

TERESA'S ID, EGO, SUPEREGO IN JAMES DASHNER'S *THE DEATH CURE* NOVEL (2011)

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ABSTRACT

This thesis discusses about personality of a character named Teresa in a novel entitled *The Death Cure* by James Dashner by using one of Sigmund Freud's personality theory of id, ego, superego. The researcher uses a qualitative methodology and a psychological approach in this thesis. Furthermore, the theory of factors influencing human personality by Abraham Lahey is also applied to this thesis. The result of this study indicates that the representation of Teresa's personality is grouped into two phases based on the plot of this novel. In the first phase, Teresa has id and ego, however, she does not have the superego. Her id is very strong. Therefore, Teresa's personality is dominated by the id which makes her ego neglected due to the absence of superego. In the second phase, Teresa has the three of personality structures (id, ego, superego) and those work each other. Moreover, Teresa's personality which is grouped into two phases, the first phase is before memory restoration, and the second phase is after memory restoration, is influenced by external factors or it is known as nurture. Nurture influences Teresa's personality in both phases by identifying at the physical environment and the social environment that is around and experienced by Teresa.

Keywords: psychoanalysis, id, ego, superego, nurture, Sigmund Freud

ABSTRAK

*Penelitian ini membahas tentang kepribadian seorang karakter bernama Teresa yang ada di dalam sebuah novel karya James Dashner yang berjudul *The Death Cure* dengan menggunakan salah satu teori kepribadian Sigmund Freud yaitu id, ego, superego. Peneliti menggunakan metodologi kualitatif dan pendekatan psikologis. Selain itu, teori karakterisasi Kenan beserta teori faktor yang mempengaruhi kepribadian manusia oleh Abraham Lahey juga diterapkan pada penelitian ini. Hasil dari penelitian menunjukkan bahwa representasi kepribadian karakter Teresa dikelompokkan ke dalam dua fase berdasarkan alur cerita pada novel tersebut. Pada fase pertama, kepribadian Teresa didominasi oleh id yang membuat egonya kemudian terabaikan yang disebabkan oleh tidak adanya superego yang dimiliki Teresa. Sementara itu, tidak ada struktur kepribadian yang mendominasi kepribadiannya pada fase kedua dikarenakan id, ego, superego Teresa bekerja satu sama lain. Kepribadian Teresa yang dikelompokkan*

menjadi dua fase, yaitu fase pertama sebelum pemulihan ingatan dan fase kedua setelah pemulihan ingatan, juga dipengaruhi oleh faktor eksternal atau juga yang disebut sebagai *nurture*. *Nurture* memengaruhi kepribadian Teresa pada kedua fase tersebut dengan cara mengidentifikasi dari segi lingkungan fisik dan lingkungan sosial yang ada di sekitar dan dialami oleh Teresa.

Kata Kunci: *psikoanalisis, id, ego, superego, nurture, Sigmund Freud*

A. INTRODUCTION

Humans are unique. They have their own behavior and personality. Human personalities are even different from one another. Because of these differences, humans experience psychological symptoms. The psychological symptoms also happen because humans have pressure or problem in their lives. With those kinds of pressure and problem, it will affect human psychology and also can be called as one of the psychological phenomena.

Many writers create literary works with the theme of psychology because of the psychological phenomena that happen in this world. In this case, literature can be said as a duplication of life. Abrams also states that “literature is primarily an imitation of reality” (301). It means literature comes from reality which is imitated to be a work. Literature can be form of short story, poetry, prose, and drama.

There is a theory that can be used in studying psychological aspects in literary works, it is psychoanalysis. It is found by an expert named Sigmund Freud. Freud as cited by Feist, “psychoanalysis is the study of human’s personality” (17). In other words, psychoanalysis learns the characteristics of human. In this sense, psychoanalysis is also can be called as the study of human mental health and behavior.

Psychological theory, that is psychoanalysis, can be applied to literature because of literature and psychoanalysis have a solid correlation. One of them is because they both discuss about people and people’s responses, problems, eagerness, perceptions of the world, suffers, and oppositions (Aras 251). The psychological aspects that appear in literary works are depicted through the characters because character is the person represented who are always present in every works both in narrative or dramatic forms (Abrams 32).

There are many literary works that present characters influenced by psychological aspects, one of them is a novel by James Dashner entitled *The Death Cure*. It tells about the struggle of the characters in dealing with the deadly virus which attacks humans as well as the inhumane technology company called WICKED in finding an antidote to the virus that causes chaos in society.

The researcher intends to analyze this novel which only focuses on the character named Teresa in terms of her personality that is different from other characters in living life. Teresa is selected because she is one of the main characters who has a quite significant role in the formation of the novel’s story. Teresa’s personality in *The Death Cure* novel is the human psychological phenomenon which is interesting to be analyzed. Therefore, this study will be

conducted to explain Teresa's personality by using Freud's theory of id, ego, superego and what factors influence her personality in James Dashner's *The Death Cure* novel.

B. LITERATURE REVIEW

1. Character

Characters are the persons represented who are always present in every works both in narrative or dramatic forms who give particular moral, intellectual, and emotional qualities through the action and the dialogue in order to make readers understand them (Abrams 32-33). Character is the main element in a story because character is the one who drives the story from beginning to the end. Character can be divided into two types, there are flat and round characters (Kenan 40-41).

2. Characterization

Character and characterization are different. Abrams states that "characterization is establishing the distinctive characters of the persons in a narrative: showing and telling" (33). In other words, character is the people who drive the story and characterization is the way of the author describes the character. According to Kenan, direct definition and indirect presentation are also the fundamental types of character indicators (59).

a. Direct Definition

Direct definition is the point at which the characteristics of a character are expressed distinctly with a descriptive word, or grammatical feature (Kenan 60-61).

b. Indirect Presentation

Indirect presentation alludes to the manner in which the qualities of a character are shown and exemplified in a few alternate manners as opposed to being straightforwardly referenced. According to Kenan, the indicators can be inferred through action, speech, external appearance, and environment (61).

3. Setting

Setting is the intrinsic element of novel that has function to explain the chronology in a story. According to Klarer, setting is an essential element in the gothic novel and certain different kinds of prose fiction (25). In other words, setting is an important element in the novel.

4. Plot

Plot is one of the significant elements in novel because plot is the one who drives the story. Without plot, the story cannot flow. According to Quinn, "plot is the design and ordering

of incidents in a narrative or dramatic work” 324). It means that plot is also can be said as the sequence of events of a story. Russel in Lestari and Wibowo’s journal states that plot has also four kinds, there are dramatic or progressive plot, episodic plot, parallel plot, and flashback plot (70).

a. Dramatic or Progressive Plot

This plot builds the conflict and the setting first and the events are arranged chronologically. After building the setting and conflict, it starts to follow the rising action. Afterwards, it follows the climax and then denouement which leads to the ending or resolution.

b. Episodic Plot

The events of the story in this plot are also arranged chronologically. However, in this plot, it consists of episodes which are tied to the previous themes and characters' stories. What is meant by being tied to the story of the previous character and theme is to connect or re-explain the events that occurred in the character or theme in detail. Therefore, this plot is suitable for writers to use when they want to develop the characters’ personalities, the nature of their existence, and the feel of a specific era.

c. Parallel Plot

In this kind of plot, two or more dramatic plots are combined by the writers which are connected by the same characters as well as the themes. Thus, this plot is said to be unique because of the many plots in it, which is also can be known as plot twist. The events of the story in the parallel plot are not chronologically because the story in this plot will start from the present, or the past which will later be combined as the story flows.

d. Flashback Plot

This plot conveys information about events that occurred previously. This allows the writers to start the story in the middle of the action but then create the backdrop for a full understanding of current events. Flashbacks can occur more than once and are also in different parts of the story.

5. Psychoanalysis

Psychoanalysis is a theory which emerged by Sigmund Freud. According to Feist, “psychoanalysis is the study of human’s personality” (17). It means that psychoanalysis learns the characteristic of human. In other words, psychoanalysis also can be called as the study of human mental health and behavior. In order to explain the unconscious and consciousness of human’s mind, Freud divided human psyche into three parts, there are id, ego, and superego. The way of Sigmund Freud divided human psyche into three parts is also called as the tripartite (Dobie 57). Id, ego, and superego have an important role in

establishing a balanced personality, therefore, id, ego, and superego should cooperate with each other.

a. Id

According to Feist, “id is a physical region which the core of personality and completely unconscious and has no connection with reality as well as strives to satisfying basic desires, hence, its function is to seek pleasure that serves the pleasure principle” (27). It means that id is all about human’s desire. Dobie also states that “id is always trying to satisfying its hunger for pleasure, it operates without any thought of consequences, anxiety, ethics, logic, precaution, or morality” (57). In this sense, id works without considering anything and just focuses on its satisfaction no matter what it takes.

b. Ego

According to Feist, “ego is the only physical region that has connection with reality and becomes a person’s sole source of communication with the external world and is governed by the reality principle which tries to substitute for the pleasure principle of the id”(29). In this case, the ego is about to arouse the desire which comes from the id based on reality and a place where the decisions lie on.

c. Superego

Freud as cited by Feist, “superego is a physical region which represents the moral and ideal aspects of personality and is guided by the moralistic and idealistic principles as opposed to the pleasure principle of the id as well as the realistic principle of the ego”(30). From this sense, the function of superego is to control the desire that humans have. Dobie also states that “superego operates according to the morality principle, for it provides the sense of moral and ethical wrongdoing” (57-58). It means that the superego can relate to moral values to bridge the id and ego in order to prevent the ego from taking the wrong action in fulfilling the id.

6. Factors that Influence Human Personality

Human’s personality can be influenced by two factors, there are external and internal. The form of external factor is called nurture and the internal factor is nature. Those factors can make one person is different from another (Lahey 90-91).

a. Nature

Nature is a factor that influences human personality internally. According to Lahey, “nature can be defined as genetic influences” (92). It is said as an internal factor because nature is the form of inheritance influence based on genetics.

b. Nurture

Nurture is a factor that influences human personality externally. According to Lahey, “nurture also can be defined as environmental influences” (98). It means that nurture is the form of environmental influences which becomes the factor that can form human’s personality. The environment has a role in shaping personality, lifestyle, and behavior. That is why humans have to take something positive in environment in order to form a good personality. Lahey also states that “nurture is divided into two forms; there are physical environments and social environments” (99). In this case, physical and social environments are indeed the form of human’s personality influences externally then combined into one type.

C. RESEACH METHOD

1. Research Design

This research is a qualitative research. According to Bauer and Gaskell, “qualitative research avoids numbers, deals with ‘interpreting’ social realities” (7). Along with this, qualitative research is in accordance with the type of the researcher’s which only focuses on words.

2. Data and Data Source

The data source in this research is a novel by James Dashner entitled *The Death Cure*. The novel itself was published in 2011 and contains seventy three chapters.

3. Data Collection

According to Denzin and Lincoln, “qualitative research uses written text as the material by reading and rereading, then try to pin the key themes” (870). Along with this, there are several steps to collect the data in qualitative research. The researcher uses three steps to collect the data. The first step is close reading. The second step is highlighting the data and the last one is noting the data.

4. Data Analysis

In the analysis process, there are several ways in analyzing psychoanalysis of Sigmund Freud in literature based on Dobie’s statements on his book entitled *Theory into Practice: An Introduction to Literary Criticism*.

- a. The first one is the researcher selects one character that is Teresa which will be identified. The researcher also looks for data that shows the psychological aspects and then is described.
- b. The researcher will classify and examine the data that showing Teresa’s id, ego, and superego.

- c. Then, the data that has been classified and examined will be adjusted using Freud's personality theory. After the researcher found her id, ego, and superego, the researcher can deduce her personality.
- d. The last step of data analysis is determining data that reveals the factors underlying the personality aspects of Teresa.

D. FINDING AND DISCUSSION

1. The Representation of Teresa's Personality based on Sigmund Freud's Id, Ego, Superego

The researcher divided this section into three parts in order to describe and analyze Teresa's personality structure of id, ego, superego. As the core of the story in *The Death Cure* novel focuses on restoring the gladers' memories which Teresa agrees to carry out the procedure, Teresa's personality is divided into two phases, there are before memory restoration and the second one is after memory restoration.

a. Id

In *The Death Cure*, which is the last sequel in the Maze Runner trilogy novel, the teenager characters as known as gladers, faced the final process carried out by WICKED to get the antidote to the Flare virus, including Teresa. The final stage of the process was trying to restore the memories of the gladers who had been lost due to the first trial which was also carried out by WICKED; locking them in an artificial maze. When one of the WICKED employees explained to the gladers about the stage of restoring memories, some of them flatly refused to go through this stage, but some agreed to do it. One of them is Teresa.

"I keep thinking about it, and there has to be a reason for that. I say we just shut up and do what the man says. We can only understand this with our memories back." (Dashner 20)

The quotation above showed that Teresa seemed to agree with the stage of memory restoration that WICKED would undertake. It was because of Teresa was sure of what was on her mind. She relied completely on WICKED because WICKED was the only hope left because WICKED was a science technology company under the auspices of the government that had advanced tools to create an antidote to the Flare virus. The quotation above also explained that Teresa believed that by restoring the memories of the gladers, everything could be revealed, or even could answer the doubts experienced by Teresa.

The doubts experienced by Teresa caused a desire to arise from within her, which was to restore her lost memory. Memories were important for Teresa in overcoming all the problems she was experiencing right now because Teresa had no other grip than those memories. In the quotation above, it could also be seen that Teresa wanted to bring back her memories.

“It feels like the right thing to me. We need our memories back so we can be smart about things. Decide what to do next.” (Dashner 29)

The quotation above again made it clear that Teresa's desire to bring back her memories was immense. Teresa's desire to bring back her memories was her id in this first phase. It was said as her id because id was the pleasure principle where the memories were the things that made Teresa felt more at ease and delighted when her past memories came back. The id was also a desire that must be fulfilled, no matter what it took.

In the second phase, Teresa experienced another personality turmoil when the memory restoration process was complete. She got her memories back. After her memories were restored, she realized that her support for WICKED was a very wrong. It could be seen when she felt guilty and she admitted it.

She also asked Thomas—her closest friend to trust her again. She didn't wait for him to speak before she continued. “So I made a deal with myself. I'd do whatever it took to make up for my mistakes. I wanted to save my friends first, and then other Immunes, if possible. And look what a great job I did.” (Dashner 207)

From the quotation above, it could be seen that Teresa had a new goal, which was to save her friends. Teresa's guilt stirred up a new desire. The desire to save her friends was Teresa's id. It was because the desire she had purely came from the depths of her heart. Her id who wanted to save her friends was a kind of basic human desire because saving someone's life was the nature of humans as social beings.

b. Ego

In the first phase, Teresa's ego accepted the procedure of memory restoration which was held by WICKED. It could be seen in the quotation below:

“We should do it,” Teresa said, and it didn't surprise Thomas at all. The hope inside him died for good. “It feels like the right thing to me. We need our memories back so we can be smart about things. Decide what to do next.” (Dashner 29)

Her ego lied in the sentence “We Should do it” that was told by her. It was said to be Teresa's ego because Teresa agreed to follow the WICKED procedure in restoring her memories. As the data that was showed above, Teresa's id wanted to restore her lost memories and the id must be fulfilled without any consideration. It could be seen how Teresa did not care about her surroundings in fulfilling her desire.

She was only focused on her memories which had to come back at any cost. Therefore, Teresa chose to follow the procedures provided by WICKED even though the WICKED procedures were considered inhumane and high risk. (ego). Because of the ego was the reality principle, therefore, Teresa agreed to WICKED's procedure because only WICKED could Teresa trust due to their powers as well as the trials that had been implemented by WICKED were evident.

In the second phase, Teresa's ego decided to join back to Thomas and her friends to do the rebellion against WICKED. It could be seen in the quotation below:

“I can’t believe we’re back here,” Teresa said, moving to stand beside Thomas. Her voice sounded haunted, and it echoed how he felt inside. And for some reason, with that simple statement, Thomas realised that standing there, the two of them were finally on equal ground. Trying to save lives, trying to make up for what they’d done to help start it all.” (Dashner 295)

The quotation above showed that Teresa's decision to join the fight against WICKED with her friends was Teresa's ego. In the second phase, Teresa's ego was heavily influenced by her superego and the ego of Teresa was working in nondestructive ways or could be accepted by the reality around her.

c. Superego

In the first phase, Teresa did not have the superego which caused her ego to be damaged in fulfilling her id. In the absence of a superego on Teresa, Teresa's ego did not work according to the norm even though the ego successfully worked to fulfill the id. The ego of Teresa could be said as damaged. It was because WICKED was indeed a science technology company that was known to be inhumane and Teresa simply believed in them and took sides. Teresa’s damaged ego that was caused by the absence of the superego made it seem as if she approved of the heinous act of WICKED and also made her friends no longer trust her because she had sided with the thing that her friends hated the most. In the second phase, Teresa had the superego. Her superego was obtained from the memory restoration process that had been carried out. It could be seen in the data below:

She looked up at him, and her eyes were glassy. “But what I did learn was that WICKED doesn’t intend to stop the Trials until they get the blueprint. They’re preparing to start another round, Thomas. WICKED is gathering more Immunes to begin testing if the Trials didn’t work. And I can’t do it again.” Dashner (206)

The data above showed Teresa’s superego and her superego lied in her restored memories which showing that WICKED was very cruel because WICKED will continue to hunt humans for experimentation and will continue to hunt Teresa and her friends.

As superego was the moral principle, it could also be said that Teresa's superego was in the form of moral lessons that had been obtained after carrying out the process of restoring memories. Teresa's superego also affected her ego in the second phase in fulfilling Teresa's id. As Teresa was aware of her own crimes, she decided to join Thomas to fight WICKED by returning to the WICKED building where they were used as experimental materials by being locked up in an artificial maze.

Teresa's superego heavily influenced her ego in the second phase. It was because when Teresa had realized the evil of WICKED, it was appropriate for WICKED to be fought in order to gain freedom and ended the human hunt with the excuse of finding the antidote to the Flare virus. To make an antidote, it was not necessary to kill humans, especially the humans who were being killed were teenagers. Teresa's superego bridged her id and ego in the second phase. Teresa's id had been successfully fulfilled and the way of Teresa’s

ego in fulfilling her id was a way that could be accepted by reality, so that Teresa was now on the right side and was no longer at odds with her friends.

2. Factors that Influence Teresa's Personality

Teresa's personality in the first phase which was dominated by id was influenced by the words of WICKED employee, named Rat Man who was very convincing and poisoned Teresa to follow the memory recovery stage where id from Teresa was eager to get her memories back. This could be seen in the text below:

“You really want to spend the rest of your lives having no memory of your parents? Your family and friends? You really want to lose the chance to hold on to at least the few good memories you may have had before all this began? Fine with me. But you might never have this opportunity again.” (Dashner 21-22)

The words Rat Man hurled at all the gladers really teased Teresa. Rat Man's words also had some truth that gladers really needed memories of their friends and even family. In addition, Rat Man again issued sweet words that they would regret if they refused this stage because WICKED seemed to only give one chance. Rat Man's words affected Teresa's personality. That is what caused Teresa's id to dominate in the first phase because Rat Man emphasized that memory was the important part of their lives.

Teresa's personality in the second phase that made her id change did come from the memory restoration that was carried out by WICKED itself. It could be seen from the quotation below:

The Rat Man closed the first door and, with the same card, unlocked the second. On the other side was a big room that looked like nothing special — same tile floors and beige walls as the hallway. Lots of cabinets and counters. And several beds lined the back wall, each with a menacing, foreign-looking contraption of shiny metal and plastic tubes in the shape of a mask hanging over it (Dashner 23).

The quotation above showed that the WICKED employee took the gladers to the operating room and showed them the tools that would be used to carry out the memory restoration process. It was not wrong that some gladers did not agree with the process because these chemical tools looked very scary. In addition, these tools would also be inserted into their brains as mentioned in the quotation below:

Rat Man gestured towards the beds. “This is how we're going to remove the Swipe from your brains,” Rat Man announced (Dashner 23).

The two quotations above described the memory restoration which Teresa agreed to do. From the two quotations above, it also showed that Teresa again experienced personality turmoil in the second phase which caused by the process of memories restoration which were included in the nurture of the physical environment factor. It was because the physical environment affected the human personality by the way of chemicals that inserted in the human body would make mental processes changed.

When mental processes changed, human behavior would also change. Moreover, chemicals were very dangerous for the body. In the process of memory restoration, Rat Man done the surgery using a tool made of metal and the tool would be inserted into the human brain. This showed how the physical environment influenced human personality. Thus, it could be said that Teresa's personality in the second phase was influenced by nurture, especially in the physical environment way.

Not only that, Teresa's personality in the second phase was also influenced by the type of social environment nurture. It could be seen when Teresa returned to her friends after learning the truth and siding with them again. One of Teresa's friends also accepted and welcomed Teresa.

Minho leaned in to speak. "I can see you're as cheerful as always. So glad to be back in your sunshiny presence." (Dashner 204)

The quotation above showed that Teresa was welcomed back by her friend whom she had betrayed. It could also be seen that Minho still respected and treated Teresa well. Her friend's treatment of her hit her heart and made her determined to protect her friends who were still being hunted by WICKED. Not only that, Teresa also joined the fight against WICKED along with them. The quotation above also showed that Minho's treatment of Teresa affected her personality which made Teresa changed her life goals.

Minho's treatment of Teresa which affected her personality in the second phase was a kind of external factor, that was nurture in social environment way. Teresa returned to her friend and lived with her friends who were very supportive so that Teresa also wanted to do good things, one of which was by protecting her friend even though she had to risk her life. Evidently, when Teresa and her friends returned to the WICKED building to carry out a rebellion, Teresa ultimately died to save her friend. This action led to the id that Teresa had. As her desire (id) in the second phase was to help her friends, therefore Teresa did whatever it took to save her friends no matter how much risk it took or even at the cost of her life. Therefore, Teresa was willing to sacrifice her live so that her friends would survive the rebellion.

E. CONCLUSION

From the research that had been done, it can be concluded that Teresa's personality is represented in two phases based on the plot of the novel. The two phases are before the memory restoration and after the memory restoration.

In the first phase, Teresa has id and ego, however, she does not have the superego. Her id is to restore her lost memory. Teresa's id is very strong and it is also successfully fulfilled by her ego. Her ego is when she accepts the procedure of memory restoration which was held by WICKED. The ego which is fulfilling her id is damaged due to the absence of superego. The damaged ego in question is because the way of her ego works to fulfill the id is not in accordance with the prevailing norms or with the reality around her. This then causes Teresa to be underestimated by some of her friends and is having a cold war. Teresa's personality in the first

phase based on the data that had been found and been analyzed is influenced by nurture, especially in social environment way. The main object of the social environment in question is a WICKED employee named Rat man who is cunning and likes to manipulate through his words.

In the second phase, Teresa has the three of personality structures or is called as id, ego, superego, and they cooperate each other. It can be seen from the way of Teresa has realized the truth that WICKED is bad (superego) and it changed her and made her to have a new desire, that is she wants to help and protect her friends (id) by joining a rebellion against WICKED along with the friends she once left behind (ego). Teresa's personality in second phase is also influenced by nurture. Her personality is influenced by nurture, both in social environment and physical environment ways.

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