

**MAIN CHARACTER INTERNAL CONFLICT IN THE NOVEL  
*CONFESSION OF A SHOPAHOLIC* BY SOPHIE KINSELLA**

**Thesis**

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**DEPARTMENT OF ENGLISH LITERATURE**

**FACULTY OF HUMANITIES**

**UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM**

**MALANG**

**2020**

**MAIN CHARACTER INTERNAL CONFLICT IN THE NOVEL  
*CONFESSION OF A SHOPAHOLIC* BY SOPHIE KINSELLA**

**THESIS**

**Presented to**

Universitas Islam Negeri Maulana Malik Ibrahim Malang

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

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**MALANG**

**2020**

## STATEMENT OF AUTHORSHIP

I state that the thesis entitled "*Main Character Internal Conflict In The Novel Confession Of A Shopaholic By Sophie Kinsella*" 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 there is an object or claim, I am the only person who is responsible for that.

Malang, June 19<sup>th</sup>, 2020



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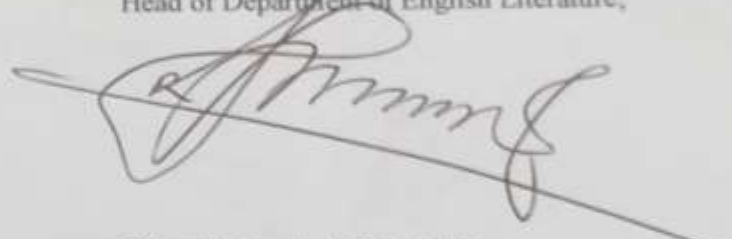
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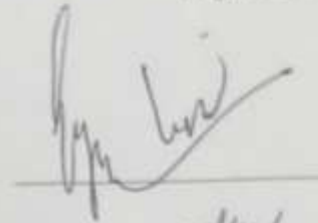
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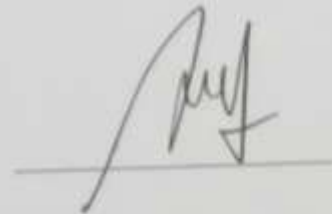
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**MOTTO**

*“You can’t go back and change the beginning, but you can start where you are  
and change the ending.”*

-C.S. Lewis-

## **DEDICATION**

I present this work to my beloved Father and Mother, with the attention and prayers that have been given, and my brothers and sister.

## ACKNOWLEDGEMENT

Praise and thanks to Allah SWT. Who has given guidance and strength to the author until the end of writing this thesis. Sholawat to the Prophet Muhammad SAW who demands all of us to the path of truth. This undergraduate thesis is a requirement to obtain a bachelor's degree in the department of English literature, Faculty of Humanities at Universitas Islam Negeri Maulana Malik Ibrahim Malang.

On this occasion, the researcher would like to thank all parties who were directly involved in the process of preparing, researching, and thesis defense:

1. I would like to thank my advisor Mr. Agung Wiranata Kusuma M.A., thanks lot of your suggestion, support, and patience in writing this thesis.
2. My lovely family, my mother and father, you are the angels of my life. You have been my life so colorfull. I love you all.
3. All my teachers and lecturers who are giving me the best lecture and experience for this graduate.
4. Sahabat and Sahabati PMII Rayon "Perjuangan" Ibnu Aqil who has given me a lot of knowledge and experince of leadership.
5. For best friend of my life, Anugrah Febriansyah, Muhammad Hanif Azizi, Ulyatul Hamidah, Amy Fayla Sufa, Dwi Mar'atus Sholihah, Nushatul Lisan Rahimah, Reni Hardian Sanitasari, Iradatur Rizqiyah. Thanks



reminding me to not give up. Thank you for support and your presence in my life.

I realize that this thesis is not perfect, so critics, comment and suggestions would be needed to improve this thesis, I hope this thesis is helpful and give future researcher better insight.

Malang, June 20<sup>th</sup>, 2020

Uswah Yunita Sari

## ABSTRACT

Sari, Uswah Yunita. 2020. Main Character Internal Conflict in the Novel *Confession Of A Shopaholic* by Sophie Kinsella. Thesis (Skripsi). Departement of English Literature, Faculty of Humanities, Jurusan Sastra Inggris Fakultas Humaniora. Universitas Islam Negeri Maulana Malik Ibrahim Malang.

Advisor : Agung Wiranata Kusuma, M. A.

*Keywords* : *Internal Conflict, Personality Structure, Confession of a Shopaholic.*

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This study discusses the internal conflict in the personality of Rebecca Bloomwood's character in the novel *Confession of a Shopaholic*. Rebecca works as a journalist in one of the mass media. Rebecca, in the storyline, is a figure who has not been able to give limits to the necessities of life. The narration and plot of the novel depicts that Rebecca always finds life's problems because of very high consumer desires and culture, which makes her not feel satisfied, and shifts her attitude by seeking a loan from a bank so that her desire to shop can be fulfilled. Therefore, this study tries to explore the internal conflicts that occurred in Rebecca; first, how was the internal conflict that happened to Rebecca?; second, what is the main basis that causes the internal conflict?

In order to research problems regarding the internal conflict that occurred in Rebecca, this study uses the procedure of psychoanalytic literary criticism from the perspective of Sigmund Freud. Freud's fundamental assumption regarding psychoanalysis is the dialectic between the id, ego, and super ego. The three theses are used as a theoretical basis to find out the internal polemics that happened to Rebecca. As for the methodological step, this research will use qualitative research because the main data source of the research is in the form of words in the form of sentences and paragraphs in the novel *Confession of a Shopaholic*. The research data collected will be analyzed by narrating the research results descriptively.

The results of this study indicate that Rebecca's internal conflict due to her high consumption desire makes her always feel inadequate. Rebecca makes up for this deficiency by consuming excessive amounts of goods to make her desires fulfilled. Rebecca is always looking for ways to satisfy her shopping cravings in any way. Because of that, the feeling of dissatisfaction moved to affect her mind and made Rebecca experience anxiety because human desires can never be finished, have not been able to be finalized, and always leave traces of continuing to do whatever it takes to fulfill desires.

## ABSTRAK

Sari, Uswah Yunita. 2020. *Konflik Internal yang Dialami Tokoh Utama dalam Novel Confession of a Shopaholic Karya Sophie Kinsella*. Skripsi, Jurusan Sastra Inggris Fakultas Humaniora. Universitas Islam Negeri Maulana Malik Ibrahim Malang.

Pembimbing : Agung Wiranata Kusuma, M. A.

Kata Kunci : *Konflik Internal, Struktur Kepribadian, Confession of a Shopaholic*.

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Penelitian ini membahas konflik internal dalam kepribadian tokoh Rebecca Bloomwood dalam novel *Confession of a Shopaholic*. Rebecca berprofesi sebagai seorang jurnalis pada salah satu media massa. Rebecca, dalam alur cerita, merupakan sosok yang belum mampu memberikan batas pada kebutuhan hidup. Narasi, alur, dan plot novel menggambarkan bahwa Rebecca selalu menemukan permasalahan hidup karena hasrat dan budaya konsumen sangat tinggi, yang membuatnya tidak mengalami rasa puas, dan mengalihkan sikap dengan cara mencari pinjaman uang dari bank agar hasrat untuk berbelanja bisa terpenuhi. Karena itu, penelitian ini mencoba untuk mengeksplorasi konflik internal yang terjadi pada Rebecca; *pertama*, bagaimana konflik internal yang terjadi pada diri Rebecca?; *kedua*, apa dasar utama yang menyebabkan konflik internal tersebut?

Agar permasalahan penelitian mengenai konflik internal yang terjadi pada Rebecca, penelitian ini memanfaatkan prosedur kritik sastra psikoanalisis dari perspektif Sigmund Freud. Asumsi mendasar Freud terkait psikoanalisis adalah dialektika yang terjadi antara id, ego, dan super ego. Ketiga tesis tersebut digunakan sebagai landasan teoretis untuk mengetahui polemik internal yang terjadi pada Rebecca. Sedangkan untuk langkah metodologis, penelitian ini akan menggunakan jenis penelitian kualitatif karena sumber data utama penelitian berupa satuan kata yang berupa kalimat dan paragraf dalam novel *Confession of a Shopaholic*. Data penelitian yang terkumpul akan dianalisis dengan menarasikan hasil penelitian secara deskriptif.

Hasil penelitian ini menunjukkan bahwa konflik internal pada diri Rebecca bermula karena hasrat konsumsi yang tinggi membuatnya selalu merasa kekurangan. Kekurangan itu Rebecca lampiaskan dengan cara konsumsi barang secara berlebihan untuk membuat hasrat itu terpenuhi. Rebecca selalu mencari cara untuk memuaskan hasrat berbelanja dengan cara apapun. Karena itu, perasaan tidak puas itu bergerak mempengaruhi pikirannya dan membuat Rebecca mengalami kegelisahan karena hasrat manusia yang tidak akan pernah bisa selesai, belum mampu dilakukan finalisasi, dan selalu meninggalkan jejak untuk terus berbuat apapun demi memenuhi hasrat.

## مستخلص البحث

ساري، أسوة يونيتا. ٢٠٢٠. الصراعات الداخلية التي شهدتها الشخصيات الرئيسية في الروايات **Confession of a**

**Shopaholic** صافي كينسلا. البحث الجامعي. قسم اللغة الإنجليزية وآدابها، كلية الإنسانية، جامعة مولانا مالك

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الكلمة المفتاحية: الصراع الداخلي، بنية الشخصية، **Confession of a Shopaholic**

تناقش هذه الدراسة الصراع الداخلي في شخصية ريببكا بلومود في رواية **Confession of a**

**Shopaholic** . ريببكا تعمل كصحفية في إحدى وسائل الإعلام. ريببكا ، في القصة ، هي شخصية لم تكن قادرة على

وضع حدود لاحتياجات الحياة. يوضح السرد والحبكة والحبكة أن ريببكا تجد دائمًا مشاكل في الحياة لأن رغبات المستهلك

وثقافته عالية جدًا، مما يجعلها تشعر بعدم الرضا ، ويغير موقفها بالسعي للحصول على قرض من البنك حتى ترغب في التسوق.

يمكن أن تتحقق. لذلك ، تحاول هذه الدراسة استكشاف الصراع الداخلي الذي حدث لريببكا ؛ أولاً ، كيف كان الصراع

الداخلي الذي حدث لريببكا؟ ثانيًا ما هو الأساس الذي يسبب الصراع الداخلي؟

حتى تكون مشكلة البحث فيما يتعلق بالصراع الداخلي الذي حدث في ريببكا ، تستخدم هذه الدراسة إجراء التحليل النفسي

للقدر الأدبي من منظور سيغموند فرويد. إن افتراض فرويد الأساسي فيما يتعلق بالتحليل النفسي هو الجدلية التي تحدث بين

الهوية والأنا والأنا الفاتحة. تُستخدم الأطروحات الثلاث كأساس نظري لاكتشاف الجدل الداخلي الذي حدث لريببكا. أما بالنسبة

للخطوات المنهجية ، فسيستخدم هذا البحث نوع البحث النوعي لأن مصدر البيانات الرئيسي للبحث يكون في شكل وحدات

كلمات على شكل جمل وفقرات في رواية Confession of a Shopaholic سيتم تحليل بيانات البحث التي تم جمعها

من خلال سرد نتائج البحث وصفيًا.

تشير نتائج هذه الدراسة إلى أن صراع ريببكا الداخلي بدأ لأن رغبتها العالية في الاستهلاك تجعلها دائمًا تشعر بالحرمان. تعوض

ريببكا هذا النقص عن طريق استهلاك كميات زائدة من السلع لتحقيق رغباتها. تبحث ريببكا دائمًا عن طرق لإشباع رغباتها في

التسوق بأي شكل من الأشكال. وبسبب ذلك ، أثر الشعور بعدم الرضا على عقلها وجعل ريببكا تشعر بالقلق لأن الرغبات

البشرية لا يمكن أن تنتهي أبدًا، ولم يتم الانتهاء منها، ودائمًا ما تترك آثارًا للاستمرار في فعل كل ما يتطلبه الأمر لتحقيق الرغبات.

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# CHAPTER I

## INTRODUCTION

### **Background Of The Study**

In social life, man cannot extricate themselves from the relationship with other human beings, but the existence of difference of interests among individuals in a community or environmental factor the place of residence will give rise to a conflict resulting from such problems arise a conflict that can be in the form of external and internal conflict.

Internal conflict occurs within the human self itself. Stanton (via Nurgiyantoro, 2005: 124) describes internal conflict or psychiatric conflict is a conflict that occurs in the heart, the soul of a character (or: characters) story. This conflict is a struggle of internal problems of a character with him-self. For example, it happens due to a conflict between two desires, different options, expectations or other problems. Internal conflict is not only happened in real life but can also occur in a literary work. Literary works which often present conflicts usually are in the form of novel and short story.

Many authors describe the internal conflicts in their literary works. One of them is novel by Sophie Kinsella entitled *Confession of Shopaholic*, which will be analyzed in this study. *Confession of Shopaholic* is the first of

Shopaholic series written by Sophie Kinsella in 2000, Confession of Shopaholic tells story of the Rebecca Bloomwood (Becky) as main character, a young woman who addicted to shopping, Rebecca suffered many of debts, until Rebecca is unable to pay of her debts. She spent a lot of money and make the credit card limit up to she is pursued by bank to immediately pay off the arrears on her credit card. Meanwhile, Rebecca is the type of person that when she is stressed or has a lot of thoughts, she will vent it by shopping. Even though, she tries to reduce her shopping habits and looking for side job to earn more money, but none of her efforts is succeeded.

In this novel Rebecca is experiencing internal conflict in herself, which is caused by her high shopping desire, which is not comparable to her income. So that makes Rebecca pursued by the bank to immediately pay off the arrears on her credit card. From this, it can be seen that the phenomenon experienced by Rebecca is internal conflict, due to Rebecca's inability to control her shopping desire, she keep spent her money only to buy silk blouses in one of the famous boutiques and various other popular brands, even though lately she was increasingly getting warning letters from Visa and Endwick Bank. Meanwhile, when she was shopping especially for sale items, she would say to herself that actually what she did was saving money, whereas the items he bought were not entirely needed, mostly only for collections.

From the description of Rebecca's condition above we can know that what Rebecca felt was a psychological phenomenon. So that it can be studied with psychology of literature. Therefore, analysis of the main character of

Confession of Shopaholic is appropriate to analyzed using psychology of literature, because internal conflict is an issue which discussed in psychology of literature.

To conduct this research comprehensively, researcher takes some research as previous studies, first is by Yuni (2013) this research is a qualitative descriptive study, describe the characterization of the main characters in the short story of *Lupinen*. Barbara, as main character in short story *Lupien*, experiencing internal and external conflicts. The external conflict experienced by the main character is social conflict and physical conflict. While the internal conflict experienced by Barbara is a psychiatric conflict in the form of anxiety, fear, disappointment, emotion as well as guilt. Whereas the ego defense mechanism that Barbara does is, repression, regression and introjection.

The second research is Yusnia (2013) aims of this study is to describe the internal conflict experienced by the main character, causes and the response or actions of the main character in dealing with conflict in the novel *Putri Kejawen* by Novia Syahidah, using a literary psychology approach that refers to Kurt Lewin's theory. The results of the study show that the internal conflict experienced by the main character are indecision, opposition, disappointment with the family and the environment that is not in accordance with Islam. From this study, the dominant factors that caused the conflict are the differences between individual and cultural differences. It is seen from the

amount of data found. The response taken by Dewi Sakharendha in facing the conflict are did not violate the Islamic value

The last research used same object, conducted by Karen entitled Representation of Consumerism in "Confessions of a Shopaholic" Semiotic Analysis. Object of this research is the main character; this is a semiotic analysis that analyzes the system of signs and meanings with Roland Barthes's semiotic analysis that is meaning of signs. The results of the study show that "Confessions of a Shopaholic" has communicated the existence of a consumerism lifestyle that is shown through the main character in the story, illustrates how a human being can be very consumerist in shopping. The researchers concluded that the consumerism lifestyle occurs around us.

From the previous studies above, the first previous study focused on internal and external conflicts and the ego defense mechanism carried out by the main character. Then the second previous study focuses on internal conflicts experienced by the main character, causes, and the actions of the main character in dealing with conflict in the novel by using Kurt Lewin's theory. Then the third previous study uses the same object as this research. Here the researcher analyzed Confession of Shopaholic using the Roland Barthes theory, researcher analyzed the system of signs and meanings. Therefore, based on information from previous studies above, this research attempts to analyze the internal conflict in the novel Confession of a Shopaholic from different psychoanalysis point of view using Freud's structure of personality in Id, ego and superego.

## **B. Problems of Study**

1. What are the internal conflicts experienced by the main character in the novel Confession of a Shopaholic by Sophie Kinsella?
2. What are the causes of the main character's internal conflict in the novel Confession of a Shopaholic by Sophie Kinsella?

## **C. Background of the Study**

The objectives to be achieved in this study are as follows:

1. To describe the internal conflict experienced by the main character in the novel Confession of a Shopaholic by Sophie Kinsella.
2. To describe the causes of the main character's internal conflict in the novel Confession of a Shopaholic by Sophie Kinsella.

## **D. Scope and Limitation**

The scope of this study is internal conflict in the novel Confession of a Shopaholic. This research focused on how the id, ego and superego provided in the story through the internal conflict Rebecca and how Rebecca the face of internal conflict. In analyzing this study the writer used the psychology literature theory by Sigmund Freud. The limitation of this study is the internal conflict of id, ego and super ego.

## **E. Significance of the Study**

The researcher hopes that this research can provide useful contributions to literature, especially in the development of the theory of internal conflict. This

research analyzes main character's internal conflict in the novel Confession of Shopaholic, how the reaction of main character to some conflicts in the story. This research focuses on how Id, Ego and Superego are in the story through Rebecca's internal conflict. though this research, the reader is expected to foster a sense of appreciation for novels and internal conflict. The researcher also wanted the reader to comprehend internal conflict that happens in a novel. , so the readers' understanding of internal conflict becomes more profound.

## **F. Research Methodology**

In this point, the writer wants to explain the research methodology which is used in this analysis. There are research design, data source, data collection and data analysis.

### **1. Research Design**

In this research, the writer used literary criticism using the perspective of psychology, the writer conducted an interpretation method, and used Sigmund Freud's Conflict theory, focusing on internal conflicts Id, Ego and Superego.

### **2. Data Source**

The Data source in this study is a novel by Sophie Kinsella, entitled Confession of a Shopaholic is the first book of the Shopaholic Series. Published in 2000, was originally entitled The Secret Dreamworld of a Shopaholic, which became known as Confessions of a Shopaholic, the story is set in London, England in 1999 and consists of 368 pages.

### **3. Data Collection**

In collecting the data, the first writer will read novels to find out the conflicts that occur in the story. Then the researcher reads the novel with a scanning technique to identify the characteristic of the main character and to find some internal conflict in the novel. In this step, the researchers classify internal conflicts that occur in each chapter based on the Freud's perspective of Personality structure.

### **4. Data Analysis**

After getting and collecting data the researcher uses some steps to analyze the data as follows: firstly, the researcher begins with classify internal conflict that is done by Rebecca Bloomwood. Secondly, the researcher analyzes the causes of Rebecca's internal conflict. The last the researcher makes the conclusion based on the researcher's discussion.

### **G. Definition of Key Terms**

In order to avoid the misunderstanding in this study, the researcher describes the definition of key terms as follows:

1. Wellek dan Warren (1995: 285), states that conflict is something dramatic, that refers to a balanced two-strength fight, implying action and retaliation.
2. Internal conflict: man versus self-conflict, is conflict faced by the character in the story, character must overcome opposition in itself by making choices between two or more things.

3. Id: Human instincts that suppress fulfillment of basic needs, such as eating, sexuality, and rejecting emotional pain. Id works in pleasure principle
4. Ego: ego maintains between id and superego based on the principle of reality. Ego plays a role in giving consideration, problem solving, and reasoning.
5. Superego: the superego controls human beliefs about things that are right and wrong, or behavior. Superego has a role to give consideration based on moral principles.



## **CHAPTER II**

### **REVIEW OF RELATED LITERATURE**

#### **A. Psychology and Literature**

Psychology is a science that can be connected with literary works, because psychology itself refers to a science that investigates and learns about behavior and activities in which behaviors and activities are manifestations of mental life (Walgito, 1986: 13).

One of the works of art created by the author is fiction. Fiction, which is a fictional story written by an author freely through spontaneous outbursts of emotion, so that the author has many opportunities in describing the overall elements that construct the story. One form of freedom possessed by an author is to determine who are the figures who will be present in his work along with all things attached to these figures, such as characterizations and characterization. Thus fictional characters have a real impression of being human in general.

As an imagination figure or a character created by an author is not a limitation of an imaginary figure with a real character in living the life process. Despite having an imaginary impression, characters in fiction also have the same role as real human life. The author incorporates aspects of humanity in his imaginative figures so that he seems to live like humans in general with all kinds of problems encountered. These aspects of humanity are what will become the main objects of literary psychology.

One approach to analyzing literature is through the psychology of literature approach. Psychology of literature as an approach is a form of creativity that is presented through an interdisciplinary research model by establishing literary works as the owner of a more dominant position (Ratna, 2011: 349). From this it can be seen that the psychology of literature does not only offer a research model but also includes the form of creativity into its approach through text.

Wiyatmi (2011: 1), explained that the psychology of literature was born as a type of literary study used to read and interpret literary works, authors of literary works and readers by using various concepts and theoretical frameworks that exist in psychology. Between psychology and literature have something in common, which is equally talking about humans and their survival as individual creatures and social beings. In addition, both of them also use the same foundation that makes human experience as a study (Endraswara via Minderop, 2013: 2). The difference between the psychology and literature is the object discussed only. If psychology discusses humans as real figures as God's creation, in literary works the objects discussed are figures created by an author or simply called imaginary figures.

The existence of literature if used within the framework of literary science refers to one branch of science that studies literary works as formal objects in a systematic and organized manner. It is through literary studies that uses a literary psychological approach that the relationship between literature and psychology occurs.

Definitively, the purpose of psychology of literature is to understand the psychological aspects contained in a literary work. Nevertheless, it does not mean that the analysis of literary psychology is completely independent of the needs of the community. In accordance with its nature, literary works provide an understanding of psychology indirectly. For example Through the understanding of the characters, the community can understand the changes, contradictions, and other deviations that occur in society, especially in relation to psychology (Ratna, 2011: 342).So, in the case of studying a literary work, approach to the psychology of literature is very helpful. Psychology is needed in literary works in order to study the character of figures and all matters relating to the psychological process presented by the author. The importance of the concept is based on the expectation of the relationship between psychology and literature which later became known as psychology of literature to be able to find aspects of the unconscious that caused psychological disturbances of the characters in the story.

### **B. Character**

Character and characterization in fiction has its own meaning. Aminuddin (2009: 79) explains that the perpetrators who carry out events in fictional stories so that the events are able to intertwine a story are called characters, while the way the author displays the characters or actors is called characterizations. So basically, characters are actors of a story, while characterizations are all things that are attached to the character itself as a form of portrayal, so that when reading a story the reader can find out how the character is in the character through words and actions described by the author through the character.

The description of the characters in a story is explained by Sayuti (2000: 72), that theoretically the author can arrange or create: from a pure type, representing a universal quality, to the most eccentric individuals. In this context, the author is only bound by demands that may arise among readers that the characters in his fictional creation are only relevant in some respects to actual life experiences, both those that may be experienced by the author and those that may be experienced by the reader.

So according to the explanation, the characters in fiction are freely developed by an author but are inseparable from the form of creativity offered. As a determinant of the content of stories in a novel, often the author associates real life with what he wants to tell. Real life is what will be transplanted by an author through real life. Requires the characters in it to live naturally as in human life in general, but not out of context with the real life between the reader or writer.

Furthermore, the characters in fiction are divided into two, namely the main character or core or central figure and additional figures or peripheral figures. Explanation of the main character and supplementary character is given by Aminuddin (2009: 79). A character who has an important role in a story is called the main character, while an additional character is a character who has an insignificant role because his appearance only complements, serves, and supports the actor.

The main character in a story can be identified by the following characteristics: (1) The main character has a lot of time in the telling of the story,

(2) Most relates to other characters, and (3) The main character is most involved with meaning or theme ( Sayuti, 2000: 74).

How to recognize the main character was also added by Aminuddin (2009: 80) by knowing the instructions given by the author.(1) The main character is generally a character who is often given comments and discussed by the author, while the additional characters are not as detailed as the main character, (2) Can be known through the title raised in a story. so, the way to recognize the main character can be determined through two things, first knowing the characters who are told a lot and through the titles raised by the authors of the novel.

Furthermore Aminuddin (2009: 80-81) divides the variety of actors or characters into eight, namely, (1) Main actors, (2) Additional actors, (3) Protagonist actors are actors who have good character so that the readers like, (4) Actors antagonist is the opposition of the protagonist, (5) Simple character that is the actor does not show much complexity of the problem, (6) Complex character is the actor who is burdened by the problem, (7) Dynamic actors are actors who have change and internal development in overall appearance, ( 8) Static actors are actors who do not show any changes or developments since the actors appear until the story ends. In this study, the author will discuss the internal conflict of the main character named Rebecca Bloomwood in the novel Confession of Shopaholic.

### **C. Psychoanalysis**

Psychoanalysis was first introduced by Sigmund Freud in 1896 in Vienna. According to Bertens (1987: xii), psychoanalysis is a new view of human

psychology, the unconscious has an important role. So, psychoanalysis also interpreted as a deeper science in examining psychiatric and psychological conflicts in human, in which both of them sourced from the unconscious.

The association method created by Freud to treat his patients was an early milestone in the emergence of psychoanalysis (Koswara, 1991: 30). Through this method Freud concluded that unconsciousness has a dynamic nature and plays a role when a person experiences neurotic disorders such as hysteria.

Psychoanalysis focuses on personality, where the personality that exists in humans has an influence or linkage to the psyche that is in a person. The relationship between psychoanalysis and personality was conveyed by Semiun (2006: 55) that Freud's main ideas about personality theory grew from the experience of caring for neurotic patients. From this experience it can be seen that the attitudes and feelings expressed by the patient do not originate from the conscious, but rather the unconscious.

Opinions from Semiun are in line with Freud (via Hall, 1959: 24) about psychoanalysis as a theory of personality. Furthermore Freud conveyed the existence of these links in 1927: psychoanalysis is included in the category of psychology; not a psychology of medicine in the old sense of the word, not a psychology about the process of mental illness, but an ordinary psychology. psychoanalysis does not belong to the entirety of psychology, but it is a branch and may be the basis of all psychology. So, according to Freud's psychoanalysis belongs to a group of neutral scientists without any connection with the science of

medical psychology or scholarship about the process of mental illness. Psychoanalysis is a branch or foundation that covers the whole of psychology.

#### **D. Structure of Personality**

Freud divides levels of human awareness into three; conscious, preconscious, unconscious. This topography or awareness map is used to describe elements of awareness in every mental event such as thinking and fantasizing. Myers in Psychology is trying to explain the three parts of personality, as follows:

The Underlying Freud's conception of personality was his belief that the mind is like an iceberg-mostly hidden. Our conscious thoughts are the part of the iceberg above the surface. Below that is a much larger unconscious region is a whole reservoir of thoughts, wishes, feelings, and memories of which we are unaware. Some of these thoughts are merely temporarily out of mind in a preconscious area, from which they can be retrieved at will into conscious awareness (Myers 396) From Myers's explanation above, it can be understood that most of human thought which consists of the basic desires of memories is in the unconscious part, while the conscious part is awareness in human psychology. And as bridge between the conscious and unconscious part is the preconscious, where thought and memories from the unconscious can be taken at will into consciousness.

Freud as cited in Alwisol (2009) said that the structure of personality consist of three, they are the conscious, preconscious and unconscious. The first level is conscious, is the level of consciousness that contains lot of things that we observe

at particular time. Freud added that, only a small part of mental life (mind, perception, feeling and memory) entered consciousness. The of consciousness only last a short time in the conscious area, and are immediately pressed into the preconscious and unconscious area, once people move their attention to another cue.

According to Freud in Smith (2010: 2994), only a minor part from mental life (mind, perception, feeling, and thought) that include consciousness. This is the aspect of human mental processing that human can think and talk about rationally. The content of consciousness is only can keep ground in short time and it will move to preconscious and unconsciousness.

Third, Preconscious called as available memory, which is the level of consciousness that connects the conscious and unconscious, so that the contents of the preconscious itself come from the conscious and unconscious. Freud (as cited in Smith, 2010: 2997) states that preconscious contains thoughts and feelings that a person is not currently aware of. It is called by available memory because it became a bridge between consciousness and unconsciousness. It also can be called as memory recall. For example, dream, daydream, misspoken and mechanism self-ordering.

Unconscious is the deepest part of the structure of consciousness, Freud in Alwisol (2009) is the most important part in the human soul. The unconscious contains instincts, impulses and drives brought from birth, and traumatic experiences that are suppressed by consciousness in moving to an unconscious



area. Freud in Smith (2010: 2996) said that unconscious is the deepest structure of consciousness and it very important of human's soul.

Unconsciousness contains of behavior, attitude, conduct from born and the trauma experiences. Among three of these parts, the unconsciousness is the mayor that influence human's behavior. Freud compare it like iceberg phenomena in the sea, which at up section that look above the sea level is the consciousness, preconscious is a part which up and down of water surface. Whereas, a big part is under water surface, called unconsciousness.

Until the 1920s, the theory about the conflict of psychiatric involves only the third element of awareness of it. Then in 1923 Freud introduced three other structural models, which are id, ego, and superego. This new structure does not replace the old structure, but complements / refines the mental picture especially in its function or purpose (Alwisol, 2015: 13).

Id, ego, and superego have their respective functions, completeness, operating principles, dynamism, and mechanism, but they are still interconnected and form totality (Koswara, 1991: 32). Structure of personality consist of id, ego, and superego. When this structure of personality can be united and run in harmony then it is possible for an individual to live well.

Id is a system of personality that is original, brought from birth. From the id then will appear the ego and the superego. At birth, the id contains all the psychological aspects that are derived, such as instincts, impulses, and drives (in Alwisol, 2015: 14). Further, Freud explained that the Id is located and operates in the area of unconscious, representing a subjectivity which is never realized

throughout the ages. The Id operates based on the pleasure principle, which trying to obtain pleasure and avoid pain (in Alwisol, 2015: 14).

Id is a psychic energy and human instinct, to meet basic needs such as: eating, sex, avoiding pain or uncomfortable feeling. According to Freud, Id located in the unconscious, there is no contact between Id and reality. Id operates based on the pleasure principle. That always looking for pleasure and avoiding uncomfortable feeling (Minderop, 2013: 21). From this explanation it can be interpreted that basically the id tends to prioritize comfort or pleasure and put aside the existing rules. This is done with the consideration that the pleasure principle can help individuals to reduce tension so that the soul within the individual can be stable.

In line with Freud's opinion in Minderop, Hall (1959: 29) also said that this pleasure principle is a universal tendency that is unique to all living things to maintain determination in the face of shocks from inside or outside.

Some opinions about id are also expressed by Freud, (1) Id is more closely related to the physical and its processes than with the outside world. This causes the id to be less organized than the ego and superego, (2) Id does not change according to time period. Id cannot be changed by experience because id has no connection with the outside world, but id can be controlled and monitored by the ego, (3) Id are not governed by laws of reason or logic, and do not have values, ethics, or morals. Id is only driven by one consideration, namely achieving satisfaction for its instinctual desires, according to the pleasure principle, (4) Id is an actual spiritual reality.

Different with the id, which exists in the unconscious and works based on the pleasure principle, the ego is controlled by the reality principle and is between the conscious and the unconscious, in this case trapped between two opposing forces and guarded and obey the principle of reality by trying to fulfill individual pleasures that are limited by reality (Minderop, 2013: 22). The purpose of the explanation is, the ego in an individual has an important role because ego work as controlling the boundary between pleasure and reality, so that individual desires can still be satisfied without causing difficulties or suffering.

The explanation of the ego is in harmony with Hall (1959: 36) which explains that in someone whose character is calm, the ego is the executor of personality, who controls and governs the id and superego and maintains relations with the outside world for the benefit of all his personality and needs. If this ego carries out its implementation function wisely, there will be harmony. If the ego succumbs or surrenders too much power to the id, the superego, or to the outside world, there will be irregularities. So from this explanation, the presence of the ego has a very big role, or can be said to be the main leader in personality, and is a determinant of the good and bad of a person's self-survival.

The last personality structure is the superego. In Freud's view, the superego is the moral or ethical part of the personality. Superego begins to develop when the ego internalizes social and moral norms. Superego is an internal embodiment of the traditional values and ideals of society, as explained by parents to children and implemented by giving children gifts or punishment.

Superego is controlled by moralistic and idealistic principles that are contrary to the pleasure principle of the id and the reality principle of the ego. Superego reflects the ideal rather than the real, striving for perfection and not pleasure. The main concern of the superego is to decide whether something is right or wrong, thus the superego can act in accordance with moral norms recognized by community representatives (Semiun, 2006: 66). So, superego can be interpreted as determining the value of right and wrong in accordance with the guidelines or rules that apply outside the individual, such as cultural rules or norms that exist in society so that the individual's actions can be recognized in society. In other words, superego is a person's moral code.

#### **E. Conflict**

Conflict is the most important part in a story. The importance of conflict in a story explained by Stanton (2007: 31) that the two basic elements of the plot builder are conflict and climax.. Every work of fiction at least has an internal conflict (which is obvious) that is present through the desires of two characters or the desire of a character with his environment. These specific conflicts are subordinated to one main conflict that is external, internal, or both.

Thus, from this explanation the importance of presenting conflict in a story is undeniable. That is because without conflict in a plot, the contents of the story in the work of fiction will not be interesting because there is no climax process which according to Tarigan (1984: 128) is the highest peak in a series of peaks where the forces in conflict reach the highest intensification.

Similar to real life, conflicts can occur because of differences in interests, struggles for something (for example: women, influence, wealth, betrayal, revenge, etc.) typical of human character (Nurgiyantoro, 2013: 179). So, from the explanation of the notion of conflict can be understood by the existence of an event experienced by a fictional character as a manifestation of humans in real life where the event tends to be unpleasant events or things that make the character feel disturbed and uncomfortable.

As explained by Stanton, that in a story at least there must be found conflict with the characters in it. Whether it's internal conflict, external conflict, or even both. Thus from the explanation according to its division, conflict can be divided into two namely internal conflict and external conflict.

All fiction contains conflicts. principals struggle to challenge the natural surroundings or struggle with each other (external conflicts) or involve themselves in struggles with their own confessions, with their id and conscience (internal conflicts) (Brooks and Warren via Tarigan, 1984: 134).

In other words, the occurrence of a conflict can be based on life. In a story, of course the life in question is the life between characters who are invested by an author as a living creature who has a life to interact. The occurrence of a conflict can be caused by two factors, namely external factors or factors that occur due to conflicts outside the fictional character themselves, such as a conflict between individuals with one another. The second factor is internal factors or factors that occur due to conflicts within the fictional character itself, such as conflicts that include the feelings and thoughts of the individual.

The emergence of the element of id, ego and superego that occurs from the character causes conflict in him also appears. So elements of id, ego and superego have a relationship with conflict. According to Meredith & Fitzgerald (via Nurgiyantoro, 2005: 122), conflict is something dramatic, refers to the fight between two forces that are balanced and implies action and retaliation. More specifically, Daniel Webster (via Pickering, 2006: 1), defines conflicts as follows: (1) Competition or conflict between parties who do not match each other (2) Circumstances or behaviors that conflict (for example: conflicting interests, or conflict between individuals) (3) Disputes over conflicting needs, drives, desires, or demands (4) Conflicts.

According to Marquaß (1998: 87), the form of conflict in literature is divided into two parts, namely internal conflict and external conflict. Internal conflict is a conflict that occurs in a character that concerns desires, demands and expectations, while an external conflict is a conflict that occurs in two or more figures who oppose ownership power, one's kindness, or like a fight.

Conflict refers to the understanding of something that is unpleasant or happened to or experienced by the characters of the story, who if the characters have the freedom to choose, he will not choose the event that happened. In line with Marquaß, Stanton (via Nurgiyantoro, 2005: 124) explains conflict as a form of event, it can also be divided into two categories: external conflict and internal conflict.

## **F. External conflicts**

External conflicts are conflicts that occur between a character with something outside of oneself, perhaps with the nature or human environment. Furthermore, Jones (via Nurgiyantoro, 2005: 124), divides external conflict into two categories, namely: (a) Physical conflict

Physical conflict or also called elemental conflict is a conflict caused by a clash between the characters with the nature environment. For example conflicts and / or problems experienced by a figure due to earthquake, volcano eruption, flood, etc. (b) Social conflict. Social conflict is a conflict caused by social contact between humans, or problems that arise due to human relations. These problems are in the form of labor problems, oppression, strife, war, or other cases of social relations.

Watkins (via Chandra, 1992: 20), said that external conflict happens when there are 2 things, i.e. (a) occurs when there are at least two parties that are potentially and practically / operationally able to obstruct each other, (b) occur when there is one goal that is equally pursued by both parties, but only one party will achieve it.

## **G. Internal Conflict.**

Internal conflicts are conflicts that occur in the heart and mind, in characters. It is a conflict experienced by humans with themselves, which is based on feeling happy, hard, happy and disappointed. Stanton (via Nurgiyantoro, 2005: 124) explains the internal conflict or psychological conflict is a conflict that occurs in the soul of a character's story. It can be concluded, this conflict is a struggle of a character's internal.

## CHAPTER III

### FINDINGS AND DISCUSSION

This chapter covers data analysis based on research questions. In this chapter, the author will analyze the psychological aspects of the character Rebecca Bloomwood in the novel *Confession of a Shopaholic*. The analysis is focused on internal conflict and the causes of internal conflict experienced by Rebecca, the writer uses the concept of Sigmund Freud in his personality theory id, ego and superego. Here the author will classify the conflict experienced by Rebecca based on the personality structure between the ego id and the superego which is more dominant when the conflict occurs.

#### **A. Internal Conflict Experienced By The Main Character**

This point will explain what are the internal conflicts experienced by the main character.

#### **Id**

1. *“I've got my purse with me. Just something small, to cheer me up. A T-shirt or something. Or even some bubble bath. I need to buy myself something. I won't spend much. I'll just go in. As I finger a lovely white waffle robe, I can hear a little voice at the back of my head, like a radio turned down low. Don't do it. You're in debt. Don't do it. You're in debt. Yes, well, maybe I am. But quite frankly, what does it matter*



*now? It's too late to make any difference. I'm already in debt; I might as well be more in debt. Almost savagely, I pull the dressing gown down from the rack and put it over my arm. Then I reach for the matching waffle slippers. No point buying one without the other.*

*Time for a new duvet set. White, to match my new dressing gown. And a pair of bolster cushions, and a fake-fur throw. Every time I add something to my pile, I feel a little whoosh of pleasure, like a firework going off. (P.216-217)*

The next day after having a internal with Tarquin, Rebecca felt guilty and uncomfortable all day, to reduce that feelings Rebecca decided to walk along King's road, as she walked through the shops, Rebecca's desire rise up to buy something to cheer herself up and make her feel better.

The phrase "*Just something small, to cheer me up*" is a form of Rebecca's id to reduce the uncomfortable she feels, to make herself feel better. That is in line with the pleasure principle of Id to avoid uncomfortable feeling. "*As I finger a lovely white waffle robe, I can hear a little voice at the back of my head, like a radio turned down low. Don't do it. You're in debt. Don't do it. You're in debt.*" is a form of superego from Rebecca that reminds her that she shouldn't over-spend money anymore, because before entering Octagon's store she has promised herself that she will only buy something small to cheer her up, because Rebecca already has a lot of debt, she should prioritize paying off her debts first rather than shopping again.

Ego as the executor of personality, has two main tasks, first is choosing which instincts will be satisfied first according to the needs priority, and determines when and how needs are satisfied according to opportunities with minimal risk (Alwisol 2009: 16)

From the data above, the ego is not able to control and fulfill the demands of the id by buying something small. Causing a conflict between Rebecca's id and superego, instead made her out of control, buying up lots of things and clothes that she didn't really need, which certainly goes against the demands of the superego to make savings and reduce her expenses, reminding that she has a lot of debt.

2. *“Oh God. You gee, the thing is, I've been looking for a nice grey cardigan for ages. Honestly, I have. You can ask Suze, my mum, anybody. So I buy it. The most perfect little cardigan in the world. People will call me the Girl in the Grey Cardigan. I'll be able to live in it. Really, it's an investment. (p-67)*

Rebecca wants to buy a present for her best friend Suze, who will have a birthday soon. She go to Benetton, after looking at things around the store, she decided to buy a pink cardigan that was very beautiful and suitable for Suze. On her way to pay to the cashier, Rebecca accidentally saw the cardigan she had been wanting for so long.

Rebecca's Id encourages her to buy the gray angora cardigan, Rebecca has long been looking for a cardigan like that. Superego Rebecca reminded her not to

buy the cardigan. Rebecca had already spent a lot of money. But because of the cheap price Rebecca's id encouragement to have the cardigan is getting bigger. Rebecca feels that at the price she won't spend too much money. In the end his ego followed the id's encouragement, and she bought the cardigan.

### **Ego**

*1. OK. Don't panic. Don't panic. It's only a VISA bill. It's a piece of paper; a few numbers. I mean, just how scary can a few numbers be? I stare out of the office window at a bus driving down Oxford Street, willing myself to open the white envelope sitting on my cluttered desk. It's only a piece of paper, I tell myself for the thousandth time. And I'm not stupid, am I? I know exactly how much this VISA bill will be. Sort of. Roughly. It'll be about... £200. Three hundred, maybe. Yes, maybe three hundred. Three-fifty max.(p. 13)*

In the data above, when Rebecca is about to open the bill that she receives, id considers that the bill that comes is as a threat and raises an uncomfortable thing, because the ID works based on the pleasure principle, by avoiding discomfort then the ID tries to avoid that feeling by trying to pacify him and assured that the bill he received not as much as her estimation.

Ego does it by convincing that the bills coming from Visa are not that much, it will be about three hundred or three-fifty max. Ego can reduce Id pressure so that the id's principle to avoid feelings of discomfort, can still be done.

On the way to attend the press conference, Rebecca passes through the retail area, she sees a small sign that is not so flashy in Denny and George's shop. Make Rebecca instantly stop and want to stop by, because this store is unlikely to be on sale, scarves and pashmina they are so loved that they may be able to sell it at a double price. With no hesitation Rebecca stepped into the shop, while looking around the scarf at the Denny's and George's view shop fell into a velvet scarf in pale light blue that she had been eyed for a long time.

Id Rebecca required her to have this Denny and George scarf, assuming that the scarf would support her appearance and make her look more attractive, as in the following quotation:

*“There is no question. I have to have this scarf. I have to have it. It makes my eyes look bigger, it makes my haircut look more expensive, it makes me look like a different person. I'll be able to wear it with everything. People will refer to me as the Girl in the Denny and George scarf. Involuntarily, I clutch at it. 'I'll have it,' I gasp. 'I'll have it.’” (P-22)*

According to Freud in Alwisol (2009: 15) Ego operates according to the reality principle, by trying to obtain the satisfaction that is demanded by the id, by preventing other impulses or delaying until an object that satisfies needs is found.

There is a strong impulse on the id to have that Denny and George scarf. But when at the cashier Rebecca realized that a visa card had been left on her office desk. The ego then takes action by considering that if he does not pay the scarf right now, he is not used to fulfilling the impulses of the id the scarf that Rebecca wanted so much would never be hers. here the ego acts as a decision maker mediating by negotiating with shopkeepers, postpone the id impulse to have a scarf until returning to the press conference so that Rebecca can still do her work, and after finishing the press conference she can immediately return to the office, take a visa at her desk, and return to the Denny and George store, buy a scarf and fulfill the id. That way the ego can fulfill the demands of the id without causing harm or problems to herself.

*'I've just realized I've left my credit card at the office,' I stutter.*

*'Oh,' says the girl, and her hands pause.*

*'Can you hold it for me?' The girl looks dubious.*

*'For how long?'*

*'Just until later this afternoon, then,' I say quickly.*

*'What time do you close?'*

*'Six.' (p. 23)*

2. *"This morning I told myself that I wouldn't go near the shops all day. I promised myself - and I can't break my own promise. Then a brilliant thought occurs to me. I need to get a curry recipe for my home-made takeaway. That way, I can go into a shop - but I don't need to spend*

*any money. Already I'm scrambling to my feet, reaching for my coat. Shops, here I come!" (p.78)*

Like the id, the ego seeking for pleasure, reducing tension and avoiding pain, but the ego is related to realistic strategies to get pleasure. The ego knows no concepts of right or wrong. Something is considered good if it can satisfy without causing harm to the Id or itself.

In the above quotation while in frugality Rebecca felt still unable to resist her shopping desire, then internal conflict appear, at one side, she wants to go shopping, but on the other hand she already promised herself to not go shopping. It is here that the ego actually plays as a mediator so that the id can still be fulfilled without causing difficulties on him, so the ego becomes a mediator by the way Rebecca can still go to the store without needing to spend money to buy a cookbook but with Rebecca having to copy the cooking recipes. With so desire ID to go to the store and feel the atmosphere in the store can still be fulfilled without the need to spend money.

### **Superego**

Superego is the aspect of personality that holds all of the internalized moral standards and ideals that acquire from parents or society and people's sense of right and wrong. On the way back from the press conference, Rebecca rides public transport so she can get faster at Denny and George's store. unfortunately the train was a problem and had to stop for a long time. The man said that he was really in a hurry because his wife was about to give

birth, the man asked Rebecca about his purpose and why Rebecca also looked very rushed, but when he wanted to answer the man's question there was an internal conflict within Rebecca.

Rebecca's purpose is to buy a scarf in the Denny and George Store, fulfill the id's impulse. But Rebecca cannot tell this man. Rebecca's ego considered that it was impossible to say that her important business just to take a scarf from Denny and George. Because, clearly compared to the interests of the man Rebecca's aim are very trivial.

To respect this man, that have more urgent interest, in this case about the man that his wife will give birth. Rebecca finally decided not to say the reason why she is in hurry, because her reason is very trivial. In this case the ego as the decision maker chooses to satisfy impulse of superego and presses the id, to respect others who have more urgent matters. It can be seen in the dialogue above:

*'I... ohm... I'm going to...'*

*I stop feebly and clear my throat, feeling myself blushing red. I can't tell this man that my urgent business consists of picking up a scarf from Denny and George. I mean, a scarf. It's not even a suit or a coat, or something worthy like that.*

*'It's not that important,' I hear myself mumbling.*

*'I don't believe that,' he says nicely.*

*Oh, now I feel awful. I glance up - and thank goodness, it's my stop.*

*'Good luck,' I say, hastily getting up. 'I really hope you get there in time.'*  
(p-32-33)

1. *"As I walk along the pavement I'm feeling a bit shame faced. Maybe I should have got out my hundred and twenty quid and given it to that man for his baby, instead of buying a pointless scarf. I mean, when you think about it, what's more important? Clothes - or the miracle of new life?"* (p-33)

From the quotation *"I'm feeling a bit shame faced"* is the superego Rebecca that feels ashamed of her id. Rebecca's internal conflict reappears after talking with the man whose wife was about to give birth. here the superego acts to bring out a little of his empathy by setting aside a little of his money, to help the man whose wife wants to give birth, because Rebecca feels that he needs more money, than Rebecca who just wants to buy a scarf.

2. *'That's a nice skirt!' she says, looking at me as though for the first time.*  
*'Where's that from?'*  
*'DKNY,' I mumble back.*  
*'Very pretty,' she says. 'Was it expensive?'*  
*'Not really,' I say without pausing. 'About fifty quid.'*  
*This is not strictly true. It was nearer a hundred and fifty. But there's no point telling Mum how much things really cost, because she'd have a*



*coronary. Or, infact, she'd tell my dad first - and then they'd both have coronaries, and I'd be an orphan. (p. 50)*

Rebecca did not visit her parents for a long time, then she decided to come to her parent's house. When she arrived, she saw her dad and her mom arguing in the living room. Rebecca went straight to the kitchen, made coffee for herself and brings it to the living room. Realized that Rebecca watching them arguing mom and dad immediately stop it. Then they talked and asking each other conditions. Then Rebecca's appearance stole mom's attention, especially on her skirt. Then mom asks to Rebecca about the price of the skirt which wore by Rebecca. Because the price of the skirt is expensive, id encourages Rebecca to not tell the real price to her mom.

The superego that deals with morals and norms against what Rebecca did, lying to parents is wrong and should not be done by Rebecca to her parents. Because the real price of her skirt is very expensive, Rebecca could not tell the real prize to her parents. She afraid if she tell mom and dad about the real prize of her skirt, it will make them shocked, and affect the health of her parents. With these considerations, Ego as the decision maker. Chose to tell her mother that the price of her skirt was only around fifty quid, whereas the actual price was nearer hundred and fifty. Here the ego decides to follow the impulse of the id rather than the superego, because father and mother's health comes first.

After lunch, Rebecca accompanied her mother to a handicraft bazaar at an elementary school near their home. Her mom is looking for candle holder, she likes to collect antique candle holders. There, mom bought a pair of candle holders to complete her the collection, then they returned home. Arriving at home, mom immediately entered. Suddenly a voice called Rebecca's name, it was Martin Webster's voice. Martin and his wife Janice are neighbors of Rebecca's parents, they really like Rebecca and have tried to match up Rebecca with Tom, their only son.

While on conversation with Rebecca, Martin called his wife. Janice looks happy to see Rebecca again. She asked a lot about Rebecca's condition. Janice started talking about Tom, which began make Rebecca feel uncomfortable, because Rebecca and Tom used to have a special relationship

*'He wanted two bedrooms,' says Janice. 'After all, you never know, do you?'*

*She smiles coyly at me, and ridiculously, I feel myself start to blush. Oh God. Why am I blushing? This is so stupid. Now she thinks I fancy Tom. She's picturing us together in the starterhome, making supper together in the limed oak kitchen. I should say something.*

*I should say, 'Janice, I don't fancy Tom. He's too tall and his breath smells.'*  
*But how on earth can I?*

*'Well, do give him my love,' I hear myself saying instead. (p.55)*

From the dialogue between Janice and Rebecca above, when they are in the middle of conversation about Tom's new house. Janice smiled at Rebecca, Janice smiled at Rebecca, and suddenly Rebecca's cheeks turned red, which made Rebecca worry that Janice misunderstood and thought that Rebecca still liked her son.

Rebecca's id impulse wanted to tell Janice that she actually has no feelings for Tom. For Rebecca Tom has a smelly breath and he is too high. On the other hand the superego hold Rebecca from hold Rebecca from saying that to Janice. Because if Rebecca said that she didn't like Tom because physically it would hurt Janice as Tom's mother. Moreover Tom is Janice who Janice and Martin are very proud of.

Ego then decided following the impulse of superego by not telling her true feelings for Tom. To keep politeness and to respect Janice and Tom as the older.

*1. OK, turn th page 214, Tiger prawn biriani... I start copying again, and I've just got to the end of the list of spices, when a stern voice says in my ear, 'Excuse me? 'I'm so startled, my pen jerks off my notebook and, to my horror, makes a blue line, straight across a photograph of perfectly cooked basmati rice. Quickly I shift my hand, almost covering up the mark, and turn round innocently. A man in a white shirt and a name badge is looking at me disapprovingly.*

*'This isn't a public library, you know,' he says. 'You think we run a free information service?'*

*'I'm just browsing,' I say hurriedly, and make to close the book. But the man's finger comes out of nowhere and lands on the page before I can get it shut. Slowly he opens the book out again and we both stare at my blue biro line.*

*'Browsing is one thing,' says the man sternly.*

*'Defacing shop stock is another.'*

*'It was an accident!' I say. 'You startled me!'*

*'Hmm,' says the man, and gives me a hard stare.*

*'Were you actually intending to buy this book? Or any book?'*

*There's a pause - then, rather shame facedly, I say, 'No.'*

*'I see,' says the man, tightening his lips. 'Well, I'm afraid this matter will have to go to the manageress. Obviously, we can't sell this book now, so it's our loss. If you could come with me and explain to her exactly what you were doing when the defacement occurred...'*

*Is he serious? Isn't he just going to tell me kindly that it doesn't matter and would I like a loyalty card? My heart starts to thud in panic. What am I going to do? Obviously, I can't buy the book, under my new frugal regime. But I don't want to go and see the manageress, either.*

Rebecca tries to reduce on spending money, she started to cook her own food. She wanted to cook curry, but she never cooked it before. She decided to go to Smith bookshop to copy the curry recipe from the recipe book there. But

unfortunately Rebecca's actions were discovered by one of the shopkeepers of the bookstore.

Rebecca was very surprised because of the sudden appearance of the shopkeeper, make her accidently crossed out the recipe book in her hand. Felt it was purely accident, Rebecca did not want to admit her mistake, arguing she had accidently crossed out the recipe book, it happened because of the appearance of the shopkeeper who suddenly surprised her. Seeing this the shopkeeper intends to report Rebecca to the store manager.

Id Rebecca demand her not to pay for the book she had crossed out because Rebecca thought it was accidental. But superego assumed that she had made a mistake by ruined the store sales book and making the store lose money because the recipe book was not possible to sell anymore, which eventually Rebecca decided to pay for the recipe book for fear that if she reported it to the manager and the problem would getting bigger.

1. *“He reaches across the table and clhsp.s.my hand. And as I see the worry on his face, I hate myself for what I'm doing I feel so guilty that, for a moment, I feel I might just burst into tears, and tell them everything, truth hilly. But . . . I can't do it. I simply can't tell my kind, (p.225)*

Rebecca told her parents that lately she is followed by a man named Derek Smeath. In the conversation between dad and Rebecca above, there was a conflict between Id and the superego where Rebecca's id tried to protect herself by lying to her parents about who Derek Smeath that stalking her.

The words, "I hate myself for what I'm doing I feel so guilty" is a form of representation of Rebecca's superego, she realized has done the wrong thing by lying to his mom and dad about her debt and Derek Smeath.

Id Rebecca afraid if mom and dad knowing the truth and she will lose a place to protect herself. But Rebecca's superego contradicts her id, causing a conflict, feelings of guilt in Rebecca when she sees mom and dad worrying about herself being stalked by a man named Derek Smeath who is bothering her.

From the word "*But . . . I can't do it. I simply can't tell my kind*" From the above quote it can be seen that in order to protect herself and make her feel comfortable for a while, the ego follows Rebecca's id to lie to her parents. Although it is contrary with superego because she lied to her parents and made them worry about Rebecca's safety.

### **B. The Cause of Main Character's Internal Conflict.**

From the explanation above about the internal conflicts experienced by Rebecca, The cause of Rebecca's internal conflict from the first point can be caused by the uncomfortable feeling she feels because Id operates based on the pleasure principle. The id will always look for pleasure and avoid uncomfortable feelings (Minderop, 2013:21).

*'Browsing is one thing,' the man said firmly.*

*'Destroying store stock is another thing.'*

*'It was an accident!' I said. 'You startled me!'*

*'Hmm,' said the man, and glared at me.*

*'Do you intend to buy this book? Or whatever book?'*

The quote above expresses the form of action to always provide movement actualization. The id element does not only move in the realm of desires that cannot be realized yet. The id then transmits into actual motion also driven by the ego. Actions to satisfy desires by asking questions to the bookstore keeper signify a form of ego that must be obeyed and implemented.

The form of treatment to ask questions by asking questions becomes an instinct to find satisfaction that he has been controlled by the ego structure. At this level, the ego is working beyond its capacity and that's why the ego is beyond the reach of the ability which is ultimately only a fantasy. Fundamentally, the ego will always move to the subconscious and allow for reactive actions to a problem, especially desires that come from imagination.

The cause of the turmoil in the main character's mind is none other than because his subconscious no longer pays much attention to the consequences that will follow. This means that the demand to act on something that is beyond reach is nothing but the motive of satisfaction without regard to its impact. Of course, the thing that causes it to happen is because there is a fantasy to do something, a fantasy that is present without concretization of action, and is always an infinite fantasy.

Furthermore, the fantasy of the structure of the Id being present and transformed into the realm of the ego is nothing new. Every individual has socio-

cultural norms that become the standard of living. The norm becomes an interpellation that always demands actualization in terms of action. And, because of that, all individuals are present with norms and standardization of life according to the form of the id which leads to the demands of the ego.

The id's control over the ego becomes a pressure that cannot control and restrain the individual's psychological condition. Specifically, the realization of the id's impulses becomes anxiety which will always require the realization of action, the feelings experienced to provide the possibility to act beyond their capabilities (Freud, 2015: 24). Therefore, problems or internal turmoil that occurs in him can be associated with the desire and desire to achieve something. If this desire has not been realized, turmoil and anxiety will always be the dominant thing in his mind.

The sublimation between the id and the ego in this wish projection is a necessity. In this regard, sublimation which is a mechanism to maintain this ego becomes a super ego structure that then experiences excessive anxiety, coupled with emotional attitudes or feelings that always grow together in his mind.

Another action that describes the cause of the store's internal conflict also occurs when there is a desire to own a scarf. Desire is born and arises not without a cause. Her appearance is based on her desire to have a more elegant appearance and is used to increase her self-confidence.

*“No questions. I must have this scarf. I have to have it. It makes my eyes look bigger, it makes my haircut look more expensive, and it makes me*



*look like a different person. Sick can wear it with everything. People will refer to me as the Girl on Denny's and George's scarf”.*

The quote above explains how the desire to own a scarf is becoming more and more. Like other desires, the desire to have this scarf moves in the cognitive realm which requires the realization to always have it. A desire that has parallels with the fantasy of owning a scarf is the internal structure of the character, which is attached to the structure of the id, and tries to influence the mind in reaching for the scarf.

On the other hand, the structure of the id itself does not recognize morality, which forms a good or bad scheme that does not always go hand in hand, because the id is just an imaginative impulse without knowing and knowing how to make its realization. The principle there is only pleasure and enjoyment when the scarf has been obtained. A principle that demands to always move according to the direction of the id, without considering the consequences that will occur.

The id scheme is indeed the basis for which human desires arise. But on the other hand, that desire has succeeded in becoming the direction of one's life, and of course, it is a fantasy that is only speculative. At this level, the ego becomes the determinant for doing actions or suspending all potential to act. The whole thought of giving actual motion could have taken place to make that ego into the reality that he will experience. However, because this is only an imaginary fantasy, of course, it will be another problem when faced with a reality

that is not in line or there are logical consequences in providing the actualization of the ego.

Internal conflicts in the mind between procrastinating or fulfilling always occur. The most likely thing to achieve that reality is a form of action to affirm his mind to always give a clear attitude in fulfilling these desires. Therefore, a balance in maintaining, suspending, and realizing actions to fulfill desires is something that must be done. Moreover, this does not always make the id and ego components have a positive impact.

The desire to make her hair look more expensive with an elegant look is the desire of the external desire structure. When viewed in-depth, the desire and desire to improve the appearance of this hair stems from external sources. In the sense that this external element becomes the main key when the desire arises in the structure of his mind, which creates a demand to always be the trigger for the action, and the ego always accelerates the thought process.

When associated with the basic principle, this externally sourced desire has a close correlation with the subject's source of interpellation. The comparison between external and internal elements is always dialectical in the characters in the story. The comparison is used as a determining tool or as a barometer in determining how it looks in public.

Seen the attitude to choose a way so that the scarf can be owned, the super-ego works at the ethical level. The ethical values reflected in the quote above emphasize that the reality of having more appearances than before is only

pseudo. And, in the end, it's just an id drive that doesn't pay attention to ethical values or incorporate it into the superego structure.

The quote below will explain how the super-ego can influence the internal turmoil faced after getting the scarf. The main focus of the super ego is to provide ethical values that will help in finding rational mechanisms. Therefore, the super-ego is always the determinant of whether the action is rational or even exceeds its capacity so that radical action becomes a necessity to achieve desires.

*“Maybe I should take out my hundred twenty pounds and give it to the man for the baby, rather than buying a useless scarf”.*

The realization and regret that occurred after buying the scarf came when she walked by and saw a man with a baby. The regret is present in the form of ethical values that lead his mind to a more rational direction, which has a domain in terms of speculation about the appropriate value in fulfilling the standardization of life that has been structured from socio-cultural norms. The norm of life, in general, has accommodated the needs of individual life without having to prioritize the id and ego to always be the dominant thing.

Because prioritizing the id and ego is only limited to requiring the mind to always imagine ideas in infinite fantasies. Indeed, the dialectic between ego and super ego does not always go hand in hand with the expectations of the id. Freud said that the individual drive regarding the actualization of the ego is referred to as a mechanism to maintain that desire as a desire, a structure that is considered ideal and becomes the main domain in presenting oneself as being there for others.

This dialectical process presupposes that there is a segment of human existentialism in initiating all actions that exist and are recognized by the audience. Human existence which cannot be separated from existentialist elements does apply to all things and actions. It can provide logical explanations regarding the direction and navigation of human life, be it attributes, values, or systems.

Regarding human existence to live in its way, this is the key where the id moves in influencing ideas. As long as the consequences that will be present have bargaining power, the id will influence the ego in shaping the act of realization in real terms. Therefore, human existence is nothing but to explain the attitude of the individual who has been reduced by external desires, which makes him no longer have the purity of ideas in forming personality, and no longer pays attention to other structures such as the existence of the super-ego.

The form of awareness that becomes the narrative of the quote above explains that the social norm that has been imprinted on him is the attitude to have more empathy for fellow human beings. Therefore, the identification of human desires that are actualized in real acts cannot be justified as to whether the results of these actions are following the norms or not.

Thus, the main cause in this main character illustrates that all desires are only limited to fantasy rooted in external elements. All speculation for the fulfillment of desires only moves to the fulfillment of desires which cannot be fixed on success in perfecting the ego. This is because there is a super ego that

always gives final results regarding the values and ethics given or axioms in achieving a standard of living.

## CHAPTER IV

### CONCLUSION AND SUGGESTION

After analyzing the data on the previous chapter, the researcher has a conclusions and suggestions related to the previous chapter. The researcher presents the conclusions and suggestions for the further research related to the study.

#### **A. Conclusion**

This study discusses the internal conflict felt by Rebecca and the causes of her internal conflict in the novel *Confession of a Shopaholic*, using Sigmund Freud's personality theory. The researcher concludes that the main character in this novel experienced internal conflict in her id, ego and superego.

The researcher finds when internal conflicts within Rebecca occur, the three personality structures always emerge, namely Id, Ego and Superego. From these three personality structures, id, ego and superego there will be one that is more dominant. When conflicts occur and Rebecca's Id is more dominant, it will make Rebecca unable to control her shopping desires. Even her desire can go out of control.

When Rebecca's ego is more dominant, the ego will try to reduce the desire of Id and delay the impulse of the Id. And when the Superego is more dominant, then Rebecca Superego still does its job well. So when

Rebecca is experiencing conflicts related to norms or parents, superego  
Rebecca is still able to suppress the Id and control the ego so that it does  
not violate the norm values.

### **B. Suggestion**

In this research the researcher analyzing Confession of a Shopaholic  
focused on the main character, uses internal conflict and Sigmund Freud's  
structure of personality theory that focus on conflict Id, Ego and Superego.  
The researcher suggest to the next researcher to analyze this novel from  
other psychological perspective, for example Sigmund Freud's anxiety  
theory and Kurt Lewin's approach and avoidance concept.

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## **CURRICULUM VITAE**



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