



## **DEALING WITH LONELINESS: A PSYCHOANALYSIS READING OF “SMOKING WITH GOD, THE DOLLHOUSE, THE SANDCASTLE” BY RAIN CHUDORI (2015)**

**Firanisa Atzama<sup>1</sup>, Delvi Wahyuni<sup>2</sup>**

English Department

Faculty of Languages and Arts

State University of Padang

email: [firanisaatzama39@gmail.com](mailto:firanisaatzama39@gmail.com)

### **Abstract**

This research is an analysis of the story by Rain Chudori entitled *Smoking with God, The Dollhouse and The Sandcastle* (2015). This analysis explores how the character deals with loneliness in each story. The study of this novel is analysed with the psychoanalysis theory and supported by human psyche and defence mechanism. The results of this study show that part of the psychoanalysis of the human psyche and defence mechanism that occurs in the character. This research will include; 1) human psyche and 2) defence mechanism.

**Key words:** Psychoanalysis, Human Psyche, The Defence Mechanism

### **A. INTRODUCTION**

Loneliness is one of the emotions that is often encountered every day. Loneliness is a subjective experience distinct from objective social isolation. In other words, according to Jung & Lee (2018) loneliness occurs when there is a mismatch between actual social relationships between individual needs or wants. Furthermore, according to De Jong Gierveld (1998) loneliness is a situation that is not in accordance with the individual's expectations of the environment and feelings of loneliness can be seen from the way people perceive, experience, and find alienation and the lack of communication between individuals and their social environment. Moreover, according to De Jong Gierveld & Van Tilburg (in Wedaloka & Turnip, 2019) loneliness can be divided into emotional, which comes from the absence of an important figure or close person who has emotional attachments such as a partner or friend and social loneliness that comes from the absence of acquaintances or a wider social network such as ordinary friends, coworkers, or neighbors.

According to Hayden-Nygren (2019) loneliness is studied in the social

<sup>1</sup> English ELLSP of English Department of FBS Universitas Negeri Padang graduated on September 2022

<sup>2</sup> Lecturer of English Department of FBS Universitas Negeri Padang



sciences and medicine, but the theme of loneliness in literature has been explored since the 17th century. Furthermore, according to Noy (2019) in the literary world, the issue of loneliness has been the theme of many works for a long time. Many literary works describe the problem of loneliness. Some of them depict loneliness in the plot or even in the characters. In addition, the theme of loneliness in literary works is not always used to describe loneliness but loneliness can be described as "the desire to be accompanied"; desire where the characters need others to share their life story so as not to feel lonely. Furthermore, according to Noviyanti (2017) the theme of loneliness is one of the greatest focuses of research in literature. Feelings of loneliness, affection, love, and marriage are one of the anthologies of stories made by the author with the specific purpose of analyzing the literary storyline.

Everyone who feels lonely has their own way of dealing with that feeling of loneliness. There are differences between women and men regarding different attitudes in dealing with loneliness towards them. According to Borys & Perlman (1985) social power between men and women appears to be different. Men respond to feelings of loneliness more negatively than women. However, there are also effects due to gender differences. Still according to Borys & Perlman (1985) women are subjects who are more targeted by loneliness than men. Moreover, according to Mwaniki et al., (2013) feelings of loneliness felt by men and women occur because of feelings of anger or depression that are felt in past experiences that still imprint on them, lack of affection, abuse, past trauma, childhood trauma, or are often ignored in the environment. Furthermore, according to Perlman & Peplau (2011) past trauma that befell a person can cause feelings of loneliness that are present in that person. Additional, according to Perlman & Peplau (2011) loneliness is a human emotional feeling that involves the human psyche.

According to Siegfried (2014) as humans, our behavior, thoughts, and actions are products of our psyche including loneliness problems that occur to us. Loneliness is obtained from feelings of lack of interaction between individuals and the social environment. Furthermore, according to Freud (in Siegfried, 2014) the human psyche is divided into three sectors, namely the conscious; everything we do or feel in a conscious state, the subconscious sector-something that is in our ordinary memories, and then the subconscious sector-subconscious memory. Loneliness occurs in three states of the human mind where feelings of loneliness can be realized, remembered and unconscious. With the lonely personality condition included in the human mind, the division of personality to respond to loneliness is the *id*, *ego* and *super ego*. Furthermore, according to Mcleod (2007) *id* is the impulsive and unconscious part of our psyche that responds to instincts directly and immediately. Furthermore, *ego* is involved in secondary thinking processes, which are rational, realistic, and problem-solving oriented. Further, *superego* is a mature thought by combining the values and morals of the community that are learned from parents and other people so that they can be accepted by society. Furthermore, according to Siegfried (2014) loneliness is included in the unconscious sector where in the unconscious sector contains

feelings, thoughts, drives and unconscious memories. There are some unpleasant unconscious contents such as feelings of sadness, anger, anxiety and conflict.

Loneliness is one of the themes that appears in "Monsoon Tiger and Other Stories" by Rain Chudori (2015). Stories that contain loneliness are "*The Smoking with God, The Dollhouse, and The Sandcastle*". The story of loneliness in this short story collage also tells how the characters deal with their loneliness. The short story entitled *Smoking with God* tells the story of a male character who still feels lonely even though he has a complete family consisting of his wife and daughter. This man deals with his loneliness by smoking, because smoking according to this man's character can make him calmer. Furthermore, the short story is *The Dollhouse*. This story tells of a woman who feels lonely but has a family consisting of her husband and children. This woman deals with her loneliness by shopping and wearing nightgowns all the time. Further, the short story entitled is *The Sandcastle*. This story tells of a newly married woman who feels lonely. The domestic life she hoped for did not live up to her expectations and she was also traumatized by childhood trauma with her parents. This woman deals with her loneliness by painting for example a sand castle.

According to Bowins (2016) an important component in self-control in emotional influences is psychological defense mechanisms. Without realizing it, the conscious mind is much more susceptible to negatively charged emotional inputs such as those related to anxiety and sadness. Furthermore, according to Raymond Corsini (in Mubarok, 2019) defense mechanism is one of several techniques used by the Ego to defense anxiety, which may arise from three sources. Additional, according to Raymond Corsini (in Mubarok, 2019) defense mechanism have the goal of diverting anxiety from ego consciousness.

To the best of my knowledge, there is some analysis and several reviews of the short story collection in Monsoon Tiger and Other Stories by Rain Chudori (2015). The first is a thesis which analyzes a collection of short stories conducted by Hutasuhut (2018) entitled *An Analysis of Metaphors and Metaphor Domains in Monsoon Tiger and Other Stories: A Critical Discourse Analysis*, In this analysis, the author chooses several short stories, the same as I chose some of the short story namely *Smoking with God, The Dollhouse and The Sandcastle*, this author conducts an analysis using critical discourses analysis, namely the metaphors in the collection of short stories. According to Ayunda (2017) *Monsoon tiger and Other Stories* by Rain Chudori (2015) is unique and has differences in some of its short story collections, with elements in this story, namely cigarettes, animals, couples who don't love each other, quietness, nature and good English writing for this Indonesian literary work. Furthermore, according to Oktaviani Dina (2016) *Monsoon tiger and Other Stories* by Rain Chudori (2015) some of the short stories give her a good impression and the theme reminds you of how beautiful secret love, fear, loneliness, joy, compassion, self-discovery, family, and acceptance are.

In addition to a review of this novel, there are several studies on the same topic in this literary work regarding loneliness. First, the type of literary works is short story made by Katherine Mansfield which analyzed by Wilany (2015)

entitled *An Analysis Of Main Character In Miss Brill Short Story by Katherine Mansfield: a psychological approach*. Second, the type of literary works is novel made by John Boyne which analyzed by Elysa Noy (2019) entitled *Characters' Loneliness Depicted In The Boy In The Striped Pajamas Novel*. Furthermore, the type of literary works is novel made by Haruki Murakami's which analyzed by Amanda & Nafisah (2007) entitled *Loneliness In Haruki Murakami's After Dark (2007): A Focalization Analysis*.

Meanwhile, there are several studies on defense mechanisms related to loneliness as well. First, one of the books that tells the trilogy of the author's life story, namely Dave Pelzer's which was analyzed by Wahyuningtyas (2014) entitled *Analysis of Defense Mechanisms of The Main Character in Dave Pelzer's A Child Called "It"*. Second, the literary work of Equus by British writer Peter Shaffer is analyzed by Ayu (2019) entitled *Anxiety and Defense Mechanism As Seen in Peter Shaffer's Equus*. Furthermore, one of the literary works is the novel written by Cormac McCarthy which was analyzed by Mubarok (2019) entitled *The Main Character Defense Mechanism In Cormac McCarty's Novel The Road*. In my research, there is a novelty in this literary work, namely the Indonesian novel which is presented in English and in this study examines two aspects, namely loneliness and defense mechanism how the character deal with it.

## **B. RESEARCH METHOD**

This research is included in the type of descriptive research. According to Gall & Borg ( in Nassaji, 2015) descriptive research is an observation tool to collect data. This research is used to describe phenomena and their characteristics and this research is more concerned with what than how or why something happens. In this research, the data is collected from the story *Smoking with God, The Dollhouse and The Sandcastle* (2015) by Rain Chudori. The data is collected from the characterization, setting and also from the dialogue from the major character and from the minor character in the *Smoking with God, The Dollhouse and The Sandcastle* (2015) by Rain Chudori What is meant by characterization is an explanation of the character of a character in the story. This characterization itself is followed by the backstory of a character to be the reason why they has that characterization. Meanwhile, what is meant by setting is the state that existed when the incident occurred. Such as environmental conditions, time, weather and other things that support the depth of a story. And also for the dialogue itself is a conversation carried out by each character to convey the contents of the story. The use of these three fictional devices will be used to dissect the meaning of the story *Smoking with God, The Dollhouse and The Sandcastle* (2015) by Rain Chudori to align with the theory used.

## **C. RESULT AND DISCUSSION**

### **4.1 The part of human psyche governing character deal with loneliness in *Smoking with God, The Dollhouse and The Sandcastle*.**

#### **4.1.1 The part of human psyche governing character deal with loneliness in *Smoking with God* short story**

In *Smoking with God* story have three characters. They are a girl as a narrator, her mother and her father. In this story tells about everyone in the same place have life which make each other feel lonely. The environment, namely the family who are close to life can still feel lonely. According to De Jong Gierveld (1998) the lack of communication between people results in feelings of loneliness within. Seen in the quote below which expresses a condition that will cause feelings of loneliness among family members to each other:

“Our two story house now symbolized the two different lives that the first floor, mother had set our lives into a routine that followed the clock- the kitchen would always produce meals, the garden always produce meals, the garden always clean, and her child always ignored. On the second floor, were the marks of my father’s ruins: old newspapers, portable television with cables, and cups used as ashtrays. Both of them had organized their lives with specific intentions, like laying out a clean and well-pressed shirt, realizing it was this suitable manner that was keeping our house intact. They both became ghosts, and I watched them knowing I could do nothing for them while they did everything for me. I became accustomed to seeing both of them as lifeless bodies on each of their mattresses, as unrecognizable silhouettes of unavailability.” (p3)

In this quote, the feeling of loneliness is felt because the character parent of the narrator seems to have their own lives and separate rooms and survive in one house because of their children.

In the quote above, the three characters are at the conscious or *ego* level. The narrator's mother and father characters are controlled by the human psyche *ego*, where they realize that they are in different rooms and do not deserve to be a couple and still survive in their situation without communication and running each other's life. The narrator character is also controlled by the human psyche *ego* where she accepts the condition of a lonely house and does not fight what happened to her parents and does not fight the situation. According to Lapsley & Stey (2011) the *ego* is a form of consciousness that is stimulated by external factors by storing memories and avoiding escape and adapting to what has happened. Furthermore, the *ego* makes instinctive use of the libido drive and is ultimately subject to the reality principle (Lapsley & Stey (2011). Addition, the *ego* is an agent of reason, common sense and a defense (Lapsley & Stey , 2011).

The quote above reveals that the three characters in this story are controlled by the *ego* but there are several other quotes that will support the quote above, such as the quote below:

“He would never say he was tired, because he knew I was even more tired than him, than her. I was tired of being a spectator in the mindset of a wreckage, so he stayed quiet and welcomed life pass before us.”(p. 4)

In this quote the character of the narrator is controlled by the *ego*. There is a rebellion in the narrator's mind who wants to reject what happened to her but she

suppresses the rebellion by remaining silent and following the storyline made by her parents. The *ego* operates according to the reality principle (Siegfried, 2014). In addition, according to (Siegfried, 2014) the *ego* is identified as a coherent conceptual of mental processes. According to Freud in (Siegfried, 2014) the *ego* has a conception related to awareness and control of the approach to releasing excitation to the outside world.

Some of the quotes above reveal that the three characters are controlled by the *ego* which is still able to control them in an actual situation that they don't want. The quote below also reveals that the character is controlled by the *ego*. See the quote below:

“I could hear my mother downstairs starting to pack her life into boxes and double-taping it with a determined only had time to pack at night when she arrived home from work and trusted no one else to touch her belongings. During the last days, she stole into night like a slow-moving thief, I could hear everything placed into large empty boxes; her clothes, her books, her plates, her past and take with her, which to leave, which to throw out and which to let die in the remains of the house. My father was asleep beside me on his mattress, one arm extended over the carpet still half clenching a dying cigarette, its smoke slowly escaping through the slit in the window and painlessly killed by the rain outside. The room was dark but not silent. The world was moving but not heavy” (p.7)

In this quote, Mother's character is ruled by *ego*. The character of the mother is secretly to leave the house and does not rebel with the circumstances that occur in her house. Furthermore, the narrator character is also controlled by *ego* where he does not take actions that make a fuss when his mother wants to get out of the house and follow the flow of how her parents live life. According to (Gay, 1989) *ego* is something that represents and common sense. The *ego* has a functional importance to manifest into facts that usually control the motility approach and the *ego* has the habit of turning the desires of the id into actions as if it were theirs.

#### **4.1.2 The part of human psyche governing character in *The Dollhouse* short story**

In *The Dollhouse* story have three characters. They are a girl as a narrator, her mother and her father. In this short story tells the relationship between her family members feeling lonely, namely the mother character feels lonely and is helped by her child to get out of the "feeling of loneliness".

The feeling of loneliness that arises in her mother is in this quote:

“My mother filled the days in sleep, waking up only to bathe, eat and read the newspaper. Most of the time, she would be standing by the door with her palms clasped together. Whenever I opened the door, I could see the look of sorrow that shadowed her face, like the wind that had snuck in and fluttered her nightdress timidly.”(p57)

In this quote, the loneliness felt by the mother occurs because of herself who only follows what she wants like just staying in her room. Furthermore, in this quote the mother character is controlled by *id*. Mother's character always does the same thing every day and keeps me from repetitive activities by not trying to find other activities just staying in the room and always wearing nightdress. According to Thurschwell (2001) *id* is an unstructured amorphous otherwise *id* is a collection of wishes and request 'I want' is the sum total of its mind contents. Furthermore, according to Lapsley & Stey (2011) the *id* belongs to the unconscious which is driven by instinct and inherited from phylogenetic. The *id* is carried out unconsciously according to the primary process and encourages the organism to engage in the satisfaction of needs, reducing the tension of activities that are experienced as pleasure (Lapsley & Stey, 2011).

Mother's feelings of loneliness are also caused by her family members, as can be seen in this quote:

“Occasionally, when father didn't come home mother became upset and would tear at the herms of her nightdress. Usually, I would calm her down and, when she had fallen asleep, would drive to the store to buy her a replacement. By the time my father came home, she would already have forgotten.” (p57)

The loneliness felt by her mother only followed her heart, from her attitude that made it seem as if people always had to be there when she needed them. In this quote, the mother character is ruled by the *id*. When she follows her wishes, what she wants in the first sentence is "*she feels disappointed because her husband doesn't come home*" in this sentence expresses only her wishes are followed, while her husband has work to do. Where *id* according to Nurhidayati (2010) is an attempt to fulfill his needs with a primary process that thinks and forms what mentality must be fulfilled by the desires of the desired object. For example, we are hungry to describe food on our mental. In addition, the main thing *id* is the process of satisfying motives through imagination rather than in reality as her mother does in a nightdress (Nurhidayati, 2010).

The loneliness of a mother can be seen from her movements as quoted below:

“In the car, my mother sat quietly and watched the rustling trees caressed our windows. A few times, I caught her touching her dress, and helped that it will really bring her sleep.” (p65)

Felling of loneliness that mother's character feels here she expresses herself silently and dreamily. According to Bekhet & Zauszniewski (2008) loneliness is defined as an emotional state in which an individual is aware of the feeling of being separated from others or others, along with an experience that requires a person towards the individual.

The quote above reveals that the narrator's character is controlled by *ego*. The narrator character helps her mother to calm down in a gentle way as her

mother's mentality wants. According to Morris and Maisto, 2003: 368 (in Nurhidayati, 2010) the *ego* operates by the reality principle: By means of intelligent reasoning, the *ego* tries to delay satisfying the *ids* desires until it can do so safely and successfully

There are two repetitions of quotes at the beginning and at the end of the story, namely:

“Love is a repertoire of our childhood. I was born in a white house with a roof that touched the sky, to a father who destroyed and a mother who slept. Our bedrooms were quiet and endless, but that was how we established intimacy. The living room was rarely occupied, but there were always the hum of the radio and the sound of footsteps, it was always as if you arrived just after everyone had left. Though we never left the house, we bathed of ten and there was always warm, soapy water puddles on the tiled floor. We placed windows in every room, and though there were curtains, we never closed them. Speaking was not an ability we needed, loving even more so. We had found the ability to be safe and sound. We lived in a dollhouse, strong and rooted into our own wounds”. (p56, 67)

This quote reveals how someone expresses the love he experiences in his life. Lack of communication in family life is one of the factors that lead to lonely life. In addition, as the narrator reveals the life he built as a child and adult that has made his life to this day, grow stronger because of his life journey.

In the quote above the narrator reveals his past and is ruled by the *ego*. *Ego* controls the feelings, thoughts and soul of the narrator where the narrator with her past that makes her sad she still follows the flow of his life and does not disobey or fight her parents and accept her life. According to Nurhidayati (2010) *ego* obeys the rules of logic and reason and learns from the experience. In addition, the *ego* represents the reality principle and serves to balance the extreme *evil*, the *id*, and the extreme social conformity, the *superego*.

#### **4.1.3 The part of human psyche governing character in *The Sandcastle* short story**

In this short story entitled *The Sandcastle*, there are several characters in it, namely there is a narrator (a woman) and a man as her love. Feelings of loneliness occur because the character of the narrator's lover only cares about himself as seen in the quote below:

“He never touched me when he did not need me. In a brief mist of stupidity and perhaps romanticism, had thought that this was the ways in which adults, in which he, showed love. He was faithful to his work, forgetting or disregarding my role in most of it”. (p.72)

Seen in the quote above, it reveals that the loneliness felt by the narrator is due to the person closest to him, namely the person he loves. Perceived alienation from social life refers to the social perception of being unwanted and being alone



or abandoned. Abandonment refers to a person's belief that he or she has been intentionally abandoned or abandoned. Abandonment also has two components: intimate rejection and betrayal. Intimate rejection refers to feelings of rejection by close and intimate people (eg, mother, boyfriend); betrayal is a common feeling of not being accepted and disliked by others (Bekhet & Zauszniewski, 2008).

The quote above reveals that a man's character is controlled by the *id*, where he does what he wants. The *id* is a pleasure principle, pleasure is a mental release of pent-up energy and the *id* is something that is not aware of the laws of logic or the orders of reality (Spoerl, 2010). In addition, the *id* is a natural feeling that has existed since humans were born and if it is realized then the principle of pleasure or self-satisfaction is conveyed, and if the *id* is not mediated then it cannot be satisfied (Husin, 2017). While the character of the narrator in this quote is controlled by the *ego*, where she is aware of what she feels and stays with her partner. According to Husin (2017) *ego* is a process that thinks realistically because *ego* is controlled by reality, and *ego* is also a design that controls human activities and actions.

The next quote proves that the narrator's character is influenced by *ego*. Seen in the quote below:

“When I turned eighteen, it was not words of caution that I was graced with by my parents. In fact, it was through this lack of prudence that I had acquired a permanent affectation, empirical knowledge of pain, and weakness to every potential to romance”. (p77)

The narrator's character reveals that she is aware that she feels lonely from her teenage years of eighteen. The narrator is ruled by *ego*. Where she still obeyed and she also did not rebel at that time when she knew that she was lonely and the closest people like her family did not encourage her. According to Thurschwell (2001) *ego* is a conscious state to realize that he has understood that he is still in difficult times due to previous trauma and is pressured by the subconscious to remember again and again. In psychoanalysis trauma is an event in a person's life which is intense and unable to be assimilated. It creates a psychic upheaval; and long-lasting effect. When the mind refuses to consciously recognize a traumatic event, the unconscious represses it (Thurschwell,2001).

The loneliness felt by the narrator is caused by the closest factor, namely his family. Can be seen in this quote:

“I hated yet loved my parents at the same time. I hated them but loved their marriage that was hurting them. As I did this, I realized the wave of sadness that encircled the room like a gust of wind, that almost blew out my birthday candles, but out of respect for human's fondness of rituals, digressed and clung on the white icing”. (p77)

This quote reveals that the female narrator faces the loneliness and sadness she feels now because her past with her parents made her a begging woman. She consciously admits and consciously she always obeys what his parents say while she refuses in her heart. The narrator is ruled by *ego*. According to Lapsley & Stey (2011) Ego is masters external stimuli by becoming “aware,” by storing up memories, by avoidance through flight, and by active adaptation. Ego is the aspect to control the path that will be taken to choose the needs that must be met in a conscious way and with a calm and safe thought (Husin, 2017).

#### **D. CONCLUSION AND SUGGESTIONS**

This part concludes the analysis in this study. Based on the analysis, this study finds out how each character in the story of *Smoking with God*, *The Sandcastle*, *The Dollhouse* responds to the problem of loneliness using psychological theory, namely human psyche and defense mechanism.

In three story titles, namely *Smoking with God*, *The Dollhouse* and *The Sand Castle*, each character is controlled by a different human psyche. The human psyche that influences the characters is *id* and *ego*. The character controlled by the *id* will only comply with his wishes and will not be in balance with his life and other characters. For characters that are controlled by the *ego*, they follow the flow of their lives even though they don't like their lives and don't disobey their situations.

Furthermore, with these three stories, each character in the story survives with his loneliness in different ways; there is a displacement where the character vents his feelings with other objects and the formation of a reaction where he/she is suppressed by feelings that tend to reverse those feelings.

Finally, it can be concluded that this research raises the issue of loneliness that people feel has different responses from their psychology from how they respond to their loneliness and how they survive in their loneliness. Loneliness is not only felt because there are no friends, but the lack of communication between each other can also create misunderstandings and make feelings of loneliness arise.

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