SHADOW ARCHETYPE IN MICHAEL THOMAS FORD'S *SUICIDE NOTES*

THESIS

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THESIS
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I state that the thesis entitled "**Shadow Archetype in Michael Thomas Ford's Suicide Notes**" is my original work. I do not include any materials previously written or published by another person, except those ones that are cited as references and written in the bibliography. Hereby, if there is an objection or claim, I am the only person who is responsible for that.
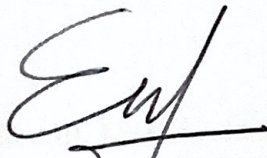
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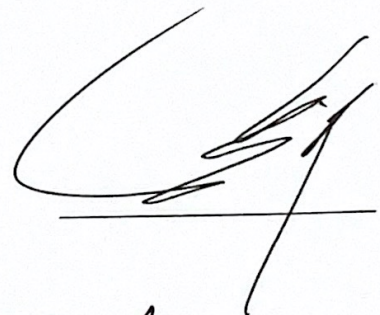
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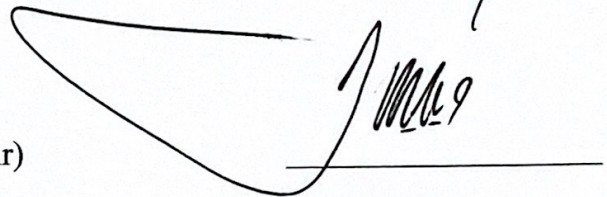Malang, 24 June 2021

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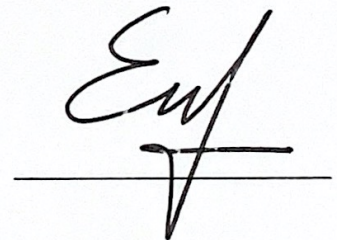
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MOTTO

وَلَىِٕنْ كَفَرْتُمْ اِنَّوَاِذْ تَاَذَّنَ رَبُّكُمْ لَىِٕنْ شَكَرْتُمْ لَاَزِيْدَنَّـكُمْ

عَذَابِىْ لَشَدِيْدٌ

And remember when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]; but if you deny, indeed, My punishment is severe.

(Q.S Ibrahim: 7)

DEDICATION

I proudly dedicated this thesis to my dearest family, especially my parents, Mom and Dad who has supported me during my education until my study in Universitas Islam Negeri Maulana Malik Ibrahim Malang. I also dedicated this thesis to my Aunt, Tatik Yuliati, my sister, Nur Muchlizatun Nawalia, who has always supported me and wished the best for my entire life, and the other family who has always tried to give much advice during my process to finish my thesis project.

ACKNOWLEDGMENT

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This thesis writing is intended for as one of the requirements for the degree of Sarjana Sastra (S.S.) in Department of English Literature. The title of this thesis is Shadow in Michael Thomas Ford's *Suicide Notes*. My gratitude goes to the Rector of UIN Malang, Prof. Dr. Abdul Haris, M.Ag., the Dean of the Faculty of Humanities, Dr. Hj. Syafiyah, M.A., and the Head of the Department of English Literature, Ibu Rina Sari, M.Pd. In particular, I wish to express my gratitude to my advisor Bapak Muhammad Edy Thoyib, M.A, as my thesis advisor who has provided direction and guidance to complete this thesis.

I have taken efforts in this thesis. It was all thanks to the encouragement and support of all those who have helped both directly and indirectly. I would like to extend my sincere thanks to all of them. To be sure my father who has suggested me to study at Universitas Islam Negeri Maulana Malik Ibrahim Malang, And also my mother who always prayed for always getting blessed knowledge. May Allah give them bless in every step in their life, Aaamiin. Then, my sister who always give me what I need to finish my study at UIN Malang, may Allah always give a fortune, health and faith to facing new stage of her life.

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Last, I admit that this thesis is far from the perfectness and has many shortcomings. Thus, to improve this work, criticisms and suggestions are welcomed. Hopefully, this thesis would give significant benefit to other and people who read it.

Malang, 11 June 2021

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ABSTRACT

The archetype of shadow is an important aspect of Carl Jung's theory; it is concerned with dread and the dark side. Every individual's psychology includes a dark side. The purpose of this research is to examine the shadow cast by the main character, Jeff, in Michael Thomas Ford's *Suicide Notes.* Although this novel has many characters and Jung's archetype theory has many types, researcher only focus on the shadows.

This study is part of literary criticism since the researcher interprets and analyzes a literary work. The study uses a psychological approach for analysis as it focuses on the literary texts related to the psychological aspects of the character in the novel. Specifically, this study applies Carl Gustav Jung's archetype theory is used by , focusing only on the concept of shadow. The data are taken from words, phrases, and sentences in the novel *Suicide Notes*, published in 2010 by Harper Collins. The researcher collects the data by identifying and classifying relevant citations in Michael Thomas Ford's *Suicide Notes*. Then, the researcher analyzes the data by explaining or describing quotations based on Jung's theory.

The Findings of the analysis show that: (1) Jeff has a shadow based on Carl Jung's theory. The researcher comes to the conclusion that Jeff's shadow is about his fear of being discovered as having a different sexual orientation. He can't shake the feeling that he is being rejected by society and his best friend, Allie, because Jeff has a different sexual orientation Which are reflected in his certain behavior of denying his own shadow. The first is frequent feelings of anger, the second is self harm, the third is ODD (Oppositional defiant disorder). (2) Jeff managed to cope with his inner shadow with the help of therapy session and all the circumstances that support he had for forty five days, Jeff began to make peace with himself.

ABSTRAK

Nurachim, Ichwan. 2021. *Arketipe Bayangan pada Suicide Notes karya Michael Thomas Ford.* Skripsi. Jurusan Sastra Inggris Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. **Pembimbing**: Muhammad Edy Thoyib, M.A.

Kata Kunci: Arketipe, Bayangan, Psikoanalisis

Arketipe bayangan adalah bagian penting dari teori Carl Jung, arketipe bayangan berbicara tentang ketakutan dan sisi gelap. Sisi gelap juga merupakan bagian dari psikologi yang dimiliki setiap individu. Penelitian ini bertujuan untuk menganalisis bayangan tokoh utama bernama Jeff dalam Suicide Notes karya Michael Thomas Ford. Meskipun novel ini memiliki banyak karakter dan teori arketipe Jung memiliki banyak tipe, peneliti hanya fokus pada bayangan..

Kajian ini merupakan bagian dari kritik sastra karena peneliti menafsirkan dan menganalisis sebuah karya sastra. Penelitian ini menggunakan pendekatan psikologis untuk analisis karena berfokus pada teks-teks sastra yang berkaitan dengan aspek psikologis karakter dalam novel. Secara khusus, penelitian ini menerapkan teori arketipe Carl Gustav Jung yang digunakan oleh para peneliti, hanya berfokus pada konsep bayangan. Data diambil dari kata, frasa, dan kalimat dalam novel Suicide Notes yang diterbitkan pada tahun 2010 oleh Harper Collins. Peneliti mengumpulkan data dengan mengidentifikasi dan mengklasifikasikan kutipan yang relevan dalam Suicide Notes Michael Thomas Ford. Kemudian, peneliti menganalisis data dengan menjelaskan atau mendeskripsikan kutipan berdasarkan teori Jung.

Hasil analisis menunjukkan bahwa: (1) Jeff memiliki bayangan berdasarkan teori Carl Jung. Peneliti sampai pada kesimpulan bahwa bayangan Jeff adalah tentang ketakutannya diketahui memiliki orientasi seksual yang berbeda. Dia tidak bisa menghilangkan perasaan bahwa dia ditolak oleh masyarakat dan sahabatnya, Allie, karena Jeff memiliki orientasi seksual yang berbeda yang tercermin dalam perilakunya yang menyangkal bayangannya sendiri. Yang pertama sering merasa marah, yang kedua menyakiti diri sendiri, yang ketiga ODD (Oppositional Defiant Disorder). (2) Jeff berhasil mengatasi bayangan batinnya dengan bantuan sesi terapi dan semua keadaan yang mendukung yang dimilikinya selama empat puluh lima hari, Jeff mulai berdamai dengan dirinya sendiri.

مستخلص البحث

نوراكيم ، إخوان. ٢٠٢١. النموذج الأصلي للظل في ملاحظات الانتحار لمايكل توماس فورد *أطروحة جامعية*. قسم الآداب الإنجليزية كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج.**المشرف:** محمد إيدي ذويب ، ماجستي

الكلمات المفتاحية : *النموذج الأصلي ، الظل ، التحليل النفسي*

النموذج الأصلي للظل هو جزء مهم من نظرية كارل يونج ، فالنموذج الأصلي للظل يتحدث عن الخوف والجانب المظلم .الجانب المظلم أيضًا هو جزء من نفسية كل فرد .تهدف هذه الدراسة إلى تحليل ظل الشخصية الرئيسية المسماة جيف في ملاحظات الانتحار لمايكل توماس فورد .على الرغم من أن هذه الرواية تحتوي على العديد من الشخصيات وأن نظرية النموذج الأصلي لجونغ لها أنواع عديدة ، إلا أن الباحثين يركزون فقط على الظلال.

للحصول على شرح شامل للظلال الموجودة في الشخصيات الرئيسية . هذا البحث له فائدتان .أولاً ، الفائدة النظرية ، يمكن لهذا البحث تطوير معلومات حول تحليل رواية Suicide Notes ونظرية الظل بواسطة Jung. ثانيًا ، هذه الدراسة مفيدة عمليًا كمرجع ومثال للباحثين الآخرين الذين يقومون بدراسة مماثلة .هذه الدراسة جزء من النقد الأدبي حيث يقوم الباحث بتفسير وتحليل العمل الأدبي .تستخدم الدراسة المنهج النفسي للتحليل حيث تركز على النصوص الأدبية المتعلقة بالجوانب النفسية للشخصية في الرواية .على وجه التحديد ، تطبق هذه الدراسة نظرية النموذج الأصلي لكارل غوستاف يونغ التي يستخدمها الباحثون ، مع التركيز فقط على مفهوم الظل .البيانات مأخوذة من الكلمات والعبارات والجمل في رواية Suicide Notes ، التي نشرتها Harper Collinsفي عام .2010 يجمع الباحث البيانات عن طريق تحديد الاقتباسات ذات الصلة وتصنيفها في ملاحظات الانتحار لمايكل توماس فورد .ثم يقوم الباحث بتحليل البيانات من خلال شرح أو وصف الاقتباسات بناءً على نظرية يونغ

تظهر نتائج التحليل ما يلي (1) :جيف باعتباره الشخصية الرئيسية لديه نموذج الظل الأصلي بناءً على نظرية كارل يونج .الأول هو الشعور المتكرر بالغضب ، والثاني هو إيذاء النفس ، والثالث هو اضطراب العناد الشارد)اضطراب التحدي المعارض (، والرابع والأخير هو السلوك الجنسي المنحرف ؛ (2) تمكن جيف من التعامل مع ظله الداخلي بمساعدة جلسة العلاج وجميع

الظروف التي دعمته لمدة خمسة وأربعين يومًا ، بدأ جيف في صنع السلام مع نفسه.

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CHAPTER I

INTRODUCTION

This chapter consists of background, problem, objective, scope, limitation, significance, and critical terms of the research. This chapter also provides research design, data and data sources, data collection, and data analysis.

A. Background of the Study

The concept of archetypes was first developed by Carl Jung, a Swiss psychologist. In literature, An archetype is a distinctive character, an event, or circumstance in the literature that tends to represent a common trend, such as human nature. Archetypes may be in the form of characters, themes, symbols, or even environments, also called universal symbols (Jung, 1969). Many literary critics claim that archetypes' structure and role are influence by archetypes, which have general and recurrent representations in a given human culture or all of humanity.

Jung (1969) argued that the archetype's origin is the "collective unconscious" of the human race. The term "collective unconscious" refers to experiences shared by race or culture. That involves love, faith, death, birth, life, struggle, and survival. This experience exists in each individual's subconscious mind and is reflected in literature or other art forms. An archetype refers to a concept, person, or entity that has served as a prototype of its kind and is an original idea that has been repeatedly used. Archetypes are literary instruments

that use common concepts, people, or artifacts to convey a wealth of meaning. Archetypes can be easily described, and although the usage or use of one form of archetype can be overused, this is still the best example.

Archetypes are a medium used to express a collection of ancestor-related interactions and memories. Which is, each person develops a set of archetypes based on the experience of their ancestors (Ahmadi, 2015). In this way, archetypes maintain the core concept of mutual unconsciousness and relate to the common mental representations presented by all. The effect of each person's cultural context plays an important role in the creation of archetypes. Individuals do not establish archetypes on the basis of their personal experiences but on the basis of the social experiences of their surroundings. Regardless of their collective roots, if each person analyzes archetypes individually, they create emotional and behavioral patterns that decide how to process stimuli, images, and perceptions (Ahmadi, 2019).

According to Carl Jung (1969), situational, cultural, and ancestral forces motivate generations of archetypes that emerge in the unconscious of individuals and decide most of their psychological growth. To embody archetypal ideas, Carl Jung used images and stereotypes that tend to exist in all cultures, and the fact that all cultures depict the same characteristics suggests that human society thinks and acts on an emotional and cognitive basis that does not evolve on the basis of individual experiences.

On the other hand, the emotional and cognitive foundations of all people would be regulated by the theory of collective unconsciousness, which results in

the creation of a set of archetypes common to all individuals passed down through generations. However, Carl Jung pointed out that archetypes are not about depictions that are transmitted but about the possibilities that are accumulated from depictions. In this way, archetypes do not grow genetically but in an environmentally friendly way. The capacity to create archetypes is transmitted by genetics. In addition, people evolve through the cultural impact of archetypes.

Carl Jung's postulated archetypes are models of repeating images and symbols that occur across cultures in various ways. They are defined by a gradient that is transmitted down through generations so that archetypes are the components that give form to the part of the partially inherited collective unconscious. Archetypes, therefore, are universal representations that can be identified in the social processes of various cultures. Expression, behavior, emotional states, and dreams are the components in which archetypes are conveyed. For this purpose, archetypes can be observed and separated in all kinds of people's behavior (Ahmadi, 2019).

Carl Jung argued that these archetypes are representative of people's unconsciousness, so they affect actions unconsciously. The individual cannot distinguish that in their psyche, a certain part of the way in which they are affected by the archetype is created. According to Carl Jung (1969), an individual may develop a high proportion of archetypes. Collective unconsciousness is a dynamic psychic system that can handle a huge proportion of experiences. In this context, for certain psychoanalysts, Jungian archetypes are those that make certain principal functions occur in very multiple circumstances of the same society.

The shadow is one of the key archetypes of the collective unconscious, reflecting two distinct concepts. Shadow, on the other hand, is an archetype reflecting the complexity of the subconscious. Second, the shadow refers to the unconscious component of a person's personality, which is formed by characteristics and behaviors that people typically did not realize as their consciousness.

The shadow is the lower layer of personality, is a number of psychic elements that are personal and collective, psychic elements that are denied in life because they are not in line with the conscious attitude that has been chosen (Jung, 1970). They, therefore, unite into something relatively independent and show opposite tendencies in the unconscious. Shadow can have a negative influence, and it can also be positive (Ahmadi, 2019). Shadow symbolizes everything that the subject rejects in knowing himself, and it always haunts someone directly or not, which is a hidden and oppressed personality. People can believe that the human shadow indicates all sources of evil. However, it can also be possible in certain cases, which not only consist of tendencies that are morally bad but may show a number of good natures, such as intuition, natural reactions, creative impulses, and other things.

Psychology is one of the many subjects covered by literature (Ahmadi, 2015). Psychoanalysis, for example, is a field of psychology that is discussed in the literature. In contrast to other forms of psychology, psychoanalysis is considered to have become particularly prevalent in literature. From time to time, many literary works have raised the topic of psychology as a central theme in their

stories, which have been the object of literary criticism. The story with the theme of shadow has long been outlined in the famous novel written by Robert Louis Stevenson published in 1886 under the title Dr. Jekyll and Mr. Hyde, which has been filmed several times. This is a story about a person with multiple personalities. The well-behaved, refined Dr. Jekyll in his fifties has spent most of his life suppressing the evil hidden within his personality. As Mr. Hyde, h e can turn out to be mysterious, younger, cruel, and evil.

The researcher believe that every living individual has an shadow embedded in them. This is what motivates the researcher in this study. The researcher chooses Michael Thomas Ford's Suicide Notes as the subject of the study on analyzing shadows based on Carl Gustav Jung theory. This novel tells about a teenager named Jeff who finds himself in a psychiatric ward of a hospital after he attempted suicide. He has to undergo forty-five programs of rehabilitation but, he feels like he does not belong there. He should get acquainted with the people who belong there. He has joined a group of people that he felt were totally crazy. As time goes by, he starts to question the boundary between 'crazy' and 'normal' and asks himself who belongs on the ward and who does not, as he tries to navigate his own depression. He goes from confidently refusing help from the therapist then turned to ask for help for what on his mind. After all, he tried to accept the truth about himself and cope with that.

The Jungian collective unconscious portrays archetypes as the authentic part of human personality theory. The archetype could be found in Jeff, the main character of Suicide Notes novel by Michael Thomas Ford. The aim of this study

is to find out some archetypes based on Jungian critic that portrayed from the character who attempted to commit suicide.

Based on the description above, the researcher assumes that a psychological approach would be compatible with analyzing Jeff as the main character in Michael Thomas Ford's Suicide Notes. The researcher uses the psychoanalysis of Carl Gustav Jung with focusing on the shadow. The researcher decided to uses this theory because there were plenty of that discussed archetypes, but the researcher only found a few theses that focused on the shadow, particularly in the literature thesis.

B. Problems of the Study

Based on the background explained above, the researcher formulates the research questions :

1. What is Jeff's shadow reflected through his behavior in Michael Thomas Ford's *Suicide Notes*?

2. How does Jeff's shadow emerge in the consciousness in Michael Thomas Ford's *Suicide Notes*?

C. Objectives of the Study

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

1. To find what is Jeff's shadow through his behavior reflected in Michael Thomas Ford's *Suicide Notes* based on Carl Gustav Jung Theory.

2. To show how Jeff coped with his shadow in Michael Thomas Ford's *Suicide Notes.*

D. Significance of the Study

Based on the goals of the study, the researcher expected that the findings could be both theoretically and potentially beneficial. Theoretically, this research emphasizes the application of Carl Gustav Jung's Psychoanalysis. Theory focuses on the archetype and its role in literary analysis. Besides, this study aims to explain the shadow characteristic of Jeff, the main character in Michael Thomas Ford's *Suicide Notes*, and how the main character copes with his shadow toward his condition. Practically, the researcher assumes that this research will help the reader, especially the student of the English Department who is interested in the study of the Carl Gustav Jung Archetype Theory. In addition, it is expected that this study will also be useful for English Department lecturers in providing their students with a broader knowledge of archetype studies. Finally, this research could provide more knowledge for the next to carry out more research in this area.

E. Scope and Limitation

There are several aspects that could be explored from this novel. In this study, the researcher tries to focus only on the shadow, theory of archetype by Carl Gustav Jung, reflected on Jeff's behavior as the main character and how the shadow builds the main character, also how Jeff copes with his shadow in Michael

Thomas Ford's *Suicide Notes*. The researcher admits that this study has its limitation. This study only examines the main character.

F. Definition of the key Terms

1. Collective Unconscious: The collective unconscious is a type of unconscious (that part of the mind that comprises memories and impulses that the person is unaware of) that is shared by all humans and derives from the brain's inherited structure. It differs from the personal unconscious, which is based on the individual's experiences. The collective unconscious, according to Jung, includes archetypes. (Jung,1969).

2. Archetype: Archetypes are the result of a collection of many repeated life experiences. Archetypes are symbols in the subconscious form and undergo a transformation when they are being felt, appearing in the form of images and emotions. (Jung, 1970)

3. Shadow: Shadow is the dark side of human nature. Shadows are all uncivilized desires and emotions which do not conform to societal norms incompatible with the ideal personality people mostly wanted. An undeniable impulse that people cover up and ignore but reside within. (Jung,1959).

G. Previous Studies

As relevant references, the researcher locates some previous studies. There are some who have conducted research with a similar issue. First, Rofiq Indra

Sukmana (2013) Roderick's Identity and Shadow Portrayed on the basis of Carl Jung's Archetypes Characters in *The Fall of The House of Usher* by Edgar Allan Poe. The outcome of the analysis indicates that the shadow is dominant over the personality. Roderick was unable to define the shadow, so it was not possible to gain self-realization. In order to achieve self-realization in balance composition along with persona and shadow, archetypes anima/animus were needed.

Second, Nailah Dian Ekaputri (2019) Persona and Shadow in *Shatterday* by Harlan Ellison and Chuck Palahniuk *Fight Club*. The purpose of this study is to examine The Identity and The Shadow in two literary works that display the mental illnesses of the main characters, *Shatterday* a by Harlan Ellison and *Battle Club* by Chuck Palahniuk. In each story, the researcher pointed out how the Persona and the Shadow represented the similarities and differences between the two stories as well.

Third, Ulya Fahmi Istiqomah (2019) The Shadow of Emil Sinclair Character as Reflected in Hermann Hesse's *Demian*: An Archetypal Analysis. This thesis explores how the shadow is reflected and also identifies types of shadow experienced by Emil Sinclair's character describe in Hermann Hesse's *Demian*. The results of the analysis show that the Shadow of Emil Sinclair was gradually appeared and influenced his actions. The aspects that emerged as the Shadow of Emil Sinclair character in Hermann Hesse's *Demian* are shown in the form of the things and desires which are hidden and avoided, things which are ashamed of, things that are seen as evil, and the uncivilized desire and emotion.

Forth, Firdausya, Magazen Kharisma (2020) The shadow in A.J. Finn's *The Woman in the Window*. This study shows that the shadow is reflected and also identifies types of shadow experienced by Anna fox as the main character. The main character has six archetypes of shadow, which controls her. The first is social anxiety, the second is limiting beliefs, the third is sexual deviant behavior, the fourth is uncontrolled anger, and then the fifth is problem associating with people, the last is neuroticism. She struggles with all shadows that occur with begins to accept all the fears that she faces.

The fifth, Hasyim, Adha Fuad. (2020) Shadow On The Character Of Joker In *Moore And Bolland's Batman The Killing Joke*. This thesis focuses on archetype study. The aim of the study is to find how is the shadow constructed by Joker's past experience and how are the aspects of the shadow portrayed through Joker's life. The study showed that the shadow is Joker because he is evil in the human condition. The condition is unacceptable in the story, which made him a villain that must be defeated. The experience of Joker is shown in his flashback memory that he repressed.

All previous studies have helped researchers understand the theory archetype and how it can be applied. The researcher, on the other hand, discovered that the object of the study, Suicide Notes by Michael Thomas Ford, had never been analyzed using Carl Gustav Jung's theory of archetype. This research differs from earlier research in some ways, as indicated above. First and foremost, this research focuses on Jeff's psychoanalysis of archetype in the novel *Suicide Notes.*

Second, the novel as the object of study is a complex object to be analyzed using psychoanalysis, particularly the archetype of shadow using Carl Gustav Jung's theory, because no one has researched this novel yet and the common theory focuses less on the shadow that is occurring at the main character as the object of the research using Carl Gustav Jung's theory of archetype. Therefore, by those cases, it will fill the gap of the previous studies under the topic of the uses of archetype specifically focused on shadow by Carl Gustav Jung.

H. Research Method

This chapter explains the methodology used to analyze the data of this study. It consists of research design, data, data source, data collection, and data analysis.

1. Research Design

This study uses literary criticism design to obtain detailed description on how the archetype of the shadow in Jeff, the main character from Suicide Notes novel by Michael Thomas Ford. This study is categorized in to a literary criticism because the data are in the form of words or utterances of the character in the novel.

The researcher chooses the shadow theory by Carl Gustav Jung to analyzing Jeff, the main character in Michael Thomas Ford's *Suicide Notes*. The researcher intends to show the shadow on Jeff as the main character through his behavior. This novel contains the shadow experienced by the main character, which occurs in Jeff's behavior of denying his own shadow. Through this approach, this

research is expected to learn intensively about the causes and the consequences of shadow that occur in the main character and also how to cope with that.

2. Data and Data Source

The data are taken from words, phrase, and sentences in the novel. The data source for this research is the novel *Suicide Notes* by Michael Thomas Ford (2010) printed Epub edition. This novel was published by Harper Collins. This novel has 168 pages.

3. Data Collection

The researcher does the following ways to collect the data:

1. Reading deeply and also intensively.
2. Highlighting, underlining words or utterances or even dialogue of the character in the novel also making notes that is relevant to the shadow from Michael Thomas Ford's *Suicide Notes*.
3. Classifying the data that is sustainable with theory of the shadow by Carl Gustav Jung in the analysis.

4. Data Analysis

The researcher does four steps to analyze the data. Right after collecting the data, the first step, the researcher elaborating the data which is relevant with the characteristic of the shadow. Then, the researcher identifies the character

archetype in Jeff character. In the last step, the researcher draws a conclusion to answer the problem of the study.

CHAPTER II

REVIEW ON THE RELATED LITERATURE

This chapter discusses the research theory that was used to support this study. It includes ideas about the psychology of literature, archetypes, and the shadow theory by Carl Gustav Jung, which is used in this research to make this study estimable.

A. Psychology of Literature

Psychology means the study of psychiatric symptoms. In its development in the history of the meaning of psychology become the study of human behavior. The soul, which contains abstract sense, is difficult to be studied objectively unless it is caused by a person's mental state, which is the background for the emergence of almost all behavior (Dirgagunarsa 1978).

Psychology is a scientific discipline that talks about behavior and mental processes. The term personality is related to the persona a person uses in one's life (Feist & Feist, 2014). The study of human character psychology can be used comprehensively to understand the characters in literary works. In current developments, literature is categorized as a novel, short story, drama, or poetry. (Ahmadi, 2015)

Literature as a humanities science has various streams as an area of study, ranging from philosophy, psychology, sociology, anthropology, and religion. Psychology is a part of literary studies that examine humans' psychological

problems as characters in literary works, both from work, the author, and the reader.

Psychology of literature is a textual study of the psychological aspects of literary works. As an insight that has been a long commonhold in the world of literature, psychology of literature also views literature as the result of the creativity of authors who use language as a media, which are devoted to aesthetic interests. Literary works result from an author's psychological expression, which means that the author's psychological atmosphere is felt, both the atmosphere of thought and the atmosphere of feeling/emotion, according to (Roekhan in Aminuddin, 1990).

Psychology of literature is the psychology of the author and the creative process in literary studies. By definition, the psychology of literature is a practical understanding of the mental aspects of a novel or the results of the author (Wellek and Werren, 2014). The relationship between literature and psychology or between writers and psychiatric symptoms, both that preceded it and later expressed in his work, seems to have been confirmed by Sigmund Freud's psychoanalysis discoveries. Through his analytic psychology, C.G. Jung also touched on psychological problems concerning literature. Archetypes are the original images of the unconscious, incarnations of experiences that have been passed down from generation to generation since ancient times (Aminuddin, 1990).

Through the psychology of literature, a person can study psychology without learning pure psychology, which uses academic and technical language,

which sometimes does not make humans less applicable. (Ahmadi, 2015). Through the world of literature, human characterization can be raised and explored in-depth without being afraid of the rules in the real world. Ahmadi also shows that literature, both written and oral, can be studied from a psychological perspective. Through the study of psychology, literary works are increasingly seen as works of high humanistic value, not just as artifacts.

Regarding psychology and literature, Wellek & Warren (1995) provides a limitation that psychology is in literature divided into four studies, namely the study of processes the author's creation, the author's studies, the study of law psychology in literature, and the study of readers literature. There are still many views of Wellek & Warren used by psychology for views is considered the most representative in the study literature psychology.

In the context of the development of studies interdisciplinary literature, literary psychology does not stand only on classical psychology leading to monodisciplinary, but also penetrated the study of contemporary psychology which leads to a deeper, more comprehensive study talk about psychology and especially in relation with literature. Thus, psychology and science literature is still developing, and it is not monotonous in terms of research perspective psychology literature.The study of literary psychology is a study that involves the world within. Thus, rely more on one's ability to interpret and reconstructing a person in psychological terms. Of course, understanding someone in psychological terms is not a thing that is easy because it requires a deep understanding of psychology to understand someone's psychology. Thus, one is

able to assess psychology a person if he does have psychological abilities, whether obtained independently or academically.

Studying the psychology of literature is the same as studying humans from the inside. The appeal of the psychology of literature is in the human problem that paints a soul's portrait. It is not only the soul itself that appears in literature, but it can also represent other people. Regarding the relationship between literature and psychology, several factors need to be considered. First, a literary work must reflect the strength, work, and expertise of its creator. Second, literary works must have a special feature in terms of style and language problems to express the author's thoughts and feelings. Third, issues of style, structure, and theme of literary works must be interrelated with elements that reflect individual thoughts and feelings, which are included: the main message, emphasis, passion, pleasure, and displeasure that provide continuity and coherence to the personality (Minderop 2013).

Psychology of Literature is an applied theory that bridges pure psychological theory and literary works. There are three ways that can be done to understand the relationship between psychology and literature, namely:, understanding the psychological elements of the author as a writer, and understanding the psychological elements of fictional characters in literary works, also understanding the psychological elements of the reader. (Ratna,2008). Of the three elements, the most relevant to this research is the second element, namely understanding the psychological elements of fictional characters in literary works.

B. Archetype

The term archetypal comes from the word archetype. According to Jung, an archetype is a form of universal thought/idea that creates images/visions of life-related to specific aspects/situations (Jung, 1969). Through the archetype, humans can understand their 'past' self. General archetypes can appear in the primary forms, for example, (1) angels, gods, spirits, (2) heroes, parents, saviors, and (3) figures/symbolism. The archetype will appear periodically in a particular place and at a specific time. Thus, it is possible to have this understanding in this regard with the emergence of a market (Johnson, 1993).

According to Jung (1970), this archetype, if examined further, cannot be separated from the collective unconscious (collective unconscious) that exists in humans. In fact, the term archetype is not purely from Jung's mind. Kant trained him. In Kant's view, archetypes are personal ideas. By Jung, the term archetype is raised and developed into thoughts that lead to a psychological context rather than a philosophical context.

The first psychoanalysts' interests tried to describe how the unconscious mind influences how we think and act. These explanations tend to focus on the individual, and, in the case of Sigmund Freud's theory, they serve to explain the nature of specific mental pathologies. However, there is one researcher who goes beyond the physiological function of explaining individual behavior. Carl Gustav Jung transports psychoanalysis on a plane in which ancestral phenomena that occur collectively across different cultures and societies shape our ways. And he does it through a concept called "archetypes."

Jung believed that to understand the unconscious, and he must take his theory to a field that transcends the function of an organism (in this case, the human body). That is why, from Carl Jung's theory, it is understood the "unconscious" which inhabits us as a composition of individual and collective aspects. This remote part of our minds is, one might say, the cultural heritage component, the mental matrix that shapes the way we understand and interpret the experiences that happen to us as individuals.

The Symbols and Myths that seem to be in all known cultures are for Carl Gustav Jung a sign that all human societies think and act from a cognitive and emotional basis that does not depend on the experiences of each person or their individual differences that come to him are born. Would be evident that there is a collective unconscious acting on the individual at the same time as part of the unconscious which is personal.

Jung's archetypes, for certain psychoanalysts, can make certain roles and functions which then appear in different cultural products such as for example The Odyssey and Matrix movies. Of course, the existence of archetypes goes far beyond art criticism and is commonly used by some therapists to detect internal conflicts between the unconscious and the conscious. There are certain ways of classifying the different archetypes. For example, there are archetypal events such as birth or death, archetypal themes like creation or revenge, and archetypal figures, such as wise parents, virgins, etc.

According to Jung (1969), the archetype is an element of thought that embodies a picture and vision of life consciously related to previous events. The

insight or idea is universal and contains a substantial emotional component. The Archetypes are forms of thought that become the first role models of one's vision, projected through one's life. Jung strengthens his opinion about archetypes that there are several archetypes of primary types, including self, mask (persona), the dark side(shadow), the nature of men in women, and the nature of women in the men body (anima and animus).

Some of the main archetypes are listed below:

1. Animus and Anima

The Ánimus is the masculine side of the female personality, and the Anima is the archetype of the feminine in the human mind. Both are related to ideas related to gender roles.

2. Mother

For Jung, this archetype of Motherhood allows us to detect the behaviors and images associated with mothers as our ancestors experienced them.

3. Father

The archetype of Dad represents Jung as an authority figure offering guidance on how to live life based on his example.

4. That person

The Archetype of This Person represents the side of ourselves that we want to share with others, namely our public image.

5. Shadow

Contrary to what happened with People, the Shadow represents all of ourselves that we want to keep secret, because it is morally reprehensible or because it is too intimate.

6. Hero

The Hero is a figure of strength characterized by the battle against the Shadow, that is, who is kept at bay all who should not attack the social sphere so that the whole is not harmed. Besides, the Hero is clueless, as his determination keeps him from stopping to constantly think about the nature of his fights.

7. he Wise

Its role is to reveal to the Hero the collective unconscious. On the one hand, the archetype that received the name Wise highlighted the path of the Hero.

8. The Trickster

The archetype of the Trickster, or con man, is one who introduces jokes and violations of established norms to show the extent of the law that defines vulnerable matters. This places traps and paradoxes on the Hero's path.

Jungian archetypes are, in some ways, recurring patterns of images and symbols that appear under various forms across all cultures and which have sides that are passed down from generation to generation. An archetype is a part which gives shape to the part of the collective unconscious that is partially inherited. By definition, Jung said, these images are universal and they can be recognized in the cultural manifestations of different societies as well as in speech, the behavior of people and, of course, in their dreams. This means that they can be placed and

isolated in all kinds of human products, because culture influences everything we do without even realizing it.

C. Shadow

The shadow is the dark side of humans, which comes from a natural archetype, and is instinctive regarding the animal nature that exists in humans through a very long transformation process (Jung, 1948). Shadows are a very significant archetype for the conceptualization of the theory of collective unconsciousness since they demonstrate that both collective and individual psychic contemplations are not assumed by intuition because of their incompatibility with personality. Thus, conscious personality rejects a significant number of psychic features that are not lost but creates self-antagonistic elements in the subconscious. This antagonistic agent of the conscious self is portrayed by an archetypal picture and is conveyed through all personality behaviors and attitudes that are not recognized as their assets and definition and conceal others.

A shadow is a form of evil vision that has been applied to our lives or ourselves. However, if the shadow character is behavior that comes from within the individual, it is evil from the self and the ego. Shadow has a negative side in a person's life. The word shadow is used by Jung to denote the dark side of the evil side in us. Shadow is the bestial side of the human personality. Shadow is associated with an unconscious level and is closely related to the world of evil. Shadow has a primary aspect, which is related to the personal unconscious level.

Because associated with the dark side, the shadow is in Jung's view as an archetype is the worst side human because it is related to that ancient instinct actually in the context of the idea is still very far from the highest concept. In a sense, a shadow is something negative that is contained in humans (Jung,1948).

In the context of social life, shadow as an archetype is considered something that violates ethics. This is based on the fact that if the shadow leads to negative energy, in this case, the shadow which directs the energy outside the self and then directs the energy inside will have a detrimental impact on the individual or the collective. A strongly supported person by the shadow will tend to break the ethical order that exists in society because he puts forward his shadow energy as strong inner energy. That encourages him to do thoughts and actions that lead to aesthetic philosophy only, not ethical or spiritualistic (Ahmadi, 2019).

The shadow is a psychological term for everything in ourselves that we cannot see. Most of us will go to great lengths to guard our self-image from anything unflattering or strange. As a result, it's simpler to notice another's shadow before noticing one's own. Seeing the shadow in others helped the researcher comprehend how someone can have great gifts in one area of life while being completely unconscious of poor behavior in another. This is something that every human being is vulnerable to. Working with our shadow is a rewarding but difficult process for us. Exploring our shadow can lead to increased authenticity, creativity, energy, and personal awakening. This introspective process is necessary for maturing into an adult which is more rare than most people believe. Because it mostly consists of primitive, negative human emotions and impulses

like fury, envy, greed, selfishness, desire, and the desire for power, the shadow is referred to as the "dark half" of our psyche. We, on the other hand, cut ourselves off from many of our better attributes.

All that we deny in ourselves as inferior, evil, or unacceptable becomes a part of the shadow. Anything that is incompatible with our chosen conscious attitude toward ourselves is assigned to the dark side. The disowned self is represented by the personal shadow. This shadow self represents those aspects of ourselves that we no longer claim as our own, including our inherent positive qualities. These unexplored or denied aspects of our personalities aren't going away. We don't get rid of them even if we deny them in our endeavor to cast them out. We suppress them since they are a part of our psyche. Consider the unconscious to be everything we aren't aware of. We won't be able to get rid of the shadow. It follows us about like a gloomy brother or sister. When we fail to notice it, we get into trouble. For it is, without a doubt, standing directly behind us (Jung,1970).

Every young child understands and exhibits kindness, love, and generosity, but he also understands and exhibits rage, selfishness, and greed. These feelings are a part of our humanity. But something happens when we get older. Characteristics linked with "being good" are tolerated, whereas those connected with "being bad" are not. Our basic human requirements are the same for all of us. Physiological, safety, and security demands, as well as a desire to belong, are among these requirements (Johnson, 1993).. These are biological and instinctual need. When we were young, our surroundings gave us negative signals

when we expressed certain aspects of ourselves. Perhaps we became enraged and threw a tantrum. Our parents chastised us and escorted us to our rooms. Perhaps in our first-grade classroom, we acted confidently, playfully, spontaneously, or foolishly. Our teacher chastised us in front of the class for our lack of etiquette and instructed us to take a seat. It threatened one of our basic requirements whenever it occurred—and it may have occurred frequently.

The ancient Greeks recognized the importance of honoring all aspects of the psyche. These components were revered as gods and goddesses in their own right. The Greeks recognized that ignoring a god or goddess would result in that god or goddess turning against you and destroying you. Any aspect of ourselves that we reject turns against us. A collection of these disowned aspects is represented by the personal shadow (Johnson, 1993). So here's the issue: the shadow can function on its own without our full awareness. It's as if our conscious self goes into autopilot mode while the unconscious takes over. We do things we would never do voluntarily and later regret if we are spotted. We say things that we wouldn't say otherwise. Our facial expressions reveal feelings that we aren't aware of. Our relationships with our spouses, families, and friends will harms if we remain unaware of the shadow, as will our professional relationships and leadership abilities.

The shadow is not a well-liked topic. Who likes to admit their flaws, weaknesses, selfishness, nastiness, hatred, and their another bad It's more fun and life-affirming to focus on our strengths. Exploring our shadow side, on the other hand, provides us with numerous opportunities for personal growth and

development. Shadow is human nature; regardless of what others think, everyone has a dark side to their psyche. When we keep the darkness hidden behind us, pushed, covered, and not fully integrated, it will take over at an inconvenient time. These are some of the qualities of attitude or behavior toward denying the shadow that frequently appear:

1. Frequent feelings of anger

Adolescence is often associated with unstable emotions. At that time, teenagers may be irritable even though there is no clear cause. Teenagers are relatively unstable and are in search of identity towards adulthood. Anger is an expression that will be issued by teenagers for many reasons. Some of these angry behaviors will stop until he finds the cause of his anger that will relieve his own emotions. Even so, generally the cause of teenagers being irritable is due to emotional feelings and events that are happening, not from behavior. Teenagers will experience hormonal changes and physical development that can make them emotionally unstable. It can be a complete physical and physiological metamorphosis. He didn't understand everything he was feeling and wasn't comfortable with what was happening. Therefore, it is difficult for him to control the emotions that are finally expressed explosively. Teenagers do face many emotional problems at this stage. He will face questions about identity, relationships, goals, and separation. In addition, the relationship between children and parents will change after entering the adolescent phase which will develop into adulthood. Anger that occurs in teenagers may be a scary thing, even though

it's basically not causing harm. This may occur in the form of physical and verbal violence, prejudice, to psychosomatic disorders. This irritability disorder can destroy relationships with other people, interfere with physical health, and affect his future.

2. Self Harm

Self-injury is self-injury and self-injury behavior that is done intentionally. It is a form of behavioral disorder associated with a number of psychiatric illnesses. Self-injury can be in the form of injuring the body with sharp or blunt objects, such as slashing or burning the skin, hitting walls, banging the head, and pulling hair. People with self-injury can also accidentally ingest something dangerous, such as liquid detergent or insect repellent, and even inject poison into the body. Stress, anger, anxiety, self-hatred, melancholy, loneliness, hopelessness, apathy, or guilt are all examples of excessive emotions that can lead to self-injury. It can also be used to divert your attention away from unwanted thoughts. These feelings can be triggered by a social issue. Self Injury is generally done in secret (rarely tell others). So usually someone who does Self Injury often covers the wound due to Self Injury with clothes, jewelry, or bandages. Self-injury can occur at any age. However, self-injury appears more frequently since adolescence (Nixon & Heath, 2009; in Miller, 2010). People who are experiencing life difficulties and social problems, such as being bullied at school or being pressured by demands from parents and teachers, are more likely to engage in self-injury

behavior. It could also be due to conflicts with family, partners, and friends, or experiencing an identity crisis regarding sexual orientation.

3. ODD (oppositional defiant disorder)

ODD or oppositional defiant disorder is a behavior disorder that often appears in childhood with symptoms of irritability and irritability. People with ODD also often show a rebellious and vindictive attitude. While ODD usually appears at the age of 6-8 years, but can last into adolescence and even adulthood. The symptoms shown are also more aggressive and appear more often than tantrums, so that they have a negative impact on the sufferer's daily life. Symptoms include argumentative and challenging behavior. Often argues with adults or people in authority. Often actively opposes or refuses to comply with adult requests or rules.

4. Deviant sexual behavior

Deviant sexual behavior begins with a factor known as impulsive behavior, which is defined as fast-acting changes that occur suddenly in response to heartbeats, and this is included in the shadow's characteristics because anyone who has this behavior does not want to be known by anyone except himself. Everyone has a shadow, and the less it is embodied in a person's conscious life, the darker and denser the shadow becomes. If an inferiority is recognized, there is always the opportunity to correct it. Furthermore, it is constantly in contact with other interests, so that it is continually subjected to modifications. But if it is

repressed and isolated from consciousness, it never gets corrected (Jung, 1970).

This deviant sexual behavior is a disorder that attacks people who often experience sexual behavior disorders caused by childhood trauma, sexual abuse. Deviant sexual behavior is caused by nerve abnormalities in the brain.

CHAPTER III

FINDING AND DISCUSSION

This chapter provides findings and discussion the results about the shadow in Michael Thomas Ford's *Suicide Notes.* This aims to answering the research question, as mentioned in the earlier chapter. The researcher analyzes the shadow in Jeff character by using Carl Jung's theory of archetype, and the data analysis that cover the description of shadow reflected in Michael Thomas Ford's *Suicide Notes.* It focuses on the Jeff's behavior which denying his own shadow in the novel.

A. Jeff's Shadow Reflected Through His Behavior

Before discussing about the denials, the researcher needs to explain about his shadow, Everyone has a shadow, and the less it is typified in the person's conscious life, the darker and denser it is. When mediocrity is recognized, there is usually an opportunity to address it. Sufferers of deviant sexual conduct will act spontaneously in accordance with their hearts, do not want to be seen by others, and unconsciously do what they want, even if it is not proper. Furthermore, it is always in contact with other interests, therefore it is constantly subjected to changes. In any case, if it is suffocated and cut off from awareness, it will never be changed. (Jung, 1970).

The real reason behind Jeff's attempted suicide was because of what happened between him and his best friend's boyfriend, Burke. Jeff had a crush on

Burke. When Burke first asked Allie, Jeff was happy for her. Allie was so excited. When both Allie and Burke wanted to hang out watching the movie, Allie asked Jeff to get along. Three of them went to a movie, Burke sat in the middle. There Jeff sat next to him. Burke shared his popcorn with Jeff. But it just made Jeff's shadow press to get out. Jeff felt that he liked Burke and he did so instinctively. Burke and Jeff's hands accidentally touched. It was then that Jeff felt a strange sensation. He didn't realize what it was. It probably feels like a tickle in his stomach. Jeff suddenly put his finger in as if to try to taste what Burke tasted like. Jeff couldn't figure out what he was doing was weird and he shouldn't have done it. He was trying to follow his desire and was totally out of his control.

Jeff didn't really realize what he had done was a form of perversion. Even though it didn't harm anyone, Jeff couldn't control his inner desire to feel what he had never felt before. Jeff, who is still a teenager, allows him to explore the sexual desires buried deep within him. The more he tries to cover and bury it deep, the more intense the shadow will become and force it to come out. Which in the end makes it difficult for Jeff to control his sexual desires.

> *Burke reached in at the same time, and for a few seconds our fingers touched. I don't remember who pulled away first, but I remember feeling this strange sensation. I don't even know what to call it. A tickle maybe, in my stomach. I put my fingers in my mouth and sucked the fake butter off, like I was trying to find out what Burke tasted like. I didn't touch that popcorn for the rest of the movie. (Ford,2010, p.136)*

Jeff's body reacted in a strange way unlike what he expected. He instinctively felt a feeling he had never felt before and made him seem curious. The shadow inside Jeff seemed to demand to come out, the shadow seemed to

have been buried for a long time and wanted to show itself. Jeff, who is actually still a teenager, can't control his heart and mind, so it leads him to unexpected things that he never imagined. Even when he did sexual deviant behavior, Jeff did not realize that he was gay. All his trying to do is to fulfill the pent-up desire he has without thinking about the consequences.

> *And then I did it. I couldn't stop myself. Burke was touching my arm, we'd just made a kind of date, and I was suddenly happier than I'd ever been in my whole life. Before I even knew what I was doing, I leaned forward and kissed him right on the mouth. I remember thinking, for the few seconds our lips were touching, that Allie had been right. His lips were as soft as a kitten.(Ford, 2010, p.139)*

Jeff was at a school friend's party, he was very drunk. All he did was look at Allie and Burke. He thought that it would be very nice to have a partner like Burke who had such beautiful eyes. Jeff was unconscious, he was filled with feelings he couldn't control. Shadow tries to control himself. All Jeff could do was follow what his heart would lead him. Unfortunately, his passion leads to actions he shouldn't be doing. Jeff, who was very drunk, went to the bathroom in case he wanted to throw up. He accidentally ran into the bathroom and inadvertently met Burke there. Burke wanted to wash his hands. When he saw that it was Jeff, he is wanted to ask jeff a favor. Burke was confused what gift he should get to Allie for Christmas. Jeff said that if they could go for hang out to bought Allie some cloth for the gift, and Burke appreciate his idea with touching Jeff arm. Jeff's mind, which had been filled with the image of Burke's face, made his desire peak. Until Jeff couldn't help himself. He started to kiss his bestfriend boyfriend. The shadow that surrounded him at that moment made him not realize that what he was doing was completely wrong.

After that kiss, accidentally Jeff tried to tell Burke his feelings, that he had feelings for him. But Jeff's mouth was stiff, unable to utter a word. All he could do was look into Burke's beautiful eyes. Burke, who initially thought this was not real and believed that what Jeff was doing was a joke, realized that what Jeff had done was not a joke but a statement of his feelings for him. Burke, who felt disapproved, said that Jeff was such a fag. Jeff who felt himself rejected tried to run as hard as he could out of the party. He felt very ashamed because he had done such a shameful thing. He didn't even realize that there was something wrong with him. He does not realize that he actually has an attraction to the same sex as compared to the opposite sex. The only thing he realized was that Jeff had made a grave mistake by following his desire to kiss Burke. Jeff was so scared and embarrassed that Burke could tell Allie about it and make him hate Jeff. He didn't want Allie to think that Jeff was gay because he felt he wasn't one when he was. Jeff is afraid the news will spread to his other friends and embarrass him. However, he is more afraid because he has lost the only friend he has, Allie. Since then Jeff and Allie haven't spoken to each other. Allie is angry when she finds out Jeff did this. Why didn't Jeff say he was gay. Allie hates Jeff so much, and all Jeff can do is regret his actions but on the one hand he also justifies what he did because the shadow inside him has taken over him.

Through the novel, the researcher concludes that Jeff's shadow is about his feeling of fear, being found out if he has a different sexual orientation. He can't help the feeling of being rejected by the society as well as his best friend, Allie about the fact that Jeff has different sexual orientation which he is a

homosexual. This truth then lead Jeff into certain behavior which proven in some of his behavior of denying his presence in the psychiatric ward.

> *"I tried to kill myself because of what happened with Burke. Not Allie and Burke. Me and Burke. During Christmas break. It really started a couple of months before that. I guess you could say I had a crush on Burke. Actually, it's not even a guess—I did have a crush on Burke. Big-time."* (Ford, 2010, P.136).

At the quotation above, it shows that Jeff started to realize what was the reason behind why he tried to kill himself. Jeff assumes that the moment he had on New year's Eve which he kissed Burke convinced him if Jeff after all those time, had a crush on Burke and made him clearly aware if he is a homosexual.

> *"So now you know the whole story about why I got all dramatic on New Year's Eve, and why I'm here. I'm gay. I know it sounds stupid. Tons of people are gay, and you'd think it would be no big deal. But I was really hoping I wasn't, that it was all just a big mix-up and I'd get over it. After the stuff with Rankin, and what happened—or didn't happen—with Sadie, though, I know that I won't get over it. It's what I am"* (Ford, 2010, P.141).

Jeff was really in a pretty frantic mind, he was starting to realize that he was homosexual., but his situations with Allie make he tries to convince himself that it's not wrong to be someone with a different sexual orientation, but he also can't deny the fact that his best friend, Allie, is avoiding him because Jeff kissed Burke, who is Allie's girlfriend. Jeff wants to be honest with how he feels and be who he really is, but the fact that his best friend stays away from him even though Allie doesn't know the real fact that he is a homosexual, makes Jeff feel rejected.

> *" Man, that's a hard one. It's not like we just had a fight over what movie to go to. She cut me out because Burke told her I kissed him. She didn't even stop to ask me if it was true."*
> *" But it was true. That's the thing. If she'd asked me then, I would have said Burke was lying or that I was joking around with him. Iwould never have told her that I was gay, because I couldn't even tell myself that I was. So she was kind of right. Not to break our friendship up the way she did but about being*

angry. I don't even know if she was angrier about me maybe being gay or me kissing her boyfriend. She never gave me the chance to ask." (Ford, 2010, P.150).

Jeff thought that if he had the chance to explain why he kissed Burke, he could save his friendship with Allie and things wouldn't be this complicated. Jeff didn't even feel up to telling Allie he was homosexual because he didn't even know it before. This situation makes Jeff sure he feels abandoned by his friends whether Allie knows this fact or not doesn't make Jeff stop thinking this is all because he is homosexual.

"*First Allie and now Sadie. They both left me. And even though Sadie never said it, part of me still wonders if it's because I'm gay. Allie couldn't handle it. Maybe Sadie couldn't either."* (Ford, 2010, P.149).

Then, gradually Jeff's awareness of his situation made him finally decide to convince himself and try to be honest about who he is. He tried to accept his situation as a homosexual. All he can do is talk it over with his therapist and his family about this to make things clear. Everything became more unraveled when he met this group counseling session members. There were Bone, Alice, Sadie, Juliet. He insisted that all of the members were crazy except for himself. And then came the new member Martha and Rankin. Unconsciously, the presence of those friends made Jeff which also helped by dr. Katzrupus became more open minded especially about his mental awareness.

"I'm pretty sure I'm gay, and I'd like to find out more about what that means."
"*I finally said, "I want to talk to you about why I hurt myself." Then I explained about Allie and Burke and how I was afraid of the feelings I had for Burke and about how Allie had stopped being my friend because of it."*
(Ford, 2010, P 151).

Through the experience which he got from all his friend, Jeff could determine himself as well as his all friends, member of the group counseling session as person who needs some therapy or helped in their mental health. Jeff start to believe that everyone has their own problem including mental health that should be handled by professional like therapist. He had already felt how bad the feelings when people have no one to talk to about what is going on in their head. Some people could be suffered and possibly had nothing to do with their life which it could lead into something bad like desire to end up their life with committed suicide just like him and Sadie. He was being fortunate, because Jeff was helped by his own parent as soon as he did the suicide thing, but unfortunately for the person like Sadie which do not have someone to hold to when they are get down. Her family probably don't want her presence in their life. There were a lot experience from his friend which made him got his self realization, accepting the truth and embrace his faith.

The researcher found that Jeff has four attitude or behavior as the evidence of his denial toward his own shadow. The first is frequent feelings of anger, and this is proven by Jeff's behavior which always shows a rebellious attitude during therapy sessions. The second is showing attitude self harm, and this is demonstrated through Jeff's behavior who feels that cutting his hand is the solution to his disappointment. The third is ODD, and this is proven by Jeff's attitude, which tends to be argumentative and easily offended. The fourth is deviant sexual behavior, and this is shown by Jeff's deviant behavior to fulfill his desires.

1. Frequent feelings of anger

Shadow is a dark aspect of personality. The dark side that builds shadow shows that people have an emotional nature like autonomy and have obsessive or possessive qualities (Jung,1970). Impulsive is a problems with emotional or behavioral self-control. Impulsive behavior is an attitude when a person performs an action without thinking about the consequences of what he does. A person who is impulsive often acts as he wants without realizing that his behavior can have consequences. When the urge to do something arises, he will immediately do it without thinking. Repeated hostility, impulsivity, and aggressive outbursts define this fury. People frequently experience feeling out of control of their emotions, which is often followed by aggression.

On the first arrival of Jeff, In the first couple day of his total forty five days program, he was totally uncomfortable. He becomes impulsively emotional. He had frequent feelings of anger. Jeff insisted that he wasn't one of them who called "crazy." He doesn't belong there. His attitude felt like his parents were making a mistake by putting him in the psychiatric ward. Jeff's heart was in a stage of denial. He doesn't even realize if he was committed suicide before. Jeff act like he is in the place kind of hell, and he wanted everyone to stay away from him because all he wanted is to be left alone. Jeff doesn't like being in the psychiatric ward, it makes him more sensitive and emotional. Trivial things that are not in accordance with his wishes can make him disturbed. Even the presence of Goody the nurse who sincerely wanted to help him, Jeff felt disturbed by being around him.

And maybe I am dead. I mean, it does kind of feel like hell around here. I'm in this room with people checking in on me every five seconds. And by people I mean nurse, and in particular Nurse Goody. Can you believe that? her name is actually Nurse Goody. And she Is too. Good, I mean. She's always smiling and asking if she can get me anything. It's really annoying, because all I want is to be left alone, and that's the last thing they seem to do here. (Ford, 2010, p. 2).

On the second day of Jeff's arrival in the ward. Jeff was having some procedure of question and answer session with the nurse to find out if Jeff had consumed some illegal drugs or not. While having the question and answer session, Jeff is trying to convince the nurse if he doesn't belong here and still stand with his argument if he is not crazy at all. He refused to being help by the nurse. Jeff makes a sort of excuses and become mad to the nurse because he doesn't want to be help and there's nothing to do to help him. He is okay, and all the things that the nurse do are just made him pissed off. The refusal that Jeff constantly tried to show indirectly indicated that he couldn't control himself at all, thus allowing the shadow to dominate within him. Jeff tends to show a rebellious attitude towards the help given to him and prefers to follow the anger inside him because he feels he is being treated unfairly, so that he feels it is appropriate to refuse because it is against his will.

"Seriously," I said, interrupting her. "Let's not. It's none of your damn business."
"I'm only trying to help you," she said, still smiling.
"Well, you're not," I informed her. "You're just pissing me off. Now go away."
She stared at me.(Ford, 2010, p.7)

In this scene, Jeff having some argument with the nurse. He felt like the nurse was bothered him enough with all her bunch of question that Jeff consider as a stupid question. He started to lose his patient and could not control his

temper. Jeff felt like he was being treated badly, he had done what the nurse asked

and answered all his questions. he had had enough and wanted to end it all. He

didn't want to answer sensitive questions about his sexual activities because he

assume that there's nothing else the nurse need t know and Jeff wanted the nurse

to leave him alone or if he wanted he could wait for him to sleep. Jeff was

overcome with anger because he felt his territory intruded. He felt he had been

patient enough to still appreciate the nurse by answering her questions. But Jeff

felt he had had enough of being inundated with questions and no longer wanted to

answer.

> *"seriously," I said. "Get out of here. There's nothing wrong with me. I answered your stupid questions about the drugs, and im not telling you anything else because there's nothing else you need to know. So either go away or else sit there while I take a nap, because this is the last thing I'm saying to you." (Ford, 2010, p.7).*

When Jeff had his first individual session with Dr. Katzrupus, he briefly

explained what his family background was. According to procedure, The doctor

was trying to know what was the motive behind why Jeff committed suicide, but

Jeff, once again, admitted that he didn't deserve to be there. He answered all the

questions and tried to change the subject to avoid talking about the reason why he

tried to kill himself. Until one day he made an unreasonable excuse and made the

doctor question the reason for Jeff's suicide again. The impatient Jeff finally spit

out his anger and forced the doctor to end the session.

> *"There is no reason," I said. I was getting angry because he wasn't listening to me. " I just did it. I'm a teenager. We got bored and do stupid stuff. Now I'm over it and I want to go home." (Ford,2010, p.19).*

In the early days of his therapy, Jeff insisted that he was not crazy like the other children in his therapy group. Jeff feels that he deserves to be angry and blames his parents for sending him to a psychiatric ward and refusing all the help he really needs. Even Jeff felt whatever the nurses and Dr. Katzurupus to help with his recovery was a waste of time because he wasn't crazy like the other kids in that place. Jeff does not realize that there is a reason behind why his parents sent him to a psychiatric ward. Jeff who looks easily offended and even angry shows that he actually deserves and needs help regarding his mental health.

2. Self Harm

Natural archetype that satisfactorily sums up all the statements of the unconscious, of the primitive mind, of the history of language and religion. It is a "factor" in the proper sense of the word. Man cannot make it; on the contrary, it is always the apriori element in his moods, reactions, impulses, and whatever else is spontaneous in psychic life. It is something that lives of itself, that makes us live; it is a life behind consciousness that cannot be completely integrated with it, but from which, on the contrary, consciousness arises (Jung, 1969). At the day thirty five of his forty five days therapy programs, Jeff finally revealed his doctor about the whole trying-to-kill-himself thing. He felt that there was no longer any reason not to tell Dr. Katzrupus. Jeff attempted to commit suicide on New Year's Eve. He had idea of killing himself while he was on Times Square had drunk with all the people counting down the seconds until the new year. All jeff was trying to do is imagining himself at Times Square, did his cutting himself on the crowd but

actually he did it at home. While watching it all on TV. Jeff seems okay when

come up with the idea of suicide, like killing himself was the best idea he'd ever

had. He wasn't afraid. How Jeff likes the scene where he tries to cut off his arm is

an indication that the shadow has taken over him. He couldn't hold back the urge

to hurt himself. He was so distraught about the reality he had been through that he

thought that an impulsive act like hurting himself was a solution to make him feel

better. Jeff didn't realize that trying to cut off his arm was a stupid act that could

put his life at risk. He didn't even care how his parents felt when they found out

about Jeff's actions.

> *Cutting myself felt so good. It was sweet the way the razor opened up the*
> *skin and this red line appeared, like I was pulling a piece of thread out of my*
> *wrist. The blood came really slowly, not in some spastic blast like I thought it*
> *would. It didn't even really feel like my arm. It was like I was watching*
> *someone else's arm in a movie. I kept thinking how great the camera angle*
> *was and wishing I had some popcorn. (Ford, 2010, p.128)*

Jeff started to realize that he was completely aware when his made this

decision, but had no idea with the consequences. Jeff seems like he was

embarrassed because being such a homosexual. That's what makes the shadow

inside out. Jeff feel depressed just because he think about it. It makes him doing

some impulsive things that he actually didn't aware about the consequences. Jeff

thinks that what he is doing is a solution to his concern about his sexual

orientation, which is different from others. He tried to hide it inside himself but

the strength of his feelings and shadows that were constantly suppressed could not

help himself until finally he ignored all the consequences he had to bear when he

chose to commit suicide. He felt cutting his arm was something fun and made him

feel good. Like slicing open the ribbon on a Christmas present we've been staring

at under the tree for a month and been dying to open. Then it's finally time to open it, and it just happened afterward. Jeff felt something he really wanted but it was just dark and quiet.

The reason behind Jeff's behavior who decided to commit suicide was that he could not accept the rejection of himself. He feels that he has a different sexual orientation which is not acceptable to society, especially by Burke, his girlfriend, who is actually the person he likes. Jeff couldn't help feeling the shame, stress, rejection of himself and the fact that he was homosexual which he didn't realize at the time. All he could feel at that moment was that he really liked Burke and the feeling he couldn't suppress left him with no other choice. Part of him wanted to still feel good even though the condition he was in was not good at all. He realized that he had no use living in this world, he had lost the person he liked and even lost his best friend, Allie.

3. ODD (*oppositional defiant disorder*)

Confrontation is the first test of courage on the inner journey, a test sufficient to frighten off most people, for the encounter with ourselves belongs to the most unpleasant things that may be avoided so long as we can project everything negative into the surrounding. But if we can see our own shadow and bear knowing about it, we've already addressed a little part of the problem: we've at least brought out the own unconscious. The shadow is a living part of the personality and therefore wants to live with it in some form (Jung, 1969). Jeff who has a sarcastic nature, tends to get people to argue. he thinks he is smarter than

anyone else. This feeling can indirectly be categorized as ODD symptoms. Behavior where the sufferer always tries to argue with people who tend to be older than himself. Jeff always said he wasn't crazy and didn't deserve to be in this psychiatric ward. He does not realize that everyone who does therapy like him is not categorized as a madman but a person who needs mental help.

> *"I'm not like them," I said when I got tired of looking at his office. "Not like who?" he asked, as if he'd already forgotten what we were talking about. "Them," I said, waving my hands around. "The rest of the group. I mean, seriously, look at them. They're crazy." (Ford, 2010, p.17-18).*

Jeff didn't seem to care how sincere the nurse and Dr. Katzrupus tries to help her feel better through therapy sessions, but she always refuses any help. Jeff prefers to argue with older people, gets angry easily or even offended, often refuses to follow rules during group therapy sessions, and is always blaming others. Jeff actually blamed it back on Dr. Katzrupus. He felt that all of this was a huge misunderstanding as if he had never attempted suicide in the first place. Jeff believing what yes believed and insisted on maintaining his thinking and trying to justify someone else because he thinks he is right and others are to blame, despite all of this is rooted in him, the harder he refused increasingly vain also is what he did for fast or later he will return home.

> *He's wrong about the suicide thing, by the way. This is just a big misunderstanding. I'll sort it out in the next couple of days and then I'll be out of here (Ford, 2010, p.9).*

Jeff who loves to argue and being sarcastic suddenly thinks of pranking Dr. Katzrupus in individual sessions. He made a lie to answer all the questions asked by Dr. Katzurupus, Jeff seemed to create a new reality in his mind and acted like it was real trying to deceive the doctor but to no avail. The doctor

realized something was wrong with him just after Jeff tricked him. Jeff thought this was entertainment for him and didn't care that it might make someone angry with him. He feels entitled to prank the doctor because he feels he has also been tricked by putting him in the psychiatric ward. The shadow inside him seemed to lead Jeff to act as he pleased, his sarcastic behavior supported him to bring out the potential of the shadow itself without him realizing it. His mind that has been controlled by the shadow tends to manipulate people to comply with his wishes.

> *Cat Poop set his notepad down. "Jeff," he said. "The only way this is going to work is if you start talking to me."*
> *"I am talking," I reminded him. "See my mouth moving and the words coming out? That's called talking."*
> *"You're a smart young man," he said. "It's too bad you can't turn some of that intelligence on yourself." (Ford, 2010, p.25).*

Dr. Katzrupus thought that the only way he could help Jeff was for Jeff to start talking, telling him what he should have said in the first place. The doctor thought Jeff was smart enough to be able to say what he was thinking or feeling, but Jeff chose to twist the facts and say the exact opposite. Jeff confessed that all this time he felt inside himself, he wanted to be a ballerina. Jeff tries to convince the doctor that it was this desire that made him want to kill himself. Jeff said he was afraid of everything. He tries to look very convincing by answering questions with appropriate answers like when he was asked what scared him the most. Jeff replied that he was very afraid of being alone. When Dr. Katzrupus realized that everything Jeff said was a lie, the doctor was starting to run out of patience. The doctor no longer wanted to argue and followed Jeff's game. Jeff, who feels depressed by his presence in the psychiatric ward, makes him unable to think clearly. The feeling of suppression that was raging inside him subconsciously

pushed him to do something to defend himself. Jeff is not easily influenced by the questions that flood him, making him even more stubborn to stick to what he believes in. However, Jeff still felt disturbed by the therapy session he was doing, the Shadow inside him subconsciously led him to do something to make Jeff not feel depressed or disturbed, by tricking the doctor and creating a new reality. Which can keep him away from the topic of conversation that bothers him, but still can answer the curiosity of Dr. Katzrupus who wants to know what really happened to him.

> *Cat Poop didn't say anything for a long time. When he did say something, he sounded like he was trying really hard not to be angry. "Do you think I'm stupid, Jeff?" I shook my head. "No," I said. "You can't be stupid. You went to school in Canada. I hear they have a way better education system than we do. Why, do you feel stupid?"*
> *"There are people here who want very much to feel better about themselves," he said, not answering the question. "It's my job to help them do that. It's not my job to sit and listen to you make up a ridiculous story because you don't want to admit that you have a problem."*
> *I pretended to be shocked. "What do you mean?" I said. "I just told you—the Sugar Plum Fairy has taken over my body. She tried to kill me! You have to do something. Like an exorcism. Or a fairycism."*
> *"You're wasting my time," said Cat Poop. "We're done for today." (Ford, 2010, p.26)*

Dr. Katzrupus said that there are many people out there who need mental health help. However, Jeff Remains stubborn and instead pranks the doctor with a game of lies. Jeff made some stupid lies that even made the doctor lose patience with Jeff who insisted that he didn't deserve to be in the psychiatric ward and felt he had to get out of the place immediately because he wasn't crazy and he's tired of people thinking they're doing him favors .

Instead of wanting to make it easier by following the flow of therapy procedures, Jeff seems to have chosen the more difficult path of making his own procedures so that he can quickly return home. Even though he did not understand

at all what was happening to him, he still forced his will and remained stubborn by sticking to his mind without concerning to find the solution.

> "*You're not making this very easy," he said.*
> *"Sorry," I said. "I guess my kindergarten teacher was right when she said I don't play well with others."*
> *"We want to help you."*
> *"You know, everyone keeps saying that," I told him. "But I have to tell you, I'm starting to think you don't. Because if you did, you'd let me out of here. There's nothing wrong with me."*
> *"There's evidence to the contrary," said Cat Poop.*
> *"I'm fine," I said. "Really. Do you want me to sign something saying that? Then will you let me go home?" (Ford, 2010, p.7)*

The shadow inside Jeff seems to be manipulating himself to fit into all kinds of arguments and tends to create negative opinions which are the embodiment of self-defense mechanisms and make Jeff easily irritated. He keeps trying to make blatant acts of defiance which often makes others irritated and lose their temper.

4. Sexual Defiant Behaviour

Symptoms of sexual deviation are not found in Jeff as described by the author in the novel. Jeff's character tends to show certain behaviors expressing his own desire which is reveal his different sexualities. Through the data that has been collected, the researcher found out that Jeff's shadow is about his feeling of fear, being found out if he has a different sexual orientation. He can't help the feeling of being rejected by the society as well as his best friend, Allie about the fact that Jeff has different sexual orientation which he is a homosexual. This truth then lead Jeff into certain behavior which proven in some of his behavior of expressing his own sexual orientation which unconsciously reveal his biggest shadow.

B. How Jeff copes with his Shadow

The shadow personifies everything that the subject refuses to acknowledge about himself and yet is always thrusting itself upon him directly or indirectly for instance (Jung, 1969). Carl Jung, who coined the phrase "that part of your self that your ego doesn't identify with," described the shadow as the part of our self that our ego doesn't identify with. In other words, portions of our psyche that, by being suppressed, make it easier for us to be accepted by and function in our respective culture as well as accept ourselves. These are the aspects of us that don't make it into the persona, who have been passed up for inclusion as a component in the creation of our own mask. They go inside.

Every person has their own shadow without any hesitation, and mot of the people knowing the existence of their shadow. As same as Jeff, at the first place when he arrive at the psychiatric ward, he was completely blank about what he's doing in his life ahead. Everything that Jeff feels at the first time being in psychiatric ward unconsciously force him to bring up some attitude that he never did before. He doesn't realize that all the time he bring these kind of attitude which literally he doesn't recognize at first would become his behavior toward the situation at that time. He refused to being help by the Dr. Katzrupus and all of the nurse, insisted that he was "okay" and not crazy at all. His response then become obvious that it was his shadow.

We sift through the ideas of our character traits as we grow through childhood, adolescence, and maturity, continually building our personas, unconsciously identifying with the "good ones" while relinquishing the rest (those

that don't live up to the "acceptable" conception we're selectively building for ourselves) to the well of the shadow (Johnson,1993). Jeff is much better developed than before he was in the psychiatric ward. He no longer gets angry or irritated, no longer manipulates older people into arguing with him, doesn't do certain things impulsively. Jeff had more control over himself because he had managed to cope with his shadow. He is now healthier mentally and physically. Ready to return to a normal life of course with a new spirit and an open mind. Jeff is filled with positive energy and physically fit. Together with Jeff managed to overcome his inner shadow, there are some step toward Jeff's self-realization.

1. Accepts his Presence in the Psychiatric Ward

We could see ourself more clearly as we integrate our shadow side and come to terms with our darker half. We could become more grounded, human, and whole as a result. When we accept our own shadow, it becomes easier to accept the shadow in others. As a result, we won't be as easily triggered by other people's actions. We will be able to communicate with people more easily as well. We might see an improvement in our connections with our spouse, family, friends, and coworkers.

Jeff got back from the individual session with Dr. Katzrupus in his office, Jeff was going to back at his room then, he saw the new member of his group counseling session, Martha. She was sitting on the couch, holding a rabbit doll in her lap, starring out the window at the snow. Suddenly, some kind of feeling made him go over to Martha. Jeff is trying to make some conversation with her but

Martha stay remain quiet. It doesn't matter to Jeff because all he want to do is trying say hello to Martha because Jeff know if it is not easy in the first few days in the ward.

In this scene, Jeff is seen trying to accompany Martha, who is alone sitting on the couch holding a stuffed rabbit. Jeff's little heart indirectly led Jeff to sympathize with others and foster empathy in Jeff. he who had tended to be apathetic began to build relationships with the people around him naturally. So long in the psychiatric ward made him feel a little attached to the environment where he lived for about a month. He welcomes new people by trying to make him comfortable because he has found it difficult to be in a new place.

> *I was going to go back to my room, but something made me go over to*
> *Martha. She didn't even look at me when I sat down next to her. I kind*
> *of wanted to say hello to her. I mean, I know it's not easy your first*
> *few days in the nuthouse.*
> *"I like your rabbit," I said. (Ford, 2010, p.51)*

Even if Martha didn't say anything, they still remain together sitting in the couch about an hour. Talked about some stuff which actually nothing important, but Martha sat there and listened. Jeff felt that it was not important if Martha didn't say anything. It doesn't matter for him. Jeff just wanted to make Martha feel happy because someone was with her. He think she was happy just having company. Jeff guess that having just s stuffed bunny as her only friend could feel little lonely. Unconsciously, the therapy session program has made Jeff more aware of others and fostered Jeff's sense of empathy. thus indirectly improve relationships with other people.

Part of me wants to stay here where people sort of understand me. But I know I have to leave. My vacation is over, and it's time to let some new campers in. (ford, 2010, p.162)

When Jeff had finished his forty-five day program, Jeff began to feel that he was starting to like being in the psychiatric ward. People in the psychiatric ward, nurses, night security guards, and Dr. Katzrupus made Jeff comfortable because he felt valued. After all of Jeff's rejection and bad treatment to them, the people in the psychiatric ward still accept Jeff with open arms even though he now realizes that something has changed about him psychologically. In addition, Jeff began to realize he had a different sexual orientation. People in the psychiatric ward environment understand him. Jeff no longer needed to hide what he felt inside of him. He had become more mentally free because there was no more burdening his mind, no more oppressed shadows within Jeff. He was completely at peace with himself.

2. **Admit That There's Something to be Fixed**

When we see others and ourself as they are, we will have a clearer lens through which to view the world. As we integrate our shadow self, we get closer to our authentic self, which gives us a more accurate picture of who we are. we won't think of ourself as being too big (inflated) or too small (deflated). We can more effectively assess our environment when we are self-aware. With more clarity, compassion, and understanding, we will observe others and analyze situations.

During the forty five days counseling program, after some of argument with Dr. Katzrupus, somehow the group counseling session, the game session with alice, his conversation with Sadie, his only friends in the ward, his interaction with Martha who doesn't even talk to other, and also the incident with the newcomer Rankin, he started understand and figuring out what was he want to do after all. It took a couple of weeks, until Jeff realize. Whether we like it or not, these less desirable or undesirable characteristics are a part of us, regardless of our awareness of them, our level of acceptance of them, or how often we believe they are just a part of our "response" in fact, it is our reactions that indicate that they are always available. Jeff attempted to accepting himself as who he is.

> *They don't know what happened to me. They're going to a expect to have the same old Jeff back. But I'm not the same old Jeff. I hope they're ready for that. I hope I'm ready for that. (Ford, 2010, p.161).*

After all that Jeff had been through for forty-five days, both his resistance to the help provided by the nurses and Dr. Katzrupus then attended member therapy group sessions which indirectly also helped him develop his thinking, as well as after he discovered the reason behind his suicidal ideation. Jeff has optimism about himself. Although he is not quite what he wanted to be, he is feeling better than before the therapy session. He feels he is ready to return to society to return to his normal life as usual, which of course remains with a slight difference where Jeff is now more mentally prepared than before.

> *I'm still kind of mess. But I think we all are. No one's got it all together. I don't think you ever do get it totally together. Probably if you did manage to do it you'd spontaneously combust. I think that's the law of nature. If you ever manage to become perfect, you have to die instantly before you ruin things for everyone else. (Ford,2010, p.162).*

Jeff had his last session with Dr. Katzrupus in psychiatric ward. But it turns out it wasn't his very last one. He'll be seeing the doctor once a week, at least for a while Jeff felt okay with that one. Dr. Katzrupus tell Jeff that he should remember although he changes a lot in the psychiatric ward, Jeff returns to a world that has not changed at all, it can be the most difficult part when it comes to returning to society. People who had been in Jeff's life before, didn't know what had happened to him. They'd expect him to be the same Jeff he used to be, when he's completely different now. Jeff began to think to realize that there are certain things that he cannot control, there is divine intervention that he cannot intervene. Jeff can only hope with optimism that he is ready for a new life, as well as the community accept Jeff.

> *He said that I have to remember that even though I've changed a lot in here, I'm going back to a world that hasn't changed. That's going to be the hardest part, I think, seeing all the people who were in my life before. They don't know what's happened to me. They're going to expect to have the same old Jeff back. But I'm not the same old Jeff. I hope they're ready for that. I hope I'm ready for that. (Ford, 2010,p.161)*

3. Develops His Self Acceptance

Self-acceptance is an individual's ability to be able to accept one's own existence. The results of the analysis or self-assessment will be used as the basis for an individual to be able to take a decision in the context of acceptance of one's own existence. Self-acceptance can be done realistically, but it can also be done unrealistically. Realistic acceptance can be characterized by looking at the weaknesses and strengths of oneself objectively. Unrealistic self-acceptance is characterized by efforts to overestimate oneself, try to deny one's own

weaknesses, deny or avoid bad things from within, such as past traumatic experiences.

Self-acceptance can be interpreted as an attitude of seeing oneself as it is and treating it well with a sense of pleasure and pride while continuing to strive for progress. Furthermore, it is explained that accepting oneself requires awareness and willingness to see the facts that exist in oneself, both physically and psychologically, as well as shortcomings and imperfections, without any disappointment. The goal is to change yourself for the better. Self-acceptance is an attitude that is basically satisfied with oneself, one's own qualities and talents, and knowledge of one's own limitations.

This self-acceptance presupposes the existence of a person's psychological self-ability, which shows the quality of the self. This means that the review will be directed at all self-supporting abilities. Self-awareness of all the advantages and disadvantages of self must be balanced and endeavored to complement each other, so as to foster a healthy personality.

Mentally Jeff is much better developed than before he was in the psychiatric ward. He no longer gets angry or irritated, no longer manipulates older people into arguing with him, doesn't do certain things impulsively. Jeff had more control over himself because he had managed to cope with his shadow. Jeff could thinking more wisely toward anything, and this proven through this situation.

> *I'm still kind of mess. But I think we all are. No one's got it all together. I don't think you ever do get it totally together. Probably if you did manage to do it you'd spontaneously combust. I think that's the law of nature. If you ever manage to become perfect, you have to die instantly before you ruin things for everyone else. (Ford,2010, p.162).*

Through his life experienced he had before came into the psychiatric ward therefore during his limited time in the psychiatric ward, Jeff started to accept himself and coped well with his flaws. He realize that almost everything should be faced. He couldn't run from the problem, because he know that wasn't a solution but only make a new problem. Also with the help of Dr. Katzrupus, Jeff has more well developed way of thinking. He could see his old problem in different positive way. He is now healthier mentally and physically. Ready to return to a normal life of course with a new spirit and an open mind. Jeff is filled with positive energy and physically fit.

4. Psychological Integration and Maturity

A sense of wholeness and unity is elusive as long as we deny our shadows and repress certain aspects of ourselves. With a divided mind, how can we feel whole and balanced? Integrating the shadow brings us one step closer to experiencing a sense of completeness. It's an important step toward becoming a mature adult.

We perceive in others what we deny in ourselves. This is known in psychology as projection. We project whatever we buried within ourselves onto others. If we get annoyed when someone is rude to us, for example, it's likely we haven't owned our own rudeness.This isn't to say that the person isn't disrespectful to us. If rudeness didn't exist in our shadow self, though, someone else's rudeness wouldn't upset us that much. This isn't a deliberately occurring procedure. Our

projections are hidden from us. Our egos utilize this defense mechanism to protect how they see themselves.

We can't connect with our shadow because of our false identity of being "good." These psychological projections distort reality, creating a chasm between how we see ourselves and how we act in the real world. Jeff's mother tries to hug him right after hearing the news that his close friend Sadie in the psychiatric ward has died. Jeff felt quite lost because Sadie was the one closest to him there. Jeff regrets not being able to help Sadie when she is in trouble and feeling alone, he feels he should return the favor. But what Jeff can do is accept his friend's death with sincerity. Jeff began to be able to open his heart to accept something that happened outside his control. Jeff's mother tries to hug him right after hearing the news that his close friend Sadie in the psychiatric ward has died. Jeff felt quite lost because Sadie was the one closest to him there. Jeff regrets not being able to help Sadie when she is in trouble and feeling alone, he feels he should return the favor. But what Jeff can do is accept his friend's death with sincerity. Jeff began to be able to open his heart to accept something that happened outside his control.

> *Then Cat Poop said he'd discussed with my parents the idea of me going to a different school, so that I could have a fresh start. He wanted to know how I felt about that. I said it was a lot to think about, and that I'd get back to them on it. I kind of like the idea of going somewhere new. It would give me a chance to start over, to be anybody I want to be. But that's the thing: I don't want to be anybody. I want to be me. I don't know if that would be any easier at a new school or not. (Ford, 2010, p.132)*

Jeff's parents tried to suggest some advice. They felt it would be easier if he changed schools. Starting everything from scratch without fear of revealing his past. Jeff also felt that it was an idea that could be considered, but he felt that

whatever happened, sooner or later if he moved or stayed, would not change the facts that had already happened. He thought that if he moved, it would affect his development. Jeff decided with confidence that he would stay at his old school and face the consequences. He is mentally prepared to face what is in front of him and refuses to hide behind the fear that is actually preventing him from changing for the better.

CHAPTER IV

CONCLUSION AND SUGGESTION

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

A. Conclusion

In this study, Jeff has a shadow based on Carl Jung's theory. It is where the shadow appears and unconsciously control Jeff, so he feels suppressed. The researcher comes to the conclusion that Jeff's shadow is about his fear of being discovered as having a different sexual orientation. He can't shake the feeling that he is being rejected by society and his best friend, Allie, because Jeff has a different sexual orientation and is a homosexual. This truth then drove Jeff to engage in certain behaviors, such as denying his presence in the psychiatric ward. Certain behaviors demonstrate Jeff's denial of his own shadow. The first is frequent anger, the second is self-harm, and the third is ODD (Oppositional defiant disorder).

Jeff managed to overcome his inner shadow with the help of individual therapy sessions and group therapy sessions that supported him for forty-five days, and Jeff began to realize that he did need help, and it turns out that there are many people like himself and his friends who need mental health assistance. Jeff

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began to be able to accept what he had experienced and his different sexual orientation tendencies that were different from others and tried to respect himself.

B. Suggestion

In this research, the researcher only focuses on the archetype of shadow experienced by Jeff and how Jeff cope with his inner shadows. By reading this thesis and also reading the novel Suicide Notes, the researcher hopes to help find out the shadows that appear in Jeff and how Jeff cope with his shadows. Furthermore, the researcher suggests the next to conduct the research in other aspects, may use the same story with other theory that is conducted in this study.

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CURRICULUM VITAE

Ichwan Nurachim was born in Malang on February 11, 1999. He graduated from MAN 1 Kota Malang in 2017. His started his higher education in 2017 at the Department of English Literature UIN Maulana Malik Ibrahim Malang and finished in 2021. During his study, he had participated Liaison Officer in PIONIR IX 2019 in UIN Maulana Malik Ibrahim Malang as Liaison Officer (LO) of English debate Competition.

APPENDIX

Indicators of Shadow Behavior of Main Characters in Michael Thomas Ford's Suicides Notes

No	Variable	Indicator	Behavior
1.	Categorized into Jeff's shadow behavior	Jeff shows the attitude of frequent feelings of anger	"seriously," I said. "Get out of here. There's nothing wrong with me. I answered your stupid questions about the drugs, and im not telling you anything else because there's nothing else you need to know. So either go away or else sit there while I take a nap, because this is the last thing I'm saying to you " (Ford, 2010, p.7).
			"There is no reason," I said. I was getting angry because he wasn't listening to me. " I just did it. I'm a teenager. We got bored and do stupid stuff. Now I'm over it and I want to go home. " (Ford, 2010, p.19).

			That made me angry. "I thought you said I was wasting your time," I snapped. (Ford,2010, p.27).
		Jeff shows attitude of ODD (*oppositional defiant disorder)*	"I'm not like them," I said when I got tired of looking at his office. "Not like who?" he asked, as if he'd already forgotten what we were talking about. "Them," I said, waving my hands around. "The rest of the group. I mean, seriously, look at them. They're crazy." (Ford, 2010, p.17-18).

			Cat Poop didn't say anything for a long time. When he did say something, he sounded like he was trying really hard not to be angry. "Do you think I'm stupid, Jeff?" I shook my head. "No," I said. "You can't be stupid. You went to school in Canada. I hear they have a way better education system than we do. Why, do you feel stupid?" "There are people here who want very much to feel better about themselves," he said, not answering the question. "It's my job to help them do that. It's not my job to sit and listen to you make up a ridiculous story because you don't want to admit that you have a problem." I pretended to be shocked. "What do you mean?" I said. "I just told you—the Sugar Plum Fairy has taken over my body. She tried to kill me! You have to do something. Like an exorcism. Or a fairycism." "You're wasting my time," said Cat Poop. "We're done for today." (Ford, 2010, p.26)

		"You're not making this very easy," he said.
		"Sorry," I said. "I guess my kindergarten teacher was right when she said I don't play well with others."
		"We want to help you."
		"You know, everyone keeps saying that," I told him. "But I have to tell you, I'm starting to think you don't. Because if you did, you'd let me out of here. There's nothing wrong with me."
		"There's evidence to the contrary," said Cat Poop.
		"I'm fine," I said. "Really. Do you want me to sign something saying that? Then will you let me go home?" (Ford, 2010, p.7)

			"You can't keep me here against my will," I informed him. "In case you don't know, this is the land of the free. People have rights. I have the right to free speech, and to bear arms,and to not be locked up in a nuthouse!" (Ford, 2010, p.8)
		Jeff shows the attitude of self-harm	Cutting myself felt so good. It was sweet the way the razor opened up the skin and this red line appeared, like I was pulling a piece of thread out of my wrist. The blood came really slowly, not in some spastic blast like I thought it would. It didn't even really feel like my arm. It was like I was watching someone else's arm in a movie. I kept thinking how great the camera angle was and wishing I had some popcorn. (Ford, 2010, p.128)

		Jeff shows the attitude of Expressing His sexual deviations	Burke reached in at the same time, and for a few seconds our fingers touched. I don't remember who pulled away first, but I remember feeling this strange sensation. I don't even know what to call it. A tickle maybe, in my stomach. I put my fingers in my mouth and sucked the fake butter off, like I was trying to find out what Burke tasted like. I didn't touch that popcorn for the rest of the movie. (Ford,2010, p.136)
			And then I did it. I couldn't stop myself. Burke was touching my arm, we'd just made a kind of date, and I was suddenly happier than I'd ever been in my whole life. Before I even knew what I was doing, I leaned forward and kissed him right on the mouth. I remember thinking, for the few seconds our lips were touching, that Allie had been right. His lips were as soft as a kitten. (Ford, 2010, p.139)

2	The steps of how Jeff cope with his shadow	Accepts his presence in the psychiatric ward	I was going to go back to my room, but something made me go over to Martha. She didn't even look at me when I sat down next to her. I kind of wanted to say hello to her. I mean, I know it's not easy your first few days in the nuthouse. "I like your rabbit," I said. (Ford, 2010, p.51)
			Part of me wants to stay here where people sort of understand me. But I know I have to leave. My vacation is over, and it's time to let some new campers in. (ford, 2010, p.162)
		Admit that he was wrong and there is something to be fixed	I'm still kind of mess. But I think we all are. No one's got it all together. I don't think you ever do get it totally together. Probably if you did manage to do it you'd spontaneously combust. I think that's the law of nature. If you ever manage to become perfect, you have to die instantly before you ruin things for everyone else. (Ford,2010,

		Developes His Self Acceptance	p.162). I'm still kind of mess. But I think we all are. No one's got it all together. I don't think you ever do get it totally together. Probably if you did manage to do it you'd spontaneously combust. I think that's the law of nature. If you ever manage to become perfect, you have to die instantly before you ruin things for everyone else. (Ford,2010, p.162).

.		Psychological Integration and Maturity	Then Cat Poop said he'd discussed with my parents the idea of me going to a different school, so that I could have a fresh start. He wanted to know how I felt about that. I said it was a lot to think about, and that I'd get back to them on it. I kind of like the idea of going somewhere new. It would give me a chance to start over, to be anybody I want to be. But that's the thing: I don't want to be anybody. I want to be me. I don't know if that would be any easier at a new school or not. (Ford, 2010, p.132)

		It's probably better to just go back to my old school and deal with it. Amanda still goes there, and I don't want her to be the one who gets teased because I can't face anyone. I know she could handle it, but she shouldn't have to. Maybe we can both go somewhere new. Or maybe I can convince my parents to move to France. No one in France cares if you tried to kill yourself. In fact, I think they like you better because you're all tragic. (Ford, 2010, p.132)