feminine side of the male unconscious and animus is the masculine

side of the female unconscious. The last is shadow means the side of personality that we don't want to show. It is the archetype of a side character who has darkness, which we don't consciously appear in public.

C. Archetype of Shadow

The archetype of shadow is a dark part of personality as genuine and present. The archetype of shadow is an ethical issue that challenges all sense of self character because nobody can get aware of the shadow without significant-good exertion. The dark characteristic, which is building and powerless shadow, shows that they have enthusiastic nature like independence and have over quality or better possessive quality. Emotion is not a single action however, something that happens to individuals. Impact happens in lower adjustment and simultaneously, they uncover the explanation of their shortcoming. The inferiorities are the lower level of character. This lower level and uncontrolled emotion make somebody become crude who is not just aloof casualty yet also unequipped for experiencing moral judgment (Jung, 1970, p. 8-9).

Jung's notion of the shadow was made from his understanding that individuals normally have a light and a dark side inside their personality. It is grounded in Jung's major conviction that it is normal for human beings to get some distance from their problems and not depict or mention their problems and shortcoming to others (Campbell, 1976). In a sense, it is a normal part of the human instinct to prevent the presence of claiming our dislike and undesirable aspects. We wish to make our lives certain, smooth, and smooth, and therefore

shortcomings or problems are deciphered as unthinkable. The term of shadow alludes to that part of the character that has been overlooked for the personality perfect.

Besides, the notion of the archetype of shadow can mean the things an individual has no desire to be. The shadow is the lowest thing in our personality that part of us we won't permit to show it (Singer, 1994). Whereby the way toward preventing from claiming an individual's shadow can be depicted as the improvement of the unconscious mask or the persona that an individual puts on to fool anybody include herself of who the person is. The greater and more progressively the persona, and the more we relate to our persona, the more we should deny the other significant parts of our personality. These viewpoints that are stifled from consciousness contribute to the improvement of our split-off personality, the shadow (Singer, 1994).

The shadow is the dominant part of the unconscious, which consists of emotions and desires that are under social standards that's why causes we are to be ashamed. In any case, if the shadow is more influential on what we want to hide, at that point the shadow likewise make the genuine biography of individuals, and always to think what they used to think about themselves. Moreover, the result of hiding the shadow means that we are under the shadow and the shadow is always waiting for the situation to allow itself to uncover and penetrate the limits of quality that we work so hard to hide, and when hiding the shadow comes out

the persona or mask that someone uses to hide the real condition, it is participating in personality development. (Singer, 1994).

Shadow is human nature, no matter what people say, every human being always has a dark side to their personality. When the shadow is kept hidden behind, pressed, covered, and not fully integrated, it will take over ourselves at an undesirable time. These are some of the characteristics of the archetype of shadow that often occur:

1. Social Anxiety

According to Jung (1970), social anxiety is a positive attempt by the psyche to self-cure, for it is a signal that an aspect of one's character wants to grow and mature. Our personality does not grow absolutely. We grow partially with some features more undeveloped than others. But when these undeveloped features are ready for change, then we experience the pain associated with growth, for there can be no growth of the personality without it being paid for with an equal measure of struggle (p. 170). Social anxiety is the dark side of someone who causes anxiety, fear, or shame that is very intense for daily interactions. Sufferers will tend to avoid others and feel severe stress and affect their daily routine. People with these symptoms will feel very anxious and afraid when doing social interactions that are normal to do, such as eating in front of others, using a public bathroom, looking at other people's eyes, shaking hands, and others. The anxiety that is felt is so intense that it affects his physique, such as heart rate getting faster,

excessive sweating, and so on. The last, in this state, always avoid all forms of social interaction, even though it can be detrimental to sufferers.

2. Limiting Beliefs

Limiting belief that influences our entire lives telling us what we can and cannot do and drives all of our behaviors. They are these negative beliefs hidden from our conscious view and they are the biggest culprits robbing us from having what we most want in our life (Jung, 1970). Limiting beliefs is about the bad things of the person, always thinking about the bad things that someone has, who always say I'm not good enough, I'm not smart enough, life is difficult, rich people are greedy and selfish, nobody cares about me and others. Belief is only an interpretation of the world based on evidence that has been observed and experienced throughout life. Beliefs have been programmed into our minds from childhood and have been programmed even today. Our friends, teachers, parents, media, and experience have helped to shape and develop our beliefs, which influence our decisions and feelings, and are the most important reason for some undesirable situations in our lives.

3. Deviant Sexual Behavior

Deviant sexual behavior begins with a factor, namely impulsive behavior, that is fast-acting changes suddenly following the motions of the heart and this is included in the characteristics of the shadow because anyone who has this behavior will not want to be known by anyone and himself. Everyone carries a shadow, and the less it is embodied in the

individual's conscious life, the blacker and denser it is. If an inferiority is conscious, one always has a chance to correct it. Furthermore, it is constantly in contact with other interests, so that it is continually subjected to modifications. But if it is repressed and isolated from consciousness, it never gets corrected (Jung, 1970). This deviant sexual behavior is a disorder that attacks people who often experience sexual behavior disorders caused by childhood trauma, sexual abuse. Deviant sexual behavior is caused by nerve abnormalities in the brain.

4. Uncontrolled Anger

According to Jung (1970), No doubt, uncontrolled anger destroys relationships and lives. But repressed anger can also be emotionally taxing and potentially explosive when it can no longer contain itself. As Swiss psychologist, Carl Jung said, "What we resist, persists. Uncontrolled anger is a symptom that often occurs and it is also part of the shadow that always wants to be covered from other people and yourself and wants this not often happen. This can occur due to an imbalance in the brain. Indeed, the mechanism is similar to depression and therefore, many experts argue that depression can also act aggressively against by killing themselves. This anger is characterized by repeated hostility, impulsivity, and aggressive outbursts. People often describe feeling as if they have lost control of their emotions and will be followed by anger.

5. Problems Associating with People

Problems associating with people often fear or the dark side where sufferers avoid social interaction because they feel inferior to others. If the individual, overwhelmed by the sense of his own puniness and impotence, should feel that his life has lost its meaning, then he is already on the road to slavery and, without knowing or wanting it, has become its proselyte (Jung, 1957). It also has a very large fear of rejection of others. This shadow does not only occur temporarily in one phase of life but tends to persist. Problem associating with people tend to worry about disappointing others and fear of criticism directed at him, so he tends to avoid various activities. In a social relationship, they prefer to be alone or feel lonely than trying to establish relationships with other people. Someone who has problems with associating with people would be difficult to talk with people and he chose to stay at home and more comfortable when he was alone.

6. Neuroticism

Neuroses, like all illnesses, are symptoms of maladjustment, because of some obstacle a constitutional weakness or defect, wrong education, bad experiences, an unsuitable attitude, etc. One shrinks from the difficulties which life brings and thus finds oneself back in the world of the infant. The unconscious compensates this regression by producing symbols which, when understood objectively, that is, through comparative research, reactivate general ideas that underlie all such natural systems of thought. In this way, a change of attitude is brought about, which bridges the

dissociation between man as he is and man as he ought to be (Jung, 1968). Neuroticism is a long-term tendency to be in an emotional state that is negative or anxious. The things that often happens is mood always changes, easily depressed, often feel worried, have anxiety disorders or depression, super sensitive. Therefore, people need to learn mistakes then understand that life is not perfect. It is a negative side that everyone has, which the shadow will affect someone who is very afraid to express what he feels, and waiting for the situation to allow himself to uncover and penetrate the hidden qualities.

Based on the concept of the archetype of shadow, every individual always has a dark side, the side that becomes a weakness, fear, and lack of someone. Which side is always hidden, doesn't appear to a person even though in reality it has. So is experienced by the main character from the novel *The Woman in the Window* that is Anna Fox, she is a child psychologist who overcomes the problem of fear faced by children. She lives with her husband and daughter, and one day after the accident that happened to her, she was very scared to be in the crowd and often hallucinate. It is indicated to be the shadow of the main character in this novel that is Anna Fox.

D. Previous Study

In this study, several previous studies have conducted their research using the same topic of the research. The first is the research from Daniel Satria Pamungkas (2019) *The Analysis of Agoraphobia on The Main Female Character in The Woman in the Window by A.J. Finn*. This study aims to prove the female

character Anna Fox has Agoraphobia symptoms by analyzing the symptoms of Agoraphobia from Diagnostic and Statistical Manual of Mental Disorders Fifth Edition and the traumatic experience that has made the character Anna Fox become agoraphobia person.

In this thesis, the results of the research the female character Anna Fox has all the traits three symptoms of agoraphobia, anxiety or panic attack, fear being in open spaces, and fear or anxiety being outside of the home alone. It is happening because she has a bad experience that is the cause of agoraphobia on the female character Anna Fox.

The second research is from Nailah Dian Ekaputri (2019) *Persona and Shadow in Shatterday by Harlan Ellison and Fight Club by Chuck Palahniuk*. This research aims to analyze the Persona and the Shadow using Carl Jung's theory of archetype, which in the two literary works shows that the main character shows mental disorders. And also look for differences and similarities in the two literary works.

Then this research has two main results that reveal the persona and the shadow in the stories are practically unique and almost different. The first result, Novins in *Shatterday*, is a man who lives alone in his apartment and consistently flees from his reality. Novins won't face anything with reasonable thinking and he likes to make somebody who he believes is the perfect man. That is Jay. In the second literary work in *Fight Club*, the Narrator makes somebody who can give him fulfillment and can be a friend in need to assist him with getting away from his exhausting life. That is Tyler Durden. The second result, the course of action

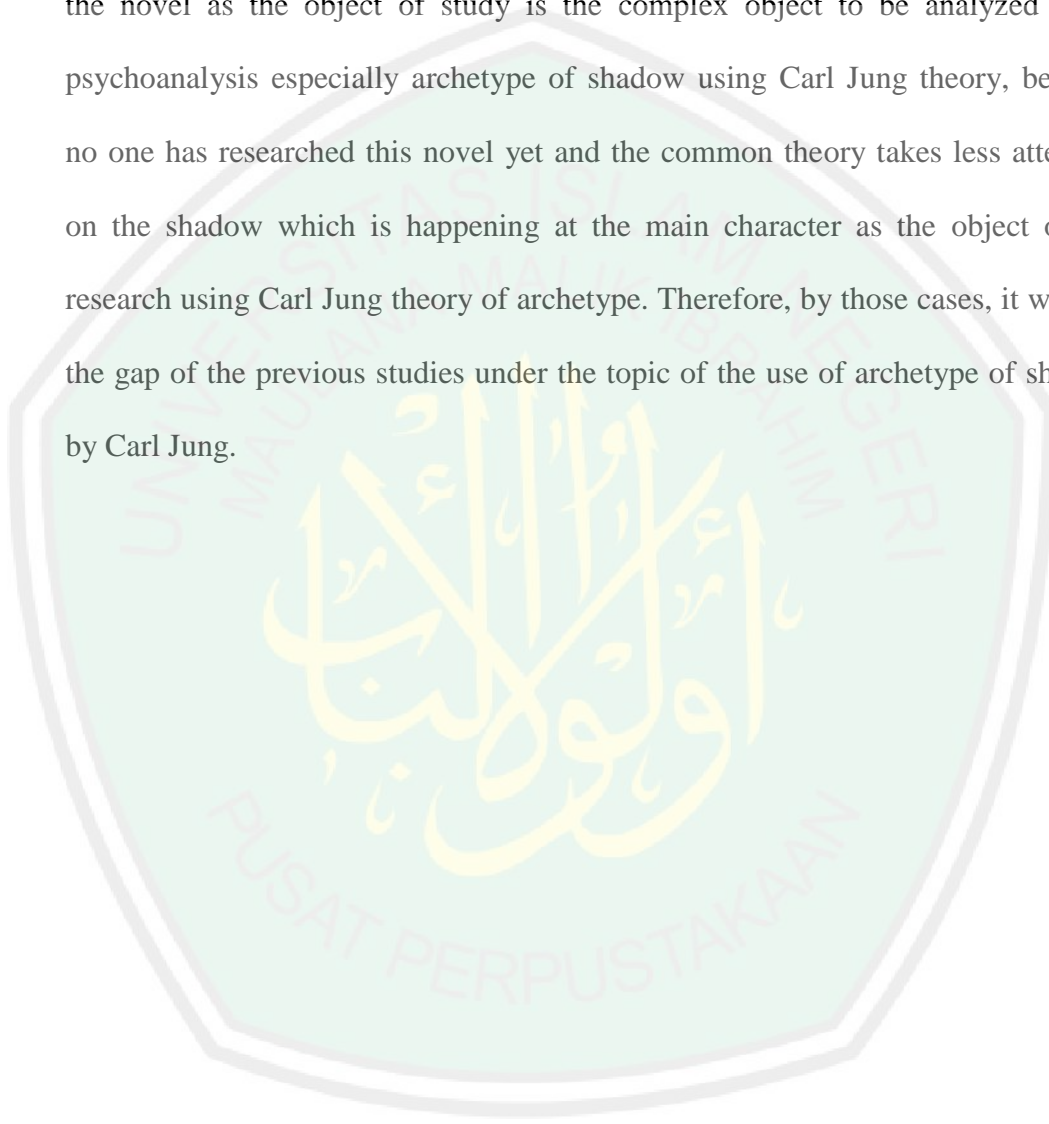
of the two stories is nearly the equivalent. Novins surrendered with shadows, positively, to improve as an individual. In contrast, the Narrator attempts to make harmony with his shadow since he imagines that what the shadow is doing isn't right.

Another previous study is research from Dyah Kurniawati (2015) *Jung's Archetypes of Persona and Shadow in Wilde's The Picture of Dorian Gray and Stevenson's DR. Jekyll and MR. Hyde*, this study analyzed the characteristics of Dorian Gray in *The Picture of Dorian Gray* and Dr. Hendry Jekyll in *Dr. Jekyll and Mr. Hyde*. The purpose of this study is to compare novels that use the theory of archetype persona and shadow by Carl Jung.

The results of this research are that the researcher clarifies the accomplishment of the persona and shadow of Dorian Gray in *The Picture of Dorian Gray* and Dr. Henry Jekyll in *Dr. Jekyll and Mr. Hyde*. Which is the equation in these two novels is on the theme that is a way to fulfill one's desires for physical condition. Then, the differences are the researcher provides the similarities and comparisons between two characters. The similarity of the two novels is on the theme, specifically the ways to fulfill one's desire toward physical condition, while the differences are in the manners to accomplish the goals of the main characters.

All of the previous studies have contributed to the researchers in the understanding of theory archetype and its application. On the other hand, the researcher found that the object of the study: *The Woman in the Window* by A.J. Finn had never been analyzed using theory Carl Jung's theory of archetype. This

study is quite different from the previous studies, as mentioned above in some cases. Firstly, this study is focused on the characteristic of Anna Fox's appear psychoanalysis of archetype in the novel *The Woman in the Window*. Secondly, the novel as the object of study is the complex object to be analyzed using psychoanalysis especially archetype of shadow using Carl Jung theory, because no one has researched this novel yet and the common theory takes less attention on the shadow which is happening at the main character as the object of the research using Carl Jung theory of archetype. Therefore, by those cases, it will fill the gap of the previous studies under the topic of the use of archetype of shadow by Carl Jung.



CHAPTER III

FINDING AND DISCUSSION

This chapter provides findings and discussion about the archetype of shadow in the novel *The Woman in the Window* by A.J. Finn. This aims at answering the research question, as mentioned in the earlier part. The researcher analyzes the archetype of shadow in Anna Fox viewed from Carl Jung's theory of archetype. And the discussion tells about how Anna Fox in overcoming the archetype of shadow she faced in the novel. It will also contain the proof to make the analysis.

A. The Archetype of Shadow in Anna Fox

Anna Fox is a psychologist who treats child patients who experience disorders that occur in children's lives. She lives with her husband and her daughter. Everything was normal and fine, the conditions changed when Anna had an accident which is that time put her in a situation where on the way up the car there was a dispute there, unconsciously they lose direction and fall into the abyss, they are all in critical condition, but Anna struggles to wake up and she tries to save her husband and her daughter, for two nights in that condition, Anna must lose her husband and her daughter in the accident. It makes Anna experience interference due to the accident which claimed the lives of her husband and her daughter. It was started that Anna often experienced disorders that showed the dark side of Anna that made her life changed.

The archetype of shadow from Carl Jung's theory of archetype is a structure, theme, or character of someone who has a dark nature that occurs unconsciously. It is often called the collective unconscious, which was first coined by Carl Jung in the theory of archetype (Singer, 1994). The researcher analyzes the shadow of Anna in the novel *The Woman in the Window*, and how Anna Fox struggles against her archetype of shadows that she faces. In this case, Anna has six shadows that appear in Anna, such as social anxiety makes Anna feel anxious about the outside world, which can make her panic and faint. Limiting beliefs that exist in Anna makes her insecure and thinks she can't do anything. Deviant sexual behavior that occurs in Anna makes her do everything that her heart wants without thinking about the risks that occur. Uncontrolled anger has a negative effect on Anna, making her depressed and acting rashly about what she doesn't want. Problem associating with people makes Anna does not have friends and neighbors away from her because she feels happy when she is alone and hides in the dark without anyone knows. Neuroticism is all negative emotions in Anna such as excessive anxiety, panic, fear, and sensitivity.

1. Social Anxiety

Shadow is a dark aspect of personality. The dark side that builds shadow shows that people have an emotional nature like autonomy and have obsessive or possessive qualities (Jung, 1970, p. 8). It is the lower side of personality that is hidden and repressed (Jung, 1970, p. 266). Undeveloped features are ready for change. Then we experience the pain associated with growth, for there can be no growth of the personality without it being paid for

with an equal measure of struggle (Jung, 1970, p. 170). Social Anxiety is a social symptom of the anxiety experienced by a person when interacting with people around. It makes sufferers feel uncomfortable or disadvantaged when in that condition, thinking that when eating they feel seen by many people when talking is very afraid to be ignored, Her gestures felt like someone was watching him all the time. It happened to Anna when receiving guests from her new neighbor's son, who was visiting to give a gift from her mother. Anna was worried and very careful starting from opening the door, choose the appropriate words to reply to the greetings of her guest, she did not want to be rude or considered unfriendly. Anna ventured to meet him and was invited to enter her house, and also worried when Anna started interacting with her neighbors, from not bathing and to being afraid of her cat biting the guest.

I begin. Should I ask him to deposit it in the hall? Not very neighborly, I suppose, but I haven't bathed in two days, and the cat might nip at him (Finns, 2018, p. 35).

It happened because Anna had not interacted with other people for a long time. She never talked to people directly. Anna is very avoiding interactions outside the home. Anna only watched through the window using a camera lens, which made her have more optics to see the situation outside the house, only in that way can Anna participate in activities outside the home. With a new neighbor visiting to give Anna a gift, Anna also ventured to open the door and told him to enter. However, much is thought by Anna starting from how later he entertains or talks with her guests, what can be friendly to

the guest, Anna is also worried starting from saying she hasn't taken a shower and worried because a long time ago no stranger visited and the cat became aggressive and bit the guest. Here we can see how Anna's anxiety appears and without realizing that she has been struggling with a shadow that Anna becomes very anxious and doubtful.

The day when Halloween took place, Anna ignored the advice of her tenant of the basement who said to leave a bowl of candy in front of the house so that she didn't have to choose tricks or treats like Halloween in general but Anna ignored the suggestion and thought that a child in a matter of minutes would take it all, including the bowl. And Anna also chose to be alone in the house to watch a movie and turn off the lights pretending nobody was home. As she watched the film she imagined the thing she had lost from herself, a family, her husband, and daughter, Anna thought for a long time and couldn't remember the last time someone had held her hand.

So I'm going to switch off the lights and pretend no one's home (Finns, 2018, p. 48)

I can't remember the last time someone held my hand (Finns, 2018, p. 49).

In this case, Anna wants to remain calm at home to avoid the ongoing Halloween atmosphere outside the house to avoid children in ghost costumes to ask for sweets. Watching a movie and turning off the lights pretending nobody is home is one of Anna's ways to fill her Halloween night. Anna is thinking about her family. Her life is very different because the shadow influences her thoughts. The shadow forces her to avoid the atmosphere in outside but Anna

began to miss the outside. She wants to hold the hands of her husband and her daughter. Anna doesn't remember the last time someone took her hand after an accident. Anna cannot leave the house.

Social anxiety is very influential in a person's condition, one of which results in feeling always supervised, sufferers will continue to hide and try to continue to cover up information about him. Similarly, what happened to Anna she did not want what he did every day was known by her neighbors, she did not want to make himself uncomfortable by opening the window letting the wind enter and the light entering the house would make Anna feel overseen by the conditions that were too bright. Anna likes to be alone in darkness and solitude because it makes her comfortable and can continue to live after an accident that makes it like this. Anna is very anti-social and is afraid to be watched if her window is open.

I feel myself flush. "A lot of people in my . . ." What ' s the word here? ". . . Position feel exposed if the light ' s too bright." I gesture to the windows. "And there ' s plenty of natural light in this house in any case." (Finns, 2018, p. 69).

In this situation, Anna prefers not to interact with the outside things because if she interacts with the outside things it will only make Anna anxious and overly scared. The shadow that made Anna become insecure about outside things and did not want anyone to know what happened to Anna. With the window open, Anna feels her position exposed if the light is too bright and the window also causes her to feel constantly watched because by opening the window Anna feels that many people know the situation inside her house.

That's what makes Anna feel anxious and afraid to interact with the outside things which will only make her feel depressed.

Anna saw that Jane had stabbed in her house. Jane is the only one who has come to Anna twice and Anna saw Jane in critical condition at her home with a knife in Jane's chest, Anna panic and was so scared that she didn't know what to do. Anna called the emergency call number and tell what she had seen, Anna panic and acted as she wanted without thinking of the risks, she wants to save the person who saved her from disturbances outside her house on Halloween night and someone who has visited her twice. Anna opted out through the door next to her house and that was the closest door to Jane's house, but right after she opened the door Anna can't move and panic attacked again, fear also reappears, she felt that the outside world was trying to enter.

I can't move.

I can feel the outside trying to get in—isn't that how Lizzie put it? It's swelling against the door, bulging its muscles, battering the wood; I hear its breath, its nostrils steaming, its teeth grinding. It will trample me; it will tear me; it will devour me (Finns, 2018, p. 151-152).

In the quote above can be explained Anna had a panic attack when she wanted to save her neighbor Jane who she saw from inside her house was stabbed by someone, Anna had a panic attack and remembers what Lizzie's online patient said, who also often experiences panic attacks. Anna also could not remain at home because she saw that Jane had stabbed by a knife. It shows Anna had a panic attack when she opened the door which made her feel the

outside things trying to enter inside the house, Anna was scared and she was panicked that she could not move because she felt so panicked and frightened.

Social anxiety in the open or crowded places is an issue that must be faced by Anna, Anna always felt she did not deserve to interact with the outside world because it made her afraid and worried. But not with the day when Anna wanted to save her neighbor Jane who was being stabbed by someone in her house, Anna had already called for help but didn't wait because she felt the distance from Jane's house was very close so Anna decided to save Jane alone with the help of an umbrella that had been her main weapon when training with Dr. Fielding. Anna had been stumbling in the open space with the protection of the umbrella she was carrying, Anna heard the night growling, she felt the night watching her. Anna, who was very anxious, began to limp until the ambulance came and Anna fainted in front of the park next to Jane's house.

I hear the night growl. I feel it circle my lungs, lick its lips.

Sirens whine in the distance, like mourners at a wake.

Blood-red light floods the bowl of the umbrella. Before I can stop myself, I twist toward the noise.

Wind howls. Headlights blind me.

One-two-three — (Finns, 2018, p. 155).

The quote above can be seen as Anna experiencing anxiety in the open space which at that time wanted to save her neighbor Jane who was seen being stabbed by someone from her house. Anna experienced very severe depression, caused after an accident that befell her, Anna was found in a cliff with a state of half-frozen with her husband and daughter who had died. Anna was in the park next to Jane's house and she could no longer walk but Anna still tried to

save Jane in her house a few steps away, Anna fought the anxiety that arose but there was a screaming siren which led to Anna, who was already fainted.

2. Limiting Beliefs

Limiting beliefs that impacts our whole carries on with mentioning to us what we should or shouldn't do and drives the entirety of our practices. They are these negative convictions escaped our cognizant view and they are the greatest guilty parties looting us from having what we most need in our life. Anna began to feel comfortable interacting with her new neighbor's child named Ethan, she began to like what he said. Anna felt like before when handling patients who complained of something (Jung, 1970). Anna began to remember and return to thinking that this was not happening. Anna wants to hug Ethan, At that time Ethan told Anna that he missed his friends here he has no friends he does not know anyone because moving is an unpleasant thing and Ethan cried, at this incident Anna would like to hug Ethan but Anna thought otherwise she thought she was unfit to give Ethan a hug because she thinks only women who have a bleak future don't know about the outside world and will hug their neighbor's child.

No. But moving from anywhere is tough. " I 'd like to hug him. I won 't. LOCAL RECLUSE FONDLES NEIGHBOR CHILD (Finns, 2018, p. 42).

In the incident above can explain that Anna is very bad-thinking of herself, Anna considers herself inappropriate, and Anna thought about the hug she was supposed to do to make Ethan calm, but she thinks that it can't be happening Anna is just a stranger to Ethan. At the time the shadow inside Anna

affects Anna's thoughts which should give a hug to make Ethan comfortable/calm but the shadow wants that Anna is not suitable for the child and Anna is just a lonely woman who wants to hug a neighbor's child, then Anna discouraged her from hugging Ethan.

A person who always feels lacking, feeling guilty, and feeling that she is the only cause of problems in problems that cause destruction or failure in social relations it is someone who has limiting beliefs. This incident happened to Anna when it was the day she met her psychiatrist, Dr. Fielding during an important session is when Anna has to tell all the panic attacks she experienced in a week. Anna recalled what she had done when she had an idea for a vacation that led to an accident that killed her husband and daughter, Anna felt that this would not happen if she did not organize the holiday and everything she chose began in New England in the winter it was a silly and stupid thing and regretted that it was all that started the situation like this.

“I keep wishing it wasn ’ t. Weren ’ t. I keep wishing it had been Ed ’ s idea. Or no one ’ s. That we ’ d never gone.” (Finns, 2018, p. 75).

“If I hadn ’ t done it, we ’ d still be together.”

He shrugs. “Maybe.”

“Definitely.” (Finns, 2018, p. 76).

When Anna began to talk about panic attacks that occur within a week, she began to recall the time when she made the idea of a vacation with her husband and daughter. She feels regret and guilty, too much self-blame for everything she does, Anna thinks if she didn't go on vacation maybe her life wouldn't be like this. Starting from her hoping that a vacation is not her idea

and Anna wants her family to never go on vacation, while on vacation in New England in winter, according to Anna is not the right thing but Dr. Fielding reassured Anna that it was a wise choice because many people went to New England in the winter. Shadow who is in Anna still stated that she was guilty because if Anna did not arrange for the holiday she would still be with her husband and daughter, Anna cursed herself at that.

Anna always underestimates herself before knowing what she will face, Anna always thinks that everything she can't do, Anna has a bad condition after she had an accident that killed her husband and daughter. Anna felt that she was unable to save Jane who was being stabbed in her home, she opened the door and saw a canyon-like road, deep and wide. And Anna thinks she won't succeed and chooses another way.

*I press my head to the door, exhale. One. Two. Three. Four.
The street is a canyon, deep and broad. It's too exposed. I'll never make it
(Finns, 2018, p. 152).*

Anna tried to save her neighbor who was stabbed in her house after Anna saw Jane's chest stabbed with a knife through the lens of her camera, Anna was relaxing when she had a panic attack and did not know how to save Jane. From the quote above Anna decides to go to Jane's house through the front door and when the front door opened she felt the outside things try to enter inside the house, she severely limited herself and imagined that this road was too broad and deep if she passes this way it will not work.

Feel no one cares, nobody believed what was said, always underestimated, seen as a drunkard, etc. Anna did not think long she also made love with the basement tenant of her house when Anna was in a bad state after what all she said was not trusted by everyone, it pissed Anna off why she was having sex and worse Anna did it in her daughter's bed. Anna experienced things that always made her worse off, and it influences how she feels in her condition. Anna increasingly distrusted herself and everyone, what he said was never considered and it made him depressed until now, and Anna seemed to be locked.

*Locked-in syndrome. Causes include stroke, brain stem injury, MS, even poison. It's a neurological condition, in other words, not a psychological one. Yet here I am, utterly, literally locked in—doors closed, windows shut, while I shy and shrink from the light, and a woman is stabbed across the park, and no one notices, no one knows. Except me—me, swollen with booze, parted from her family, fucking her tenant. A freak to the neighbors. A joke to the cops. A special case to her doctor.
A pity case to her physical therapist. A shut-in. No hero. No sleuth.
I am locked in. I am locked out (Finns, 2018, p. 242-243).*

In the above quote it can be seen that Anna always thinks badly of herself, she always felt that what she was doing was useless and always underestimated, the evidence that Anna provided can always be broken. And it was made worse by Anna's actions which made her worse and could not be trusted starting from getting drunk, watching a thriller, and hallucinations, Anna is very difficult to control herself. Anna is ostracized, Anna worsened her condition so much that she vented her anger by drink a wine that Anna felt could stabilize her emotions.

3. Deviant Sexual Behavior

Everybody conveys a shadow, and the less it is typified in the person's cognizant life, the more black and denser it is. In the event that mediocrity is conscious, one generally gets an opportunity to address it. Deviant sexual behavior makes sufferers will act suddenly according to heart, do not want to be known by anyone and herself unconsciously doing the thing you want to do even though it's not right. Moreover, it is continually in contact with different interests, so it is persistently exposed to adjustments. In any case, in the event that it is stifled and disconnected from cognizance, it never gets amended (Jung, 1970). Anna is talking about mushrooms that appear on the ceiling of her house with David, she was not aware that pressure was occurring under conditions of ten months alone and without friends. Where David suddenly kissed Anna, Anna was surprised that for ten months she had been unrelated to her husband, she was getting fed up with the shadows that haunted her, finally, Anna wanted to feel something she hadn't felt for a long time.

*I haven't felt this in so long. I haven't felt in so long.
I want to feel this. I want to feel. I am so sick of shadows (Finns, 2018, p. 237).*

In this scene, Anna did not think about the impact that would occur next that she did only to obey her heart for so long did not feel the turmoil together in intimate relationships. Anna wanted to feel it and she was very fed up with the shadows that continued to haunt her that made her like this until there is a chance that David has the same taste and the incident was inevitable Anna and

David made contact with the feeling that arises when there is an opportunity that comes.

The problem with deviant sexual behavior also has a sudden desire to appear without thinking or to obey her conscience which is an action she does on his own free will regardless of the existing rules or norms. Anna was being interrogated at her home by the detective who was handling the case when she collapsed after calling for help reporting a murder that had no evidence. Anna is a drunk who almost drinks wine every day, which makes her think, but it makes it worse with the situation, increasingly untrustworthy and everything Anna said was all untrue. Anna was tired and she finished the glass of wine that she had poured before.

I lift the glass to my lips, wine sloshing against the sides. As they watch, I swig it (Finns, 2018, p. 318).

I wipe my face with the back of my hand, drag it across my nose. Push my hair out of my eyes. Raise the glass to my mouth, drain it (Finns, 2018, p. 319).

Anna was getting fed up with all those accused of her as if Anna was hallucinating and about the fact that she often tells her husband and daughter even though her family has been killed since the accident that befell Anna, which makes her as she is now filled with a sense of fear and guilt for what she did. Anna is depressed and drinks wine without thinking about the risk that the more she drinks it will make it even more unbelievable because she is a drunk woman who likes to talk alone with her husband and daughter were dead, it's all the will of the heart that Anna wants is just calm down by drinking the wine.

4. Uncontrolled Anger

Uncontrolled anger is an event that often occurs in every individual, no doubt, uncontrolled anger crushes connections and lives. Be that as it may, subdued displeasure can likewise be genuinely burdening and conceivably dangerous when it can no longer contain itself. "What we oppose, continues (Jung, 1970). This shadow will bring the anger that has no control over herself, she could have cursed or vented all that was in her mind without thinking first what the future impact after doing that, and it will continue if not immediately controlled will make a personal depression then it will be very easy to trigger anger and emotions. The same thing happened to Anna when she wanted to relax on Halloween by watching a movie, but suddenly she heard a voice from the front of her house that came from three small children who threw eggs towards his house, she became angry uncontrollably. Anna can't get out of the house, all she can do is curse and emotions that only by tapping on the window glass loudly.

A crack, and the window shudders. A tiny missile has struck: an egg, blasted, its guts spangled across the glass. I hear myself gasp. Through the smear of yolk I can see three kids in the street (Finns, 2018, p. 50).

This is my home. That ' s my window.

My throat shrinks. Tears well in my eyes. I feel surprised, then ashamed.

Whap.

Then angry.

I can ' t fling wide the door and send them scurrying. I can ' t barrel outside and confront them. I rap on the window, sharply (Finns, 2018, p. 51).

The panic attack that happened to Anna was caused by uncontrolled anger who thought that this was her home and made Anna emotional, but she

can't do anything she can just scold the little boy from inside the house by knocking on the window loudly which is not scary at all might be ridiculous for a small child outside his house. Uncontrolled anger is a shadow that often appears to a person when triggered by something trivial or a problem that he cannot solve. Anna can't handle the child herself but she is alone at home, finally, the shadow appeared on Anna and mastered the whole of Anna who made her angry uncontrollably until she was worried and panicked about it.

After she passed the anxiety and panic she faced, Anna began to do things that were not thought of in advance the impact that occurs if she does something from hitting the window very loudly to screaming from inside the house trying to drive away or tell the children outside to leave immediately, but the effort Anna put in vain was only a waste of energy the children still dared to challenge Anna by throwing eggs and laughing at the emotion that appeared to Anna. Anna was very angry, she did not know what else to do and when her efforts began to be useless she did not think long of going out of the house and will expel the children. When her vision began to blur she walked into the hallway door of her house and she prepared to vent his emotions to the children. When she opened the door he lost consciousness and suddenly collapsed.

...Anger grips me by the throat; my sight is swimming. I seize a breath, seize another.

For an instant it ' s silent, as silent as the film, as slow as the sunset. The houses opposite. The three kids between. The street around them. Quiet and still, a stopped clock.

I could swear I hear a crack, as of a felled tree (Finns, 2018, p. 52).

Anna is getting ready to leave the house and get ready to vent her emotions because her house was pelted with eggs by three small children playing in front of her house. Shadow began to fill herself so that Anna did not think long about what would happen if she left the house, not thinking about conditions that could be worse if she left the house with a state of chaos and filled with emotions like that. Anna is preparing to open the door, Anna began to feel anxious and afraid but she could not silent about her house being pelted with eggs like that, finally, she opened the door and felt that failure began to extend her body limp hours stopped she was very panic, scared, anxious, and angry until she was out of control what she thought. Anna also realized that what she was doing failed and that her effort is in vain only worsened the situation, Anna collapsed before stepping out of the houses.

Uncontrolled anger often occurs when someone can not hold the emotions that occur, and this is seen in Anna who was thinking about the incident when Anna saw Jane's chest who was stabbed with a knife, Anna wanted to know about the incident and Anna intends to ask David the tenant of her basement because that day David was working at Jane's house. Anna is not patient to want to know the condition of Jane to David, Anna went into the basements at that time that Anna thought was that this was her home that she was entitled to do anything, so she decided to immediately look for David by trespassing into David's private room, the basement.

It ' s wrong, I know, but this is my house. And it ' s urgent. It ' s very urgent. I move to the desk in the living room, slide open the drawer, and find it there, dull silver and jagged with teeth: the key (Finns, 2018, p. 210).

Anna was in a situation where everyone was impartial to her because Anna was accused of hallucinating and just wanted to get attention for what Anna saw that day when Jane's chest was stabbed with a knife. Anna reported the incident and did rash actions that made it worse with what happened. Anna has the intention to ask the tenant of her basement because David works for Jane's husband that maybe David knows what's going on. Anna acted rashly and entered a room that Anna should not have been able to enter because the basement now belonged to David, Anna could not control the emotions at that time that it was an action that should not have been done without permission from David.

Anna's emotions were seen when she began to be cornered by several people handling the case report that Anna saw her neighbor being stabbed in her home. Anna again called the detective in charge of the case, Anna gets an email from an unknown person containing a photo of her while she sleeps and is taken at two in the morning, Anna worried and called the detective to check and ask for help at home while someone was breaking her house. Anna began to tell me everything that happened from the e-mail she got containing a photo of her sleeping, then Anna has evidence that she remembers that when Jane went to her house she had a picture of Anna's face along with the sunset and also the signature of Jane in the bottom corner. But not as Anna expected, everything Anna said was considered just a hallucination and a way to get attention because Anna has been lonely, starting from her sending the e-mail

herself by taking a selfie at night with her eyes closed to look asleep, then the portrait that she had drawn by herself was not from Jane's drawn as was done when photographing herself and sending to herself. Everything said by the detective finally made Anna angry.

“I’ m not the one wasting time,” I growl. “You are. You are. Someone was in my house, and I’ ve given you proof, and you’ re standing there telling me that I made it up. Just like last time. I saw someone get stabbed and you didn’ t believe me. What do I have to do to get you — “(Finns, 2018, p. 310).

In the quote above Anna is so angry that she screams, she could not stand the allegations that kept cornering her, Anna handed over the evidence but it was all considered the way Anna had evidence that seemed to be made by Anna herself. Starting from the moment Anna saw Jane stabbed it was said to be a hallucination because Anna had been drunk and was watching a thriller movie which made her see a hallucination that wasn't happening, then the e-mail containing the photo while he was sleeping was considered a selfie. That all is not evidence and make Anna angry uncontrollably to scream, it also didn't produce any results. Anna was getting worse and staggered to be cornered by everyone who handled her case from the detective to her neighbors who thought that Anna was crazy.

Uncontrolled anger also results in individuals becoming depressed. Anna's depression was very deep so that Anna often experienced depression continuously due to the pressure on Anna which made her often hallucinate. Anna always said that she didn't live with her husband and daughter, and Anna always said that she always talked with her husband and daughter almost every

time. It turned out that her husband and daughter had died in an accident while they were on vacation in the winter, where Anna watched her husband and daughter die slowly to make her guilty then depression. Depression experienced by Anna to make her often hallucinate so that Anna always feels that she often hears the voice of her husband and daughter who want to communicate with Anna.

How can I explain? To anyone—to Little or Norelli, or to Alistair or Ethan, or to David, or even to Jane? I hear them; their voices echo inside me, outside me. I hear them when I'm overwhelmed by the pain of their absence, their loss—I can say it: their deaths. I hear them when I need someone to talk to. I hear them when I least expect it. "Guess who," they'll say, and I beam, and my heart sings. And I respond. (Finns, 2018, p. 322).

Anna often hears voices from her husband and daughter when she feels lonely without them, Anna feels happy when invited to talk with her husband and daughter because Anna is alone in a very large house and experiences various disorders, anxiety, fears that Anna always feels. So from the above quote, it can be said that when Anna needed them, her husband and daughter will always be there for Anna to help or just tell how the day passed, always reminded her that Anna should not drink too much wine because it could disturb her mind or make it worse. Anna was happy with the conversation that she often discussed with her husband and daughter even though it was a hallucination for Anna who often appeared in Anna where she always talked with herself.

5. Problems Associating with People

Problems associating with people often dread or the clouded side where victims stay away from social cooperation since they feel substandard compared to other people. If the individual, overwhelmed by the feeling of his own tininess and barrenness, should feel that his life has lost its importance, at that point he is as of now making a course for subjection and, without knowing or needing it, has become its proselyte (Jung, 1957). Problems that arise in Anna's life appear after the symptoms experienced by Anna that is when Anna talked to David the man who was tenant her basement which was going to Brooklyn at that time and he wondered why her house was so dark. And casually Anna answers that she likes gloom like her future.

*He gazes past me, squints. "Bulbs need changing? It's dark in here."
"I like it dim," I say. Like my men, I want to add (Finns, 2018, p. 17).*

Gloomy here shows that Anna has a problem with her life which she feels cannot be free from her illness, Anna thinks that she can't get well and doesn't have a good future, because right now she can't do anything but being at home and that made her think that it was very sad/gloomy. Anna chose to cover it all and being in that darkness is her pleasure, Anna felt comfortable when she was alone in the dark, she felt he was not appropriate when interacting outside. And that shows that the shadow that was on Anna unconsciously appeared in Anna.

Problems associating with people often occurs with insecure people which they like when they in silence, they calm themselves by being alone for

a long time but if left unchecked this can be a big threat to the individual, which will always feel better in the dark or hiding in the house continuously. The incident that happened to Anna in the accident she experienced made her frightened about the open space so for ten months Anna locked herself in the house and never went out to interact with the surroundings, she spends her life in the house working from home and connecting to the outside world only using the existing internet network. When her new neighbor Jane Russell helped her into the house after she collapsed outside the house, from then on Anna had a new friend after all this time there was a neighbor who visited her, even though it was accidental but Anna felt that what she did to Jane felt strange in Anna because it had been ten months that she had never interacted directly with people, that's what makes her feel uncomfortable or feel something is wrong when interacting with others.

She slides a thumbnail into the locket; it cracks open, and she leans toward me, the locket swaying in the air. I see she expects me to take it. It's oddly intimate, this stranger looming over me, my hand on her chain. Or perhaps I'm just so unaccustomed to human contact (Finns, 2018, p. 57).

Collapsed, that was seen by her new neighbor Jane Russel who happened to be outside the house watching Anna collapsed without anyone hitting or pushing her she just fell and Jane helped her into the house after Anna realized and thanked Jane for bringing her into the house again because she could not be outside the house because of the illness that Anna suffered. She has not been out of the house for ten months and has never interacted with anyone except by online means or by just a chat that was replied to chat by

other people or patients from Anna who joined the Agora group. When Anna started talking to Jane, and Jane starts to ask if Anna is fine from everything, Anna told stories and this was the first time she told a person directly that it made her feel odd about what Jane was doing. The shadow that appears on Anna due to her never interacting with people around makes it difficult for Anna to adapt how to respect or behave properly to answer what Jane did. And Anna felt it was uncomfortable or maybe she was not accustomed to making contact with humans.

Anna felt unfamiliar with what she felt when she tried to leave the house to talk to her neighbor Jane who according to Anna was a fake Jane. When she was getting weak after stumbling from her house to the coffee shop, Anna felt she had missed a lot, so many that she had never seen in a long time, she never smelled, she never heard, the aroma of the human body in the coffee shop, humming pop music, and the whole atmosphere from outside the house. Anna always felt that she was better off by herself, more comfortable and safe when in his home where he is protected from all threats, and Anna begins again to feel how life outside her home is going on when Anna follows fake Jane to the coffee shop.

So much I haven't seen in so long. So much I haven't felt, haven't heard, haven't smelled—the radiant warmth of human bodies, pop music from decades past, the punch of ground beans. The whole scene unreels in slow motion, in golden light. For a moment I shut my eyes, inhale, remember (Finns, 2018, p. 264).

Avoid social interactions, more comfortable when alone is a symptom of the problem associating with people that are being experienced by Anna. Anna ventured out of the house with an umbrella weapon that protects her from the wide-open sky, Anna followed the woman who claimed to be Jane in search of answers where the real Jane she had met twice, when she arrived at the coffee shop where the woman was, Anna felt an atmosphere that had not been felt for a long time starting from the scent of humans, the sound of pop music typical of that coffee shop, up to a view that Anna hasn't seen for a long time. Anna has been hiding, not interacting with the outside world, and not going out of the house at all, making her feel strange when she was in the coffee shop.

6. Neuroticism

Neuroticism is a long-term tendency to be in an emotional state that is negative or anxious. The things that often happens is mood always changes, easily depressed, often feel worried, have anxiety disorders or depression, super sensitive. The oblivious repays this relapse by creating images which, when seen dispassionately, that is, by methods for near exploration, reactivate general thoughts that underlie all such regular frameworks of thought. Thusly a difference in mentality is achieved which connects the separation between woman as she is and woman as she should be (Jung, 1968). At that time Anna trained herself not to worry about what was happening out there, with the help of Dr. Fielding. Dr. Fielding is Anna's psychotherapist who once every week will see Anna and struggle with the fears Anna always faces after an accident

that kills her husband and daughter. Anna began to dare to leave the house even though it was encouragement from Dr. Fielding to cure/therapy given to Anna for what was suffered, when she was practicing to get out of the house Anna was very scared and worried about what she was facing would be in an open space then Anna had a panic attack that made her collapsed.

...I 'm conducted down the steps (out, two, three, four) and across a few yards of lawn (in, two, three, four). Until the panic wells within, a rising tide that swamps my sight, drowns out Dr. Fielding ' s voice. And then . . . best not to think of it (Finns, 2018, p. 30).

In this incident Anna tried to fight the panic attack that suddenly she experienced when outside the house she relied on a reliable weapon that is an umbrella to cover what she was very worried about seeing the sky. In this condition the shadow inside Anna tries to get out but Anna tries to continue to maintain control of her body, but because the shadow inside Anna was so strong and Anna was unable to control it, she was finally hit by a panic attack and collapsed.

The shadow that appears in Anna, which is included in the characteristics of neuroticism, is evidence where when she said that she had not felt the rain or the wind for a long time outside the house and especially about his fear of snow. Anna doesn't want to feel snow anymore because she had a bad experience when she last felt snow, in a condition where Anna had an accident that killed her husband and daughter.

It 's been so long since I felt the rain. Or wind—the caress of wind, I nearly said, except that sounds like something you ' d read in a supermarket romance.

It's true, though. And snow too, but snow I never want to feel again (Finns, 2018, p. 32).

At that time they were on vacation that they went to a city when Anna's husband found out that Anna was having an affair with another man and at that moment they didn't want her daughter to know. When they are fighting in the car without realizing the car has been driven on a cliff that is out of nowhere. Anna survived the accident and tried to save her husband and daughter who were crushed in the car and experiencing severe stress from lack of eating in the open with critical conditions thirty-three hours. That is why Anna is always worried or afraid of the open space and events like that happen to her with her husband and daughter. The shadow that is buried by Anna at this time by always avoiding the things that are feared by herself will create an unbalanced condition just waiting for the time when the shadow will overwhelm Anna.

The day Anna saw the fungus on the ceiling of the stairwell she saw a dark stain that disturbed her, for that Anna called David the man who rented her basement to check the water spots on the ceiling. David discovered the problem with the spots was that the fungus had grown on Anna's ceiling, Anna asks David to clean it, but David explained it would not solve the problem so David tried to find what made the fungus grow in the ceiling of Anna's house he pulled and opened the door on the roof, as David pulled the door chain shook open a sliding ladder and light began to enter. Anna dodged the light swiftly, she did not want herself to be exposed to the slightest sunlight, her

movements away from the light were very swift and Anna thinks she might be a vampire.

... "First I need to check out the roof." He reaches for the trapdoor chain and tugs. The door judders open; a ladder slides toward us, screeching; sunshine bolts in. I step to one side, away from the light. Perhaps I am a vampire after all (Finns, 2018, p. 67).

When David looked for the source of the problem in the fungus that grows on the ceiling of Anna's house, then pulled the door-chain above and the door shook open, soon the sunlight began to enter. Anna quickly moved away from the light, where it can be seen that Anna's anxiety towards the outside world was so great that she did not want to be exposed to the sun even though it was inside her house. Anna is worried that bad things will happen if her body is exposed to the sun, she considers herself a vampire that should not be exposed to the sun, or she will disappear. Shadow in Anna is very influential in the thoughts that occur in Anna and it is an unconscious condition that is done by Anna on the shadow's full control of Anna's body to avoid the incoming sunlight.

Neuroticism also causes a person to feel very sensitive to heart problems or emotional feelings. David has an idea to overcome the stains on the ceiling of Anna's house by providing coatings such as paint or stain blocker and David also advises Anna to provide a little ventilation in the house. Anna was startled and confronted David with less comfortable words, Anna also insisted not to ventilate any of her houses because she was very happy to be in this condition, there was no light, no wind, everyone outside could not enter.

..It ' d help if we could ventilate in here. "
I freeze. "What do you mean? "
"Open some windows. Doesn ' t have to be on this floor. "
"I don ' t open windows. Anywhere. " (Finns, 2018, p. 68).

Anna is very adamant to keep her home from the outside world that will enter, therefore she is very opposed if David gives advice that will provide ventilation which will make the wind or sunlight enter. Anna didn't want anything from outside entering her house because it worried her so much and she was very sensitive when David suggested ventilating, Anna is very emotionally to the outside world such as sunlight, blowing wind, and also humans who are out there. She just wants to be alone and live alone with her house all that is in her house, that's what makes Anna so sensitive to all things that refer to conditions outside the home.

A very shocking moment when Anna was lurking or seeing the situation outside her house through a window with her Nixon camera lens, she was in surveillance mode seeing what was happening and knowing everything her neighbors were doing at that time. But Anna was surprised when Jane Russell returned her gaze and even with her naked eyes, her straight gaze knew that Anna was there carrying a camera, and Jane raised a hand, then waved to Anna. That made Anna nervous, scared, and worried because all this time she was doing surveillance from inside her house no one knew, Anna did not know what to do. She was too nervous she wanted to hide or return the wave, or maybe she stared blankly as if she would not see it but none of that was done

by Anna who was too nervous because as long as she was doing surveillance to all her neighbors this was the first time she was caught red-handed.

I shoot to my feet, the camera tumbling to the floor. "Leave it," I say—I definitely say it—and I flee the room, into the dark of the stairwell. No one's ever caught me before ... (Finns, 2018, p. 81).

Anna was shocked and nervous too much because she did surveillance that she loved using her camera lens she saw all the activities that her neighbors did until Anna understood the routine schedules of all her neighbors, including the affair there. Anna did not think Jane could find out when Anna was watching from her home using a camera lens in secret, Jane was sitting on the terrace with her son staring back at Anna and waving an arm which made Anna nervously uncertain make it a step dead due to nervousness and panic because she doesn't know what to do. The shadow that came out on Anna made her panic and nervous not ready with the conditions she experienced and finally she chose to hide in the darkness in her house to avoid the gaze of Jane.

Anna also has severe symptoms of anxiety and depression. The trauma made her depressed so that when she recalled what happened she would become very agitated because maybe the trauma faced by Anna is so terrible that it makes her life to be like this, can't go out of the house too afraid of panic with the outside world. When Anna explains to Jane a secret about her illness that she faces, it's more like trauma, she was very agitated and didn't want to think about it anymore because thinking about it he would be depressed, very depressed. It will only make Anna recollect how she was in an

accident that happened to her family and at that time Anna had to struggle to save her husband and daughter when conditions were very bad.

... "Trauma. Same as anyone." I fidget. "It got me depressed. Severely depressed. It isn't something I like to remember." (Finns, 2018, p. 92).

Jane Russell came to Anna because she was worried that Anna was very bored in the house, and at that moment Jane saw him watching her through the camera lens from Anna's window, Jane who knows it immediately goes to Anna's house to talk and accompany Anna, Anna was nervous and opened the door for Jane because she might be able to tell a little secret that she had. When they told each other about their life, Jane asks what makes you like this, it made Anna nervous because it made her depressed until now by thinking about what had happened it would be the same she would remember all the incidents she experienced during the accident that killed her husband and daughter. That's what makes the shadow inside out makes Anna feel depressed and anxious just thinking about it because it was very hidden from Anna and others when that thought reappears Anna will lose control of what she thinks and makes her nervous and then depressed.

Various things that can affect the shadow that exists in humans one of them if she receives something that is not wanted or something that is most feared. Anna became very worried if there was a thing that smelled outside her house she was very scared that it happened when Bina someone who helped Anna to overcome her spinal injury problem, that is through yoga exercises or flexibility where Bina always comes once a week to train Anna to do yoga

exercises in dealing with back injuries suffered after an accident. At that time Bina was talking that the weather outside was very warm. It was the right time to open the window to let the air in for a moment, but Anna immediately answered that she would not open the window no matter what, Anna is very worried when the window of her house is open so she keeps closing the window of her house no matter what.

“Warm out today.” She lays a weight in the hollow of my back; my elbows wobble. “You should open a window.”
“Not happening,” I grunt.
“You’re missing out.”
“I’m missing out on a lot.” (Finns, 2018, p. 109).

Anna was very scared and worried about what was outside her house because she had anxiety about the outside world and the open space that happened after she had an accident with her husband and daughter who had to be in the abyss with an open space for thirty-three hours in very critical conditions. And this time Anna felt anxious when Bina, a yoga gymnastics teacher who visited Anna once a week, suggested that she open the window because the warm weather outside would create positive energy in the house. The quote above shows that Anna simply answered spontaneously that this would not happen, which is that the window won't open no matter what because she was so worried that anything could come in when the window of her house opened that scared Anna.

Anna was very sensitive while Bina told Anna about an article that was read about a bee that could go ten kilometers from the hive to look for pollen, Bina told Anna that it was amazing. Anna also replied in a tone as usual that

seemed very unhappy by saying that she was depressed not being able to leave the house which made her offended by Bina's words. Anna is easily sensitive to things that cover the outside world, whereas at that time Bina only read the article, not about Anna but it was about a bee and the bee could dance, she did not associate that with Anna at all, she just told me that she had read an article about the bee yesterday.

“Where ’ d you read that? ”

“The Economist. ”

“Ooh, The Economist. ”

“Isn ’ t that amazing? ”

“It ’ s depressing. I can ’ t even leave my house. ”

“The article wasn ’ t about you. ” (Finns, 2018, p. 111-112).

Anna is very sensitive about matters involving the outside world it is shown in the quote above that Anna was depressed to hear the story of Bina who at that time told about a bee that could look for pollen as far as ten kilometers from its hive, which affected the feelings of Anna who at that time could not leave the house with her condition like that. Bina does not talk about Anna, she only talks about bees, and more clearly the bees can dance, but Anna was very sensitive and she immediately responded that the story depressed her because she can't leave the house even though it's only ten feet.

B. The Way Anna Struggles the Shadow that Happened

When the shadow self is kept hidden in the background, suppressed, and not fully integrated, it pops up in inconvenient moments. This is why we do shadow work (Jung, 1970). Shadow work also prevents things like Anna problems that

occur due to the shadow that happened to Anna when she first started feeling the pain she faced after an accident that killed her husband and daughter. Anna felt guilty and frightened because she had spent thirty-three hours in a state of dying looking slowly at the death of her husband and daughter which made her even guilty. After all, it was her doing when she drove and made the car fall into a cliff. Since then Anna has lived a very different life from her previous life, starting from always avoiding open space, depression experienced, the loneliness that struck, and hallucinations when talking with her husband and daughter.

It all makes the shadow in Anna often appear and make it have a shadow characteristic like; Social Anxiety, where Anna feels anxious when in a crowd or an open space feels uncomfortable. Limiting beliefs that always make Anna think bad feel, less than perfect, and think that no one cares about her life anymore. Sexual deviant behavior that makes Anna no longer think about the future risks or impacts that she does, all Anna knows is what her heart wants and she does it. Uncontrolled anger, symptoms that often occur without a cause or maybe just a trivial problem, unstable and make it unable to control herself fully. Problem associating with people can't adjust to what is happening outside the house which makes it happier to be alone, feel comfortable in the dark, making it awry in hanging out with people around him. Last, Neuroticism which makes Anna's life always feel anxious, afraid, always thinks negatively, often panic, super sensitive to the small things that concern the outside world.

Anna has had a bad time over the past year. The more she has problems there is always a way out that is done by Anna to deal with all the shadows that occur. Anna started by daring herself to interact with the outside world even though it scared and worried about what had happened when she interacted with things outside her house. Anna struggles to fight the excessive anxiety that happens when she meets a guest when worrying no one accompanied her, worried when the light that came through the window would make her watched, very afraid of things outside her house, and faint when in the open space.

Of course, it was only three days ago that I acted—acted in this very same way—and I wound up in a hospital bed. To try that again is insane.

Either way, I’ m crazy. Fine. I need to know... (Finns, 2018, p. 259).

I’ ve waited to rejoin the world. Now is the time. (Finns, 2018, p. 439).

I close my eyes.

And I open them.

And I step into the light. (Finns, 2018, p. 440).

Anna began trying to fight the anxiety of the outside world, starting to accept and join the world again, she no longer locked herself in the house, tried to open the window, and interact with the outside world. Anna tried to accept what was always feared, trying to be brave enough to leave the house in the same way even though it was a crazy act, all that she did to receive all the shadows in her so she could control the shadows that were in her.

Anna changed her life which always felt that everything she was doing was lacking and always had bad thoughts about herself, tries to accept and no longer think of something that is considered to have all originated from her.

Anna has the nature of feeling inappropriate, feeling guilty for her decision to go on vacation which resulted in an accident that befell the family that killed her husband and daughter, thinking that Anna was unable to save someone she saw being stabbed in her house, and often hallucinate talking to herself because no one cares about her anymore except her husband and daughter who always contact him.

I ' ve been resisting Ed and Livvy. Not all the time, not fully; some nights, when I hear them, I murmur back. But the conversations are over. (Finns, 2018, p. 438).

Nothing —not anymore. I ' ve waited for my family to return; they won ' t. I ' ve waited for my depression to lift; it wouldn ' t, not without my help. (Finns, 2018, p. 439).

*She ' s right: I did this on a roof in the rain. I was fighting for my life. So I must not want to die.
And if I don ' t want to die, I ' ve got to start living. (Finns, 2018, p. 439-440).*

From the above quote it can be illustrated that Anna has begun to accept reality and has begun to accept herself for what was done, don't blame herself too much trying to be better and she is more confident. Anna has always felt guilty about the idea of a vacation in winter and what is known is always related to her husband and daughter who turned out to have died. Anna tried to reject and end the conversation, then think that everything will get better is encouragement from herself.

Sexual deviant behavior experienced by Anna who always obeyed with a conscience did not think about the impact and future risks when acting. Anna once had sexual relations with her home basement tenants, then while at Anna's house there was a detective who handled her case suddenly Anna drank wine

without Anna knowing it only made her increasingly nobody believed her. Anna tries to get better starting to want to apologize to David because her actions make him uncomfortable, and when she presumptuously entered the basement hired by David made her guilty and wanted to apologize to David. Anna also struggles to prove what she saw was not a hallucination but it was real.

Ethics aside—though it isn't really an ethical issue, is it?

Sex with a tenant, I mean?—I can't believe we did what we did in my daughter's bed. What would Ed say? I cringe. He's not going to find out, of course, but still. But still. I want to torch the sheets. Ponies and all. (Finns, 2018, p. 242).

"I owe you an apology," Little muttered, shaking his head.

"And Val—man, she really owes you one."

I didn't disagree.

He dropped by the next day, too. By that point reporters were knocking on my door, leaning on my buzzer. I ignored them. If nothing else, over the past year I've gotten good at ignoring the outside world. (Finns, 2018, p. 437).

Anna realized that her actions were very inappropriate and regretted what she had done because it makes her husband and daughter disappointed when seeing all that. Anna managed to prove that what she experienced what she saw was not a hallucination of a drunken woman who made the detective apologize to her for accusing Anna of doing all of that to seek attention because of the loneliness she was facing. Anna changed her lifestyle to start again so that she no longer felt pressured and did it carefully.

Anna is often angry with trivial matters that make her do actions that complicate herself, like when Anna was angry at children who pelted her house with eggs, then made her lose control and faint when she left the house. Anna

is yelling at people who care about her, the detective in charge of the case, and also Anna is rash in choosing a decision. Anna entered into the private room of David the basement tenant of her house not thinking that it was an act that should not have happened, Anna experienced extreme depression, that's what makes things worse. Anna tried to accept everything and made her more aware that many people cared about her.

And so am I. The past six weeks have stabilized me, clarified me.

...I tried to apologize to David—called him at least a dozen times, but he never answered. I wonder where he is. I wonder if he's safe. I found his earbuds coiled beneath the bed in the basement. I took them upstairs, tucked them into a drawer. In case he calls back. (Finns, 2018, p. 437).

Anna has found peace in herself. The above quote explains that Anna has begun to believe in Dr. Fielding and detective Little. Anna looking for David intends to apologize to him for the mistakes she made David uncomfortable because entering someone's personal space without permission is an action that is not liked by people. Anna also alleged that David had stabbed Jane's chest who at the time was working at Jane's house because of background problems. David had been in prison three times because of the same case, which was a fight, and also Anna rashly accuses David of having entered her house without permission. And that is a false accusation that makes Anna feels guilty and calls David repeatedly to apologize.

After the accident that happened made her afraid of the open space and made Anna unable to leave the house, Anna decided to change what had happened so far with a reason that she wanted to leave her current condition for

the better. Anna has been avoiding social interaction for ten months with a condition that always feels safe when in the house, more comfortable when alone, and like a dark place. Anna also feels strange about the attitude of others towards her and when she tried to leave the house while chasing Jane in the coffee shop, Anna felt an atmosphere she didn't feel for a long time. Anna is having problems getting along with people so she doesn't know what to do, she only communicates via the internet or online, no need to pay attention to her physical attitude.

..The skylight ' s repaired, for one thing. A professional cleaner swung by, spit-polished the house. And I ' m dosing properly, drinking less. Drinking not at all, in fact, thanks in part to a tattooed miracle worker named Pam. "I ' ve dealt with all kinds of people, in all kinds of situations, " she told me on her first visit. (Finns, 2018, p. 437)

Anna is trying to make her life no longer known as a drunken and crazy woman. Anna doesn't want to just stay at home. She wants to interact with someone who can make her more comfortable from her condition now. Anna began to improve everything from the renovation of her house to make it look more colorful and Anna was more prepared, also clear the mind that has always thought that the outside world is a frightening threat.

The neuroticism that occurs to Anna causes her to experience panic attacks due to fear of open space and crowded conditions that cause Anna to feel anxious and have excessive emotional, unstable, and also super sensitive about things about the outside of her house. Even so, Anna tried to return to support patients or who often Anna considered as an online family in Agora,

and also with optimistic conditions Anna is ready to step outside the house. Anna suffered a panic attack when she practiced leaving the house with Dr. Fielding, which caused excessive anxiety then Anna fainted. Anna was very afraid of snow she no longer wanted to feel snow because the last time she felt snow was an event that caused her extreme depression, very worried about the sunlight coming into her house, sensitive when discussing the outside world, restless to tell the truth, everything Anna did made it worse.

And a few weeks ago I rejoined the Agora. They ' re my tribe; they ' re a sort of family. I will promote healing and wellbeing. (Finns, 2018, p. 437).

Now, when the sun is blasting my house. Now, when I ' m clearheaded, clear-eyed. Now, as Bina leads me to the door, to the top of the stairs. (Finns, 2018, p. 439).

Anna is getting more and more determined by the changes taken to change her life for the better, with her returning to the Agora site which makes Anna feel more useful to support all sufferers of fear of open space and crowded places including Anna. Normal thinking that the outside world is a reciprocal relationship with the life that Anna did, Anna is ready to receive the world again and practice to deal with panic attacks against anxiety while in the open space by continuing to practice strengthening herself. Anna thought about accepting everything that had happened and correct the mistakes that have been made to get better conditions and ready to struggle with all of her problems that always come to Anna.

CHAPTER IV

CONCLUSION AND SUGGESTION

This chapter is about conclusion and suggestion. The conclusion is conducted based on the data in the previous chapter. Furthermore, the research also contains the suggestion for the readers, especially the suggestion for the next researchers who are interested in doing the research using the same theory in this research.

A. Conclusion

In this study, Anna has six archetypes of shadow based on Carl Jung's theory. It is where Shadow appears and controls Anna, so she feels depressed. The first is social anxiety. The second is limiting beliefs. The third is sexual deviant behavior, the fourth is uncontrolled anger, the fifth is problem associating with people, the last is neuroticism.

Anna has a way to struggle against all of her shadows that occur with all the efforts that can change her life after an accident that killed her husband and daughter, making Anna very depressed. Anna starts to forgive, accepting everything that has happened and repairing her house, stabilizing her condition, clearing her mind of things that make Anna slumped. Anna also began to venture out of the house, not afraid of the light and preparing to rejoin the world that all the depression that Anna experienced was impossible to disappear without help from Anna herself.

B. Suggestion

In this research, the researcher only focuses on the archetype of shadow experienced by Anna and how Anna struggle with shadows that occur. By reading this thesis and also reading the novel *The Woman in the Window*, the researcher hopes to help find out the shadows that occur in Anna and how Anna struggle with shadows that occur. Furthermore, the researcher suggests the next researchers to conduct the research in other aspects, may use the same story with other theory that is conducted in this study. A film adapted from a novel *The Woman in the Window* can be a reference to examine the theory of ecranization that discusses the differences from films and novels on *The Woman in the Window* by A.J. Finn.

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CURRICULUM VITAE

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Magazen Kharisma was born in Kediri on July 24, 1998. He graduated from SMAN 1 Plemahan in 2016. He started his higher education in 2016 at the Department of English Literature UIN Maulana Malik Ibrahim Malang and finished in 2020. During his study at the university, he joined Kadua Theater. He successfully performed by providing decent shows and succeeded in introducing Indonesian culture combined with current culture.