

PERSONALITY DEVELOPMENT OF HOLDEN CAULFIELD

IN J.D SALINGER'S *THE CATCHER IN THE RYE*



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FACULTY OF HUMANITIES

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PERSONALITY DEVELOPMENT OF HOLDEN CAULFIELD IN J.D

SALINGER'S *THE CATCHER IN THE RYE*

THESIS

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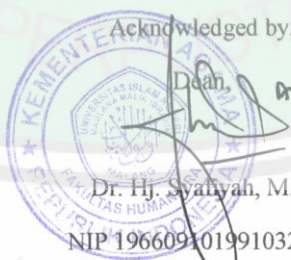


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MOTTO

For the researcher, poetry is the best motto in life, besides mother's prayer.

Time is Meaningless

Time is meaningless. We are eternal :

Picking moment after moment, threading like a flowers

Until one day

we forget why

“But, time is meaningless, isn’t it?”, ask you.

We are eternal.

By : Sapardi Djoko Damono

Translatted by : Harry Aveling

DEDICATION

I dedicate this thesis to :

My dearest parents :

Mother, Ibu Samini

Father, Bapak Suhadi

My strongest Grandmother :

Mbok Misri

My beloved sister :

Unnie Siska Febri Nuryanti, and her cutiest daughter,

Hanifa Wahyu Nur Zhafira

My advisor :

Bapak Muhammad Edy Thoyib, M.A

My teachers :

who I cannot mention one by one.

Meiner Lieben :

Ridwanul Hakim Authonul Muther, whatever the destiny has written by God later, thanks for having me to re-read ; in your life, live, and love. Joining me in your heart, hard, and hurt. Wish I can always be with you in happiness and sadness.

My Friends :

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It’s not easy to write and finish this thesis. Therefore, I would like to give a special thanks to my advisor, Muhammad Edy Thoyib, M.A., for giving me a lot of advice, guidance and encouragement to finish my thesis. Thank you for taking your time to read all of my drafts, talk through my ideas and mistakes, also wait me patiently for all of the revision.

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Finally, I hope this thesis will be useful for all the readers and may provide a little guide to always find ourself . This study may not be perfect. Hence, any comment, correction, and criticism will be gently welcomed.

Malang, October 9th,
2019

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ABSTRACT

Sari, Dyah Monika. 2019. Personality Development of Holden Caulfield in J.D Salinger's *The Catcher in The Rye*. Thesis. Department of English Literature. Faculty of Humanities. Universitas Islam Negeri Maulana Malik Ibrahim Malang.

Advisor : Muhammad Edy Thoyib, M.A

Keywords : Analytical Psychology, Dynamic of Personality, Personality Development

Most people only pay attention to their consciousness and ignore their unconscious. Therefore, it needs a guide or medium that can inspire people to also pay attention to their unconscious in order to create a balanced personality. Literature as a reflection of human behavior is a way, to bring together the relationship between psychology to literature and its relationship to personality.

There is a question raised in this study; 1) How is the process of personality development that Holden Caulfield has to go through J.D Salinger's *The Catcher in The Rye*?. This research uses Psychological Approach, that is Analytical Psychology by Carl Gustav Jung. The main theory used in this study is the theory of Personality. The research method used in this research is qualitative descriptive and using narrative method in analyzing data. The research data was taken from the novel *The Catcher in The Rye* by J.D Salinger published in 1951.

The findings of this study indicate two points, those are; 1) the dynamic of personality development that Holden Caulfield experienced through his psychological problem. Holden's dynamic of personality analysis included the levels of psyche and personality types. Holden's levels of psyche is dominant in his unconscious, especially for his archetypes of *shadows*, that is the memories of his little brother, Allie, also his *persona*, and *hero* that Holden represents through his idea to be the catcher in the rye, that is his thought about saviour of kids. Based on Jung typology, his types of personality included introverted-feeling. It is based on his psychological problem as an introverted person and his anxiety in facing situation. 2) Holden Caulfield's personality development. This point identifies Holden's attempt to overcome his psychological problem. Holden overcome his introvert by repression, while sublimation and individuation are did by him to overcome anxiety.

ABSTRAK

Sari, Dyah Monika. 2019. Personality Development of Holden Caulfield in J.D Salinger's *The Catcher in The Rye*. Skripsi. Jurusan Sastra Inggris. Fakultas Humaniora. Universitas Islam Negeri Maulana Malik Ibrahim Malang.

Pembimbing : Muhammad Edy Thoyib, M.A

Kata Kunci : Psikologi Analitik, Dinamika Kepribadian, Perkembangan Kepribadian

Pada umumnya, orang-orang hanya memperhatikan kesadaran dan mengabaikan ketidaksadarannya. Oleh karena itu, dibutuhkan sebuah panduan atau media yang dapat menginspirasi khalayak untuk juga memperhatikan ketidaksadarannya agar tercipta kepribadian yang seimbang. Sastra sebagai cerminan perilaku manusia adalah suatu cara, untuk menyatukan hubungan antara psikologi dengan sastra serta hubungannya dengan kepribadian.

Pertanyaan yang diajukan dalam penelitian ini adalah 1) Bagaimana proses perkembangan kepribadian yang dialami Holden Caulfield melalui novel *The Catcher in The Rye* karya J.D Salinger?. Penelitian ini menggunakan pendekatan psikologis, yakni psikologi analitik yang dikemukakan oleh Carl Gustav Jung. Teori utama yang digunakan dalam penelitian ini adalah Teori Kepribadian. Metode penelitian yang digunakan dalam penelitian ini adalah deskriptif kualitatif, dengan menggunakan metode naratif dalam menganalisis data. Data penelitian diambil dari novel *The Catcher in The Rye* karya J.D Salinger yang diterbitkan pada tahun 1951.

Terdapat dua poin yang ditunjukkan dalam penelitian ini, yakni ; 1) dinamika kepribadian Holden Caulfield melalui masalah psikologisnya. Analisis data dinamika kepribadian pada diri Holden mencakup tingkatan jiwa dan tipe kepribadiannya. Tingkatan jiwa pada diri Holden dominan pada alam bawah sadarnya, terutama arketipe *bayangan* nya, yakni kenangan tentang adik laki-lakinya, Allie, yang mempengaruhi kepribadiannya. Sedangkan arketipe *persona*(topeng) *pahlawan* Holden ditunjukkan melalui keinginan dan pandangannya untuk menjadi penangkap di ladang gandum (*The catcher in the rye*) sebagai penyelamat anak-anak. Berdasarkan tipologi Jung, tipe kepribadian yang tercermin pada diri Holden adalah introvert-perasa. Masalah psikologis yang dihadapi Holden adalah introvert dan kecemasan. 2) Perkembangan kepribadian yang mengidentifikasi upaya Holden dalam mengatasi masalah psikologisnya. Holden mengatasi kepribadiannya yang introvert dengan represi, sementara sublimasi dan individuasi dilakukan untuk mengatasi kecemasannya.

مستخلص البحث

مونیکا ساري، دياة. 2019. عملية افراديّ هولدن كولفيلد في الرواية The Catcher in The Rye" من تأليف J.D Salinger. البحث الجامعة. قسم اللغة الإنجليزية وأدبها. بجامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانق. المشرف : محمد آدي طيب الماجستير

الكلمات الأساسية : التحليل النفسي، عملية افراديّ، تحقيق الشخصية

بشكل عام ، يتنبّه الناس إلّا إلى وعيهم ويتجاهلون فقدانهم للوعي. لذلك ، نحتاج إلى دليل أو وسيلة إعلامية يمكن أن تلهم الجماهير للانتباه أيضًا إلى فقدان وعيهم من أجل خلق شخصية متوازنة. الأدب باعتباره انعكاسًا لسلوك الإنسان هو وسيلة لتوحيد العلاقة بين علم النفس والأدب وعلاقتها بالشخصية.

الأسئلة المطروحة في هذا البحث هي (1) كيف عملية تنمية شخصية هولدن كولفيلد من خلال رواية The Catcher in The Rye من تأليف J.D Salinger ؟ تستخدم هذا البحث مقارنة نفسية ، وهي علم النفس التحليلي الذي اقترحه كارل جوستاف يونغ. النظرية الرئيسية المستخدمة في هذا البحث هي نظرية الشخصية. إن منهج البحث المستخدم في هذا البحث وصفي نوعي ، باستخدام الأسلوب السرد في تحليل البيانات. تم أخذ بيانات البحث من رواية The Catcher in The Rye من تأليف J.D Salinger والتي نُشرت عام 1951.

هناك نقطتان موضحتان في هذه البحث، وهما ؛(1) ديناميات شخصية هولدن كولفيلد من خلال مشاكله النفسية. يتضمن تحليل بيانات شخصية هولدن الديناميكية المستويات النفسيّة وأنواع الشخصية. يسود المستوى النفسية لهولدن في عقله الباطن ، وخاصة نموذجة الأصلي الخيالي ، أي ذكريات شقيقه الأصغر هو ألي ، التي تؤثر على

شخصيته. في هذه الأثناء ، يظهر النموذج الأصلي لبطل هولدن من خلال رغبته ورؤيته في أن يكون ماسكًا في حقل القمح (The catcher in the rye) كمنقذ للأطفال. وفقًا لتصنيف يونغ ، فإن نوع شخصية هولدن المنعكسة هي شعور انطوائي. المشاكل النفسية التي يواجهها هولدن هي الانطوائيون والقلق. (2) تنمية الشخصية التي تحدد جهود هولدن للتغلب على المشاكل النفسية. يتأقلم هولدن مع شخصيته الانطوائية بالقمع ، بينما يتم استخدام التسامي والتفرد للتغلب على قلقه.



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CHAPTER I

INTRODUCTION

A. Background of the Study

Humans are accustomed to using a ratio that has only about 12 percents of all brain power and ignores other forces that are in unconsciousness. It is cited by Sentanu in 2005. Many people forget that personality does not only consist of a ratio as an aspect of consciousness, but also an inner side that is included in unconsciousness. Unconsciousness in human beings also needs to be processed and developed so that a balance occurs in the personality.

According to Laing, the soul as a whole is a vast ocean which is mostly unknown to the ego (in Zohar & Marshall, 2001). In humans, there are parts that have not been fully and maximally developed. Jung said that every human being has a tendency to optimize all the potential that exists in him and to be the best among himself (in Cremers, 1986). Jung also mentions that in all human development, there is a hidden plan of life that secretly influences the entire development. And if someone is unable to recognize it, he will experience an inner emptiness (in Cremers, 1986). If there is a part in personality that is neglected or underdeveloped, then that part will become a center of resistance that seeks to seize the energy of a more fully developed system, and if too much resistance then the individual will become neurotic (Hall & Lindzey, 1993).

Whole personality can only be achieved if the individual wants to develop all the parts in him. Humans become a loss of identity if there is no balance in

personality. Many people, especially those living in big cities, experience this. They experience spiritual unrest without knowing what causes it. One result of spiritual unrest experienced by humans is impingement on negative things such as illegal drugs or even suicide (Widyasmoro & Christiantiwati, 2004).

Against the problem described above, the researcher shown that humans need a guide that can inspire them to pay more attention to their unconsciousness in order to reach a complete person. A medium that can be used to inspire humans to learn valuable lessons so that their lives become better is through literary works (Sumardjo, 1984). Literary work is one of one's thoughts or views expressed according to experience. Problems experienced by humans and how to solve them are interesting to be written in the form of literary works. Twists and turns of life experienced humans give an ethnic feel to a literary work. The writers pour ideas in the form of different characters and try deliver messages to readers about how to solve them. Then, the writers have a very important role in literature development. By the ideas, the reader gets a good message that is implied or explicitly from the literary work. Literature is a creative activity, a work of art (Wellek & Warren, 1995: 3). The statement implies, that literature is a works of art that demand the reader to be more creative. The work is in the form of human life delivered through language.

There are many literary works scattered, but the researcher will examine a novel entitled "The Catcher in The Rye".

The Catcher in The Rye, J.D. Salinger's masterpiece, is one of the most controversial books in North-American contemporary literature. It was first released in 1951 and, since then, it has been drawing people's attention from all over. A very strange writer with very unusual manners combined with a rebellious character who would both shock and move people was the magic formula for a resounding success. Obligatory reading for high-school students around the globe, this novel has crossed all boundaries and conquered the whole world. However, criticized and controversial Salinger's book might have been, its contribution to both changing some literature concepts and changing people's mind about some issues concerning being a teenager is unquestionable. Understanding all the myths and controversies which surround this magnificent piece of work is hard-working but rewarding. In this research, due to its great importance for literature, some considerations on *The Catcher in The Rye* and mostly on its main character, Holden Caulfield, have been made. This research intends to take a deeper look into Salinger's masterpiece, using some traces of the psychological approach – based on Carl Gustav Jung's studies on Personality Development, mainly - to try to help other readers to unfold some of the deeper meanings of this novel.

The Catcher in The Rye is timeless: more than sixty years have gone by since it was first published and it remains modern. Its thematic – an adolescent having trouble to fit into the rules of society – will always be contemporary. The fact that Salinger was the first person to openly and faithfully write about the difficulties of growing up gave him the credit for living a very uncommon and questionable life and remaining respectful anyhow. During the fifties, it was very

difficult for youngsters to be heard and respected; after Holden Caulfield appeared, teenagers were given the opportunity of being heard and not taken for granted anymore. With its strong and acid vocabulary, full of swear words – not openly uttered at that time – *The Catcher In The Rye* shocked most Americans when it was first published. However, all the bad things about living in a phoney society were now revealed : the “perfect” American way of life was about to be exposed. Holden Caulfield and his rebelliousness completely changed a generation and continue being reference to youngsters nowadays.

By using the psychological approach, the researcher intends to help clarify some misunderstood ideas which surround this masterpiece. One of them, for example, consists of mistaking *The Catcher in The Rye* for an ordinary story about a rebellious teenager. Such definition could not be further from the truth. We are aware that it is always a big challenge to try to analyze in greater depth a literary masterpiece. Some mistakes can be made. The researcher’s intention here, though, is to get to possible conclusions by giving examples from the character’s speech and actions: no conclusion will be made out of nowhere, that is, conclusions are always supported by textual references to *The Catcher in The Rye*. It will thus be possible to show future readers – or even people who have already been in touch with this novel, but had never given it its real importance – some less apparent meanings in some of Holden Caulfield’s attitudes and actions.

However criticized and taken for granted Salinger’s masterpiece may have been, this research is a tribute to one of the best and most important books in American literature, one that undoubtedly deserves to be properly appreciated and

enjoyed. An analysis of the intense stigma surrounding *The Catcher in the Rye*, what prompted its censorship in schools across the United States, and why the novel is able to be accepted today are key elements in understanding how Salinger's novel challenged and shaped the genre of young adult literature.

Relating to Psychoanalysis, especially in Carl Gustav Jung Analytical Psychology's theory in Personality, Personality development through a series of stages that culminate in individuation, or self realization. Analytical psychology is essentially a psychology of opposites, and self realization is the process of integrating the opposite poles into a single homegenius individual point. This process of "coming to self-hood" means that a person has all psychological component functioning in unity, with no psychic process atrophying point. People who have gone through this process have achieved realization of *the self*, minimized their *persona*, recognized their *anima* or *animus*, and acquired a workable balance between introversion and extraversion. In addition, theese self-realized individuals have elevated all four of the functions to a superior position, and extremely difficult acomplishmet. It is the complete statement from the composition that has to be accepted by human being which is called as individuality (*Two Essays on Analytical Psychology*).

From that statement, it is clearly revealed that personality development, is originally come from repetitive observation of myth and universal literature that consist of many stories and some big themes recognized everytime and everywhere. *The Catcher in the Rye* paved the way for contemporary young adult literature. Salinger's depiction of the coming-of-age journey is highly

characteristic of the shifts in 1950s American culture. Holden Caulfield's character was not only reflective, but likewise indicative of the newfound model of American adolescence and teenage rebellion.

Moreover, an important aspect of the novel is its depiction of the history and culture in the U.S. during 1951. In her book *In Cold Fear*, Pamela Hunt Steinle analyzes the U.S.'s cultural shifts during the mid-twentieth century. One of her main explanations for the censorship of *The Catcher in the Rye* is the shift in innocence of the American people after nuclear weapons were used to end World War I.

In this century, literary works still use the theme of humanity. It shows that the problem of humanity still becomes the top of real social life. Besides, the literary work also functioned as the reflection for the people that links their own psyche. Thus, this research is determined to have Personality Development of Holden Caulfield In J.D Salinger's *The Catcher In The Rye*. There are some previous studies related to this study.

The first previous study is related to the analysis about the theory, that is *Perwatakan Tokoh Utama Jonathan Noel dalam Roman Die Taube Karya Patrik Suskind*. This is a thesis of Akfeningrum from Faculty of Language and Arts, Universitas Negeri Yogyakarta. It analyzes the main character's psychological problem, character and characterization of main character, the factor of main character's psychological problem, and how the main character avoid his psychological problem in that novel.

The second previous study is related to the object of study. It is a journal article which is posted at Balai Bahasa Surabaya, by M. Oktavia Vidiyanti. This journal article traces the discursive sphere in which Holden Caulfield functions, both as a universalised image of the teenager, and as a literary forbear for young adult fiction. This study also uses the Psychology of literature approach which is only focuses on Archetypal Studies.

The third is a thesis, related to the object studies of this research. The thesis done by Aneta Fibringenova entitled *The Portrayal and Self-image of Holden Caulfield of The Catcher in the Rye*. The thesis analyze the two possible views on Holden Caulfield, the protagonist of J.D. Salinger's *The Catcher in the Rye* – his self-image and his portrayal. The self-image discussion will be based on Holden's own perception of himself (with his statements and fantasies being the source of information). It is use Sigmund Freud's theory.

In other side, this study focus on analyzing J.D Salinger's *The Catcher in The Rye* by using Carl Gustav Jung's Analytical Psychology that prioritizing the balance between consciousness and unconsciousness in personality. This study will not analyze the characteristic of the main character as mentioned in the previous studies.

The aim of this study is showing the way to analyze and identify Holden Caulfield's personality development in J.D Salinger's *The Catcher in The Rye* based on the researcher's reading through Carl Gustav Jung's Analytical Psychology. It is functioned to find out Holden Caulfield's dynamic of

personality. This novel contains many psychological problems. Therefore, the researcher wants to reveal the structure of psyche, dynamics of personality that is called as archetypes that consists of some elements. Those elements can be foundation for the complexity of emotional and also progression and regression as the part of personality development.

B. Problem of the Study

In order to gain scientific knowledge as accumulative science for specific purpose and vivid explanation, it is required to formulate the problem of study. Therefore, the researcher proposed the research problem in this study, that is :
How is the process of personality development that Holden Caulfield has to go through J.D Salinger's *The Catcher In The Rye*?

C. Objective of the Study

Related to the problem formulated, this study has a main objectives, that is :
To describe the process of personality development that Holden Caulfield has to go through J.D Salinger's *The Catcher In The Rye*.

D. The Significance of the Study

This study is expected to be beneficial both theoretically and practically. Theoretically, the result of the study is intended to be able to enrich the literary studies. It also expected to open the new insight of personality development represented by the story of J.D Salinger's *The Catcher in The Rye* novel. Besides, the aim of this study also to enrich psychological analysis in a literary work which is not only focused on the social impact in a community and related to the

historical event in a big scope, but also analysis in the side of an individual. Hence, through the literary work, the dangerous effect of individual psychological problem can be explored clearly.

Practically, this study is intended to be beneficial for the readers, especially the students of Literature, Psychology or Arts Departement who are interested in Analytical Psychology. Hopefully, this study will be worthy enough to be reference for those researching personality development of character by Carl Gustav Jung. Furthermore, this study can give more information and contribution for the next researchers who are interested in doing further study in this area.

C. Scope and Limitation

This study focuses on personality development by Carl Gustav Jung, experienced by Holden Caulfield as the main character in the novel *The Catcher in The Rye* by J.D Salinger. Personality development presented by the main character in the novel. The researcher admits that this study has its limitation. This study only examines the main character as the narrator of the story in the novel. There are several aspects that can be explored from this novel, for instance understanding personality development beyond the main character.

D. Definition of Key terms

To avoid misunderstanding about the terms used in this study, the researcher defines the important terms which are used in this study :

1. Archetype : natural tendency that construct and transforming the human conscioussness

2. The Self : part of archetypes over consciousness ego. It is the centre of individu which is to be the objective identity of man's personality.
3. Personality development : a series of stages that culminate in individuation or self-realization.
4. Progression : a movement to consciousness and takes the form of process of continuous adjustment to the demands of conscious life.
5. Regression : a backward movement in the process of personality development.
6. Individuation process : a psychological process of a man to achieved the unity of consciousness and unconsciousness (*the self*).
7. Self Realization : a figur of self that want to be achieved by a man as the result of individuation process.

E. Previous Study

To develop the discourse analysis of J.D Salinger's *The Catcher in The Rye* through Analytical Psychology theory by Carl Gustav Jung , especially in analyzing *personality development* in a literary work, this study conducted some previous studies, among of them are :

The first previous study is related to the analysis about the theory, that is *Perwatakan Tokoh Utama Jonathan Noel dalam Roman Die Taube Karya Patrik Suskind*. This is a thesis of Akfiningrum from Faculty of Language and Arts, Universitas Negeri Yogyakarta. It analyzes the main character's psychological problem, character and characterization of main character, the factor of main

character's psychological problem, and how the main character avoid his psychological problem in that novel.

The second previous study is related to the object of study. It is a journal article which is posted at Balai Bahasa Surabaya, by M. Oktavia Vidiyanti. This journal article traces the discursive sphere in which Holden Caulfield functions, both as a universalised image of the teenager, and as a literary forbear for young adult fiction. This study also uses the Psychology of literature approach which is only focuses on Archetypal Studies.

The third is a thesis, related to the object studies of this research. The thesis done by Aneta Fibringenova entitled *The Portrayal and Self-image of Holden Caulfield of The Catcher in the Rye*. The thesis analyze the two possible views on Holden Caulfield, the protagonist of J.D. Salinger's *The Catcher in the Rye* – his self-image and his portrayal. The self-image discussion will be based on Holden's own perception of himself (with his statements and fantasies being the source of information). It is use Sigmund Freud's theory.

In other side, this study focuses on analyzing J.D Salinger's *The Catcher in The Rye* by using Carl Gustav Jung's Analytical Psychology that prioritizing the balance between consciousness and unconsciousness in personality. This study will not analyze the characteristic of the main character.

This current study found that a novel entitled *The Catcher in The Rye* authored by J.D Salinger is not researched by using Jung's personality development concept yet. The research mostly uses Sigmund Freud concept of personality development. This is where the research gap was found, that there has

never been a study that uses *Personality Development of Individual Person* by Carl Gustav Jung.

F. Research Method

This section discusses the research design, data sources, data collection, and data analysis.

1. Research Design

This study applies Literary Criticism which covers the analysis of works of literature (Abrams, 2009, p.61). In the process of literary criticism, the critics weigh the work, discover excellencies and weaknesses and then pass the appropriate judgment. On the other hand, literary theory is the theory that guide those that criticize people's work(s).

This research is aimed to analyze the data related to personality development of Holden Caulfield as the main character in the novel *The Catcher in The Rye* by J.D Salinger. The main theory of this study is Analytical Psychology by Carl Gustav Jung which discusses personality development (Feist, 2013, pg.124). It is categorized as psychological theme. Thus, this study used psychological approach which is also called as psychological of literature.

Psychology of literature is an interdiscipline between psychology and literature (Endraswara, 2008: 16). Minderop in the book *Psychology of Literature* explained, there are three steps on understanding the theory of literary psychology. The first is through understanding psychological theories, then an analysis of a literary work is carried out. Second, by first determining a

literary work as an object of research, then determined psychological theories that are considered relevant for use. Third, simultaneously finding theories and research objects (Endraswara, 2008: 89). Furthermore, it shows that the text displayed through a technique in literary theory can in fact reflect a concept of psychology carried by a fictional character. In this study, the researcher took the second step.

Literary Criticism is a way to refer discussion of the work's content and integrates the ideas with other insights gained from research. Literary criticism may have a positive or a negative bias and may be a study of an individual piece of literature or an author's body of work.

2. Data Source

The data source of this study is J.D Salinger's *The Catcher in The Rye* novel which was firstly published in 1951. It has 115 pages in the form of pdf. The researcher retrieves this novel from libgen.org in 20th November 2018. Moreover, the researcher use the words, phrases, and sentences from the novel as the data of this study.

3. Data Collection

Since this study uses personality development concept of the main character in J.D Salinger's *The Catcher in The Rye*, the researcher identifies the potential narrative texts showing the stages of personality development in the novel. In this step, the researcher takes the note and classifies the main character's psychological problems to identify the archetypes and types of

psyche as part of dynamic of personality. The researcher also identifies the main character's progression and regression as the process of personality development.

4. Data Analysis

Related to the research design, the researcher does some steps to analyze the data as stated below :

1. The researcher describes and investigates personality development of the main character in the novel.
2. The evidences related to personality development will be explain as detail as possible to be the base part of Jung's Analytical Psychology .
3. The researcher do interpretation between the data and the theory. In this step, the main character's element of dynamic personality will be accumulated as the process of personality development. It shows regression, progression, and the stages of life of the main character.

CHAPTER II

REVIEW ON DEGREED LITERATURE

A. Literature As Reflection of Personality

M.H Abram, on *The Mirror and The Lamp*, argued that literary works are a reflection of human behavior, a window through which we can understand the world and the personality of the author that really needs to be understood. Caryly in 1827 wrote a literary critique of the attachment of a poet whose poetry reflects psychologically related behavior. Since ancient times, literary works have been known relating to the problem of author biography; lately it turns out literary works are a reflection of feelings, thoughts, and even more extreme, literature is an expression of the hidden sexual impulses of the creator. The expressions of literary works that describe or as a characteristic aesthetic orientation were published in the early 19th century (Minderop, 2010: 61).

Before examining how the relationship between personality and literary works, there are several elements that need to be known. First, the researcher needs to observe the author to explain his work. The study is conducted on exponents who separate and explain the specific quality of a literary work through the quality reference of the author's reasoning, life, and environment. Second, researchers need to understand the author regardless of his work; the way is to observe the author's biography and to reconstruct the author from the side of his life and use his work as a recording of life and character. The third is, researchers

need to read a literary work to find a reflection of the author's personality in the work (Abrams, 1979: 227).

Based on this type, observations focus on aesthetic values and appreciation while promoting aesthetic quality as a projection of personal quality by observing the work as a transparent medium to gain the soul of the author in it.

Related to the relationship between literature and psychology, there are several factors that need attention. First, a literary work must reflect the strength, wealth and expertise of its creator as stated by Christopher Marlowe. Second, literary works must have features in terms of style and language problems as a tool to express the thoughts and feelings of the author. Third, the problem of style, structure and theme of literary work must be interrelated with elements that reflect the thoughts and feelings of individuals, included in it: the main message, specialization, soul surge, pleasure and displeasure that gives continuity and coherence to the personality.

According to Edmund Wilson, the most important elements of fiction are the elements included in the personality of the author; his imagination is capable of displaying images through characters, situations and conflict scenes experienced by the characters. Characterization of the figure who is a personification of various impulses and emotions of the author .; the relationship between these elements in the narrative is the relationship of elements experienced by the author (Abrams, 1979: 228).

Literary phenomenon as a personal "reflection" has long been developing, however, the term "reflection" is not meant as a personal reflection of the author because the author's personality is not always entered into his literary work (Endraswara, 2008: 28). Common figures are in prose and drama; they appear to construct an object and are psychologically representative of writers. Literary messages appear through the figures (Endraswara, 2008: 185). The figures that are the focus of the research are usually the main characters, while the subordinate figures, although not too dominant but they have an important role in supporting and clarifying the character of the main character.

Based on the explanation above, the novel *The Catcher In The Rye* by J.D Salinger has fulfilled the study factor as one of the literary works that has special features in terms of style and language problems as a tool to express the thoughts and feelings of individuals and authors. In which there is a main message, specialization, soul surge, pleasure and displeasure that provides continuity and coherence to the personality. This is reflected in Holden Caulfield himself as the main character, who builds an object psychologically.

B. Analytical Psychology of Carl Jung

In Psychological of Literature, there are several prominent psychological figures, such as Sigmund Freud, Carl Gustav Jung and Mortimer Adler who have provided inspiration about the mysteries of human behavior through psychological theories. The pioneer of psychological theory is Sigmund Freud.

The theory of psychological of literature approach is developed by Freud who is known as Psychoanalysis.

Psychoanalysis is a method of healing that is psychological in physical ways. The main character of psychoanalysis is Sigmund Freud. At the first, Freud developed his structure of personality's theory and the causes of mental disorders. Freud divided the structure of personality into three, namely, id, ego and super ego (Sujanto, 2008: 59). By Freud's thought, another psychologist emerged who followed Freud's direction. They used Freud's rationale but the psychologists developed his psychological theory again because Freud's psychological theory was less specific. Freud's theory only focuses on the unconscious. One of Freud's students who succeeded in developing psychological theory was Carl Gustav Jung.

Carl Gustav Jung's approach to psychology is quite unique and has wide influence and is emphasized on the understanding of psyche through exploration of the world of dreams, art, mythology, religion and philosophy. In Jung's view, personality is a combination that embraces feelings and behavior, both conscious and unconscious. Although he was a theoretical psychologist and practically for most of his life, most of his work explored other fields, namely alchemy, astrology, sociology, as well as literature and art. Jung stated, that by studying these fields, Jung can reveal many aspects of the structure of the human personality as a whole (in Creamers, 1986).

Carl Gustav Jung also stressed the importance of balance and harmony. He warned that modern humans rely too much on science and logic and would benefit from the integration of spirituality and appreciation of the subconscious.

Jung, then compiled his own psychotherapist's theory and method called analytical psychology after his split with Freud. The long working relationship between Jung and Freud turned out to influence Jung in seeing the importance of the unconscious. However, there are many differences that contradict Freud's psychoanalysis. Theories in analytical psychology view humans more positively than Freud's psychoanalysis. According to Jung, every human being has a tendency in himself to be able to develop as a whole throughout his life (Jung in Creamers, 1986).

Personality development is a fairly complex concept of Jung's Analytical Psychology and it would be very difficult to understand it without adequate knowledge of the basics of Jung's theory contained in his analytical psychology. Based on this, the researcher will first discuss the basic principles of Jung's theory, before discussing Personality Development.

Carl Gustav Jung began his career as a psychiatrist in Zurich. Jung greatly admired Sigmund Freud and his works, so that Jung became a loyal student and friend of Freud. Friendship between Jung and Freud only lasted for about seven years, and ended with a split between the two. The split was mainly due to Jung's disagreement with Freud's views which always emphasized sexuality, but also because Jung disagreed with Freud's views that emphasized sexuality, but also because of personal reasons (Fordham, 1956; Hall & Lindzey, 1993).

Jung uses the term psyche to refer to the entire human personality with a number of systems in it. Psyche is a dynamic system and will continue to develop creatively towards integrity throughout the life span. The energy governing the psyche is called libido, but the concept of libido used by Jung is incompatible with the concept of libido put forward by Freud. Libido in Jung's view is not only an instinctual energy that is sexual in nature, but has a broader understanding. Libido, according to Jung, is the energy of life processes that are able to move things in humans (in Sebatu, 1994). Libido has a very important role in psychology because it is used for two main purposes. The first objective is to fulfill basic human needs, such as survival and breeding. Whereas the second goal is to carry out higher life goals in cultural and spiritual activities (Hall & Lindzey, 1993).

Jung views that personality or psyche is a complex system and consists of opposing aspects, each of which has its own reality, so, in order to achieve healthy and complete consideration, individuals must be willing to develop all their potentials in a harmonious whole. (Hostie, 1957). The purpose of human personality is psychological totality, where there is cooperation between various parts, because excessive domination in one aspect will cause psychological disorders in personality. According to Jung, much of the despair that struck modern society was because humans too often relied on their ratios in everything, so it was too heavy to emphasize consciousness at the expense of the unconscious (in Schultz, 1991). Through his theory in analytical psychology, Jung tried to offer a way to reach the true identity and balanced personality by experienced and

aware of personality development through the types of personality, dynamic of personality that includes archetypal study, and also the stages of personality that emphasizes the harmonization of various parts in personality.

1. Levels of Psyche

Jung divides the levels of psyche into two main parts, namely consciousness and unconsciousness. The unconscious is divided into two, namely the personal unconscious and the collective unconscious.

a. Conscious

Consciousness is a part of the psyche which contains perceptions, memories, thoughts and feelings that are based on individuals with the ego as the center. The ego is tasked with making contact with the outside world and forming identity in individuals (Hall & Lindzey, 1993; Naisaban, 2004). In a psychologically healthy person, the ego takes a secondary position to the unconscious self (Jung, 1951/1959a). Thus, the unconsciousness plays a relatively minor role in analytical psychology, and an overemphasis on expanding one's conscious psyche can lead to psychological imbalance. Healthy individuals are in contact with their conscious world, but they also allow themselves to experience their unconscious self and thus to achieve individuation.

b. Unconscious

Jung (1978) describes the unconscious as follows :

Unconscious contains everything psychic that hasn't reached the threshold of consciousness or whose energy charge isn't sufficient to maintain it in consciousness, or that will reach consciousness only in the future..

Unconsciousness in other words is a part of the psyche that contains everything that has not yet reached consciousness because it does not have enough energy to achieve it, or things that will reach consciousness in the future. Jung in another book states that unconsciousness is very little related to consciousness, so most people will deny its existence, but unconsciousness will still be manifested in many ways such as individual behavior, human work, and even in dreams (1980).

The content of the unconscious is not easily understood by individuals, especially those that appear in the form of dreams, because it uses the language of symbols (Jung, 1964). Jung said that something is called a symbol if it contains more meaning than what is seen, has an unconscious element and cannot be explained directly (1964). Jung then also distinguishes between symbols with signs. Sign according to Jung is only as a substitute or representation of an object or event that truly reflects what is seen from the outside (in Fordham, 1956).

Aside from dreams and events that occur outside of individuals, Jung added that symbols also appear in what Jung calls synchronicity. Synchronicity is the connection between two events that did not occur because of a causal relationship, but by meaning (Franz, 1964: Hart, 1997). Synchronicity according

to Jung can link individual unconsciousness with other individual unconsciousness (in Kalia, Singh and Singh, 2002). Individual understanding of symbols according to Jung is very important to know the contents of the unconscious that are useful for the realization of individuation (1964).

Unconsciousness according to Jung has a very important role for the development of psyche. Fordham (1956) explained that "The unconscious therefore in Jung's view, is not merely a cellar where man dumps his rubbish, but the source of conscious and creative and destructive spirit of mankind". In the unconscious, there are creative aspects that if ignored by consciousness will be able to disrupt the conscious rational processes by mastering them and diverting them into distorted forms (Jung in Hall & Lindzey, 1993).

Jung divided the unconscious into two parts, namely the personal unconscious and the collective unconscious.

1) Personal Unconscious

Personal unconsciousness is part of the *psyche* in which there are things such as experience, hope, and impulses that have been realized but then forgotten or ignored, and things that are too weak to be brought to consciousness (Hall & Lindzey, 1993). Fordham (1965) in his book explained that the contents of personal unconsciousness can arise in consciousness in several ways. Fordham states as follows:

The memories of personal unconscious, though not entirely under the control of the will, can when repressions weakens (as for instance in sleep), be recalled. Sometimes they return of their own accord, sometimes a chance association or shock will bring them to the light, sometimes they appear

somewhat disguised in dreams and fantasies, sometimes especially if they are causing disturbances as in neurosis, they need to be 'dig out'.

In personal unconscious there are organized groups of feelings, thoughts, perceptions, and memories called Jung in *complex* terms (Fordham, 1956). *Complex* has a magnetic core and draws experiences and ideas towards it (Hall & Lindzey, 1993). *Complex* can determine how individuals observe the world and their values, interests and drives (Schultz, 1991). One example is the maternal complex. Someone who has a complex mother, thoughts, feelings, and actions are very dominated by the concept of mother.

2) Collective Unconscious

Jung (in Kalia, Singh and Singh, 2002) defines collective unconscious as follows:

It is there servoir of our experiences as a species, a kind of knowledgewe are all born with. And yet we can never be directly conscious of it. It influences all of our experiences and behaviors, most especially the emotional ones, but we only know about it indirectly, by looking at those influences.

Collective unconsciousness is a "storehouse" of latent memories inherited from ancestors who are independent of all personal and universal aspects that can influence behavior even if it cannot be seen directly. Humans inherit the possibility or tendency to revive the experiences of past generations which are then projected on the environment, which makes humans react selectively to the world. One example given by Jung is the human tendency to fear wild animals. This tendency, according to Jung, is inherited from ancient human experience in dealing with wild animals (Hall & Lindzey, 1993).

The collective unconscious contains the contents obtained during the whole soul growth, that is, the growth of the souls of all types of people through previous generations. Jung formulated the collective unconscious as a great inheritance of obligations from previous humanitarian developments back in the structure of each individual, and compared it with the collective mystical responses (representations collectives) of primitive people (Suryabrata, 2007: 167).

Knowledge about the unconscious is obtained through the manifestation of the contents of the unconscious. Manifestations of the unconscious can be in the form of symptoms and complexes, dreams, and archetypes. Symptom and complex are symptoms that can still be realized. Symptom is a danger sign that tells us something is lacking in consciousness, so it requires expansion into the unconscious. Complex is the psychiatric part of the personality that has been divided and separated from the control of consciousness and then has its own life in the darkness of the unconscious, which can always inhibit or show the achievements of consciousness. Complex is the apparent impossibility of accepting one's own state in its entirety (Suryabrata, 2007: 167).

The main component in the collective unconscious is archetype. Archetypes is a form of instinctive opinion and instinctive reaction to certain situations that occur outside of consciousness. Archetypes is the center and energy field of the unconscious that can change the attitude of human conscious life. Archetypes can only be formally limited, not materially, people can only describe but cannot draw it. This concept emerged as a result of Jung's investigation of a number of fairy tales, myths, and dreams from various cultures. Jung discovered

that there were certain basic patterns that emerged from these fables, myths and dreams. For example, the pattern of revival that appears in many cultures in the world. These basic patterns according to Jung are a legacy of the past embedded in *psyche* and can express themselves spontaneously (1978).

Archetypes can be interpreted as a form of thought or ideas that are embedded in the *psyche* which forms the basis of individual views and is projected on individual experiences. Although archetypes are at an unconscious level, their effects can be seen in a number of things such as dreams and appear indirectly in the work of humans.

There are many archetypes in the *psyche*, but Jung mentions some archetypes whose influence is very important for individuals. The archetypes are as follows:

a) Persona

The word *persona* comes from Latin which means a mask that is often used interchangeably by a drama performer while performing a performance (Sebatu, 1994). In accordance with its origin, according to Jung is a mask worn by individuals as a reaction to demands in the environment outside the individual (in Hall & Lindzey, 1993). Individuals use *persona* in order to make a good impression on the outside environment.

Persona are useful for individuals to adjust to different environmental situations. For example, a woman who is a boss in her office must wear a *persona* that makes herself firm and respected by her subordinates, but as a wife at home,

she must use a different persona in dealing with her husband. Individuals can use more than one person depending on the role that must be carried out in different situations.

Persona is a very important aspect for individuals, but if a person uses persona too often, then he becomes alienated from himself. *Persona* that is too often used causes the actual personality does not develop, because individuals only try to display a good impression on the outside environment that is not necessarily an expression of the true personality of the individual (Sebatu, 1994).

b) Shadow

Shadow or shadow is the dark side or often also referred to as the evil side in human beings that are kept to a minimum to be displayed to the outside environment. Jung stated that these archetypes consist of animal instincts inherited by humans in their evolution in lower forms of life (Hall & Lindzey, 1993).

Shadow arises in the form of thoughts, feelings and behavior that are unpleasant and often cannot be controlled by the individual. *Shadow* are usually hidden from the outside environment by using *persona*, because *shadow* that are displayed out by individuals will receive reproach or punishment as a result of deviations from the norms prevailing in society. Therefore, Fordham (1965) states that the more stringent a rule or norm that applies in a society, the greater the *shadow* that exists in an individual.

Shadow actually also has a positive aspect, because in it there are sources of spontaneity and creativity that are also important for individuals. Shadows

should not be denied, because *shadow* cannot be removed. To deny the existence of shadows will only make *shadow* appear to consciousness in a form that cannot be controlled by individuals. According to Jung, it is best to accept *shadow* as part of the psyche and balance it with other aspects so that it can fully develop (in Fordham, 1956).

c) Anima and Animus

The *Anima* and *Animus* archetypes emerged based on the theory that humans are basically bisexual creatures. Biologically, both men and women, have hormones found in the opposite sex, as well as psychologically. *Anima* is the feminine aspect that is found in the male unconscious, while the *Animus* is the masculine aspect that is found in the female unconscious (Hall & Lindzey, 1993).

Anima and *Animus* archetypes generally appear in the form of thoughts, feelings and emotions that can have both positive and negative consequences. This archetype develops from the experience of individuals living with the opposite sex. *Anima* is much influenced by the experience of a man with his mother, while the *Animus* is much influenced by the experience of a woman with her father. If the individual feels that his father or mother has a negative influence on him, then the anima and animus can appear in a negative form.

Anima in men can appear in negative forms, such as unstable emotions, erotic fantasies or being irrational. *Animus* can also appear in negative forms such as stubbornness, difficult to control and very rational. Apart from its negative influences, *anima* and *animus* also carry positive influences for individuals. This archetype helps the individual to understand the character of the opposite sex and

find the ideal partner for the individual by creating images in the unconscious. *Anima* and *Animus* are archetypes that are important for individual development. If individuals are able to overcome the negative effects of these archetypes, *anima* and *animus* can be a guide for individuals to achieve individuation (Franz, 1968).

d) Hero

The hero archetype is represented in mythology and legends as a powerful person, sometimes part god, who fights against great odds to conquer or vanquish evil in the form of dragons, monsters, serpents, or demons. In the end, however, the hero often is undone by some seemingly insignificant person or event (Jung, 1951/1959b). The image of the hero touches an archetype within people, as demonstrated by people's fascination with the heroes of movies, novels, plays, and television programs. When the hero conquers the villain, he or she frees the people from feelings of impotence and misery, at the same time serving as the model for the ideal personality (Jung, 1934/1954a).

The origin of the hero motif goes back to earliest human history –to the dawn of consciousness. In conquering the villain, the hero is symbolically overcoming the darkness of prehuman unconsciousness. The achievement of consciousness was one of ancestor's greatest accomplishments, and the image of the archetypal conquering hero represents victory over the forces of darkness (Jung, 1951/1959b).

e) Self

Self or self archetype are the most important archetype in personality. *Self* is an archetype which is an embodiment of unity between all aspects or parts of

personality. Self is not the same as the ego which is only the center of consciousness, but rather as the center of personality which includes consciousness and the unconscious. This archetype arises if the individual has reached individuation. *Self* is the ultimate goal of personality and to achieve it, other archetypes in personality must be realized and developed optimally first. Individuation means the change of personality center which was originally centered on the ego to be centered on *self* (Franz, 1964).

2. Types of Personality

One of Jung's contributions considered important to psychology was his theory of personality types. Jung distinguishes the type of human personality based on attitude, which is the way individuals react to their environment. Jung then also developed four functions of mental activity. Personality function is determined from the mental activity that is most dominant in individuals in responding to their environment. The following will be explained one by one:

a. Attitude

Jung's attitude was divided into two, namely *extrovert* and *introvert*. *Extroverts* are attitudes where individuals are more attracted to the outside world. This attraction is usually manifested by dependence on others and it is greatly influenced by things in the surrounding environment. There are several characteristics found in individuals who have *extrovert* attitudes, which researchers summarize from Fordham (1956), for instance :

- 1) Has a good ability to adjust to the environment.
- 2) Good at socializing because you really like interactions with other people.

- 3) Loves activities that involve many people.
- 4) Optimistic and very enthusiastic in doing many things.

Introvert is an attitude where the individual is more interested in his inner world and more controlled by the things that exist in him. The following are some of the characteristics of *introvert* attitudes which are also summarized from Fordham (1956), for instance :

- 1) Prefer to do activities alone.
- 2) Having a high imagination.
- 3) Like to reflect on events that happen to him.
- 4) Has a strong stance.

Every individual actually has both extrovert and introvert attitudes, but only one attitude develops and dominates. The non-dominant attitude does not disappear, but becomes unconscious (Schultz, 1991).

b. Function

There are four psychological functions in the *psyche*, there are thinking, feeling, sensing and intuiting (Hall & Lindzey, 1993). The function of thinking a function that emphasizes the ratio in processing information. Individuals who have this function as dominant functions, prioritize logic in assessing situations and acting. This individual is very firm in holding principles and tends to impose his will on others. This individual also does not like things that are irrational and tends to bury his emotions. These behaviors cause individuals with mind functions to become people who ignore interpersonal relationships. A positive aspect of the

functioning of thinking is that individuals can create new ideas and thoughts that are useful for others.

The function of feeling is a function where the individual strongly emphasizes the assessment of the situation or things around him. Individuals who are dominated by this function are sympathetic and helpful people. These individuals also attach great importance to interpersonal relations. The function of feeling is very useful in understanding and establishing relationships with others. The weakness of individuals who are dominated by the function of feeling is likely to be two-faced and insincere.

The function of sensing emphasizes the use of the five senses in understanding the events surrounding it. Establishment function is a function where individuals receive information as it is. Individuals who are dominated by this function lack imagination and are not interested in trying to find the meaning behind an event. The erection function is beneficial for jobs that require high sensory sensitivity.

The function of intuiting is a function that uses perceptions that are not in consciousness but pass through the unconscious. The function of intuiting often appear as a solution in problems that are difficult to solve with logic. Individuals who are dominated by this function like to look for the meaning behind an event. This individual also likes things that are not rational.

Broadly speaking, the four functions can be explained briefly. The function of sensing states the existence of an object. The function of the mind states the name of the object. The function of feeling states whether the object is good or bad. The

function of intuition states where the object came from and where it went (Fordham, 1956).

Each individual has these four functions, but just like attitude, only one function that develops and dominates is called the superior function. The other three functions become inferior functions. Jung stressed the importance of optimizing these four functions to achieve a complete personality. Between the attitude of the soul of introversion and extraversion there is a compensatory relationship.

Based on the functions and attitude, Jung divides the types of personality into eight. The eight personality types are called Jung typologies. Jung's typology can be described as the table follows :

Attitudes	Functions	Types of Personality	Unconsciousness
Extraversion	Thinking	Extraverted Thinking	Introverted Feeling
	Feeling	Extraverted Feeling	Introverted Thinking
	Sensing	Extraverted Sensing	Introverted Intuitive
	Intuiting	Extraverted Intuitive	Introverted Sensing
Introversion	Thinking	Introverted Thinking	Extraverted Feeling
	Feeling	Introverted Feeling	Extraverted Thinking
	Sensing	Introverted Sensing	Extraverted Intuitive
	Intuiting	Introverted Intuitive	Extraverted Sensing

Sources : Feist, Jess (2013).

In addition to these basic types, there are mixed types namely empirical thoughts, thoughts, intuitive-speculative thoughts, intuitions, feelings of intuition,

feelings, sensory feelings, and convictions. These types are the actual conscious life.

C. Dynamics of Personality

The dynamics of psyche or personality states that the structure of the psyche is not static, but dynamic which moves continuously. Dynamics arise as a result of psychic energy called libido. Libido as an abstraction that states dynamic relations. Psyche or personality is a closed energy system that is influenced by outside sources.

Psyche has a self-regulating principle, which takes place on the basis of certain laws. The basic law contained in the personality system is the law of the opposite or the law of opposing pairs. The law of opposing pairs (enantiodromia) which means that everything will turn into its opposite or opponent by defending the old value by knowing its opponent or its opposite.

In the structure of personality, there are opposing pairs, namely thinking - feeling, sensing - intuitive, conscious - unconsciousness, work- dream, anima - animus, and self- shadow. According to Jung, the dynamics of psyche is divided in to two main principles namely equivalence and entropy. The principle of equivalence states that, if a value decreases or disappears, the amount of energy supported by that value does not disappear from the psyche but will reappear in a new value. In personality systems, the amount of energy remains only its distribution which changes.

Based on the principle of equivalence, something that is paired or opposite has a complementary or compensatory relationship. The relationship means the

reduction of energy in an aspect results in an addition to the aspect of the opposite pair. The addition of energy in consciousness results in a reduction in energy in the unconscious. The entropy principle describes the dynamics of the psyche, that is, the distribution within the psyche always leads to a balance that creates a compensatory relationship between opposing pairs. The weak aspect is trying to improve its status by using a strong aspect (the opposing partner), causing tension in the personality or psyche.

The psychic energy inside personality has a direction that is progression and regression. *Progression* is a movement to consciousness and takes the form of a process of continuous adjustment to the demands of conscious life. *Regression* arises due to failure of conscious adjustment and awakening of the unconscious through the complex. Progression occurs on the basis of the need for individuals to adjust to the outside world, while regression occurs on the basis of the necessity of individuals to adjust to themselves.

The main characteristic of an energy process besides its direction is the value of intensity. Energy intensity (*Werteintensität*) is a picture that produces fantasy from the unconscious into a picture in a dream. People whose minds are very developed, so their feelings are not very developed. While those who are overly developed in their male nature, the female's nature will be pushed into their meekness, their subtlety will not be seen from the outside. This requires compensation that can be fulfilled with dreams or fantasies.

The pairing aspect is not always the opposite, thus creating a personality that is always dynamic. The transcendent function has the ability to unite all

opposing tendencies and process them into a perfect and ideal unity, aimed at realizing a perfect human being.

D. Personality Development

Human development leads to a more perfect level. So the goal of development is self-actualization (*Selbstaktualisierung*), which means humans always develop to a more perfect level and to a higher level of differentiation. This means Psyche has a new center which is the self that changes my place.

In looking at personality development, Freud was an expert who emphasized the past (causality), while Adler was an expert who emphasized the role of the future with his ideals (teleology). Jung argued that causality and teleology had an important role in personality development. These developments include Jung reaching back and forth, someone is required to duplicate on one side to see the past and on the other hand describe what will happen in the future. In the process of personality development can occur forward movement (progression) or backward movement (regression).

According to Jung in Yusuf (2008: 90), progression is conscious of being able to adjust satisfactorily to the demands of the outside world as well as the needs of the unconscious. Regression is not always negative, with the help of the “I” that can find a way to overcome obstacles faced. By doing the backward movement, the “I” find the knowledge in the unconscious to overcome the frustration encountered.

In personality development, psychic energy is transferred, meaning that it can be transferred from one aspect or system to another aspect or system. Psychic energy transfer takes place on the basis of the basic principles of dynamics, namely equivalence and entropy. Progressive transfer is called sublimation, which is the transfer from a more primitive, instructive, and low-differentiation process to a process that is more cultural, spiritual, and highly differentiated (Suryabrata, 2007: 179).

Sublimation means progressive, causing psyche to move forward, increasing rationality, whereas repression is regressive which causes psyche to move backwards and produce irrationality. So Jung's view of sublimation and repression are two opposites.

Jung (Suryabrata, 2007: 180) argues that, personality has a tendency to develop toward a stable roundness. The development of this personality is the disclosure of original roundness (realization or early discovery) which originally had no differentiation and purpose. To achieve a healthy personality, every aspect of personality must reach the conditions of differentiation and full development. Jung called the individuation process. In achieving individuation, the first thing to do is minimize persona, recognize anima and animus, and balance between introversion and extraversion. People who have achieved individuation, then he is able to place himself in the internal and external world.

E. Stages of Development

Jung believe that personality develops through a series of stages that culminate in individuation, or self realization. In contrast to Freud, he emphasized the second half of life, the period after age 35-40, when a person has the opportunity to bring together the various aspects of personality, then the individual is able to balance her/his conscious and unconsciousness inside, then reach his/her true identity, to attain self-realization. However, the opportunity for degeneration or rigid reactions is also present at that time. The psychological health of middle aged people is related to their ability in achieving balance between the poles of the various opposing processes. This ability is proportional to the success achieved in journeying through the previous stages of life.

Jung grouped the stages of life into four general period- childhood, youth, middle life, and old age. The stages of life he grouped is divided into four phase that represent the four general period. He compared the trip through life to the journey of the sun through the sky, with the brightness of the sun representing consciousness. The early morning sun is childhood, full of potential, but still lacking of brilliance (consciousness). The morning sun is youth, climbing toward the zenith, but unaware of the impending decline. The early afternoon sun is middle life, brilliant like the morning sun but obviously headed for the sunset. The evening sun is old age, its once bright consciousness and now markedly dimmed. Jung argued the values, ideals, and modes of behaviour suitable for the morning of life are in appropriate for the second half, and that people must learn to find new

meaning in their declining years of life. The stages of life that Jung grouped above is divided into four phases that represent the four general period :

a. First phase

Make aware of the basic functions and attitudes of the soul that exist in the unconscious. Through this stage, inner tension is reduced and the ability to orient and adapt increases.

b. Second Phase

Make the imago aware, so that people are able to see their own projected weaknesses.

c. Phase Three

Realize that humans live under various opposing pairs of tension, both spiritual and physical. Humans must be brave in facing the problems faced and can overcome them.

d. The fourth phase

The harmonious relationship between awareness and self-awareness is the center of personality, coordinating all aspects of personality. Human images that are able to coordinate all aspects of their personality are called integral human beings or perfect humans.

So the psychological theory used in this study is Carl Gustav Jung's psychological theory, because his theory not only emphasizes awareness but also unconsciousness. Both have an adjustment function, which is complementary and related to one another. Jung pointed out the dynamic dynamics of psyche or developing continuously to achieve a balance, where the balance aims to create a

perfect human being. perfection in life can be realized through the movement forward (progressive) or backward movement (regressive).



CHAPTER III

ANALYSIS

This chapter consists of analysis included the findings, and the discussion of this study. The researcher analyze personality development of Holden Caulfield, as the main character in the novel *The Catcher in The Rye* by Jerome David Salinger through the researcher's reading result. The theory used is Analytical Psychology by Carl Gustav Jung. To answer the research questions, this chapter has two sub-chapters. They are; 1) dynamic of personality that Holden Caulfield has to go through J.D Salinger's *The Catcher in The Rye* which discusses the levels of psyche, types of personality, and the archetypes based on Hoden's psychological problem and 2) personality development of Holden Caulfield which analyzes the stages of life, and the way Holden's attempt to overcome his psychological problem through progression and regression. Those two points contains the findings and discussions of this study.

To provide an overview of the main character, Holden Caulfield, the researcher enclose a summary of the novel. Moreover, as the researchers explained in the second chapter, the biography of Jerome David Salinger, as the author of the novel *The Catcher in The Rye*, is researcher briefly describe to reconstruct the author from the side of his life and use his work as a recording of life and character.

A. Summary of The Novel

The story covers a three-day period in the life of Holden Caulfield. He has been notified that he has just flunked out of prep school, and he begins his journey home, where he must face his parents. He is also considering whether he should simply go out west and start a new life, rather than go home at all.

Before he leaves Pencey, Ackley, the boy who lives in the next room, comes over to visit. Ackley has several personal habits which make him unappealing, but Holden tolerates him. Stradlater, Holden's roommate, then comes in to freshen up for a date. Although Stradlater is handsome and has the veneer of sincerity, Holden thinks he is a phony. That evening, in New York City, Holden joins three female tourists in a nightclub and gets stuck with the check. Back at his hotel, he accepts an offer from the elevator operator for some female companionship. When the girl arrives, he is depressed by the hollowness of an encounter with a prostitute and tells her that he is not in the mood for sex.

The next day, Sunday, Holden meets two nuns at breakfast. He enjoys their conversation and insists on giving them a contribution. That afternoon, he takes his old girlfriend, Sally, to see a play. Still ambivalent about going home, Holden tries to talk Sally into running away with him. When he insults her, she asks him to leave. Later, he goes home and sneaks into the house to see his sister, Phoebe, before he runs away. After they talk, he decides to spend the night at the home of his former English teacher, Mr. Antolini. Holden suspects that his former teacher is a pervert when he is awakened by Mr. Antolini petting him on the head. Holden

makes up a flimsy excuse about getting his bags from the train station and bolts from the apartment.

Holden continues to be obsessed by his plan to go out west. On Monday morning, he writes Phoebe a note at her school asking her to meet him near the Metropolitan Museum. Phoebe meets him with suitcase in hand. She has decided to run away with him, but he tells her that he is not going away after all. They visit the zoo, and then Phoebe wants to ride the carousel in the park. Before she gets on, he confirms to her that he really is going home. While standing in a soaking rain, watching Phoebe ride the carousel, he feels so happy that he is on the verge of tears.

The novel is divided into three sections, with the first chapter as an introduction and the last chapter as an epilogue. The first part includes Chapters Two through Seven, covering the period at Pencey Prep. Chapters Eight through Twenty make up the second part, which recounts Holden's wandering about New York, and ends with his decision to go home.

B. Some Considerations on J.D Salinger and His Life

Behind every masterpiece there is an author, who dedicated hours, days, months or even years to create a magnificent piece of work to delight their readers. The author can be famous or not; creative or not, or even crazy or not. J.D. Salinger, the author under consideration in this research, could be considered as famous and creative, and some used to consider him even a little crazy. But, however strange and criticized he might have been, his masterpiece, *The Catcher*

in The Rye, keeps being published and read generation after generation, and has become one of the most loved and hated North-American literature books.

Jerome David Salinger, who was born in New York in 1919, had a very exciting life, just like his most important character, Holden Caulfield, did. His father was Sol Salinger, an importer of hams and cheese. His mother was Miriam Jilich. Neither Sol nor Miriam was part of the entertainment world anyway. They were both ordinary people in search of a comfortable life. Salinger also had one sister. According to Morrill (2002), his relationship with his father was very distant and “he didn’t even bother to attend his funeral”. On the other hand, he was very fond of his mother.

Salinger attended public schools all through his adolescent and young-adult life and his grades were just average. Being talented does not necessarily mean being the best student in class. Most successful writers, scientists - Albert Einstein, for instance - and also musicians – John Lennon, just for the record - were never really brilliant students when they were at school. The future, however, was saving the best for them. J. D. Salinger’s story was not much different. When he was a teenager, he started studying at Valley Forge Military Academy in Pennsylvania. While he was there, he wrote his first stories. After enrolling at New York University, his father took him to Vienna where he was introduced to the ham business. However, his father’s idea of making his son enter the ham business did not work, which allowed Salinger to return to the States and start improving his writing skills.

Salinger's first published story appeared in 1949, when he was 21. Although it seemed to be the beginning of a successful career, Salinger was sent to the Army in 1942. As a matter of fact, his days in the army did not interrupt his aspirations to become a writer: the boy spent weekends inside hotel rooms writing, as Kaplan (1965, p. 5) states in his book.

After spending four years serving the Army, Salinger returned to New York and lived a few years with his parents. That was the time when the author began withdrawing from the rest of the society. Researchers, journalists, writers themselves do not know the specific reason why J. D. Salinger decided to exclude himself from the rest of the world and live his own life apart. Being the author of one of the most polemic books in the whole story of literature was not enough. He had to be polemic too. His awkward behavior certainly helped his most, and probably only, famous book become even more popular. *The Catcher in The Rye*, his masterpiece, was released in 1951.

Salinger's love life has also been a troubled one: he got married about three times and had many lovers and undisclosed relationships with both famous and ordinary girls. His reclusive life has also been another factor to turn him into a legend and persecuted figure. After many years living far from the spotlight, Salinger passed away on January 27th in 2010. His legacy, though, will remain among us forever.

The funniest part about researching and writing about writers is to face the fact that most people try to find similarities between the authors' personal lives

and their work. Since *The Catcher in The Rye* is one of the only Salinger's published novel, people tend to think Holden Caulfield's character could have been basically based on the author's own life; however, according to Kaplan, such comparison is at least controversial: "Undoubtedly, much of what he writes about is essentially autobiographical, but much of his life has little relation with his fiction" (Kaplan, 1965 : 5).

As it can see, according to Kaplan, there are probably some similarities between Salinger's life and his masterpiece. However, the best thing to do when reading a novel is always keep in mind that author and *persona* are totally distinct figures. Thus, Salinger and Holden are completely different figures and people should not try to judge the author by the actions of his/her characters.

Even though *The Catcher in The Rye* may be the only renown book among all of Salinger's writings, there is much more written by this author than people ever read. As mentioned before, his first short story, "The young folks", was published in 1941, in Story magazine. During the 1940s, he published approximately 21 short stories in the Saturday Evening Post and some other magazines. He suffered through ten years of rejection reviews before one of his stories, *A Perfect Day for Bananafish*, was finally accepted. That story sailed through the approval process; the New Yorker editors were very impressed. After that, he seemed to become the great writer he has been known as today.

In 1953, *Nine stories* was released. It is a collection of short stories, with the members of *The Glass Family* as main characters. Eight years later, *Franny and*

Zooey was published. Once again *The Glass Family* is involved. A few more short stories have been published in magazines and newspapers, the last one dated 1965.

As it can see, Salinger is the writer of merely one published novel, certainly a very successful novel. People could tend to ask: is he a good writer after all or this great popularity was just sheer luck? Does Salinger receive attention because he is a good writer or because he is a recluse? He might have been one of the best American writers of the 20th century. Unfortunately, a lot of the attention he gets is because of a peculiar cult-like attraction he has over a lot of people. A lot of critics do not think he deserves such attention and honors; most of them, though, recognize the fact that Salinger is a very good writer indeed, and his reclusive life is only a consequence of his choices and preferences.

C. Holden Caulfield's Dynamic of Personality

Carl Gustav Jung's Psychoanalysis Theory emphasizes the understanding of psyche which consists of consciousness and the unconscious. Consciousness has a form of *ego*, where the ego works on consciousness which has an important role in determining thoughts, feelings, perceptions and memories. The structure of consciousness has two components namely the function of the soul and the attitude of the soul. The function of the soul is in the form of mind, feelings, intuition, and sense, while the attitude of the soul consists of the attitude of introversion and extroversion. Another levels of psyche is the unconscious which is divided into two, namely personal unconscious and collective unconscious.

The forms of personal unconscious are complex, whereas forms of collective unconscious are archetypes. Complex is a place to store experiences that are not approved by the ego to appear to consciousness, while the archetypes are something that contains experiences inherited from ancestors. From the research that has been done, the results of research shows that Holden's characterization which is dominant and extreme raises a psychological problem.

Psychological problems faced by Holden in *The Catcher In The Rye* are closed (introvert), and anxiety. The following will describe the results of research and a description of psychological problems faced by the main character, Holden Caulfield. These psychological problems also present and describe the stages of personality development from Holden Caulfield, through analyze the the levels of psyche and personality types of Holden Caulfield .

Introverts are an inward orientation, towards oneself. An introversion is always preoccupied with his own thoughts, avoids social contact and tends to run away from reality (Chaplin, 2000: 259). Holden Caulfield is a closed person, he is more enjoying life in solitude and avoid social contact. Holden's closed attitude arises because on the side of consciousness and all experiences that become memories that are stored both in the subconscious of the person again raised to the surface. Holden's closed attitude was seen when he began to think that the world and everything that surrounded him was boring to him, and he began to close with others and more focus on himself. This is in accordance with the following quotation.

“If you really want to hear about it, the first thing you'll probably want to know is where I was born, and what my lousy childhood was like, and how my parents were occupied and all before they had me, and all that David Copperfield kind of crap, but I don't feel like going into it, if you want to know the truth. In the first place, that stuff bores me, and in the second place, my parents would have about two hemorrhages apiece if I told anything pretty personal about them.”(Chap.1, pg.1).

The quote above illustrates the closed psychological problems facing Holden Caulfield. This is supported by the following quote.

“Besides, I'm not going to tell you my whole goddam autobiography or anything. I'll just tell you about this madman stuff that happened to me around last Christmas just before I got pretty run-down and had to come out here and take it easy.”(Chap. 1, pg.1).

Those two quotes above shows that Holden Caulfield closed himself to others. Holden's bad experience with others, even those closest to him, like his father and mother, made him uneasy. He feels chaotic, uncomfortable and uneasy when near other people. He argues that everyone is boring. Therefore, Holden Caulfield is more introverted with others, more focused on the world and his own thoughts. Holden's closure arises because of a negative personal unconscious. This was stated directly by Holden as the main character as well as the narrator in this novel. Holden Caulfield tries to solve all his problems on his own and in his own way. The problem that happened to Holden is, when he had to be expelled from his school, Pencey prep, because of his poor grades for four subjects. As written in the following quote.

“I forgot to tell you about that. They kicked me out. I wasn't supposed to come back after Christmas vacation on account of I was flunking four subjects and not applying myself and all. They gave me frequent warning to start applying myself--especially around midterms, when my parents

came up for a conference with old Thurmer--but I didn't do it. So I got the ax. They give guys the ax quite frequently at Pencey. It has a very good academic rating, Pencey. It really does."(Chap.1, pg.2).

The situation on that quotation gives the statement that this is not the first time he was expelled from school. Previously, Holden Caulfield attended school in Elkton Hills and Whooton School. As the conversation below between Holden and his history teacher, Mr. Spencer, when Holden invited to come to his house.

"How do you feel about all this, boy? I'd be very interested to know. Very interested."

"You mean about my flunking out of Pencey and all?" I said. I sort of wished he'd cover up his bumpy chest. It wasn't such a beautiful view. (Chap.2, pg.7)

Holden Caulfield hates anything about phoney things. He always look everything as a boring thing that full of liar. This was said by Holden through his dialogue with Mr. Spencer.

"One of the biggest reasons I left Elkton Hills was because I was surrounded by phonies. That's all. They were coming in the goddam window. For instance, they had this headmaster, Mr. Haas, that was the phoniest bastard I ever met in my life. Ten times worse than old Thurmer. On Sundays, for instance, old Haas went around shaking hands with everybody's parents when they drove up to school. He'd be charming as hell and all. Except if some boy had little old funny-looking parents. You should've seen the way he did with my roommate's parents. I mean if a boy's mother was sort of fat or corny-looking or something, and if somebody's father was one of those guys that wear those suits with very big shoulders and corny black-and-white shoes, then old Hans would just shake hands with them and give them a phony smile and then he'd go talk, for maybe a half an hour, with somebody else's parents. I can't stand that stuff. It drives me crazy. It makes me so depressed I go crazy. I hated that goddam Elkton Hills. (Chap.2, pg.8).

But, what is felt by Holden is not something that happens without a cause.

There is an internal factor in Holden that influences and shapes his perception

of whatever he sees and experiences. There is a memories about his little brother, Allie. Here, Holden tells about Allie with very touch honesty. It was able to feel when he talk about why Allie has passed away, his thought about Allie, that he is a a good boy, and how desperate he is when Allie passed away.

“He's dead now. He got leukemia and died when we were up in Maine, on July 18, 1946. You'd have liked him. He was two years younger than I was, but he was about fifty times as intelligent. He was terrifically intelligent.” (Chap. 5, pg. 21).

Allie has passed away when Holden Caulfield was thirteen years old, and Holden feel very lost.

“I was only thirteen, and they were going to have me psychoanalyzed and all, because I broke all the windows in the garage. I don't blame them. I really don't. I slept in the garage the night he died, and I broke all the goddam windows with my fist, just for the hell of it. I even tried to break all the windows on the station wagon we had that summer, but my hand was already broken and everything by that time, and I couldn't do it. It was a very stupid thing to do, I'll admit, but I hardly didn't even know I was doing it, and you didn't know Allie.” (Chap. 5, pg.22).

Personal unconsciousness in the form of Holden's personal experience in childhood and teenager that he was going through. He experienced an event he did not want. He lost his younger brother, Allie, he dropped out from school for about three times because of his sarcasm on looking everything. And he sicked off everything, even his teacher, parents, or his friends.

Something is blocking the ego from achieving a goal. The ego tries to maintain wholeness in personality which is normal and perfect. In the process of achieving perfect personality, there is a barrier that is in the form of a

complex that moves in the personal unconscious. This obstructed need led to a closure in Holden Caulfield. The ego found in Holden's consciousness is the perception of a peaceful and pleasant life. The unconscious that arises in Holden's self is a personal unconscious in the form of memories of his childhood experience. Personal unconscious contains a *complex* form of memory of his life that is not peaceful. He had a bad experience in childhood. He lost Allie, a younger brother who he considered the smartest, most in many ways, as well as someone who was never angry with anyone. Holden had even undergone a psychiatric examination because of breaking all the window panes with his fist in the garage on the night when Allie died.

The structure of unconsciousness that arises, that is, an instructive opinion in the form of Holden Caulfield's opinion that peace can only be achieved by keeping a distance from others, so that the Holden's instructive reaction to the situation in which he faces is a reaction when he tries to find a safe place for him. Instructive opinions and reactions are archetypes.

Archetypes are in the form of personas that arise into the consciousness that controls him by appearing his mask out as the demands of the customs and traditions of society, namely the attitude of Holden who continues to greet and carry out activities like others in general. He still communicates with others even if only as necessary. He behaves based on the expectations of others, namely doing people's activities in general. This gives rise to emphasis or repression in his soul towards the unconscious about the perception of the existence of others in his life. The reaction held by Holden in response to the

perception experienced obstacles. The obstacle arises because of the existence of social law in the community, in this case what is meant is in the school environment, Pencey Prep. He must mingle and communicate with others.

Through Holden's attitude and thoughts, showed that he has a closed attitude towards others by avoiding social contact and engrossed in the world and his own thoughts. He tried to cover up his weaknesses towards others. This is an inferior feeling within Holden.

Shadows and dark parts of personality, unconscious deficiencies arise. He tried to solve the problem by overcoming his closed attitude that is a feeling that does not like to socialize and tends to concentrate on his own mind. Holden covered up his weaknesses by bringing out the persona in the form of a mask (persona). He tried to be reasonable by still greeting and mingling with others. This is in accordance with the following quotation.

*"How are you, Mrs. Spencer?" I said. "How's Mr. Spencer?"
 "Let me take your coat, dear," she said. She didn't hear me ask her how Mr. Spencer was.
 She was sort of deaf." (Chap.1, pg.3).*

The quotation above shows Holden's way of covering up his weaknesses. Holden's introverted attitude towards others can be seen from his behavior that tends to avoid others and struggle with his own thoughts. Holden's attempt to cover up his anxiety by showing a persona in the form of a mask. He tries to be reasonable by trying to be friendly by greeting as necessary. He covered his shortcomings, namely the dislike of the existence of others by being friendly in his own way. He tries to say hello as needed when

meeting other people and when carrying out his duties as a student. Complex arises in him by influencing his actions or words unnoticed. The introverted attitude in Holden arises because there is a symptom in the collective unconscious in the form of a danger signal. The danger sign appeared in his mind in the form of thoughts about the actions that others would do to him. This is in accordance with the following quotation.

“Some things are hard to remember. I'm thinking now of when Stradlater got back from his date with Jane. I mean I can't remember exactly what I was doing when I heard his goddam stupid footsteps coming down the corridor. I probably was still looking out the window, but I swear I can't remember. I was so damn worried, that's why. When I really worry about something, I don't just fool around. I even have to go to the bathroom when I worry about something. Only, I don't go. I'm too worried to go. I don't want to interrupt my worrying to go. If you knew Stradlater, you'd have been worried, too. I'd double-dated with that bastard a couple of times, and I know what I'm talking about. He was unscrupulous. He really was.”
(Chap.6, pg. 22).

Holden's introverted attitude and reaction to the situation of fear and danger (collective unconsciousness) is in the form of a symptom which is a sign of danger for the actions of others in his mind that others will hurt him, or hurt someone who Holden does not want him to hurt. Dating conducted by Holden against Jane makes Holden disturbed. The memory of Stradlater dating several women made the perception that even Stradlater treated Jane poorly. Holden's negative thoughts about the actions and attitudes of others towards him made him be closed. He felt the presence of others around him always tortured him, and he decided to himself to be closed with others. He felt peace

when he was alone, struggling in his own mind, and carrying out his life activities without the intervention of others.

According to Jung's personality typology, Holden belongs to the personality type of introverted-feeling, where the main character has an attitude of introversion and soul function. The attitude of introversion can be seen from the attitude of Holden who tends to be introverted, difficult to get along with, difficult to relate to other people and adapt to the outside world is not good. Holden also has a feeling soul, that is, he has a feeling of pleasure in his solitude, so Holden is classified as a person who has a feeling soul. Holden's character has a superior feeling of pleasure in his solitude accompanied by a self-oriented attitude of the soul. He felt enjoying his solitude. This shows that Holden is classified as a type of introverted-feeling personality.

The next Holden's psychological problem is anxiety. Anxiety is an emotional attitude characterized specifically by anxiety about the consequences of future events (Chaplin, 2000: 541). Anxiety arises due to the inner pressure experienced by someone. The characteristics of someone who has an anxiety disorder that is feeling anxious, tense, restless, easily offended, feeling inadequate, inferior, depressed all too sad, issued a lot of sweat, often palpitations, difficulty concentrating and making decisions.

Aside from being introverted, Holden Caulfield is a loner. He does not associate much with many friends because of his lack of sense to adjust to his environment. However, there are some people who Holden remembers as his friend, besides his friends in the Pencey hostel, such as Stradlater and Ackley.

He is Jane Galagher, a childhood friend and neighbor of Holden's house. With Jane, he usually spends time together playing checkers. But, when Holden heard that Stradlater would be dating Jane, Holden was so worried and worried. He knew that Stradlater was an extraordinarily dirty-minded person towards the girls. Anxiety experienced by Holden can be seen from the following quotation.

"I sat there for about a half hour after he left. I mean I just sat in my chair, not doing anything. I kept thinking about Jane, and about Stradlater having a date with her and all. It made me so nervous I nearly went crazy. I already told you what a sexy bastard Stradlater was." (Chap. 4, pg. 19).

The quotation above shows that Holden Caulfield experienced anxiety. Holden kept asking Stradlater about anything about Jane. Holden also hunts down Stradlater with many questions about his date with Jane, starting from where and what Stradlater will do to Jane. Holden even forced Stradlater to ask Jane if she still lined up the kings in the back row while playing checkers. Anxiety is increasingly apparent in Holden when he just sits quietly in his chair for about an hour without doing anything just thinking about Jane Galagher. Especially when he was so familiar with the nature of Stradlater. Holden doesn't want things to happen to Jane.

That anxiety can be seen from Holden's nervous and tense attitude. Holden's anxiety arises because something is blocking the ego from achieving a goal. The ego tries to maintain wholeness in personality which is normal and perfect. In the process of achieving perfect personality there is a barrier that is

in the form of a complex that moves in the personal unconscious. This obstructed need creates Holden's anxiety.

Holden's ego is a desire to find peace that Stradlater will not mistreat Jane. Holden wants to see Jane for a while, but she delays her desire just because she doesn't feel like it. Desires blocked by his own feelings cause anxiety in Holden. The ego found in Holden's conscious mind is the perception of calm through his fulfilled wishes, namely ensuring Stradlater, dating Jane well, and delivering his greetings for Jane.

The unconscious that arises in Holden's self is a personal unconscious in the form of memories of his childhood experiences with Jane. Personal unconscious contains a complex form of memories of Jane's painful life and childhood. Holden was someone who did not get along easily with many people and Jane Gallagher was one of her friends at that time. Playing with Jane all the time made her know and know a lot about Jane and what happened to her. Jane's family, about Jane's divorced mother then remarried, also Jane's mother who was drunk and didn't work.

The structure of unconsciousness that arises is an instructive opinion in the form of Holden's opinion that calm can be achieved through the good treatment of a person, thus giving rise to Holden's instructive reaction to the situation in the form of an attitude reaction trying to treat Jane well, through the attitude of Stradlater. Instructive opinions and reactions are archetypes in the form of personas that emerge into consciousness that controls themselves by revealing themselves out as a habitual demand by acting as if they were acting naturally

by trying to ignore the anxiety they felt at that time. He behaves according to other people's expectations, which is to remain calm.

This gives rise to emphasis or repression in his soul towards the unconscious about the perception of a calm. The reaction held by Holden in response to the perception experienced obstacles. The obstacle arises because of his feeling of unwillingness. He felt irresponsible and made himself worried. He thought about the consequences of what Stradlater would do to Jane. Holden's attitude and way of thinking showed that he was anxious and worried. He tried to cover up his weaknesses towards others. Holden needs something or someone to calm him down. At the very least, to distract him from thinking about Jane. Ackley is one of them. This is an inferior feeling within Holden. It shows in the statement below :

“All of sudden, Ackley barged back in again, through the damn shower curtain as usual. For once in my stupid life, I was really glad to see him. He took my mind off the other stuff.” (Chap.4, pg. 19).

Shadows and dark parts of personality, unconscious deficiencies arise. He tried to solve the problem by overcoming his neurotic anxiety, that is, his fear of Jane. Holden covered up his weaknesses by bringing out the persona in the form of a mask (persona). He tried to be reasonable by trying to eliminate the anxiety he experienced. It also describes in the following quotation :

“Some things are hard to remember. I'm thinking now of when Stradlater got back from his date with Jane. I mean I can't remember exactly what I was doing when I heard his goddam stupid footsteps coming down the corridor. I probably was still looking out the window, but I swear I can't remember. I was so damn worried, that's why. When I really worry about something, I don't just fool around. I even have to go to the bathroom when I worry about something. Only, I don't go. I'm too worried to go. I don't want to interrupt my worrying to

go. If you knew Stradlater, you'd have been worried, too. I'd double-dated with that bastard a couple of times, and I know what I'm talking about. He was unscrupulous. He really was.” (Chap. 6, pg. 22).

After had some fight with Stradlater, Ackley, or even Mal Brossard, Holden then decided not to go back home first and go to New York that night. He consider to do that before his parents got the letter from Mr. Thurmer that he has sort of Pencey prep. He makes a plan to take a room in a hotel in New York during three days before he goes home in some very inexpensive hotel. Then, on Wednesday, he will go home all rested up and feeling swell.

First, Holden began renting a room in a hotel and spent one night in the Lavender Room, a bar. He danced with three girls in the club, namely Bernice, Matty, and Laverne, then invited him to talk. After the bar closed, Holden decided to return to his room even though he did not feel sleepy. His mind still crossed Jane.

He continued past the lobby and found that the hotel was very quiet. He then decided to go to Ernie's in Greenwich Village, a nightclub that was often frequented by his brother D.B. All Holden did in the nightclub was to sit, smoke and drink. He really felt alone and lonely. He then met with Lilian, a friend of D.B. Feeling uncomfortable, he finally decided to return to the hotel. On his way to the hotel, he found an empty lobby. The smell of cigar butts made Holden feel uncomfortable. Holden suddenly became abysmally, sad, even hoping to die. Then, a problem suddenly arises. He meets an elevator guard named Maurice, offers a girl to accompany him by paying a few dollars to play. Holden who was feeling chaotic at that time finally agreed.

Until finally, came Sunny, a paid girl who was invited to work with Maurice. Sunny came to Holden's room by letting Holden to have a sex. But again Holden felt he did not want to. He then invited Sunny to leave without forgetting to pay in accordance with the initial agreement. But Sunny did not accept, he then asked Holden to pay more, but Holden still gave him according to the agreement. Sunny left. As soon as Sunny left, Holden sat in a chair for a few moments and then started smoking cigarettes. Morning had begun to appear, and Holden still felt chaotic. He was so sad.

Holden's anxiety can be seen from his mind focused on his future. Holden attempts to cover up his anxiety by showing a persona in the form of a mask. He tried to be reasonable by covering up his anxiety by being calm. Complex arises in him by influencing his actions or words unnoticed. Holden's anxiety arises because there is a symptom in the collective unconscious in the form of a danger signal. The danger signal appeared in his mind in the form of thoughts about the action that would be carried out by Maurice. Sunny's problem and the fee made Maurice not accept and decided to return to Holden's room to ask for more payment. Holden held on to his opinion not to give him more. That resulted in a debate between the two of them. It made Maurice furious and beat Holden. There, Holden really felt very sad and lonely. When he felt sad, the first person that came to Holden's mind was his younger brother, Allie. This is in accordance with the quotation below.

“Boy, I felt miserable. I felt so depressed, you can't imagine. What I did, I started talking, sort of out loud, to Allie. I do that sometimes when I get very depressed.”(Chap.14, pg.54).

After going through everything, the problem with Maurice and Sunny, Holden resumed his journey. He called Sally Hayes and invited her to watch the show. While waiting to see Sally, Holden walked to Broadway, there was a record he wanted to buy for his younger sister, Phoebe, the title "Little Shirley Beans". The record with the title of the song were very rare to find, Phoebe loved it and Holden wanted to give it to Phoebe right then and there. Holden thought that Phoebe skated in the park that day, because it was Sunday, but apparently, Holden did not see him there. Nevertheless, Holden finally headed towards the History Museum, a museum that Holden always visited when he was still young and in school, where Phoebe is currently studying as well.

"I walked all the way through the park over to the Museum of Natural History. I knew that was the museum the kid with the skate key meant. I knew that whole museum routine like a book. Phoebe went to the same school I went to when I was a kid, and we used to go there all the time. We had this teacher, Miss Aigletinger, that took us there damn near every Saturday." (Chap.16, pg. 66).

Holden then entered and began combing every part of the Museum. He remembered his childhood when visiting this museum, and it made him imagine what Phoebe did while visiting this museum again and again.

"I kept walking and walking, and I kept thinking about old Phoebe going to that museum on Saturdays the way I used to. I thought how she'd see the same stuff I used to see, and how she'd be different every time she saw it. It didn't exactly depress me to think about it, but it didn't make me feel gay as hell, either. Certain things they should stay the way they are. You ought to be able to stick them in one of those big glass cases and just leave them alone. I know that's impossible, but it's too bad anyway." (Chap. 16, pg. 67).

Holden looks like someone who is alienated from himself. He is lonely. Holden looked for Phoebe and searched again, but Phoebe wasn't there at the time. He finally continued his journey to watch the show with Sally. He had already made an appointment with Sally. (Salinger, Chap. 16, pg. 67). On his trip with Sally, from watching the show, playing skating, to driving home, Holden irritated Sally with a number of statements. One example is when Holden suddenly expressed his desire to marry Sally and live with him.

".. How would you like to get the hell out of here? Here's my idea. I know this guy down in Greenwich Village that we can borrow his car for a couple of weeks. He used to go to the same school I did and he still owes me ten bucks. What we could do is, tomorrow morning we could drive up to Massachusetts and Vermont, and all around there, see. It's beautiful as hell up there, It really is." (Chap.17, pg. 72).

In Holden, there is anima that continues to color his life. The *anima* of Holden is the womanly side of Holden. Even though Holden is a man, he still has a womanly side. This side of womanhood, or opposite sex, is needed to help adjust and survive, because people of a certain sex will better understand the nature of the other sex. these characteristics deliver a person's behavior to like the opposite sex. This is reflected in Holden's self by inviting Sally to marry and live with him.

In such a situation, Sally seemed so annoyed with Holden, that anything that was done and discussed by Holden was wrong in Sally's presence. This can be seen in the following conversation :

"C'mon, let's get outa here," I said. "You give me a royal pain in the ass, if you want to know the truth."

.....She was even crying. Which scared me in the ass. Her father was about me anyhow. Hewas too goddam noisy.

"No kidding. I'm sorry," I kept telling her.

"You're sorry. You're sorry. That's very funny," she said. She was still sort of crying, and all of a sudden I did feel sort of sorry I'd said it. (Chap. 17, pg. 74).

The argument made Sally feel very uncomfortable and angry with Holden. He refused Holden's apology and intention to drive him home. Those made Holden very sad suddenly. He regret for what he has done. He then met with his Whooton School's friend, Carl Luce in Wicker Bar. After Luce gone from the bar, Holden stay at the bar by him self. He began to get drunk and flirt with one of the singers in a bar called Valencia. However, Valencia could not be found and Holden could not invite him to join and drink with him because he immediately came out after finishing singing. Holden finally left his greetings and messages to Valencia through the head waiter. Holden was getting drunk, he was getting more and more confused. He tried to contact Jane, but was not picked up. Then he contacted Sally, but the response was the same, Sally refused.

Holden is really very chaotic.

"When I finally got down off the radiator and went out to the hat-check room, I was crying and all. I don't know why, but I was. I guess it was because I was feeling so damn depressed and lonesome." (Chap. 20, pg. 84).

Something suddenly happened , a new disaster struck Holden again when he dropped the record he bought for Phoebe in his walking over Madison Avenue. Holden felt devastated by it. As illustrated in the following statement :

I damn near cried, it made me feel so terrible, but all I did was, I took the pieces out of the envelope and put them in my coat pocket. They weren't any good for anything, but I didn't feel like just throwing them away. (Chap. 20, pg. 84)

From the statement above, It can be seen how Holden very love his little sister, Phoebe. He was hurted when he fail to give what very important for Phoebe, to be one of the thing she loved, the record of “Little Sherley Beans”, for example.

Holden Caulfield continued walking towards Central Park. He sat on one side of an empty bench there. It was getting dark and cold. There was no one he found there. He shivered. Such a situation brought him into fantasy. He imagined that he had pneumonia and eventually died. Then he thought about how Phoebe, Mother and the rest of her family would attend the ceremony of his death.

“Finally I sat down on this bench, where it wasn't so goddam dark. Boy, I was still shivering like a bastard, and the back of my hair, even though I had my hunting hat on, was sort of full of little hunks of ice. That worried me. I thought probably I'd get pneumonia and die. I started picturing millions of jerks coming to my funeral and all.”(Chap. 20, pg. 84).

He also remembered the death of his little brother, Allie. Holden tried to divert his mind, but he could not stop thinking about it. Finally, he decides to sneak quietly into the apartment, and talk to Phoebe for a while.

After successfully sneaking into the apartment and meeting with Phoebe, Holden talked about anything with Phoebe. Phoebe asked why Holden had come home, about what Holden's ideals and what Holden liked. Phoebe also told Holden about the show she would be performing on Christmas, she played the main character in the show and expected Holden to come and see it. A few minutes later, their mother and father came from a party and found Phoebe has not yet been sleeping. Holden went into hiding and prepared to leave after his mother left Phoebe's room (Salinger, Chap. 21-23, pg. 86-95).

When leaving, there was a touching thing between Phoebe and Holden. Holden borrowed money from Phoebe, and Phoebe gave his Christmas dough to Holden. The following is a conversation between the two :

"Listen. You got any dough, Phoebe?"

"I'm practically broke."

"Just my Christmas dough. For presents and all. I haven't done any shopping at all yet."

"Oh." I didn't want to take her Christmas dough.

"You want some?" she said.

"I don't want to take your Christmas dough."

"I can lend you some," she said.

.....
She put the dough in my hand. (Chap. 23, pg. 98).

What Phoebe did made Holden touched. As shown in the following statement :

"Then, all of a sudden, I started to cry. I couldn't help it. I did it so nobody could hear me, but I did it. It scared hell out of old Phoebe when I

started doing it, and she came over and tried to make me stop, but once you get started, you can't just stop on a goddam dime. I was still sitting on the edge of the bed when I did it, and she put her old arm around my neck, and I put my arm around her, too, but I still couldn't stop for a long time. I thought I was going to choke to death or something.” (Chap. 23, pg. 98).

In accordance with the plan, Holden finally managed to slip out of his apartment and then headed for Mr. Antoliny, an English teacher when he was in school in Elkton Hills. Holden was well received and received good service from Mr. Antoliny and his wife. Holden got a lot of guidance and advice while at home Mr. Antoliny, about education problems and so on. Mr. Antoliny knows about some of the things that happened to Holden, about his expulsion from Pencey and previous schools.

However, unpleasant events suddenly just happened. This happened when Holden began to fall asleep. Like the statement below:

“Then something happened. I don't even like to talk about it. I woke up all of a sudden. I don't know what time it was or anything, but I woke up. I felt something on my head, some guy's hand. Boy, it really scared hell out of me. What it was, it was Mr. Antolini's hand. What he was doing was, he was sitting on the floor right next to the couch, in the dark and all, and he was sort of petting me or patting me on the goddam head. (Chap. 24, pg. 105).

That surprised Holden. Immediately, he decided to pack up and leave Mr. Antoliny. He really did not expect, the teacher he had thought was honorable and the only teacher he respected could even hurt his beliefs. This is where the anima and animus Holden sides are balanced. He realized that there was something odd that Mr. Antoliny do it to him. This made him feel strange and

chose to leave Mr. Antoliny for his actions that make Holden feel unnatural, and cause a balanced masculine and feminine side in him. Holden then headed for the station where he left his bag and all sorts of items. Mr. Antoliny tried to prevent Holden from leaving, but Holden decided to go anyway.

Holden began to despair and knew where he had to go. He really did not know the direction at that time. The only thing that came to mind at that moment was, he wanted to see Phoebe. He finally walked to Fifth Avenue. He met the people there. He was confused amid the crowd of people who started celebrating Christmas. Holden felt very lonely and lost. Here, he really felt very miserable, and at such a time, he began to remember Allie. As the following statement shows :

“Every time I'd get to the end of a block I'd make believe I was talking to my brother Allie. I'd say to him, "Allie, don't let me disappear. Allie, don't let me disappear. Allie, don't let me disappear. Please, Allie." And then when I'd reach the other side of the street without disappearing, I'd thank him. Then it would start all over again as soon as I got to the next corner. But I kept going and all. I was sort of afraid to stop, I think--I don't remember, to tell you the truth.” (Chap. 25, pg. 108).

Holden finally decided to leave and would never return home and never go to school again. However, before he did, he would meet Phoebe first and say goodbye to him. He will return his Christmas money and will continue his journey to the West by hitching a ride, driving along the Holland Tunnel and riding again until he arrives. He will start a new life by not knowing anyone. (Salinger, Chap. 25, pg. 108-109).

However, a sad thing happened when Phoebe wanted to go with Holden, as the conversation shown below :

"..... Can't I go with you? Holden? Can't I? Please."

"No. Shut up."

I thought I was to pass out again.

"Why can't I? Please, Holden! I won't do anything-- I'll just go with you, that's all!

I won't even take my clothes with me if you don't want me to--I'll just take my--"

"You can't take anything. Because you're not going. I'm going alone. So shut up."

"Please, Holden. Please let me go. I'll be very, very, very--You won't even--"

"You're not going. Now, shut up! Gimme that bag," I said. I took the bag off her. I was almost all set to hit her, I thought I was going to smack her for a second. I really did. She started to cry. (Chap. 25, pg. 113)

But Holden could not obey because Holden was worried that Phoebe would not participate in the Christmas show as Benedict Arnold and others. Phoebe grumbled and remained in her desire to be with Holden. Holden continued to persuade him to take him to the zoo and ride a carousel.

Most of the difficulties Holden faced stem from within him. Difficulties arise because of Holden's alienation and loneliness in dealing with everything he sees. That makes everything that looks wrong, it doesn't accept it as an announcement. Holden became very lonely, sad, and alienated from himself. The only people he trusted and remembered were Allie and Phoebe. But Holden continued his journey, he always rose from adversity. Holden only wants to be The Catcher In The Rye, a savior of children from the wheat field,

as he only sees the purity of a human being only in children. As he stated in his conversation with Phoebe :

“What I have to do, I have to catch everybody if they start to go over the cliff--I mean if they're running and they don't look where they're going I have to come out from somewhere and catch them. That's all I'd do all day. I'd just be the catcher in the rye and all. I know it's crazy, but that's the only thing I'd really like to be. I know it's crazy.” (Chap.22, pg. 95).

He loved his two younger siblings, Allie and Phoebe. He can only be friendly to children, like when he met children in Central Park. For Holden, the purity of being alone without a mask in living life only exists in children, and he wants to save children from all the hypocrisy and unpleasant qualities of adults by wanting to become The Catcher In The Rye, the savior of children.

Holden developed his *anima* especially when he wanted to deliver a letter to Phoebe and come to his school. However, on several walls in his sister's school, he found dirty words. Holden was angry and imagined if Phoebe read the words. Initially, he did not have the guts to erase the words for fear of being suspected that he was the culprit, but eventually he deleted them as well. Here, the *anima* helped Holden to rely more on his conscience and intuition than on his mind.

“I wouldn't have the guts to do it. I knew that. That made me even more depressed. I hardly even had the guts to rub it off the wall with my hand, if you want to know the truth. I was afraid some teacher would catch me rubbing it off and would think I'd written it. But I rubbed it out anyway, finally. Then I went on up to the principal's office.” (Chap.25, pg. 110).

That became a unique path for Holden, by not matching the way other people become something, a path and a desire born of oneself, a Holden's self,

from seeing many people full of hypocrisy. Far from it all, he was very alienated from the purity of self, which he reflected on others. And the children become a way, reflecting on every view they share and convey, for him to continue towards himself.

He canceled his intention to not return home for the sake of Phoebe who wanted to come with. Holden then accompanied Phoebe until Phoebe's anger subsided, invited her to play carousel, and when Holden knew how happy Phoebe was, he felt even happier than anything. Until finally, he decided to return home.

The image of *hero* touches an archetype within Holden, as demonstrated by researcher's fascination with the heroes of movies, novels, plays, and television program, as the catcher in the rye- it means a saviour of children. It is shown by Holden through his feeling to children, especially his little sister, Phoebe. The hero is symbolically overcoming the darkness of prehuman unconsciousness. The achievement of consciousness was one of man ancestor's greatest accomplishments, and the image of the archetypal conquering hero represents victory over the forces of darkness.

Holden's anxiety and reaction to a situation of fear and danger (collective unconsciousness) is in the form of a symptom in the form of a warning sign of a mistake he made. His carelessness when he decided on something made him worry, sad, and regret. The first mistake he made was when he easily agreed to Maurice's offer, but in the end he didn't do it properly and made Maurice angry

and beat him up. Also how he accidentally made Sally feel uncomfortable with his request and invitation to get married and live together. Another recklessness was when he accidentally broke the record he bought for his younger sister, Phoebe, which finally made him feel sad, disappointed and sorry. And the last is when he confronts his teacher Mr. Antolini, and other uneasy feelings that made Holden feel anxious and dangerous. Holden really feels alienated. He was afraid of loneliness, so he could not enjoy the peace of life he had been dreaming of. Holden's thought of the carelessness he had done made him restless and uneasy, giving rise to the shadows of his chaotic life.

According to Jung's personality typology, Holden is an introverted-feeling personality type, in which the main character has an introverted mental attitude and sense of soul function. The attitude of introversion can be seen from the attitude of Holden who has his own views about the danger signs in the form of chaos and actions that he thinks are not true. On the other hand, Holden also has a dominant sense of feeling, that is, he is displeased with everything that keeps him from peace of mind and peace of mind. It shows that Holden is classified as a person who has a feeling soul function. From the attitudes and feelings held by Holden, it shows that he belongs to the introverted feeling personality type.

D. Holden Caulfield's Personality Development

Based on the analysis that has been done, psychological problems faced by the main character Holden Caulfield in the novel *The Catcher in The Rye*, found several attempts by Holden's character in overcoming his psychological problems. Below will be described some of the efforts made by Holden in overcoming psychological problems. The efforts made by Holden Caulfield are also the result of representation of personality development that has been passed and achieved, after going through the stages of life.

As the researchers explained in chapter two, Jung believed that personality develops through a series of stages that culminate in individuation, or self realization. The opportunity for degeneration or rigid reactions is also present at that time. The psychological health of middle aged people is related to their ability in achieving balance between the poles of the various processes. This ability is proportional to the success achieved in journeying the previous stages of life. Through the stages, a man will able to balance the whole of personality inside, and have self-acceptance as his true identity. Jung grouped the stages of life into four general periods- childhood, youth, middle life, and old age.

Holden is a teenager who is sixteen years old, so he can be classified as a youth, based on Jung's stages of development. It is period from puberty until middle life. Young people strive to gain psychic and psysical independence from their parents, find a mate, raise a family, and make a place in the world. According to Jung (1931/1960a), youth is, or should be, a period of increase

activity maturing sexuality, growing consciousness, and recognition that the problem-free era of childhood is gone forever. The major difficulty facing youth is to overcome the natural tendency (found also in middle and later years) to cling to the narrow consciousness of childhood, thus avoiding problems pertinent to the present time of life. This desire to live in the past is called the *conservative principle*. According to the researcher, based on the reading result, Holden Caulfield classified in the second phase. It is represented by what Holden did as a youth.

A middle-aged or elderly person who attempts to hold on to youthful values faces a crippled second half of life, handicapped in the capacity to achieved self-realization and impaired in the ability to establish new goals and seek new meaning to life (Jung, 1931/1960a).

Based on the analysis that has been done, psychological problems faced by the main character Holden Caulfield in the novel *The Catcher in The Rye*, found several attempts by Holden's character in overcoming his psychological problems. Below will be described some of the efforts made by Holden in overcoming psychological problems. The efforts made by Holden Caulfield are also the result of representation of personality development that has been passed and achieved, after going through stages of personality development.

Holden is someone who is introverted, he more often flashed with thoughts that exist in himself. Holden's closed attitude arises because on the side of consciousness and all the experiences that become memories that are

stored both in his personal subconscious again raised to the surface. Holden's introverted attitude was seen when he began to assume that everyone was boring, so he focused more on himself. Holden tried to overcome the psychological problem of being closed by *repression*. He tried to get out of the shackles in him by going to several places to calm down. The place he was headed was New York. Travel to several places in the city of New York brought back memories, while memories inherent in Holden's self. He remembered his younger brother Allie, who died when Holden was thirteen. The loss took him to undergo a psychiatric examination. Holden feels alone. He realized that he really lost Allie. How Holden overcomes his psychological problems in accordance with the following quotation.

“Besides, I'm not going to tell you my whole goddam autobiography or anything. I'll just tell you about this madman stuff that happened to me around last Christmas just before I got pretty run-down and had to come out here and take it easy.” (Chap.1, pg.1).

Holden is the student of Pencey Prep, but was dropped out because of poor grades for four subjects. It was the third times he expelled from school after he dropped out from Whooton School and also Elkton Hills. The problem is, Holden hates anything about phoney things. He thought that every people in those schools is phoney. Even his father and mother, who forced him to stay in school and do what students should do for school. This made Holden sick and felt that everything was boring. Holden acted as he pleased and expressed his opinion with his sarcasm. This sometimes makes friends and teachers feel that Holden is very

arrogant and disrespectful. Holden became alienated from his environment. He became so sad and lonely.

“All of a sudden, I decided what I'd really do, I'd get the hell out of Pencey-right that same night and all. I mean not wait till Wednesday or anything. I just didn't want to hang around any more. It made me too sad and lonesome.” (Chap.7, pg. 28).

The quotation above shows Holden's *repression*. Repression is the forced suppression of psychic energy that is put into the unconscious, but the suppressed energy does not disappear and always look for a way out (Suryabrata, 1998: 179).

Holden failed to meet the demands of conscious life, thus bringing up the images that exist in the unconscious towards consciousness. Psyche moves backwards and produces irrationality. Holden tried to adjust to life in the surrounding environment by trying to meet the demands of society, but his efforts failed. Psyche brings back the archetypes of personas into consciousness. Persona is pressed until it reaches the point of awareness and forms a feeling in the form of desire. The persona that Holden experienced led to feelings of loneliness. The feeling of loneliness in Holden's form of a desire is to want to return to his normal routine. He needs someone to make him not alone and lonely.

Beside that, the carelessness that Holden made when he accepted Maurice's offer and he didn't do what he was supposed to do to Sunny, then not paying according to what Maurice determined caused fear and anxiety to him. Holden was annoyed with his own thoughts about something that would happen later after he made that carelessness. He is shackled in his own thoughts. Holden wants to be calm, but is hindered by his own actions. The desire in Holden's self which was

blocked by his own carelessness caused him psychological problems in the form of anxiety. He was shackled by anxiety and fear of himself. Holden's fear arises because he thinks about the consequences of that action. he was worried that his negligence would be repeated.

Personality has a tendency to develop toward a stable roundness. Holden strives to achieve a perfect personality by overcoming his psychological problems, the anxiety he has endured so far. Holden overcame his anxiety by means of repression. He tried to gain calm by remembering his younger brother, Allie. He kept thinking about Allie when he was sad, lonely, and worried. Holden's way of dealing with his anxiety in accordance with the following quotation.

“Boy, I felt miserable. I felt so depressed, you can't imagine. What I did, I started talking, sort of out loud, to Allie. I do that sometimes when I get very depressed. I keep telling him to go home and get his bike and meet me in front of Bobby Fallon's house...-- but I keep thinking about it anyway, when I get very depressed.” (Chap. 14, pg. 54).

Holden also tried to overcome his anxiety by way of individuation eventhough he finally does not reach. He tried to get calm by praying. However, he just cannot pray when he wants to pray.

“Finally, though, I got undressed and got in bed. I felt like praying or something, when I was in bed, but I couldn't do it. I can't always pray when I feel like it. In the first place, I'm sort of an atheist. I like Jesus and all, but I don't care too much for most of the other stuff in the Bible.”(Chap. 14, pg.55).

From the statement above, it can be seen that Holden is not a hypocrite at all ; he does not feel comfortable praying whenever he would like or need to, different from other people, who generally ask for God's help whenever they have a

problem, even if they do not believe in God's existence. As a matter of fact, these people are the hypocrites. Holden was faithful to his principles. This is such a close relation that Holden made with God, also to be his principle for him in live with society.

The quotation above shows the existence of *sublimation* by Holden to get out of his anxiety. Sublimation is the transfer of more primitive, instinctive, and low-differentiation processes to processes that are more cultural, spiritual and highly differentiated (Suryabrata, 1998: 179).

Holden's anxiety arises due to a barrier to the realization of desires. Feeling restless, difficult to concentrate and worry suppressed by Holden's self by calming down. Holden felt very sad, and there was nothing he could do except remember Allie. He wants to pray, but he cannot pray precisely when he wants to. This is in accordance with the principle of equivalence, where a value decreases or disappears, the amount of energy supported by that value does not disappear from the psyche but will reappear in another value.

The calm attitude that Holden had, had declined when an unexpected action appeared. The downturned Holden's calmness can reappear when Holden remembers Allie, and tries to pray for peace, even if it doesn't work. The conscious ego can adjust to the demands of the outside world as well as unconscious needs. Barrier forces are united in harmony and coordination by mental processes.

CHAPTER IV

CONCLUSION & SUGGESTION

In this chapter, the researcher provides the result of this study as the conclusion based on analysis in the previous chapter. Besides, in this chapter, the researcher state suggestions, as the way for the researcher to suggest to the next researchers to have more improvements in this field of this study.

A. CONCLUSION

J.D Salinger's *The Catcher in The Rye* (1951) told about a teenager in psychological conflict which is experienced by Holden Caulfield as main character in the novel. The researcher tries to discover the process of personality development that Holden Caulfield has to go, based on the researcher's interpretation in reading the whole story. The theory used is Analytical Psychology theory by Carl Gustav Jung.

Based on the analysis, the process of personality development that Holden has to go through *The Catcher in The Rye*, can be seen by classifies Holden's psychological problems and the attempts to overcome his psychological problem. Those resumed as follows : 1) Psychological problems faced by the main character that is closed (introverted) and anxiety. From the psychological problems faced by Holden, found the personality type of Holden based on Jung's typology, that is introverted-feeling. This personality type is reflected in the behavior and thoughts of Holden contained in the novel. Whereas in terms of

levels of psychology, Holden Caulfield tends to wrestle with his unconsciousness. This is reflected in the archetypes that appear to him.

Shadow is the dominant archetype that has a great influence on Holden's behavior. This shadow is in the form of memories and dark shadows of his little brother, Allie. This shadow then affects Holden in revealing his persona while interacting with his environment. Hero's archetype also reflected by Holden in his ideas to be *the catcher in rye*, as he state to his little sister, Phoebe. It because of his careness to the kids, that he thought as the only purity in human being.

2) Holden's Attempt to overcome his psychological problem. Here, the researcher tries to discover the process of Holden's personality development, based on his attempt to overcome his psychological problem. The attempt to overcome Holden Caulfield's psychological problem is repression, sublimation and individuation. Holden's attempt in overcoming his introversion attitude is by repression, while his anxiety is overcome by sublimation, and tries to do individuation eventhough he does not reach it.

From the psychological problem and effort to overcome them made by Holden, the researcher came to the conclusion that Holden's *self* was an introverted-feeling teenager, a brother who wanted to be his sister's protector from the outside social he thought full of phonies thing that reflected by his hero archetype as he ever says to his little sister, Phoebe, as the catcher in the rye. Holden is a teenager who full of sarcasm to anything, he never accept what people thought except the little kids. Holden himself, is a man, who had his own way in

dealing with his problems, both inside and outside him. Nevertheless, it has not the trully his process of personality development, because Holden Caulfield is still very young and he will continue to process throughout his life span.

B. SUGGESTIONS

The researcher hopes that this study will be useful for all the reader and brings a new perception and deeper meaning in dealing with the teenager and his psychological problem . This study only focused on the main character, Holden Caulfield. Whereas, the other psychological problem of supporting characters like, Allie, Phoebe, Mr. Antoliny and Holden's parents is also possible to be analyzed in further study. This novel has a complex psychological problem but not many studies have analyzed it. The analysis of personality development and other personality issues appeared in this novel probably can be done with other theory and created a different result. Furthermore, personality development of Holden Caulfield in the novel can be the ilustration for society to overcome psychological problem that faced in, based on the theory used in this research.

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