
THE UNCONSCIOUS MEMORIES OF LOSING AS THE TRIGGER FACTOR OF SELF DEFENSE MECHANISMS IN THE NOVEL *PLEASE LOOK AFTER MOM* BY KYUNG-SOOK SHIN

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Abstract	Article Information
<p><i>This research explores the unconscious that is reflected in the unconscious memories of loss in the novel Please Look After Mom by Kyung-Sook Shin. There are two objectives of this research: 1) To find out the form of unconscious memory contained in the novel "Please Look After Mom" by Kyung-Sook Shin, and 2) To explain how unconscious memory triggers the self-defense mechanism that describes the psychological in the novel "Please Look After Mom" by Kyung-Sook Shin. In analyzing the data, the researcher uses the theory of Psychoanalysis by Carl Jung to find out the forms of unconscious contained in the novel, then the researcher analyzes and explains the data from the novel. The methodology in this study is a qualitative research by taking data from quotations in the novel which the researcher then conveys descriptively. The results of this study, the researchers found that the forms of unconsciousness in Kyung-Sook Shin's novel Please Look After Mom are the collective unconscious and the personal unconscious. And self-defense mechanisms that affect memories are persona, shadow, great mother, which arise due to the things that trigger the loss.</i></p> <p>Keywords: <i>Psychoanalysis, Unconscious, Self Defense Mechanism, Novel</i></p>	<p><i>Received:</i> Jul 17, 2024</p> <p><i>Revised:</i> Aug 17, 2024</p> <p><i>Accepted:</i> Aug 20, 2024</p>

INTRODUCTION

Psychology comes from the Greek words *psyche*, which means soul, and *logos* which means science. So psychology means psychology or the science that investigates or studies human behavior (Atkinson, 1996: 7). The life of the human soul has three levels of consciousness: conscious, pre-conscious, and unconscious. One of the things that will be discussed in this research is the unconscious which is the most important part of the human psyche.

The unconscious is a source of feelings, thoughts, impulses, and memories that are outside of our awareness. According to Sigmund Freud (in Suryabrata, 2008:138), most of the contents of the unconscious are unacceptable or unpleasant, such as pain, anxiety, or conflict. Whether consciously or not, these unconscious thoughts actually continue to influence human behavior and experience. The unconscious also plays a large role in shaping the motivation and personal interest of a human being. Nature is also responsible for forming memories, intuitions, fantasies, and dreams, as well as how information is processed from all of these forms.

There are two types of unconsciousness, namely the collective unconscious and the personal unconscious. First is the collective unconscious is a collection of all the unconscious human psychology as well as a part of the soul that is different from the personal unconscious. The second is that the personal unconscious encapsulates all experiences that are forgotten, repressed, or subliminally perceived in a person. The unconscious contains memories and impulses of the past, forgotten events, and various experiences stored in the subconscious that are formed by individual experiences (Feist & Feist 2010: 123). This material of the personal unconscious is called a "complex." A complex is an accumulation of a collection of ideas colored with feelings. In the novel, "Please Look After Mom," the mother figure is something that is very valuable in a family. This novel also explains how a mother struggles for her children.

As an expression of a mother's love throughout time, it will not be replaced by anything. A mother is a hero in the family. She never asks for anything in return for the services she gives to her family, but instead just wants her child to be happy in the future. There is no need to doubt the struggle of a mother figure because she is willing to sacrifice her life for the sake of her baby. One of them is giving birth to the baby. Giving birth is not an easy thing and it could be that life is at stake. Be it a cesarean section or a normal delivery, both require a struggle that is not easy.

In this study, the researcher examines the novel *Please Look After Mom* by Kyung-Sook Shin. This novel tells us what happened to the missing mother and how the child was abandoned by her. A story about a mother's love as a mother and wife figure. This study tries to reveal what forms of unconscious memory are caused by losing the figure of the mother and how unconscious memories trigger self-defense mechanisms using a psychoanalytic approach.

LITERATURE REVIEW

Psychoanalysis By Jung

According to Jung divides the level of the psyche into several parts, namely consciousness, personal unconscious, collective unconscious (archetype, persona, shadow, anima, animus, great mother, old wishes, hero, and self). In this study the researcher analyzed the personal unconscious, and the collective unconscious.

1. Conscious

Consciousness is a process that involves the ego. The scope of the ego is reason, logic, feeling, and memory. The ego is the individual's awareness of oneself, and the ego controls the daily normality of the individual. The ego works in measurable ways in consciousness, manifested through excess stimulation. The ego is categorized into two types of attitudes, namely introverts and extraverts, which influence each other and shape individual personalities. Introverts culminate in their own thoughts and feelings, while extraverts involve the outside world and other people. Each individual has a tendency to both attitudes, but there is still a dominance that is visible through the excess of each other's stimuli.

2. Unconscious

The unconscious is the deepest part of the structure of consciousness and an important part of the human psyche. It is proved that the unconscious is not a hypothetical abstraction, but an empirical fact.

The unconscious which contains instincts, impulses and drives innate and traumatic experiences (usually in childhood) is suppressed by consciousness which is transferred to the subconscious area. Unconscious content or material that has a strong tendency to persist in the subconscious, its influence in regulating behavior is very strong but is still not realized.

3. Collective Unconscious

The physical material of the collective unconscious is passed on as a possible psychological condition from one generation to the next. People are in a situation and period that is influenced by their ancestors' primitive primordial experiences with universal conceptions such as God, Mother, Earth, and others, which have been passed down through several generations. The contents of the collective unconscious do not simply remain static; alive and active, influencing a person's ideas, feelings, and behaviors. Religious ideas, myths, and legends are all products of the collective unconscious. It also gives rise to "large dreams," or dreams with meanings that extend beyond one's dreams and are full of human interests at all times and places

4. Personal Unconscious

The personal unconscious includes all experiences that are forgotten, repressed, or subliminally perceived by a person. Memories and impulses from the past, forgotten events, and varied experiences stored in the subconscious that are generated by individual experiences are all preserved in the subconscious. This material of the personal unconscious is called complex. A complex is an accumulation of a collection of ideas colored with feelings. Complexes are psychic parts that are separated from consciousness due to the influence of trauma or specific inclinations that crash with each other. The complexes mix with and hinder volitional intent, and interfere with conscious action; cause memory impairment and create obstruction in association affairs; rise and fall according to own laws; and can haunt consciousness momentarily, influencing actions and words unconsciously.

RESEARCH METHODOLOGY

The researcher used qualitative research. This study aims to analyze the novel using the psychoanalytic theory of Carl Jung and Sigmund Freud. By analyzing the unconscious and self-defense mechanisms by losing the mother figure in the novel *Please Look After Mom* by Kyung-Sook Shin. A novel by Kyung-Sook Shin has 193 pages, and the researcher spends some time reading it carefully.

This researcher ranked the data's dependability in order to avoid and narrow the erroneous data. This investigation used triangulation to confirm that the results were accurate. Triangulation, according to Flick (as stated in Denzin and Lincoln, 1994), is a method for getting a deeper understanding of the subject under study, and thus a step toward more knowledge, rather than a tool for ensuring validity and objectivity of interpretation. In this study, researcher applied one type of triangulation triangulation that is theoretical. Researcher chose theoretical triangulation since the researcher conducted research with several theories of psychoanalysis theory. In researcher applied one type of triangulation that is theoretical. Researcher chose theoretical triangulation since the researcher conducted research with several theories of psychoanalysis theory.

FINDINGS AND DISCUSSIONS

The Forms of Unconscious Memories of Losing

In the novel *Please Look After Mom*, the researcher finds the Collective unconscious and Personal unconscious not only in the character of Park So-nyo's children but also in the character of her husband. Park So-nyo is a wonderful mother character for her family.

1. Collective Unconscious

The collective unconscious is the most dominant in the novel *Please Look After Mom*.

Your mom had had a stroke a long time ago. A stroke? you said that had never happened. The doctor pointed at a spot on her brain scan and said it was evidence of a stroke. "How could she have had a stroke without even knowing about it?" The doctor said your mom would have known. (p:43)

In the quote above, the mother is brought by a child to check her body condition because the child is worried about the mother's health. The explanation from the doctor surprised the child, the mother, who was thought to be fine, turned out to have a stroke. The mother unknowingly has brought out the archetype of the persona in her, and is speculating that she is doing well. It is not without reason that the mother covers up her illness, she does not want to make her children or husband worry about her. She tried his best to hide how he felt. Sometimes we don't have to tell everyone what we feel, but there are times when we need help. Because humans are social creatures. The longer we hide what we feel, speculation will appear which will eventually hide our identity and be difficult to accept by family or

society. Therefore the daughter's, who always felt she knew his mother best, wondered if she really knew his mother.

2. Personal Unconscious

In the personal unconscious, the researcher finds several appropriate quotations on the explanation of the personal unconscious that the individual has acquired during his forgotten life (memory materials), and the things he has observed.

You didn't know that one day you would miss your wife's nagging, which used to go in one ear and out the other. (p:96)

Habits are things that we may unconsciously do and sometimes ignore the habit. Like the husband who has a habit of ignoring the scolding of his wife. The personal unconscious arises when the wife has left his side and he misses the things you ignored. Because in the past when your wife nagged at you sometimes you just thought the scolding was wind and didn't respond to it. This habit is unconsciously a longing buried in your heart because you want to hear your wife's scolding again.

Unconscious Memories of Losing Trigger Self Defense Mechanisms

1. Collective Unconscious

a. Forgotten

Is something you don't want to remember, like bad things or other bitter memories.

“What about what you were going to be?” He replied simply that he would work hard at the company, save for two years, and start studying again. (p:68)

In the quote above, Hyong-chol doesn't show his weak side to his mother, who doesn't seem happy to have Hyong-chol work at a top company. His mother wants Hyung-col to become a prosecutor. But to make up for his weak side, Hyong-chol tells his mother that he will save up and will start studying again. The quote above shows that in protecting his identity for the world, he only looks strong and encourages himself so that he can continue his other activities. If he kept thinking about his goals and just daydreaming, he definitely wouldn't be able to work where he is now. This is what makes Hyong-chol choose to continue his life as it is.

b. Repressed

The occurs when trauma is too severe to be kept in conscious memory, and is removed by repression or dissociation or both. At some later time it may be recalled, often under innocuous circumstances, and reappears in conscious memory.

Your wife would rip out her hair and grab at her chest in grief. She would bang open the door and run to the well and gulp down cold water.(p:122)

From the quote above, the dark side appears in his wife, who performs a self-defense mechanism, with a pattern of hurting herself. This side arose because of the situation that made her spawn this shadow, because of the sadness she could no longer bear after losing her brother-in-law. This pattern of behavior carried out by his wife may have bad consequences for her because she does not hesitate to hurt herself. It may even be fatal, allowing her to injure herself to the point of losing a lot of blood, which leads to death.

c. Subliminally

Stimuli that are below the threshold of perception or awareness so that they are not consciously aware of. The existence of this stimulus cannot be known even if someone tries or deliberately pays attention to or looks for it.

A chilly draft seeped in, in waves from the wallfacing the street. "I can fall asleep better if I'm next to the wall," Mom said, and switched sides with him. "It's drafty," he said, and got up to stack his bag and books next to the wall, to block out the wind. He piled the clothes he had been wearing that day next to the wall, too. "It's fine," Mom said, pulling him by the hand. "Go to bed; you have to get up for work tomorrow." (p:56)

From the quote above, the mechanism shown by the mother's character is that she is a great mother. Where the mother's soul appears by itself when she sees the child. This mechanism is a mother figure who provides protection to her children from the cold night wind. A mother will accept any risk if it is for the child she loves. Like in the quote above, the mother feels sorry for her child, who always sleeps with the cold night wind, and the mother takes the initiative to sleep near the wall so that the child can sleep well for work tomorrow. This is what the mother unwittingly demonstrates to her child.

2. Personal Unconscious

a. Forgotten

Being forgotten is a feeling that we want to bury unconsciously because of factors that trigger those memories

You lived your entire life heaping all of your pain onto your wife. Kyun was your brother, yet your wife was the one who needed to be consoled. (p:122)

The dark side of humans will unexpectedly emerge and trigger the release of human self-defense mechanisms. Like the quote above, which makes his defense mechanism vent what he feels for his wife because he can't hold it in and suffer alone. This dark side is sometimes what causes a person to vent his defense mechanism on those closest to him. That's what he did to his wife, and he unconsciously continued to do that to his wife and maybe even hurt her heart without even realizing it, which resulted in deep regret once the wife was gone.

b. Repressed

The years of silence, after you had blamed it on her and didn't even let her talk about it-that pressure might have pushed your wife toward her pain. (p:125)

For years, you have blamed your wife for maintaining your defense mechanism, which desires the dark side that you wish to bestow on others who must also feel what she feel. In various ways, he vents and ignores what she has to say, with a dark side that appears as if you think your wife is a stranger. It is this dark side that has a negative impact on her, which allows feelings of regret to arise after carrying out self-defense mechanisms that vent to others without realizing that you will regret having done this to your wife, who always accompanies her both in bad and happy conditions, and maybe the impact that your wife received was because her husband's dark side that was bestowed upon her caused headaches by maintaining her defense mechanism that hides what she feels so that you don't know it, and most likely, the headaches she suffers because you reveal your defense mechanism by constantly blaming her.

c. Subliminally

Since you heard about Mom's disappearance, you haven't been able to focus on a single thought, besieged by long-forgotten memories unexpectedly popping up. (p:5)

A person's unconsciousness can cause experiences or feelings that she has felt for years to reappear in his memory without she realizing it. Like the quote above, it makes long-forgotten memories reappear. Without realizing it himself, the memory appeared, and what triggered the memory was the figure of his mother. Not all memories can appear suddenly without something that triggers the recall of those memories within a certain time frame. That memory also made her feel sorry for the things she had done to his mother when her mother was still around. What had happened so far kept repeating itself in his memory, so she couldn't focus on his usual activities.

CONCLUSION

The researcher succeeded in identifying the forms of the unconscious. From the first research question, there are 30 unconsciousness contained in the novel. The researcher found two types of unconsciousness in the novel. The data consists of 25 collective unconscious and 5 personal unconscious. The collective unconscious is the dominantly used by the author in the novel. After analyzing the form of the unconscious the researcher found, the Unconscious is the deepest part of the structure of consciousness and an important part of the human psyche. It is proved that the unconscious is not a hypothetical abstraction, but an empirical fact. The unconscious which contains instincts, impulses and drives innate and traumatic experiences (usually in childhood) is suppressed by consciousness which is transferred to the subconscious area. Subconscious content or material that has a strong tendency to persist in

the subconscious, its influence in regulating behavior is very strong but is still not realized. In the second research question, researchers identified that unconsciousness can affect self-defense mechanisms in a person which results in a change in attitude or emotion in that person. Self-defense mechanism or ego is a form of habit or pattern of a person to escape from uncomfortable feelings. Initially this mechanism is needed so that a person can still function in everyday life.

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