

AN ANALYSIS OF NEUROSIS IN MAIN CHARACTER AS SEEN IN *THE ICE TWINS* NOVEL BY S. K. TREMAYNE

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Abstract

In this research, the researchers analyze about a novel *The Ice Twins* written by S. K. Tremayne. The novel is a bestselling novel and the researchers is awardees-as winning travel researchers. This novel is chosen because a tense psychological thriller that builds many pages on the novel. The main focus of this research is to describe how the neurosis types are described through the main character in Tremayne's *The Ice Twins* novel. Related to the discussion, the researchers arranged the theoretical framework by theory and approach. The researchers applies psychoanalysis theory especially the theory of neurosis, in which the theory relates to the idea of structure of mind proposed by Sigmund Freud. In addition, the data is taken from the novel in the form of narration; the method of the data analysis is descriptive qualitative method. The result of this analysis shows that the types of neurosis of Sarah character have big influences in the life of Sarah. The researchers found several points about neurosis types describe in Tremayne's *The Ice Twins* novel. There are three types of neurosis that described on Sarah's character: General anxiety disorder, Obsessive-compulsive disorder, and Posttraumatic disorder.

Key words: Neurosis, Structure of Mind, The Ice Twins.

INTRODUCTION

Nowadays novel is familiar and becomes object analysis in literary work (Sasalia & Sari, 2020), (Afrianto & Ma'rifah, 2020), (Kardiansyah, 2017). From those statements, literature can produce a literary work which is divided into novel (Kardiansyah & Salam, 2020c), (Fitri & Qodriani, 2016), short story (Pratiwi et al., 2020), and drama (Kardiansyah, 2019), (Amelia, 2021), (Kardiansyah, 2016). Novel is one of literary work become object to analysis the topic or issue inside literary work (Suprayogi & Novanti, 2021), (Kuswoyo, n.d.), (Kardiansyah & Salam, 2020b), (Kardiansyah & Salam, 2020a), (Kardiansyah & Salam, 2021), one of the topics in literary work is neurosis. In this research, the researchers wants to discuss about types of neurosis in a main character inside the novel (Amelia & Dintasi, 2019), (Mertania & Amelia, 2020). Neurosis behavior stems from the threatened emergence of unacceptable anxiety-evoking ideas into conscious awareness (Pustika, n.d.). Neurosis is a psychological disorder that is reasonable and possessed by every human being, it is also known as anxiety disorder (Damayanti & Listyani, 2020), (Mahfud & Gumantan, 2020). From statement previously, neurosis is psychological disorder that

treated on human's behavior (Kuswanto et al., 2020), neurosis also known as anxiety or mental disorder in people mentality.

The researchers wants to discuss the types of neurosis in novel entitled *The Ice Twins* written by S. K. Tremayne, the novel was published in 2015 by Harper Collins Publisher. The story is based on the imagination of the author, the place of the story in remote Scottish island which known as a scary place. The novel has spooky and gripping tale appear both of the characters (Yulianti & Sulistiyawati, 2020), (Amelia, 2021) and environment inside the novel. *The Ice Twins* is the novel tells about Sarah Moorcroft, her husband Angus, and the identical twins daughter, they are experiencing strains in their marriage after one of their identical twins daughters, Lydia dies in an accident. Sarah, Angus and Kristie are moving to a remote Scottish island, hoping to mend their shattered lives. However, when their surviving child, Kristie claims they have mistaken her identity – which in fact she is Lydia – their world comes crashing back down. According to the story, it can be understood that after one of her twin's daughter get accident, the neurosis has been built in Sarah's personality (Yunara & Kardiansyah, 2017), (Saifuddin Dahlan, 2013), (Sulistiani et al., n.d.). Sarah Moorcroft as a mother who has twins' daughter felt depressed, perplexity and having trouble on herself after one of her twins' daughters was died.

The researchers choose this novel because related to discussion about neurosis problems, the neurosis problem in this novel is interesting to be analyzed, because rarely becomes research by the researchers and a tense psychological that builds with every page on novel, the researchers wants to make the readers know about neurosis is a kind of psychological disorder of someone. The researchers also wants to give readers deep information how to deal with this feeling when they come in to certain situation and how to treat people who have neurosis. A main character in *The Ice Twins* novel is dilemmatic in her life. Her ideas and emotions are contradictory with her attitudes to getting home truth about her died daughter. Since the situation of the story is psychological issue of a main character that related to neurosis could be seen dominantly, it can be said Tremayne's work content of psychological element within Sarah character. To assists this discussion, the researchers uses psychological approach, and psychoanalysis Freud's theory. Literature and psychology is two things probability combine through psychology of character inside the literary works.

LITERATURE REVIEW

Psychoanalysis Theory

Psychoanalysis is a theory which was explained by Sigmund Freud, a Jewish man who was born on May 6th 1856. He was known as father of psychology because of his love on psychology. Psychoanalysis deals with human beings in conflict with themselves and each other, literature portrays (Rido, Kuswoyo, & Ayu, 2020), (Amelia, 2016), (Rido, Kuswoyo, & Nuansa, 2020), (Rido et al., 2021), (Al Falaq et al., 2021), written and read by such people. Sigmund Freud divided mind two divisions, such as consciousness and unconsciousness. He narrows his idea about consciousness and unconsciousness to be three categories, they are: id, ego and superego.

Structural of Mind

Id

Id doesn't have relationship with the real world, but always try to muffle suspense by satisfied desire. The function of Id is to get satisfaction that run with pleasure. Id has function that is to decipher the need of organism to be motivational power that is called as instinct or desire (Mandasari & Aminatun, 2019), (Pratiwi et al., 2020).

Ego

Ego is one of part of mind that has relationship with reality. Ego connected organism with real world through consciousness that lived, and it tried to find the objects to satisfy its desirability and desire that is appeared by Id to present what the thing that is needed by organism. This process is called as secondary process.

Superego

In the Freudian psychology, Superego represents moral aspects and ideal from the behavior and is also controlled by principle of moral and idealism that are different from pleasure principle from Id and reality principle from Ego. The Super-Ego aims for perfection. It is made up of the organized part of the personality structure, which includes the individual's Ego ideals, spiritual goals, and ones conscience.

Neurosis

The term *neurosis* derives from roots meaning "an abnormal or diseased condition of the nervous system." The Scottish physician William Cullen coined the term "neurosis" in the 18th century. As the derivation implies, it was assumed that neurosis had biological origins; Neurosis is a psychological disorder that is reasonable and possessed by every

human being. Neurosis often involves powerful feelings of guilt, and painful symptoms may fulfill an unconscious wish for relief through punishment.

Generalized Anxiety Disorder

Generalized anxiety disorder is disorder live in a relatively, worry, and diffuse uneasiness. They are over sensitive interpersonal relationships, and depressed. Generalized anxiety disorder is usually connected on daily life with something specific events.

Obsessive-Compulsive Disorder

Obsessive-Compulsive Disorder A type of anxiety disorder characterized by recurrent obsessions, compulsions, or both. Obsessions which consist of thoughts, idea, or urge that seems beyond the person's ability to control, and Compulsions which are repetitive behaviors that the person feels driven to perform in response to the obsessions. Someone is diagnosed with Obsessive-Compulsive may not realize that he/she obsession is not unreasonable.

Posttraumatic Stress Disorder (PTSD)

Posttraumatic Stress Disorder is A prolonged maladaptive reaction to a traumatic event. Posttraumatic stress disorder involves the "development of characteristic symptoms following exposure to an extreme traumatic stress". Symptoms usually begin within three months of the trauma, although there may be a delay of months, or even years before the symptoms appear. Posttraumatic Stress disorder is often associated with psychological problems such as depression, anxiety, or alcohol or substance abuse that can make it difficult for the person to function effectively in meeting daily responsibilities. Posttraumatic Stress disorder is characterized by distinct clusters of symptoms: such as experiencing of the event for example, in flashbacks, reminders of the trauma, numbing of responsiveness to the environment, and increased arousal: insomnia, irritability, and being easily startled. The example of Posttraumatic stress disorder in society life, such as; Exposed to combat and among rape survivors, victims of motor vehicle and other accidents, and people who have witnessed the destruction of their homes and communities by natural disasters such as floods, earthquakes, or tornadoes, or technological disasters such as railroad or airplane crashes.

METHOD

In this analysis, the researchers applies library research to find the data. The researchers gets the data by reading the book which has the correlation with the analysis. The library

research emerges as the supporting of the research to find the data and it can answer of the problem formulated. The method use in this research is descriptive qualitative method. In this research, the data is in the form of written text (Mandasari, n.d.), such as narrations about neurosis types in main character; Sarah's character. The data source is the novel entitled *The Ice Twins* by S. K. Tremayne published in 2015 by Harper Collins.

RESULTS AND DISCUSSION

Generalized Anxiety Disorder of Sarah's Character

Generalized Anxiety Disorder is characterized by persistent feelings of anxiety those are not triggered by any specific object, situation, or activity. The emotional distress associated with Generalized Anxiety Disorder interferes significantly with the person's daily life. Generalized Anxiety Disorder frequently occurs together with other disorders, including depression. People with GAD tend to be chronic worriers. They may worry about many things, including the state of their finances, the well-being of their children, their social relationships, and so on. They tend to worry excessively about every day, minor things, such as getting stuck in traffic, and about unlikely future events, such as going bankrupt. From quotation previously, it can be understood that, General Anxiety Disorder is one of the characteristic of neurosis, the neurosis which interferes with one's habits. Individuals who's suffering from generalized anxiety disorder, they were live in a relatively with worry, and diffuse uneasiness. They are over sensitive interpersonal relationships and frequently feel inadequate and depressed.

As states in the narration below, Sarah worry about her children and make her become diffuse uneasiness through her lives after Lydia's pass a way.

The pain rises inside me, and I have to put fist to my mouth to suppress the shudder. When will it go away? May be never? It is like a war-wound, like shrapnel inside the flesh, making its way to the surface over years. (Tremayne, 2015:9)

Narrative previously appears when Sarah thought about things that happened in her life, after her marriage with her husband and her daughter died on the incident, its make Sarah feel anxiety throughout her life. The statement "The pain rises inside me". That statement was show that Sarah experienced depth pain. From the narration that researchers tells previously, it can be seen that Sarah general anxiety disorder because of she feel worry after her getting married and her children death. Sarah describes her grief and discomfort of her life with imagery in a state that really is unstable. Sarah general anxiety disorder

occurs because of Sarah compliant and silent when her husband decided to moved to remote islands in Scotland.

Obsessive-Compulsive Disorder of Sarah's Character

Someone who has Obsessive-Compulsive Disorder complications, they usually have a disorder that is triggered by a major condition such as self-confidence, man and wife conflicts, alcohol abuse and suicide. As explained in the narrative below: the narrations below are the major condition of Sarah's Character: man and wife conflicts.

'Angus, please. Just think about it. Couldn't there have been some kind of telepathy? What about those twins in Finland, who died at the same time, in a roads crash. What was it –'. 'ten miles apart. On the same night. Yep. And?'

'isn't that amazing, doesn't that prove something?'

'No.'

'but-'

'Sarah, even if there was some mental link between them once, which I don't believe, but even if there was – Lydia has been dead over a YEAR. And the dreams only started a few months back'.

(Tremayne: 2015: 120)

In the narration between Sarah and Angus, it is an example of man and wife conflicts, Sarah still on her opinion that Lydia is a live, Kristie was died. Both of them still have communication in dreams, but Angus does not agree with Sarah minds. In this conversation, Sarah still on her opinion, she believes her children still live. Sarah thinks that, Angus is a bad father for her children; he never wants to know the activity of their children's. Sarah is always blaming her husband for all problems inside her child and her life. Sarah's Obsessive Compulsive disorder is based on Sarah's thinking. Sarah's obsession is more appear than Sarah's compulsion. So, the occurrence of obsessive-compulsive disorder on Sarah is collided with her husband's opinion.

Posttraumatic Stress Disorder of Sarah's Character

Posttraumatic stress disorder involves the "development of characteristic symptoms following exposure to an extreme traumatic stress". Symptoms usually begin within three months of the trauma, although there may be a delay of months, or even years before the symptoms appear. PTSD is characterized by distinct clusters of symptoms: experiencing of the event for example, in flashbacks, reminders of the trauma, numbing of responsiveness to the environment, and increased arousal: insomnia, irritability, and being easily startled.

The narration of Sarah character, when she was remembered her last experienced during her child pass away. As states in the narration below:

I do not know. I am lost in the hall of mirrored souls. And again that terrible sentence pierces me. “*Mummy Mummy come quickly, Lydie-lo was fallen*” that’s when my knife cracked open. That’s when I lost my daughter. That’s everything went black.
(Tremayne: 2015: 79)

Based on the narration previously, it can be seen that the traumatic of Sarah is appear when Sarah remember of her children screaming in last accident. Sarah always flashbacks that condition, and because of she always remember that one, she become numbing of responsiveness to the environment.

CONCLUSION

In this research, the researchers analyzes how the neurosis types are described through the character of Sarah Moorcroft in Tremayne’s *The Ice Twins*. After analyzing the data by using the theory of psychoanalysis in the previous chapter, this research concerns dominantly about the main character that has neurosis types which is drawn from the data that were found in the novel entitled *The Ice Twins* by S. K. Tremayne written in 2015. Therefore, in this chapter, the researchers writes conclusion of what have been discussed, in order this research is easier to understand by the reader. This chapter also contains the suggestions that the researchers gives for the future researchers and readers. Referring to the explanations which has been stated before, the researchers concludes that there are three types of neurosis in main character “Sarah Moorcroft” in *The Ice Twins* novel, Sarah suffers neurosis is caused by her experienced of an accident her daughter’s fallen into second floor. Those are three types of neurosis in Sarah character: General Anxiety Disorder, Obsessive Compulsive Disorder, and Posttraumatic Stress disorder.

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