

ABSTRACT

Konstantinus Kapu. **The Influence of Unconscious Mind in Saving Mack to Reconcile Himself with His Anger in William Paul Young's *The Shack***. Yogyakarta. Department of English Letters, Faculty of Letters, Sanata Dharma University, 2014.

Anger happens when someone suffers from pain, insult and injury which motivate himself/herself to do a revenge. Sometimes anger can be expressed in the form of words and actions but it can be repressed into the unconsciousness. In this undergraduate thesis, the writer explains how Mack's unconscious mind influences himself to overcome his anger until he finally reconciles himself with his anger.

In this undergraduate thesis, the writer analyzes the unconscious mind of Mack, the main character in novel *The Shack*, written by William Paul Young. The problem formulations are divided into three parts. First part is to know the character of Mack. Second part is to describe the anger of Mack. Third part is to analyze the influence of unconscious mind in saving Mack to reconcile himself with his anger.

The method in answering the above problem is by conducting literary research. The theory of character from Abrams, the theory of anger from Aristotle and the theory of unconscious mind from Freud and Carl Jung are the main sources to do answer the problems.

The writer's analysis shows that Mack represses his anger at first because of his father abuse, the death of his child. These events make Mack hate his own father, the murderer and God. Mack isolates himself, avoids people and conversations and mistrusts in God. Mack cannot express his anger and as its compensation, Mack is using repression, projection, displacement, reaction formation to reduce his anger. However, the use of such defense mechanism is only to cover his anger, in which people around him do not know what Mack's feeling is. This questionable situation is then answered after the car accident and being unconscious for three days. In this moment, all the motivations of his projection, reaction formation, replacement and repression are revealed. As a result Mack easily recognizes that he has forgiven God, his father and the murderer. Moreover, Mack becomes a person who does not isolate himself, does not avoid people and conversation and believe in God. Mack finds his joy and reconciles his anger.

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Perasaan amarah terjadi ketika seseorang terluka dan mengalami penderitaan, penghinaan sehingga memotivasi dirinya untuk melakukan tindakan balas dendam. Amarah terkadang bisa diluapkan dalam bentuk kata/kata dan tindakan-tindakan tetapi terkadang juga hal itu hanya dapat dipendam dan ditekan ke alam bawah sadar. Pada skripsi ini akan dijelaskan bagaimana alam bawah sadar Mack mempengaruhi dirinya untuk mengatasi amarahnya hingga akhirnya mampu berrekonsiliasi dengan amarahnya sendiri.

Dalam skripsi ini, penulis menganalisis alam bawah sadar Mack, karakter utama dalam novel *The Shack* karya William Paul Young. Rincian permasalahan yang ingin digali terbagi menjadi tiga bagian. Bagian pertama adalah mengetahui kepribadian Mack. Bagian kedua adalah bagaimana amarah Mack digambarkan dalam novel. Bagian ketiga adalah menganalisa pengaruh alam sadar dalam menyelamatkan Mack untuk berrekonsiliasi dengan amarahnya.

Metode dalam menjawab persoalan di atas adalah dengan melakukan tinjauan pustaka. Teori kepribadian oleh Abrams, teori amarah oleh Aristotle dan teori alam bawah sadar oleh Sigmund Freud dan Carl Jung adalah sumber-sumber utama dalam menjawab persoalan di atas.

Analisis penulis menunjukkan bahwa Mack awalnya memendam amarahnya oleh karena penyiksaan ayahnya serta kasus terbunuhnya salah satu anaknya. Kejadian-kejadian ini membuat Mack begitu membenci ayahnya, si pembunuh dan Tuhan. Mack mengurung diri, menghindari orang dan percakapan serta tidak mempercayai Tuhan. Mack tak mampu meluapkan amarahnya dan sebagai kompensasinya, Mack menggunakan represi, proyeksi, displacement dan reaction formation dalam mereduksi amarahnya. Akan tetapi pasca kecelakaan mobil dan pingsan selama tiga hari, Mack dengan mudahnya mengakui bahwa ia telah memaafkan Tuhan, ayahnya dan si pembunuh. Lebih dari itu Mack menjadi pribadi yang tidak lagi mengurung dirinya, menjauhi orang-orang dan menjadi pribadi yang percaya pada Tuhan. Mack mampu menemukan kebahagiaannya kembali dan berrekonsiliasi dengan amarahnya.