

CHAPTER II

LITERATURE REVIEW

B.1. Theoretical Framework

B.1.1 Alternate Ego

Traumatic experiences particularly those occurring in childhood can overwhelm the ego's capacity to cope and leading to the activation of defense mechanisms. According to Janet Pierre (1989) trauma can divide a person's awareness, lead them to create separate identity that function independently. The alternate ego was created from John Skillpa's perspective as main character in the movie *Peacock*. John Skillpa's abusive childhood serves as the primary source of his psychological struggle. John Skillpa experienced overwhelms his ego, leading the repression of painful memories and created Emma Skillpa as a separate identity. In John Skillpa's case as the main character in the movie, his ego is overwhelming by the intensity of his traumatic experiences and leading to the fragmentation of his psyche to create a new identity called Emma Skillpa.

Based on Onno van der Hart (1989), This framework defined a system characterized by the intricate interplay of complex phenomena and self-awareness, which collectively contribute to the development of a distinct identity. This identity is intricately linked to various psychological phenomena,

highlighting the significant interrelations between systemic complexity and cognitive self-perception.

According to Putnam (1989), alternate ego is divided into various sections, which include:

a. Split Personality/Dissociative Identity Disorder (DID):

In clinical psychology, alter egos can represent different personalities that emerge because of trauma or dissociative conditions. Each alter personality possesses its characteristics, memories, and behaviors.

b. Fictional/pseudonymous characters:

A person can devise a fictional character distinct from their own identity for various reasons, including exploring their creative side, performing, or writing.

c. Public Persona

Many individuals, particularly those in the public eye, such as celebrities, cultivate distinct public personas that often diverge significantly from their private lives. A public persona allows these individuals to navigate societal expectations while maintaining privacy regarding their identities and experiences. This phenomenon can be understood through sociological and psychological theories, which suggest that public personas serve various

purposes, including image management, brand-building, and audience engagement.

The formation of alternate Identities in *Peacock* (2010) and it happened in *Jekyll and Hyde* (2021). Based on Josef Breuer (1956) explained that the concepts of repression and dissociation that offer insights into the psychological processes underlying the creation of alternate identities for example John Skillpa from the pressure of traumatic childhood leading him created the Emma Skillpa. The repressed memories and emotions often find expression through alternate identities. In John Skillpa's case, Emma Skillpa embodies the repressed aspects of his psyche allowing John Skillpa to avoid confronting his trauma directly. In contrast of John Skillpa, Dr. Jekyll created Mr. Hyde as a part of the repressed emotions. The repressed emotions then create alternate ego which serves as coping mechanism for Dr. Jekyll repressed emotions.

From the Sigmund Freud (1894) perspective that explains the repression of John Skillpa's why he cannot consciously access his traumatic memories. This repression serves as a defense mechanism for John Skillpa. Therefore, John Skillpa formed a new memory created with an alternate ego. Meanwhile, the creation of alternate ego from Dr. Jekyll It is a form of repression that occurs due to continuously suppressed emotions, which then form an alternate identity that originates from that repression. Alternate identities serve as coping mechanisms, enabling individuals to navigate their trauma and maintain

a state of being normal. However, the reliance on alternate identities can also intensify internal conflicts as the individual struggle to integrate these fragmented aspects of the self-conscious from John Skillpa and Dr. Jekyll.

B.1.2 Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder (PTSD) is classified as a mental health disorder that may develop following exposure to a traumatic event, either through direct experience or by witnessing events that involve actual or threatened death, serious injury, or sexual violation. This condition can significantly impair an individual's capacity to function in daily life, manifesting through various symptoms, such as intrusive memories, avoidance behaviors, negative alterations in cognition and mood, and heightened arousal. Understanding PTSD's complex etiology and its psychological impact is critical for effective diagnosis and intervention. According to Bessel van der Kolk (2014) PTSD is a disorder that arises after an individual has been exposed to an extremely frightening or life-threatening event. Symptoms of PTSD can include intense memories of the traumatic event, nightmares, and strong emotional reactions when faced with reminders of the trauma. PTSD classifies as an anxiety disorder manifesting after exposure to an exceptionally distressing or life-threatening event.

The main character in the movie named John Skillpa experiences PTSD that falls under the chronic PTSD classification. This condition is characterized by a prolonged and pervasive response to traumatic experiences, which significantly impacts the individual's psychological well-being and daily functioning. According to Lori A Zoellner (2001) Chronic PTSD associated with general emotional intensity, fear intensity, and dissociative intensity of the traumatic event led to increasing the potential of chronic PTSD in span more than three months of accidents.

PTSD arising from the predominance of alternate ego states, coupled with anxiety disorders, constitutes a significant component of the overall pathology. The psychological trauma experienced in the past undoubtedly contributes to emotional damage. This emotional uneasiness, when exacerbated by ongoing trauma, leads to the development of PTSD. APA (2004) stated that direct contact to traumatic event such as violence, abuse, or childhood psychical abuse can repeated if there are related event that related to past traumatic. Therefore, such conditions must receive comprehensive and appropriate treatment to address their multifaceted nature. Monson (2019) stated that some therapist used CBT (cognitive-behavioral treatment) to encourage patients in their thinking patterns and re-evaluate their memories, thought to overcome their traumatic experiences.

The relationship between PTSD and this research aims to aid a thorough understanding of PTSD. This exploration may enlighten the development of an alternate ego as a coping mechanism within the context of mental health. By examining these dynamics, the research seeks to contribute to the broader discourse on the psychological implications of lengthened PTSD and its potential effects on identity formation.

The researcher explains that the manifestation of John Skillpa alternate ego is intrinsically linked to the internal struggle of the symptoms of PTSD. Skillpa's ongoing battle to sustain a united identity is intensified by the pervasive influence of his alternate self, which intensifies his PTSD. This dialectical relationship highlights how the dominance of the alternate self continually threatens his psychological stability, leading to heightened anxiety levels. The persistence of this personality duality not only reinforces John's internal conflicts but also maintains a cycle of distress that interferes with his overall emotional well-being. Thus, understanding the interplay between these distinct facets of Skillpa's identity is crucial to comprehending his complexities.

B.2 Related Studies

In order to support this research, the researcher presents observed studies that highlight the role of and the concept of the alternate ego, PTSD, and anxiety in psychological processes. This first research is a study brought by

Rizki Kurnia Putra & Triny Srihadiati entitled *Sales of Sensual Content Through Alter Ego Accounts on Social Media X Reviewed by Space Transition Theory*. This study evaluates its findings through the lens of Space Transition Theory, which suggests that the virtual world offers individuals a means to transcend the restrictions of the real world, allowing them to construct new identities free from prevailing social norms. The study concludes that the virtual realm provides opportunities for individuals to explore different facets of their nature and behavior, aiming for liberation from societal expectations, they may still encounter long-term consequences stemming from their activities within this space, particularly concerning the sale of sensual content.

Then, a study by Nur Hasanah *Self-Presentation Model of Generation Zoomer Alter Instagram Account in Pekanbaru*. The study that discusses about the rise of second accounts, or alter accounts, has become a significant phenomenon, particularly within the Zoomer generation an increasingly relevant topic of discussion. This study offers a comprehensive overview of how to alter accounts utilized to navigate the front stage and backstage in alignment with Erving Goffman's Dramaturgy theory. Employing a descriptive qualitative method, we gathered data through observation, interviews, and documentation, engaging with 10 informants from Pekanbaru. Our findings demonstrate that on Instagram, the front stage of main accounts is strategically crafted to enhance each informant's branding, while the backstage of alter

accounts reveals a more genuine self, shared exclusively with close friends and free from branding constraints.

A study entitled *Alter ego in Fandom Culture* by Ervando Baggio Riansyah, this research aimed to explore the formation of alter egos among fans of Star Wars fan communities. The conceptual frameworks utilized in this study included Mass Media, the Functions of Mass Media, Types of Mass Media, Film, Film Characteristics, Movie Genres, Types of Movie Characters, Culture, Fandom Culture, Alter Ego, the Id, Ego, and Superego, and Symbolic Interactionism. Adopting a constructivist paradigm, this research employed a qualitative methodology. Using purposive sampling, the researcher interviewed Star Wars fans and active participants in fan communities, each possessing their own alter egos. The findings indicate that these fans seek to immerse themselves in the Star Wars universe through characters they have created.

A Thesis by Amalia Cipta Heryani entitled *Multiple Personality Disorder in THE MINDS OF BILLY MILLIGAN*. The researcher explains that the author of the novel creates the concept of Billy Milligan which taken from true story. *The Minds of Billy Milligan* centers on the character of Billy Milligan, who suffers from multiple personality disorders resulting from childhood trauma, specifically torture and sexual exploitation at the hands of his stepfather. This study aims to explore how *The Minds of Billy Milligan* depicts the main character's multiple personality disorder. The primary source for this research

is the novel itself, with data drawn from dialogues and narrative passages that illustrate the disorder. To analyze the representation of multiple personality disorder in the novel, the study employs Psychoanalytic Criticism, a literary critique approach that applies psychoanalytic techniques to interpret literature. Additionally, Jung's theory of personality is utilized, often classified as a psychoanalytic theory due to its focus on unconscious processes. The research method used in this study is descriptive-analytical, which involves gathering information and subsequently analyzing it. It is hoped that this study will provide valuable insights for understanding psychoanalytic concepts in the context of literary studies in the English language.

An article by Mala Hernawati and Vallentina Chelsy entitled *Criticism against the Gentlemen Image in England's Victorian Period in R.L. Steveson's "The Strange Case of Dr. Jekyll and Mr. Hyde"*. The researcher introduces Robert Louis Stevenson as renowned Victorian author who wrote *The Strange Case of Dr. Jekyll and Mr. Hyde*, a work that explores the complexities of upper-class Victorian life as it grapples with scientific advancements while adhering to rigid social norms. This research adopts a sociological approach to investigate the significant relationships among the three main characters in the novel—Jekyll, Hyde, and Utterson—and the social issues prevalent in the Victorian era. Utilizing library research and a qualitative methodology for data collection and analysis, the study concludes that the characterization of Jekyll and Hyde serves

as a critique of the idealized image of gentlemen in Victorian society. In contrast, Utterson's characterization represents the ideal Victorian gentleman.

An article by Yona Ardenis entitled *post-Traumatic stress Disorder in The Stationery Shop Novel by Marjan Kamali*. The researcher explains that the author the novel explores the concept of post-traumatic stress disorder (PTSD), a mental health condition often triggered by a traumatic event. The primary objective of this study is to identify the instances of PTSD experienced by the character Roya. To deepen the analysis of PTSD, the author employs the theoretical framework established by Gerald C. Davison (2006) to examine the symptoms, causes, and effects of the disorder. Additionally, the study incorporates the American Psychiatric Association's (APA) guidelines from the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), to provide further insights and serve as a supplementary theory regarding the symptoms of PTSD. Utilizing qualitative research methods, this work aims to enhance readers' understanding of the psychological states and mental disorders that can arise in response to traumatic events or circumstances.

Additionally, a study by Silfia Afni which entitled *Post-Traumatic Stress Disorder experienced by Jonas in Lois Lowry's The Giver*. The study aims to identify and analyze the main character in Lois Lowry's novel, *The Giver*, through the lens of post-traumatic stress disorder (PTSD) as articulated by Gerald Davison. The research addresses two primary questions: (1) What are the

causes of PTSD experienced by Jonas in *The Giver*, and (2) What are the impacts of PTSD on Jonas's character? Employing qualitative research methods, this study adopts a literary psychology approach based on Davison's PTSD theory. The data source for this analysis is the 1993 edition of *The Giver*, published by Houghton Mifflin Company, which consists of 156 pages across 23 chapters. The findings of this study reveal that Jonas experiences a mental disorder stemming from his mandatory training as the Receiver of Memories. The traumatic experiences he endures when accessing the memories transferred by the Giver lead to feelings of fear, pain, depression, and stress. As a result, Jonas becomes a withdrawn and anti-social individual, frequently haunted by thoughts of his traumatic memories. This research shows how PTSD is used in the novel's application.

Several related studies that were listed, explain the insight of alternate ego. This research analyzes using movie fragments as the primary object of analysis. In addition, this study uses a different theoretical framework from those of previous related studies. In this study, which focuses on the alternate ego of John Skillpa and Dr. Jekyll. Using Janet Pierre's alternate ego, the research focuses on the relationship between PTSD that impact the alternate ego. The data will be taken from several movie fragments containing dialogue and behavior from John Skillpa and Dr. Jekyll.