

GUILT EFFECT TO CHARACTER'S HARUMA SELF-DEFENSE MECHANISM

Yuda Prawira Dinata

University of Computer Indonesia., Bandung, Indonesia

Fenny Febrianty

University of Computer Indonesia., Bandung, Indonesia

ABSTRACT

This journal seeks to find out how guilt affects the self-defense mechanisms of the character Haruma in the manga *Inu to Kuzu*. The method used is descriptive qualitative to find out the influence of guilt on Haruma using findings from pictures and dialogue. Based on research findings, it was found that Haruma's character experienced a self-defense mechanism of repression, which made him forget memories of events that made him feel guilty.

Keywords: Guilt , Repression, Self-Defense Mechanisms.

INTRODUCTION

A literary work article is a piece of writing produced by an author that draws heavily from real-life experiences, often mirroring the author's own life and that of others. This aligns with Budiman's belief that literary works serve as a medium for authors to explore and express their thoughts and observations on social phenomena, manifested through prose, poetry, and drama. Akhir & Haslindah in (Aini, et al., 2023)

Psychoanalysis is a branch of science developed by Sigmund Freud. It is the study of human psychological functioning and behavior that focuses on understanding the structure and dynamics of the unconscious mind and how it affects human behavior and experience.

Hossain in (Niaz, et al., 2019) Psychoanalysis is not simply remained branch of medicine, it has been used and helped to understand various fields such as philosophy, culture, religion and first and for most used in literature. Psychoanalysis as the modern theory is used in literature and has two basic meanings: firstly, it's used as methods of treating mentally disordered people. Secondly, it is used to explain human mind and its various complexities.

This study uses *Inu To Kuzu* manga as research material. The manga was researched using Freud's theory of personality structure which is divided into three namely id, ego, and superego. With the development of Freud's theory, it is also known that the ego can create a protection mechanism against internal and external threats. The manga *Inu To Kuzu* illustrates how the concept of self-protection mechanism occurs in Haruma's character.

There are several studies that have the same discussion regarding self-defense mechanisms one of them is Piliang's journal with the title *MEKANISME PERTAHANAN DIRI TOKOH SENTRAL DALAM ANTOLOGI CERPEN "CERITA PENDEK TENTANG CERITA CINTA PENDEK"* KARYA DJENAR MAESA AYU(KAJIAN PSIKOLOGI SASTRA). Also Prastya's similar research with the title ' *Mekanisme Pertahanan Diri Sigmund Freud Pada Tokoh Margio Dalam Novel Lelaki Harimau Karya Eka Kurniawan* '. The difference in research carried out by the author is in how the influence of guilt triggers self-defense mechanisms

There are also several titles that allude to guilt or inner conflict among others are Hayati's *Konflik Batin Tokok Utama Film Moga Bunda Disayang Allah Sutradara Jose Poernomo: Analisis Psikologi Sastra*"" , also Juliana, et

al, "Konflik Batin Tokok Utama Film Moga Bunda Disayang Allah Sutradara Jose Poernomo: Analisis Psikologi Sastra" and also Hidayati, et al, "Klasifikasi Emosi Tokoh Dalam Novel Titian Takdir Karya W Sujani (Kajian Psikologi Sastra)" Of the three previous studies that also raised the topic of inner conflict as well as the classification of emotions, especially guilt, the difference is that the previous studies only classified without describing the effects of the inner conflict.

LITERATURE REVIEW

Psychoanalysis is a scientific discipline that started around 1900s by Sigmund Freud. The theory of psychoanalysis deals with human mental functioning and development. It is a part of psychology that has made great contributions to human psychology over the years. (Minderop, 2018).

(Freud, 2021) psychoanalysis is a medical treatment for people suffering from nervous disorders. That is, psychoanalysis identifies unconscious thinking where this is clearly related to the id, ego, and superego personality structures in the human psyche. Also Freud in (Tatlilioğlu, 2023) The psychoanalytical approach, rooted in Freudian theory, posits that human behavior is influenced by dynamic interactions between the conscious and unconscious mind and the enduring imprints of past experiences.

Freud also argues Psychoanalysis seeks to direct a person's thought process, remind him of something, force him to direct attention in a certain direction, then observe the reactions of acceptance or rejection of a person for his efforts. The three personalities conflict and reconcile which results in human behavior. Id is a biological component, ego is a psychological component, while superego is a social component (Corey in Sari et al, 2018).

According to Freud in (Nwankwo & Uche, 2018), conflict is an inherent aspect of human personality, stemming from the interplay between three components: the id, the ego, and the superego. These conflicts typically arise during childhood and are crucial for development. Successful resolution by the ego leads to normal psychological growth, whereas unresolved conflicts can result in neurosis or psychosis. Often, these conflicts are so distressing that they are repressed into the unconscious mind, manifesting as psychiatric symptoms like anxiety, depression, or compulsions

Repression was the most common used mechanism, characterized by the unconscious replacement of conscious memories. It made people to "forget" traumatic memories. Freud regarded repression as an inner psychic process (Zhang 2020).

Also Freud say in (Minderop 2018) The way repression works is to encourage id impulses to return to the subconscious, or in other words repression is an action taken by the ego to remove something from our consciousness unintentionally. Repression occurs when someone tries to suppress or hide the anxiety that exists in their subconscious. An example of repression is when someone is scared of something frightening and tries to distract themselves in order to forget about it. Traumatic experiences or disturbing events can influence the onset of repression.

(Minderop 2018) Classification of emotions is the emotions of joy, anger, fear, and sadness which are often considered the most basic emotions (primary emotions). Situations that arouse these feelings are closely related to the actions they cause and result in increased tension. Minderop also classifies feelings of guilt and resentment into the classification of emotions.

Krech in (Minderop, 2018) says guilt can be caused by a conflict between the expression of impulses and moral standards. Guilt arises because of one's behavior that is contrary to ethics, and the moral values needed in a condition.

Singh also say in (Chatzidakis, 2015) Guilt is a concept that forms part of 'a matrix to do with moral division and reunion: transgression, fault, accusation, blame, plea, shame, contrition, remorse, repentance, apology, punishment, revenge, forgiveness, reparation, reconciliation'

According to the experts above, it can be concluded that guilt is an unpleasant condition that arises when a person realizes the difference between his behavior or actions and accepted ethical standards. This guilt can have a significant psychological and physical impact on the individual experiencing it.

METHODOLOGY

This study uses a qualitative descriptive method to explore the effects of Haruma's guilt in the Inu To Kuzu manga. according to Krisyanto in (Kusumajaya, et al,2023), descriptive qualitative is a technique that describes the meaning of the data collected, pays attention to and captures as many aspects of the situation under study as possible to be general and comprehensive. Moleong in (Kusumajaya, et al., 2023) The descriptive method means that the researcher analyzes the collected data, which can be in the form of words, pictures and not numbers Data can come from interview scripts, field notes, photos, videos, personal documents, notes or memorandums, and other official documents.. The analysis will focus on Haruma's character and guilt behavior as well as the effects of guilt experienced by Haruma. The data collected will be interpreted and analyzed to reveal the effects of Haruma's guilt.

DISCUSSION

From the findings, it can be seen that Haruma's character feels very guilty for his actions even though they were unintentional. This excessive guilt makes Haruma unable to live life and think of ending life, but the human body itself immediately responds by making memories that are too heavy for the body itself. Below are some image panels and dialogs that show Haruma's guilt for accidentally killing Shuuji



Figure 1: Haruma regret what have he done to Shuuji.

(Source:Inu To Kuzu!! Chapter 33: Panel 05)

桜庭 : 俺の。。。俺のせいで

Haruma : Its me ... Its all my fault



Figure 2:Haruma blame himself.

(Source: *Inu To Kuzu* Chapter 33: Panel 10)

桜庭 : 俺が。。。俺が秀司を。。。

Haruma : Its me ... i have done that to him



Figure 3: Haruma, who felt guilty, wanted to commit suicide in order to atone for his actions, but was prevented by Reika

(Source: *Inu To Kuzu* Chapter 34: Panel 02)

桜庭 : 俺のせいなのに最後まで誰にも言えなかった
俺はなんて卑怯ものなんだろう

麗香 : だから桜庭のせいじゃ。。。

桜庭 : 俺のせいだよ!

秀司はあんな死に方すべきじゃなかった

俺よりずっと価値があって

世の中に必要とされる奴なのに。。。

Haruma : Even though it was my fault, the words wouldn't come out.

I'm such a coward...

Reika : I already told you It's not your...

Haruma : It was my fault!

Shuuji shouldn't have died like that.

He was worth so much more than me.

The world needed him



Figure 4: Haruma wanted to jump to atone for his guilt

(Source: *Inu To Kuzu* Chapter 34: Panel 03)

桜庭 : だからせめてもの償いに

麗香 : 桜庭!

Haruma : That's why... the least I can do is atone for it

Reika : Sakuraba!

From some of the panels and dialog above, it can be seen how the guilt experienced by Haruma for accidentally pushing Shuuji which caused Shuuji to die. This very strong guilt makes Haruma unable to continue living and prefers to end his life. Even so in the story he is prevented by Reika from ending his life, and continues with a conversation between the two of them so as not to leave each other. When they separated and Haruma returned home, he had a very high fever that made him have to rest, and the next day it was shown that Haruma seemed not to remember anything about Shuuji's death.

This phenomenon is what is called the self-defense mechanism mentioned by Freud, how the ego conflicts with the id in order to suppress memories that are too heavy for the body to remember and force the memory to enter the subconscious. Some of the discoveries found how Haruma forgot the events of Shuuji's death include.



Figure 5: Haruma monologue when he realized that he had forgotten the incident

(Source: *Inu To Kuzu* Chapter 38: Panel 09)

モノローグ 桜庭：帰ってから高熱にいかされて数日寝込んだ。

そうだ、あの日の記憶はここで途絶えたんだ

Monologue Haruma : When i got back, i was stuck in bed running a high fever for several days.

Right.. from then on my memories of that day had faded.

From Haruma's monologue when he had remembered the incident, he realized that a few days after the incident he had a fever and from then on his memory began to disappear. Below is one of the discoveries that Haruma lost his memory from another character's point of view.



Figure 6: Reina's inner speech was how she was surprised that Haruma forgot about the incident that had happened

(Source: *Inu To Kuzu* Chapter 40: Panel 05)

麗香：いつから？どこまで？秀司のこと。。あのことも？
忘れないと耐えられなかった？

Reika : How long? How much? Everything about Shuuji.. and even that?
Could he not bear it if he didn't forget about it?

In the panel and Reika's dialog, it can be seen how Reika was surprised that Haruma forgot about the incident of Shuuji's death and what they had done on the day of Shuuji's funeral. From the two examples above, it can be seen how Haruma forgets memories that are too heavy for him to remember and his ego pushes those memories into the subconscious.

CONCLUSION AND RECOMMENDATION

Based on the findings, it can be seen how a problem or memory that cannot be accepted by the body will occur the process of self-defense mechanisms which in Haruma's character is repression where he forgets the events that make him haunted by enormous guilt. From this finding, it shows how a heavy guilt can make us take irrational actions such as ending life, but the human consciousness itself tries to protect in various ways and one of the most powerful defenses is repression as said by Freud.

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ABOUT THE AUTHORS

Yuda Prawira Dinata, email: yuda.63820033@mahasiswa.unikom.ac.id

Yuda Prawira Dinata is an student pursuing her bachelor's degree in Japanese literature at the University of Computer Indonesia.

Fenny Febrianty, S.S., M.Pd is an Lecturer in courses related to Literature and Literary Studies at the Japanese Literature Study Program, Faculty of Cultural Sciences, University of Computer Indonesia.