THE SIGNIFICANCE OF TRAUMA TO MACK’S PERSONALITY IN WILLIAM P. YOUNG’S *THE SHACK*

AN UNDERGRADUATE THESIS

Presented as Partial Fulfillment of the Requirements
For the Degree of *Sarjana Sastra*
In English Letters

By

KEVIN CHRISTY

Student Number: 124214056

ENGLISH LETTERS STUDY PROGRAM
DEPARTMENT OF ENGLISH LETTERS
FACULTY OF LETTERS
SANATA DHARMA UNIVERSITY
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November 14, 2016

iii
A Sarjana Sastra Undergraduate Thesis

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Defended before the Board of Examiners
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ACKNOWLEDGEMENTS

I would like to express my gratitude due to my finishing this thesis with the supports and helps from many individuals. My sincere thanks goes to all of them. First of all, I would like to express my gratitude toward Jesus Christ for the wisdom upon me and His blessing so that I was able to finish my thesis. He gave me strength, and good health so that I could endure the process of making this thesis.

Second, my gratitude is for Dra. A.B. Sri Mulyani, M.A., Ph.D., as my thesis advisor for imparting her knowledge and guidance in completing this thesis. I am really grateful for the technical and editorial advice to the completion of this thesis and has taught me lot of lessons and insights during the college and while working on this thesis. I will not forget to give my gratitude to Dr. Gabriel Fajar Sasmita Aji, M.Hum. for his willingness to become my thesis co-advisor. He helped me in correcting numerous errors and mistakes and also suggestion to make my thesis better.

I would like to thank Sanata Dharma University for the precious time and opportunity to study in such a wonderful facility. More or less, these four years gave me a really good time, all of the things I have done, all the hardships. Thanks to all of the lecturers who gave me lectures on multiple subjects which enrich my knowledge.

These acknowledgements would not be complete without mentioning my friends: Handoko Wijaya, Sandy Rodan, Mikael Ari Wibisono, and Doni Wijaya.
Thanks for the laugh we had in difficult times, all the silly things we have done, the chance so that I’m able to expresss myself. My gratitude also goes to Cicilia Dwi Sapurti who helped me about my thesis format and guided me patiently so that I could improve my thesis into a better one. To Constantinus Aldwin Nayoan for checking my thesis grammar which contained a lot of errors. To Cornelia Celine Sutanto who scolded and motivated me to finish my thesis. Finally, to my family for giving me the everyday-pressure to finish my thesis as soon as possible even when I was upon depression.

Kevin Christy
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ABSTRACT

CHRISTY, KEVIN. The Significance of Trauma to Mack’s Personality in William P. Young’s The Shack. Yogyakarta: Department of English Letter, Sanata Dharma University, 2016.

The Significance of Trauma to Mack’s Personality in William P. Young’s The Shack was chosen as the title of this study because it is important to understand more about the main character in the story. It is important so that we could have a better understanding toward the whole story, especially about how the main character of a story is depicted. In this study, the problems that are discussed includes how the trauma affected Mack’s characteristics that form a set of negative personality.

The objective of the study is to analyze how the characteristics of the main character are depicted. Next is to analyze how the mechanism of trauma works on the formation of the main character’s negative personality. The last is to analyze how the trauma affects the story, especially on how the main character’s characteristics manifested into his behaviors and responds to his environment.

The method used in this study is psychoanalysis approach. Psychoanalysis approach applied in this thesis in order to analyze the process that happened to the main character especially in experiencing trauma. The mechanism that happens within human’s mind especially how it reacts to a trauma and how it affects

This study concludes that the main character’s present personality such as introverted followed by overprotective and individualistic, was affected by his traumatic childhood. How the main character becomes overprotective toward his family especially to his children, the way he solves his problems by himself and how he behaves to a stimulus, was all affected by his childhood, the trauma that are caused by his father.
CHRISTY, KEVIN. The Significance of Trauma Mack’s Personality in William P. Young’s The Shack. Yogyakarta: Program Studi Sastra Inggris, Fakultas Sastra, Universitas Sanata Dharma, 2016.

The Significance of Trauma to Mack’s Personality in William P. Young’s The Shack dipilih menjadi judul studi ini dikarenakan pentingnya memahami lebih mengenai tokoh utama dalam sebuah cerita. Hal tersebut penting agar kita dapat memahami lebih dalam mengenai keseluruhan cerita, tetutama mengenai bagaimana tokoh utama dalam sebuah cerita itu disajikan. Dalam studi ini, permasalahan yang akan dibahas adalah bagaimana trauma mempengaruhi berbagai karakteristik dari Mack yang kemudian membentuk suatu kepribadian yang negatif.

Tujuan dari studi ini adalah untuk menganalisa bagaimana karakteristik tokoh utama disajikan. Kemudian untuk menganalisa bagaimana mekanisme trauma mempengaruhi formasi kepribadian yang negatif dari tokoh utama. Tujuan terakhir studi ini adalah menganalisa bagaimana trauma yang terjadi pada seorang tokoh mempengaruhi sebuah cerita, terutama bagaimana beberapa karakteristik tokoh utama diwujudkan dalam tingkah laku dan cara merespon lingkungannya.

Metode yang digunakan dalam studi ini adalah pendekatan psikoanalisis. Metode pendekatan psikoanalisis diterapkan dalam studi ini guna menganalisa proses yang terjadi pada tokoh utama, terutama dalam mengalami trauma. Mekanisme yang terjadi didalam pikiran manusia terutama dalam bagaimana pikiran manusia berekasi terhadap trauma.

Studi ini menyimpulkan bahwa kepribadian tokoh utama seperti introversi yang diikuti oleh sikap terlalu protetif dan individualistik adalah hasil pengaruh trauma masa kecilnya. Sang tokoh utama menjadi sangat melindungi keluarganya terutama anak-anaknya, serta bagaimana ia menyelesaikan permasalahan, dan bagaimana ia menyikapi rangsangan, semua adalah hasil pengaruh dari masa kecilnya, trauma yang disebabkan oleh ayahnya.
CHAPTER I

INTRODUCTION

A. Background of the Study

Character is considered as the most important element in a story because character is the heart of story. Various characters are created, used and involved in a story to create tension and conflict; the character are the driver of a story. Characters are often created by the author with personalities consisting some complex characteristics in order to bring the characters alive, and to make them believable and resemble a real person. There is no limitation on creating a character, even at the start of a story; some already have their complexity, such as their background, motive, reason, logic, or even behavior.

In relation to the complexity of character, motives, logic and behavior can be traced back to the process that happen between the conscious and the unconscious, therefore psychoanalysis is applied within this thesis in order to analyze the process that happens to a character that is created by the writer and the impact of the process to the whole story. The interaction between conscious and unconscious in human’s mind is important in order to be able to analyze the mental process that happen to someone, from the point of id, ego, and superego; in which Sigmund Freud in Peter Barry’s The Beginning Theory explains that those three aspects may heavily affect someone’s way of thinking and responding a certain stimulus or situation. (2002:96)
The importance of this research is to have a better understanding towards the main character using an in – depth – analysis based on the approach of psychoanalysis. Therefore, in this study, the reason or the logic behind the main character’s behavior and action that are manifested by his personality followed by several characteristics are going to be revealed.

Within the story, the character Mackenzie Allen Phillip or Mack is depicted as a normal person who has a good life and a good family, but later is depressed by the death of her daughter. It turns out that Mack has a trauma that happened in the past and heavily affecting his inner self and also his daily life in the present life unconsciously. Therefore, from the very beginning the main character, Mack, is already affected by his own past which affects his behavior.

B. Problem Formulation

1. What are Mack’s personality in Young’s The Shack?
2. What kind of trauma that happen to Mack in Young’s The Shack?
3. How does the mechanism of the trauma take effect on Mack’s personality and characteristics in Young’s The Shack?
C. Objectives of the Study

The first objective of this study is to analyze how Mack’s characteristics are described in the novel. Next is to analyzed what kind of trauma that happened to Mack. The function of this step is to narrow down the factors that may affect the next step. The next step is to analyze how the mechanism of the trauma takes effect on the formation of Mack’s characteristics in the novel; how the trauma works as it can create the present characteristics described in the novel. The last is to analyze on how the process affects the story, especially in Mack’s behavior and the way Mack responds to his environment.

D. Definition of Terms

Trauma

Trauma is a response to a sudden event or unpleasant experience that results in a shock; physically, emotionally or mentally. Meaning to say that the traumatic event is an extraordinary event that is too strong for a person to deal in a certain period of time. (Freud, 1916)

Personality

Personality is a set of complex characteristics that distinguishes a person or an individual from the others. Personality may consist of a set of distinctive traits, characteristics, or quality of a person or an individual. (Merriam Webster)
CHAPTER II

REVIEW OF LITERATURE

A. Review of Related Studies

There are two studies and two reviews that are reviewed using the novel of *The Shack*. The two studies mostly discuss about the theological approach of the novel; how it can deliver a certain idea of Christology in a very different way that the reader easily understand.

The first review was taken from Tim Challies’, “A Reader’s Review Of *The Shack*” in Challies.com, January 15, 2008. This review discussed *The Shack* from the perspective of theological approach. It described how the book is able to deliver some ideas of Christianity in a simple way that most readers can understand; how the book is able to deliver the idea of subversion, revelation and salvation that have been done by God and moreover, on how it delivers the understanding of the portrayal of the Trinity in the figures of three different embodiments of human characters that the Bible can’t give in a way that is easy to understand.

The second review is taken from Rev. Jason P. Peterson, “A Theological Analysis and Lutheran Response to William Paul Young’s *The Shack*” 2009. The study discussed about how *The Shack* is able to overstep the boundaries of difficulties in delivering the idea of Christology. The writer finds
out that the book is able to give a concrete example of ideologies that are usually difficult to be understood; such as the concept of Trinity that the author, Young, could deliver it in the easiest way to be understood.

The first study done by Konstantinus Kapu in 2014 entitled “The Influence of Unconscious Mind in Saving Mack to Reconcile himself with his anger in William Paul Young’s The Shack”. The study focused on Mack’s mechanism on dealing with his anger especially cause by his trauma and the death of his daughter. This study shows that Mack was unable to express his anger because all of Mack’s defense mechanism was not enough to let his anger flow but to cover or to reduce. However, in the end of the story, Mack’s defense mechanism are revealed, his projection, reaction, formation replacement and repression. In the end of the study, the researcher conclude that the revealing of his defense mechanism gave Mack the ability to reconcile himself with his past and his current situation and are able to let his anger flows.

The second study done by Benedictus S. Martin in 2010 entitled “Mackenzie Allen Phillips’ attitude towards the Great Sadness as Seen in Wiliam Paul Young’s The Shack”. The study focused on the process of Mack’s unconscious in attempt to reconcile with the anger, the process of the unconscious that lead Mack to solve his inner conflict especially his anger. The study shows that Mack’s decision to fulfill the invitation to the shack was actually his own will, affected by his unconscious in attempt to find a way to
cope with his anger. The study shows how Mack regain his human needs in time when Mack was in the shack and also how he was finally able to forgive his past and the murderer of his daughter and move on with his life.

Regarding to the previous study that most of them are talking in range of theological matter or theological approach, this literary work is actually having a huge gap aside of the religious theme. The main character actually has problems; or more precisely, trauma in the past that affects the current characteristic, on how the main character behaves, think and react to a certain stimulus or situation. Only if we read thoroughly the book, the main character seems to be not having any trouble at all, living a good life, and a good family. But if we read it more carefully, however there are indications of abnormalities on how the main character behaves, and of course the abnormalities are in the form of negative way of response because that the main character is created with a traumatic past life that may affect the present character’s characteristic.

The focus of this study is about the logic and the reason of the main character’s behavior in the point of view of psychoanalysis. In literary approach, from a psychoanalytical perspective to be more precise, any negative way of a character behaves might be an indication that the character has more characteristic or background that is delivered within the story. This study is about to reveal the process that happens in relation with the characteristic formation of Mack in the beginning of story, how his past affect his present personality.
B. Review of Related Theories

1. Character and Characterization

Character can be considered as one of the most important elements in a literary work. According to M.H. Abrams in *A Glossary of Literary Terms* (1999), character is the main medium that is used by the writer or the author of a story to deliver the plot or the events that will create the story.

The creation of a character is unlimited, based on the ability of the writer or the author to create a character. In general, there are two different characters based on the importance of the role. A major character is a character that is going to appear in the whole story; the plot driver in a story. Meanwhile, a minor character is just a complementary character; they might not appear through the whole story.

Characterization is the character’s personal attribute. Characterization can be obtained by analyzing the description of the character through several ways, such as a description of the physical appearance, speech, past life, conversation, the author’s direct description, manner, the way a character think and behave. In his book *A Glossary of Literary Term*, M. H. Abrams defines character as follows:

“Character is persons represented in a dramatic or narrative work, who are interpreted by the reader as being endowed with particular moral, intellectual, and emotional qualities by inferences from what
the persons say and their distinctive ways of saying it as the
dialogue and from what they do as the action.” (32-33).

2. Theories on Psychoanalysis

A. Psychological Repression

According to Sigmund Freud in Peter Barry’s The Beginning Theory:

Linked with this idea of repression, which is the forgetting or ignoring
of unresolved conflict, unadmitted desire, or traumatic past events, so
that they are forced out of conscious awareness and into the realm of
the unconscious. (Barry, 2002: 96-97)

Meaning that psychological repression is a human mechanism in
dealing with trauma or any unpleasant experience which may cause stress or
shock to one person. The mechanism is to forget or to ignore, trying to
avoid any things that may track back to the memory of the trauma or the
unpleasant experience in order to feel safer or better for a person.

B. Trauma Reaction

Trauma can be identified as psychological pressure; a pressure that a
person has to deal in everyday life that is commonly known as stress. An
ordinary stress is very common in life; a balanced amount of stress might be
useful as it is to stimulate the feeling and help a person to feel alive, and an
unbalanced stress will give a person the pressure in life.

However, there is another level of stress that is very different from
the common stress, which is traumatic stress. Traumatic stress is a stress in a
great amount and piercingly intense, and also overwhelming, which may cause abnormalities. This type of stress involves a shocking - emotional experience that will affect a person’s mental and mind. This trauma can be defined as a mental wound as it is a result of a shocking emotional experience which is hard to overcome and will give a relatively permanent effect.

The abnormalities that might show as the result of traumatic stress may also be varied, but in common, there are two mechanisms that would appear. The first is to stay in the state of traumatic stress, meaning that a person will be still in the state of traumatic stress.

If something may trigger the traumatic experience, he or she may become suddenly shocked or in a state of feeling an overwhelming terror. The second is to let the trauma pass, but unconsciously affect another part of psychological aspect, such as hidden feelings that lead to having a wrong perception of something. Freud once said that when an individual cannot deal with the trauma or the excessive influx of excitation the ego will develop such a defense mechanism: repression. But what really important is what happens after the repression.

Some people just have the repression; meaning that when something trigger the memory of what his or her psyche cannot deal, the memory will makes the event hysterical.
C. Internalization and Introjection

According to Freudian theory in personality disorder, especially in the context of post-traumatic adaptation of losing the object or a relationship, a person can have such a different way in the way they identify things.

The process of identification works in a way that it constructs an internalized representation of things so that the conflict can be minimized or temporarily resolved. This form of internalization is called introjection.

Introjection may lead to positive and negative effects. The positive effects of introjection is when someone introject themself with positive traits to cope with a certain situation. A kid may do something or introject a positive trait of the parents so that they do things ‘just like mom and dad’.

The psychodynamics of introjection and identification serve as the fundamental processes for this aspect of character shaping in concert with the specific events of psychosexual and psychosocial developmental stages. This means that when and how the parent-child conflicts arise, and when and how they are resolved, will determine whose attitudes the child imitates and incorporates; whether, for example, the nurturing characteristics of the parents or the prohibitive attitudes become part of the child’s legacy. (Michael, 1994:2)

While the negative effects of introjection is the condition of a person introjecting themself with negative or even when they try to reconcile with a things like concept, or trait. (Michael, 1994:3)
D. Id, Ego, and Superego

According to Freud, The Id is the components of personality made of unconscious psychic energy in order to satisfy basic needs, desire and also urges. Superego is the conscience of one self, a repository of rules of the society one lives in and the general principles of conduct. While the Ego is part of both Id and Superego, Ego works to mediate between the urge of the Id and the external world in relation with society rules. So the Ego works to fulfill the Id demand while avoiding negative consequences of society. (Freud, 1923)

E. Personality

Personality can be defined as a psychological structure; a blends of characteristics that make a person unique; an attachment to distinguish one person and the other. Personality is a general term to represent a sets of trait attached to one person.

Personality is the dynamic organization within the individual of those psychophysical systems that determine his characteristics behavior and thought. (Allport, 1961: 28)

Personality could be developed since the birth of a person, and there are factors that could affect one’s personality development. Some important factor that may affect personality development:

i. Heredity

One of the factors that could affect a person’s personality is heredity factor of the biological factor. This include the physical condition of a
person which include nervous system, glands, blood chemistry, sex differences, and also intelligence level.

ii. Environment

Other factor that might affect a person’s personality development is the environment. Environment may have the biggest influence on a person’s personality development in terms of developing the moral ideas, interest and attitudes. There are several important environment:

a) Physical environment, which include the climatic condition and the geographical area one living in.

b) Social Environment, where one learns about social roles and the interaction with one another such as the neighbors and schools.

c) Cultural Environment, which include cultural tradition, values and ideas of a particular society.

d) Family environment, as the first and prime environment in which, one comes in contact with his parent as the main provider of the early experiences and educations and also training.

F. Human Basic Needs

According to Abraham Maslow, human was born with some basic needs that will always exist within a person. This human basic needs later become the underlying reason of a person’s desires and urges which human always try to seeks in order to fulfill the desire. There are five types of need in which, the first four level was often considered as deficiency needs and the fifth level known as being needs. The first four needs considered as deficiency needs because the lack of these four needs will create tension within a person. The five basic needs are:
i. **Physiological needs**: Physiological needs consist of physical or body needs like air, food, drink, shelter, sleep and sex.

ii. **Safety needs**: Safety needs are the need of protection such as security, law, stability. These needs mainly operate in the psychological level.

iii. **Love and belongingness needs**: Love needs and belongingness needs also mainly work in the psychological level. These needs mainly about affection, either to receive or to give toward another person.

iv. **Esteem needs**: Esteem needs are the result of a mastery of skills or tasks in which the term comes into self-esteem. Esteem needs also contain the aspect of receiving recognition and attention from the other.

v. **Self-actualization needs**: Self-actualization needs as the fifth or the final needs are about achieving the full potential. Meaning that self-actualization needs is the final needs of a person if the rest of the needs are in the perfect condition or met in condition. This need produce the desire to become more than before, to become everything that one is capable of becoming. While this need may vary in forms such as the quest for knowledge, peace, meaning in life, self-fullfillment and achievements.
3. **Relation between Literature and Psychology**

In literary work, character is the most important element for it is mainly used by writers to deliver the story, to drive the plot.

Character is the main element that could bring such a story or the element that entertains the reader, because it is the one that aroused the reader’s mind. A character has characteristics, and the characterization can be created in such an infinite way, a limitless combination that some characters are created with a complex characterization since the writer or the author may use the complexity to bring the story deeper or to use the complexity to bring the plot.

In order to be able to understand such a complexity in a characteristic of a character, some psychological aspects may be used. The use of Freudian theory in psychology is meant to have a better understanding toward a literary object.

More specifically, both psychology and literature adopt as one of their goals the better understanding of overt behavior and the mental life of individuals, and how these are related. (Fathali, 2004: 505).

This proves that psychology may be used to seek the truth toward a better understanding to a certain literary work. Meaning that the purpose of psychoanalytic approach in literature is to open the art of the literature itself; to open the empathy and the understanding. Through our empathic understanding, we are experiencing the art itself, psychoanalytic approach
may delights its reader in experiencing our own human nature. As the result, we might have a better understanding toward the art of the literature, especially the story itself.

C. Review of Historical Backgrounds

The Irish was immigrating to the America during the 19th century. Exceeding almost one million Irish, nearly half of all immigrant. While most of them were Catholic and Christian, the majority of the immigrant were working in large construction project such as coal mines farms, and buildings. As the poverty spread among the immigrant, their well-being were disrupt and social problems start to emerge. As the social problems rise, they were stereotyped by the society as uncivilized, unskilled. Irish American was always depicted as hot-headed meaning that they are depicted as a temperamental, old-fashioned and drunkards. They are often depicted in an ape-like barbarians.

In the 19th century, cartoons were widely used in a political purpose to express the negative depiction of Irish immigrants. Many ads for employment were written with a note “No Irish need apply”. The society during that period try to limit the immigrants’s right.
D. Theoretical Framework

*The Significance of Trauma to Mack Personality in William P. Young’s The Shack* was chosen as the title of this study because it is important to understand completely about the main characters so that we may improve our understanding towards the story. The focus in this study is about how the trauma that happened in the past life of the main character, Mack, affect the present characteristics that served by Young in *The Shack*.

The theory of character and characterization are used to collect the data that are used as the primary data to be analyzed. The theory of trauma reaction are used to identify and to analyze the mechanism of the trauma and also how it can affect the conscious – unconscious part of the main character and the effect or the result to the output or the way the main character think and react to a situation. Other theories, such as Maslow’s human basic needs and id, ego, superego, introjection, and repression are used as supporting theories to give a clearer point or perspective of psychological aspect within the analysis of the trauma.
CHAPTER III

METHODOLOGY

A. Object of the Study

This research is done using the novel entitled *The Shack* by William Paul Young. This book was published in 2007 by Windblown Media in Newbury Park California, containing 146 pages, consisting 18 chapters. *The Shack* became the bestseller of New York Times by having sold over that one million copies and the book has been translated into 30 different languages.

*The Shack* is a popular Christian book, telling about Mackenzie Allen Phillip, a man with his wonderful family, until one moment, Mack losing his daughter Missy to a serial murder in a family vacation. Mack live in great sadness until he found a mysterious letter which lead him into the shack where his daughter was murdered. Later, Mack faint and woke up and met The Trinity which embodied into three different figures who taught him so many lessons about forgiving. Mack spent his week with them in a mysterious unexplainable way. After he woke up in the shack, he became an enlighten person and was freed from his sadness and his traumatic past.

William Paul Young was a Canadian writer, born in May 11, 1955. Despite he was born in Canada, he spent his early age in New Guinea which also known as West Papua. He was raised among the Dani, a tribe of New Guinea, he was granted unusual access into their culture and community as he was the first outsider who ever spoke their language.
In the very beginning, *The Shack* was self published which turned into USA best seller for having sold over one million copies. Today, *The Shack* has awarded several times with total selling over 10 million copies in print. *The Shack* was placed as the 1st in New York Times Best Seller List and as the 6th by USA Today. Around the world, *The Shack* has become a bestseller in Canada, United Kingdom, South Africa, and South Korea. Recently, *The Shack* was going to be adapted into movie, the filming began in Canada 2015 and was scheduled to be released in the United States on March 2017.

**B. Approach of the Study**

Psychoanalysis approach is used in this study. This approach is very applicable to the novel *The Shack* because the problems that are going to be studied in this research are related to the psychological state of the main character, as well as its effect to the story.

As Freud has stated that our action actually influenced the unconscious, which also part of the conscious mind.

Linked with this is the idea of repression, which is forgetting or ignoring of unresolved conflict, unadmitted desires, or traumatic past events so that they are forced out of conscious awareness and into the realm of the unconscious. (Barry, 2002: 96-97)

The explanation above shows that a person’s action or the way a person reacts to something can be related back to the state of the unconscious part of mind whether it is affected by any kind of repression or
not. As in *The Shack*, it is indicated that the main character actually had a trauma in his past life; a trauma that he is trying to ignore and stay unresolved that later that trauma is forced out of the consciousness and the result, it changed the way the main character thinks and reacts to the situation.

The characteristic of the main character in the first half of the story seems to be good because it is described on how the main character lived his life in the present and seems to be having no trouble. Based on the theory of characterization, some abnormalities can be found through the habit, the behavior, and the way the main character thinks and act. Therefore, psychological approach is very applicable to find out the reason behind the characteristics of the main character in the present or in the first half of the story.

C. Method of the Study

Library research method was used in this study. The source data analyzed were taken from the novel itself, *The Shack* by William P. Young as the primary data. Another data that are used are theories, articles, journals and studies that are related to this study.

There are several steps within the analyzing process. First, close reading is applied in order to have a complete understanding towards the
source data and also in order to seek any information that are used as the
source data.

The second step, is collecting data from the novel by selecting parts
or elements that are relevant to the topic and the problem. The findings are
used as the concrete proof of the data. The third step, is to apply the
theories to the elements that are already selected and analyzing the data
through several approaches or theories such as characterization, trauma
reaction, and introjection. The fourth step, is to assemble the conclusion
and proof that the result is credible enough and are applicable with the
novel. The final step is to draw the final conclusion from the whole study
and analysis.
A. Characterization of Mackenzie Allen Philips ‘Mack’

In this part, the main character’s life experience is observed and later is used as the main data to analyze and to answer the problem formulation. Within the novel, the personality and characteristics of Mackenzie Allen Phillips’s life experience is described by direct description of the author and the way the main character behaves and communicates with the other characters. The characterization can be observed and especially focused from two major periods. One is from the main character’s past life and one from his present life. The two major period was chosen because this study focused on how the mechanism work and are manifested in the way the main character reacted to a certain stimulus. M.H. Abrams stated in *A Glossary of Literary Terms* that there are two different methods of characterization; showing and telling.

In showing (also called "the dramatic method"), the author simply presents the characters talking and acting and leaves the reader to infer the motives and dispositions that lie behind what they say and do. The author may show not only external speech and actions, but also a character's inner thoughts, feelings, and responsiveness to events; In showing (also called "the dramatic method"), the author simply presents the characters talking and acting and leaves the reader to infer the motives and dispositions that lie behind what they say and do. The author may show not only external speech and actions, but also a character's inner thoughts, feelings, and responsiveness to events; (Abrams,1999:33-34)
1. Mackenzie Allen Phillips And His Past Life

The past life of Mackenzie Allen Phillips or Mack served in the story as fragments, some are served through a quick flashback and some are in the form of explanations of a question that is asked by another character in the story. However, there is a section in the foreword of the book that told a piece of event that happens to Mack when he was thirteen years old. That part tells enough information about Mack’s background, his family, his origin and his early life, especially when Mack lived with his father and mother and was live in his home town.

From the point of view of historical background, Irish-American people are depicted as hot-headed, uncivilized, old fashioned, drunkard, but also religious at the same time. Related to the historical background of Irish-American people, Mack was born in an Irish – American family that is committed as a farmer. His father was an overly strict church-elder with rigorous rules applied at home. Although his father was very religious, he was also a heavy drinker. Carrying the stereotypes of common Irish-American people’s trait and personalities, Mack’s father is depicted as a tough man, hot-headed, raising his children with such a strict rule.

Mack was born somewhere in the Midwest, a farm boy in an Irish-American family committed to calloused hands and rigorous rules. Although externally religious, his overly strict church-elder father was a closet drinker, i know his daddy was not a fall-asleep-happy kind of alcoholic but a vicious mean beat-your-wife-and-then-ask-
God-for-forgiveness drunk. (2007: 8)

This may indicate that Mack’s father actually also suffered from a traumatic past life that turned him into a figure of father that is feared by his own wife and children. By his unknown traumatic past, it creates a figure of father with such a role dysfunction. From the point of view of Christianity, Mack’s father was a proof of a failure from doing his role in the family. Related to Christianity, it is stated in Holy Bible that a husband must also lead his family spiritually as a husband and a father may represent the image of God.

Mack’s father is seen as a failed figure of father who did not fully function. Instead of being a father who are supposed to be able to protect his family and to lead his family spiritually, Mack’s father became the opposite. Mack’s father turns to be a violent and mean figure in the family, resulting in domestic violence, in terms of physics, verbally and emotionally. His role dysfunction caused him to have a broken identity as a father since he was failed to be a figure of a father he was meant to be, failed to do his role as a father and as the head of the family.

The most significant thing that happened to Mack is when he was about thirteen years old, Mack was participating in the church event of the youth revival as a participant. The event offered a chance for the youth to confess their sin to the churchman, so Mack was taking that chance. Mack confessed the things that are bothering him; his guilt of not being able to do anything but to
watch his mother beaten by his father while he was drunk; without considering that the churchman Mack confessed with work and serve at the same church together with his father.

It all came to a head when thirteen-year-old Mackenzie reluctantly bared his soul to a church leader during a youth revival. Overtaken by the conviction of the moment, Mack confessed in tears that he hadn’t done anything to help his mama as he witnessed, on more that one occasion, his drunken dad beat her unconscious. What Mack failed to consider was that his confessor worked and church with his father, and by the time he got home his daddy was waiting for him on the front porch with his mama and sisters conspicuously absent (Young, 2007: 8).

When Mack came home, his father already waited for him in front of the house holding a belt with a big buckle. Later Mack was tied in an Oak tree for two days, beaten with a belt and bible verses when his father was not drunk.

For almost two days, tied to the big oak at the back of the house, he was beaten with a belt and Bible verses every time his dad woke from stupor and put down his bottle (Young, 2007: 8).

Later, when he recovered, he ran away from home, before he left, he poisoned every bottle he could find in the house, and left a note for his mother saying “Someday I hope you can forgive me” (Young, 2007: 8).

This past event turns to be a trauma to the character of Mack. It was physical abuse and mental abuse that done by his father and its affects Mack so much that he decides to run from his family and live by his own in the age of thirteen, “Two weeks later, when Mack was able to put one foot in front of the other again, he just up and walk away from home” (2007: 8)
2. Mackenzie Allen Phillips And His Present Life

In the past, Mack was abused by his own father, abused physically and mentally, living in fear of his own father. Mack felt that he was guilty for not being able to protect his mother. In the age of thirteen, Mack ran away from home and living by his own, forcing himself to become independent and mature. Moreover, Mack was live all by himself and living aboard, he was forced to live alone.

Regarding the past event of the main character of *The Shack*, Mack was presented with some personalities that seem to be negative as it is affected by the past event that as it turns out to be a trauma to Mack.

The main character turns out to be overprotective toward his own family and his own self; to his wife and his children. This characteristic is obtained by the way the main character communicates to the family that creates a repetition pattern such as:

“…, and a whole lot safer to look at than walk in, trust me.” (2007:15)
“Well, you and the kids stay put and stay safe…” (2007:16)
“Be safe and call me if you need anything. Bye.” (2007:16)

The example above is taken from a single scene in the beginning of the story in which Mack made a call to his wife and his children when they were apart in their relative’s house. Within a single scene, single conversation through a telephone, Mack, the main character has stated for at least three times expressing his worry toward his family. Mack worried too much about his
family, Mack knew that his wife and children was at relative’s house and he wanted to make sure that everything is just fine. Mack wanted his family to be safe, but it turns that Mack worried too much. Based on psychological studies, being worried too much may lead to an overprotective behavior. This particular behavior of Mack proves that the main character is overprotective towards his family.

In the story, Mack turns out to be an introverted person which is also another form of overprotective toward himself. It can be observed from the behavior and the way he thinks that there is a tendency of avoiding people, and that he seems not to enjoy conversation with others. In the novel, when Mack tries to call the post office, he expects a certain person to pick up the call “As expected, Annie, the matronly postmaster and keeper of everyone’s secrets, answered the phone.” (2007:14). In addition, when he and the children are in the camping ground, when they meet another family; “Sometime during the weekend two other families seemed to magically weave themselves into the Phillip’s world”. (2007: 22)

This proves that Mack actually hardly adapted with new people, meaning to say that Mack was an introvert and was uneasy with new people. This is actually a type of defense mechanism in which a person tries to build a ‘wall’ so that other people cannot approach. In other word it is a defense mechanism
which a person try to avoid deep talk with others or even fear other people because the ego tries to protect so that the trauma will not be triggered.

B. The Trauma Experienced by Mackenzie Allen Phillip

Trauma may come in various form. In Freud’s psychoanalytical theory, trauma was seen as an excessive influx of excitation, when the excitation is too much, the ego will act like a shield that will consider the excitation as a threat and so will protect the psyche from the stimuli. The trauma that happens to the character of Mackenzie Allen Phillips in *The Shack* can be identified into two major types, physical abuse, and mental abuse or emotional abuse. The trauma of physical abuse that happens to the character of Mack was given by Mack’s father, derived from the rigid concept of method to discipline the children, Mack’s father often uses offensive act to teach his children a lesson such as beating with a belt.

The most significant experience of trauma that happens to Mack is when he was tied to an oak tree for two days and got beaten by his father. The effect of experiencing physical abuse trauma in childhood might result in a severe and long last and may be carried away into adulthood. Emotionally and mentally, Mack was traumatized by the behavior of his father. Mack was exposed in the act of battering done by his father to his mother.
Mostly, children who grow up with abuse and witnessing domestic violence are expected to keep it as the family secret. This is what happened to Mack, he was exposed, watching his father beating his mother, and was supposed to keep that as the family secret and never talk about it to anyone. As a child, Mack could not cope with the guilt he felt from watching his mother getting beaten, he felt powerless and blaming himself for not being able to protect his mother. Like what Freud stated that:

Guilt may come from a dread of an external authority or dread of the demand and punishment of the superego, an internalized authority. (Fathali, 2004: 507).

As Mack tried to find a way to cope with his feeling, he was confessing at the church without knowing that the confessor is his father’s friend, and so the secret is leaked.

The major effect of physical and emotional trauma to the character of Mack varies and occurred in his present life; on how he dealt with the shocking fact that his daughter Missy was kidnapped and murdered by a serial killer. The effect that Mack suffered are denial or disbelief, guilt and self-blame, sadness and hopelessness, confusion, and change of personality; introverted – withdrawn from the others.

Those effects heavily affected the way Mack reacted to the stimulus that happened to his present life. When Missy was missing, those effects floated into the surface that Mack cannot hide in any ways, even the last effect got stronger.
Before Missy was missing, Mack was just an introverted person, but right after Missy is gone, he tried to do everything by himself. Trying not to depend on the other, he tries to solve the case by himself.

C. The Mechanism Of Trauma

Mack was traumatized by his father; to be more specific, the experience of being tied to a tree for two days and also how his father often abused him physically. As a result, Mack has a repressed memory and repressed emotion that leads to negative characteristics and behavior. The trauma affects the character of Mack in many ways that it creates the formation of Mack’s characteristics in his present life.

According to Freudian theory in personality disorder, especially in the form of internalization called introjection, the process may lead to positive and negative effects. The positive effects of introjection is when someone introjects him or herself with positive traits to cope with a certain situation. A kid may do something or introject a positive trait of the parents so that they do things just like their parents.

While the negative effect of introjection is the condition of a person introjects him or herself with negative traits or even when they try to reconcile with things like concept, or belief.
In the context of a lost object (or relationship) the process of identification (loss/mourning) can be minimized or resolved by a special form of internalization. (Michael, 1994:3)

Meaning that the superego work in way that it identify the role of a father by minimizing the conflict by creating the ideal self of imaginary picture of a good father and how a father supposed to be able to protect his family. Regarding the trauma that happens to Mack, what happens is that Mack tried to introject himself, but it turns to be a negative introjection. He tried to adopt or to reconcile a certain value and traits from his father but he failed. As the result, Mack became an overprotective person in his family. He also had another defense mechanisms which linked to another defense mechanism. In other words, his defense mechanism works as a set which created his present characteristics such as the following traits below.

Mack’s major defense mechanism is to run away. In his young age, driven by his father’s behavior, Mack decided to run away from home because he knew that his father cannot give him his belongingness and affection needs, and also that he was threaten by his father’s behavior and was affected by an excessive stimuli more than he could handle of being tied in an oak tree. This defense mechanism of running away produce another form of defense mechanism in which Mack did not realize that he had which is being over protective externally and internally.
Being overprotective externally means that Mack turns to be an overprotective person towards his family because of the process of introjection, to be the safety provider for the family that his father did not do.

Mack superego was creating an ideal self, an imaginary picture of how he was supposed to be, a good father who is able to protect his children from any threat since he did not get that in his childhood. In the other hand, the conscience of his superego filled with the feeling of guilt and punishment. Affected by his past that he can not protect his mother, that his ego gave in to the id’s demand, demand of safety, both giving a safety and getting a safety feeling.

Mack unconsciously tried to be a good and “ideal” figure of a father; a father that is able to protect the family, to take care of the members. This process also explains why Mack is always worried so much when it comes to family, related to his past life that he did not get the safety needs from his family. Therefore, he obtained the way of thinking derived from his superego that his own family must always feel safe when he is around.

In addition, his act of overprotecting his family also caused by the id. As Freud explained in *Beyond the Pleasure Principle* that Id acts with no comprehension of objective reality and it is primitive, illogical, irrational, and fantasy oriented. The id works based on the pleasure principle (Freud, 1920) which mean that every wishful impulse needs to be immediately satisfied at
any rate, regardless of the consequences. Meaning that every times the id achieves its demands, we experience pleasure, when its demands is not full filled, we experience ‘unpleasure’ feelings or even tension. The id control human basic needs, in Mack’s problem, his needs of safety can not be fullfilled during his childhood, as the result, he chose to ran away to feel safe; safe from the threat. Now that he has his own family, his wishful demand is fullfilled; needs of safety, belongingness and affection. The id tries to protect it unconsciously because the id pleased by his current condition and tries to protect it even in impulsive and irrational rate and even demanding.

Mack was internally overprotective which comes in two forms of defense mechanism. The first is being introvert, and the second is being individualistic. Introverted means that Mack did not really talk much to other people since he did not feel comfortable enough to be open toward the other. This is also a form of mechanism for him to avoid any talk that will lead to his past or even to his emotional-childhood-memories.

This act of withdrawal from other or limiting the space with other is done unconsciously. The act of drawing oneself from events, stimuli and other people is just another wall of defense so that Mack can avoid being hurt by reminded of anything related to his childhood and his family.

Thus, in its relation to the id it is like a man on horseback, who has to hold in check the superior strength of the horse; with this difference, that the rider tries to do so with his own strength while the ego uses borrowed
forces. The analogy may be carried a little further. Often a rider, if he is not to be parted from his horse, is obliged to guide it where it wants to go; so in the same way the ego is in the habit of transforming the id’s will into action as if it were its own. (Freud, 1923:15).

Mack tried to defend himself by not letting his inner conflict to be shown or triggered by the other as his ego tried to redirect the attention to something else. The ego acts like shield, to protect the psyche from the external stimulus that might trigger the memory which considered as the threat because as the id works based on pleasure principle and avoid threat because threat gives the ‘unpleasure’.

Being an introverted person or withdrawal from the others may lead to other processes such as loneliness, alienation and others, which generally means a person feels more pain. However, this process of defense mechanism, which was created in the unconscious are creating a chain with another form of defense mechanism: being negatively independent or individualistic.

The major cause of being negatively independent was because Mack decided to ran away from home. Triggered by his father’s behavior which did not provide him his needs and his traumatic childhood, young Mack was trying to find a way out so that he could live without the exceeding pressure of his father, so he left home and live on his own; the id gave Mack the urge to leave the threat to avoid pain and unpleasant.
This mechanism allows Mack to think and act all by himself; since he was leaving home and live by his own so that Mack always figured out something by his own. This mechanism also emerge because unconsciously, the Id and Ego was forced to fulfill his desire and needs. Therefore the process done in him since he was a kid of thirteen year old force him to be able to do anything all by himself. As the result, this mechanism made Mack felt that he did not need anyone else to do things because he can do anything.

The Id remedies this tension through, what Freud called, Primary Process. The Id uses Primary Process to fulfill the need to act on an urge that is dangerous or unacceptable by creating a mental image of the desired object to substitute for the urge. This mental representation then diffuses psychological tension and relieves anxiety (Siegfried, 2014: 1)

Mack’s superego attempted to reconcile the value of his father who was always in control over everything that happens in his family. Unconsciously, Mack tried to fill his self-actualisation need that he did not get in his childhood so that it resulted in him trying to control himself. It means that Mack always tried to make everything under his control so that he always did things all by himself, so that he knew that everything is in control.

Related to what happened in Mack’s past life that he watched his mother beaten by his father and not being able to do anything, Mack felt useless and guilty for doing nothing to save or help his mother; his need of self-actualisation seems to be fulfilled in his present life by doing everything by himself. Also in an attempt to fix the concept of being one’s self in the society,
trying not to be his failed father that rather have two “branding” of being nice people to the society but abusive to the family.

The same thing happened to Mack that he avoided getting too much involvement in religious activities. In fact that he was raised with Christianity values, he knew that as a father and as a husband he must lead his family spiritually. But since Mack’s father was abusive, the image of God is disrupted. Mack in the present is not really into religion also because it reminds him of his father who is religious yet abusive at home. Once again, the ego tried to protect the psyche from the threat as it will not pleased the id.

Another reaction caused by the trauma is to have a mechanism of dreamworks, which Mack always has. Within the story, it is explained that Mack often gets a nightmare in his sleeps. In *The Interpretation of Dreams*, Freud stated that the material showed in dreams are derived from experience, which is reproduced or remembered in the dream. (Freud, 1900: 6)

... maybe tonight there would be no nightmares, only visions, perhaps, of ice and trees, and gravity (2007:16)
.. one of those dreamless night that seems to pass in an instant (2007:17)

The lines above explain how often Mack had a nightmare, and how he expected the dream to be a mere vision of ice, tree and gravity that still refers to the trauma that Mack has; being tied on a tree for two days, that he may try to repress the memory and also the feeling.
The feels of the cold that he has to endure during the night he was tied to a tree, the tree itself, and gravity that may refer to his condition, exhausted from being tied to a tree that he may feel heavy and want to collapse but he cannot because he was tied. However, such a powerful repression cannot be repressed completely, but rather to leak when he was in a state of unconsciousness, or in this situation, through a dream.

The memory which triggers the trauma to come to the surface. Freud asserts that the hysterics of trauma is basically carried by the memory, whenever one is reminded of the memory, the trauma, and the excessive feels may happen, affected by the carried memory. Hence, the event which causes the trauma happened, but at the same time did not happen because it was the experience of the memory that resurfaced.

The many possible results may be classified as follows: (a) The dream-work succeeds in replacing all painful ideas by contrary ideas. And suppressing the painful affect belonging to them. This, then, results in a pure and simple satisfaction-dream, a palpable wish-fulfilment, concerning which there is nothing more to be said. (b) The painful ideas find their way into the manifest dream-content, more or less modified, but nevertheless quite recognizable. Such dreams with a painful content may either be indifferent in feeling, or they may convey the whole painful affect, which the ideas contained in them seem to justify, or they may even lead to the development of anxiety to the point of waking. An unconscious and repressed wish, whose fulfilment could only be felt as painful by the dreamer's ego, has seized the opportunity offered by the continued cathexis of painful day-residues, has lent them its support, and has thus made them capable of being dreamed (Freud, 1913:174)

In *The Interpretation of Dreams*, Freud observes that unconscious thought or memory and emotions can be re-experienced in the same way even
after years. There is no fading of memory and no fading emotions in the unconscious (1900: 578). Meaning that what happens to Mack is that his unconscious and repressed memory found a way to resurface and appear in his dream since he had not reconciliate yet with the repressed memory and feeling. Also, within dreams, one still has a ‘safety valve’ which function is to wakes up the dreamer when the dreams is too threatening.

To conclude, what actually happens to Mack is that when he was in state of unconscious, Mack was re-experiencing the trauma exactly the same as it happened when he was thirteen years old. The memory resurfaced to the conscious part of mind when he was asleep, and the memory was exactly the same, the emotion and the feeling. As this happened because repression process will always leave a gap that will give something in return of the repressed, as for Mack, re-experiencing the repressed memory.
CHAPTER V

CONCLUSION

In the first chapter of this study, there are three questions that are discussed in this thesis. The first is about how the characteristics of Mack that served in the beginning of the story.

The first, Mack in *The Shack* was served and exposed by the writer as an overprotective father and husband. Mack also became an introverted person as it is a form of overprotective toward himself. Introverted in terms of how he try to withdraw from social life, Mack tends to feel uncomfortable when he met a new person or when someone talked to him. Mack was also negatively independent. Just like when he tried to figure out who was the sender of a mysterious letter in the morning, also how he tried to find the kidnapper of his daughter, Missy. In his effort to solve something, he always tries not to involve anyone; even his wife or his best friend.

The second problem that is discussed in this thesis is about what kind of trauma that Mack has. The traumas that happen in the past life of Mack was categorized into two major categories. The first is physical abuse, since Mack’s father was a hot-blooded person and was abusive; beating Mack using a belt when he did some mistakes and tied him to an oak tree for two days and was exhausted. The second is emotional trauma. The emotional trauma experienced by Mack was
not only caused by the verbal abuse. Mack got his emotional trauma on the day he saw his mother was beaten by his father; as the guilt was haunt him. Also by the physical abuse done by his father, resulting emotional trauma.

The third and the problem that are discussed in this thesis is how the mechanism of trauma experienced by Mack affects the formation of the characteristics within the novel. The most significant thing that affects the majority of Mack’s characteristics was Mack’s abusive father.

The physical and emotional trauma experienced by Mack lead him into a process called introjection. He introjecting himself as an ideal father, a father who could keep his family, a father who could provide safety, a father who could protect his family and give his family happiness, in an exceeding way which is the opposite of his father; unconsciously overprotective. Later these became Mack’s characteristics in the story. In addition that the id was pleased with his current condition compared to what happened in the past, Mack unconsciously ‘addicted’ to his family because the id met its demands of safety and belongingness also affectiveness.

This mechanism of overprotective comes in both outward and inward. Outward means Mack becomes overprotective towards his family, unconsciously Mack wants to become the only safety provider in the family. While the inward produces other defense mechanisms; individualistic and introvert.
Pushed by the urge that the id gave, He decided to live on his own in the age of thirteen. In order to fulfill the id’s demands, he had to be useful and able to handle things by himself. This is the reason why Mack became an individualistic character and later lead to the defense mechanism of covering his inner conflict by avoiding talks about family. This such defense mechanism was done by the ego to protect the id.

As a final point, what happened to Mack is that he was affected by his traumatic childhood. The result to his present characteristics was severe. Mack was unaware that his traumatic childhood left him a severe wound that affected his characteristics. Mack chose to ignore his trauma, meaning that Mack did not try to solve his problematic childhood; he does not seek any treatment but to repress those memory of his childhood and live with the unsolved problem. As the result, Mack’s id became much more dominant as its seeks pleasure and gave Mack a better feeling. Later in the story, the lost of his daughter did not only cause him severe sadness but also severe unpleasant or ‘unpleasure’ feeling.

The writer of *The Shack* uses a complex trauma of the main character to deliver the plot and the twist of the story. The trauma was set so that the present characteristics of the main character Mackenzie Allen Phillip would react in a way that it affects his motivation and intention. Giving an implicit experience about life that also happens in reader’s life.
BIBLIOGRAPHY


APPENDICES

Appendix 1: Summary of William Paul Young’s *The Shack*

*The Shack* is a story about Mack, a person who had a good family and a good life but then lost his daughter to a murderer. The story starts when Mack was at home, taking care of things when his family was away from home for visiting their relatives. Mack have such a wonderful life and family who lives in peace and harmony. Mack was planning to have a vacation with his family, especially for the children. He was planning to go camping in the Wallowa State Park. Mack and kids went camping, they had such a wonderful time there, but it does not last long.

The first bad thing happened to his family is that Josh, Mack’s son were drowning when he was in a lake. Mack was busy helping his son, and did not realize about his daughter who went missing during that time. His daughter, Missy, went missing; leaving only a shoe and an unknown pin. Later an investigation by the local police gave result that there is a possibility of his daughter was killed by a serial killer.

He lived through the week with great sadness. He was angry at God and helpless at the same time, even he played the “if-only” to cope with his regret and anger. Until the day he received a note from Papa, which is a term that his wife uses for God, denoting a close relationship, asking for a
time together at *The Shack*, which appears to be the scene of the crime where his daughter was murdered. Mack decided to fulfill the invitation to the shack. He went there alone without her wife and family knows, only his best friend who lend him a car. When he arrived at the shack, he finds nothing but blood, the blood of his daughter. He was messed up and ended up passed out. Later, when he woke up, he met the embodiments of God’s Trinity that appears in bodily form, Papa whose name is Elousia, Jesus and Sarayu, also *The Shack* changed into a house and the season changed from winter to spring.

They spend a long time together and Mack learns how to deal with his great sadness and his anger from a long discussion with each member of the trinity, from forgiveness to free will, he is reminded of his past life and the present life. It turns out that Mack was hurt by his past life and how his father treats him and the family, which Mack tries to cover his past life by avoiding any conversation that may lead to his past life. He also felt terrible for his past. During this time, he was taught about how to let things go, how to let go of his past, and how to reconcile with his anger and his father.

In the end when he left *The Shack*, he was freed from his sadness and burden of his past life. After he was recovered, Missy’s remains was reported to be found and the killer was tracked down.