THE INFLUENCE OF UNCONSCIOUS MIND IN SAVING MACK TO RECONCILE HIMSELF WITH HIS ANGER IN WILLIAM PAUL YOUNG’S THE SHACK

AN UNDERGRADUATE THESIS

Presented as Partial Fulfillment of the Requirements for the Degree of Sarjana Sastra in English Letters

By

Konstantinus Kapu

Student Number: 104214032

DEPARTMENT OF ENGLISH LETTERS
FACULTY OF LETTERS
SANATA DHARMA UNIVERSITY
YOGYAKARTA
2014
THE INFLUENCE OF UNCONSCIOUS MIND IN SAVING MACK TO RECONCILE HIMSELF WITH HIS ANGER IN WILLIAM PAUL YOUNG’S THE SHACK

By

KONSTANTINUS KAPU
Student Number: 104214032

Approved by

Dewi Widyastuti, S.Pd., M.Hum.
Advisor

November 3, 2014

Dr. F. X. Siswadi, M.A.
Co-Advisor

November 3, 2014
A Sarjana Sastra Undergraduate Thesis

THE INFLUENCE OF UNCONSCIOUS MIND IN SAVING MACK TO RECONCILE HIMSELF WITH HIS ANGER IN WILLIAM PAUL YOUNG’S THE SHACK

By
Konstantinus Kapu
Student Number: 104214032

Defended before the Board of Examiners on 25 November, 2014 and Declared Acceptable

Board of Examiners

Name 
Chairperson: Dr. F.X. Siswadi, M.A
Secretary: Dra. A.B. Sri Mulyani, M.A., Ph.D
Member 1: Maria Ananta Tri Suryandari, S.S., M.Ed
Member 2: Dr. F.X. Siswadi, M.A
Member: Dewi Widyastuti, S.Pd. M.Hum

Yogyakarta, November 25, 2014
Faculty of Letters
Sanata Dharma University
Dean,

Dr. F.X. Siswadi, M.A
Nicht ihr habt mich erwählt, sondern ich habe euch erwählt und dazu bestimmt, daß ihr euch aufmacht und Frucht bringt und das eure Frucht bleibt (Joh. 15:16a).

(You did not choose me, but I chose you and appointed you to go and bear fruit, fruit that will last)
For my departed parents and beloved family members, friends who always support me even in the dark.
LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS

Yang bertanda tangan di bawah ini, saya mahasiswa Universitas Sanata Dharma:

Nama : Konstantinus Kapu
Nomor Mahasiswa : 104214032

Demi pengembangan ilmu pengetahuan, saya memberikan kepada Perpustakaan Universitas Sanata Dharma karya ilmiah yang berjudul:

THE INFLUENCE OF UNCONSCIOUS MIND IN SAVING MACK TO RECONCILE HIMSELF WITH HIS ANGER IN WILLIAM PAUL YOUNG’S THE SHACK

beserta perangkat yang diperlukan (bila ada). Dengan demikian saya memberikan kepada Perpustakaan Universitas Sanata Dharma hak untuk menyimpan, mengalihkan dalam bentuk media lain, mengelolanya dalam bentuk pangkalan data, mendistribusikan secara terbatas, dan mempublikasikannya di internet atau media lain untuk kepentingan akademis tanpa perlu izin dari saya maupun memberikan royalty kepada saya selama tetap mencantumkan nama saya sebagai penulis.

Demikian pernyataan ini saya buat dengan sebenarnya.

Dibuat di Yogyakarta
Pada tanggal 3 November 2014

Yang menyatakan,

Konstantinus Kapu
STATEMENT OF ORIGINALITY

This is to certify that to the best of my knowledge, the content of this undergraduate thesis is my own work. This thesis has not been submitted for any degree or other purposes.

I certify that the intellectual content of this thesis is the product of my own work and all the assistance received in preparing this thesis and sources have been acknowledged.

Yogyakarta, November 3, 2014

Konstantinus Kapu
ACKNOWLEDGEMENTS

The first of all, I thank God for his abundant love and guidance in my sweet and bitter moment of my life. My gratitude goes to all my family members especially the family of ErykKapu and YetsiWea in Ruteng, Flores, brother Seskokapu in Warszawa and all my unmentioned brothers and sisters. They are the reason to start a new life since Mom and Dad passed away. Also to family Hineis (Julia, Sissi, Toni) in Wien, family Tanzer (Harald, Anna, Anni, Hanes, Lissi, Paul) in Oberösterreich, family Zölβ (Resi, Sonia, kathi, theresia, Siegi) in Wilhering, Divine Word Missionaries, STKIP, my classmates, friends and my special one at SDU. I am thankful for sharing life, knowledge and motivation.

Finally, I thank my advisor, DewiWidyastutiS.Pd., M.Hum. and my co-advisor Dr. F. X. Siswadi, M. A. for their patience, time, understanding during the process of this undergraduate thesis and also all the lecturers of English Letters in Sanata Dharma University. I thank them for dedication, knowledge and guidance. It is the blessing upon me to ever have and meet these people in my life. I just say, when we meet for the first time we are friends but when we meet for the second time, we are families.

Konstantinus Kapu
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>TABLE</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>TITLE PAGE</td>
<td>i</td>
</tr>
<tr>
<td>APPROVAL PAGE</td>
<td>ii</td>
</tr>
<tr>
<td>ACCEPTANCE PAGE</td>
<td>iii</td>
</tr>
<tr>
<td>MOTTO PAGE</td>
<td>iv</td>
</tr>
<tr>
<td>DEDICATION PAGE</td>
<td>v</td>
</tr>
<tr>
<td><strong>LEMBAR PERNYATAAN PUBLIKASI</strong></td>
<td>vi</td>
</tr>
<tr>
<td>STATEMENT OF ORIGINALITY</td>
<td>vii</td>
</tr>
<tr>
<td>ACKNOWLEDGEMENTS</td>
<td>viii</td>
</tr>
<tr>
<td>TABLE OF CONTENTS</td>
<td>ix</td>
</tr>
<tr>
<td>ABSTRACT</td>
<td>x</td>
</tr>
<tr>
<td>ABSTRAK</td>
<td>xi</td>
</tr>
</tbody>
</table>

## CHAPTER I: INTRODUCTION ................................................................. 1
A. Background of The Study ............................................................. 1
B. Problem Formulation ...................................................................... 3
C. Object of the Study ...................................................................... 3
D. Definition of Terms ...................................................................... 3

## CHAPTER II: REVIEW OF LITERATURE ....................................................... 5
A. Review of Related Studies ............................................................ 5
B. Review of Related Theories .......................................................... 6
   1. Theory on Characterization ..................................................... 6
   2. Theory on Anger ..................................................................... 8
   3. Theory on Unconscious Mind .................................................. 11
   4. The Relation between Psychology and Literature .................. 15
C. Theoretical Framework .................................................................. 15

## CHAPTER III: METHODOLOGY ................................................................. 17
A. Object of the Study ..................................................................... 17
B. Approach of the Study ................................................................ 18
C. Method of the Study ................................................................... 19

## CHAPTER IV: ANALYSIS .......................................................................... 21
A. The Description of the Main Character in the Novel .................. 21
B. The Description of Main Character’s Anger .............................. 21
   1. Anger Control ...................................................................... 27
   2. Reciprocal Communications ............................................... 29
   3. Physical Attack of objects ................................................... 30
   4. Noisy Arguing ..................................................................... 31
   5. Verbal Assault/Attack .......................................................... 32
   6. Anger-in/suppression ............................................................ 33
   7. Anger-in/critical ................................................................. 34
   8. Corrective Action ................................................................. 34
9. Diffusion or distraction ............................................ 36
10. Displacement .......................................................... 36
C. The Influence of the Unconscious Mind toward the Main Character in Reconciling Himself with His Anger .................................................. 37
   1. The Description of the Main Character’s Unconscious Mind .................................................. 37
      a. Repression .......................................................... 38
      b. Projection .......................................................... 40
      c. Displacement ...................................................... 42
      d. Reaction Formation ............................................. 43
   2. The Influence of the Unconscious Mind in Reconciling Mack’s Anger ........................................... 45
      a. Personal Unconscious ........................................... 46
      b. Collective Unconscious ....................................... 48

CHAPTER V: CONCLUSION ..................................................... 52

BIBLIOGRAPHY ................................................................. 54

APPENDIX .......................................................................... 56
ABSTRACT


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.
ABSTRAK


Perasaan amarah terjadi ketika seseorang terluka dan mengalami penderitaan, penghinaan sehingga memotivasi dirinya untuk melakukan 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.


Metode dalam menjawab persoalan di atas adalah dengan melakukan tinjaan 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.

CHAPTER I

INTRODUCTION

A. Background of The Study

Living in a modern world and globalization era is nowadays challenging. Obstacles are around us because of the charge of life itself and human being seems to live under pressure. The pressures of life evoke many kinds of emotions that are growing within such as depression, pressure, stress, and pleasure. Besides, human being can also express their thought, feeling, experience or dream in various ways. One of those ways is in the form of literature. Wellek and Warren in the *Theory of Literature* (1956: 96) state that literature looks like a real life portrait. It is an illustration of human lives because literary works present the reality of human conditions, problems, feelings, and relationships.

*The Shack* written by William Paul Young is one of the literary works which shares human lives struggle in having pleasure. To analyze this novel, the writer is concerned with the psychoanalysis issue as Storr says in *Freud: A Very Short Introduction* (1989: 91) during the twentieth century, that psychoanalysis had a major effect upon both art and literature. Then, Eagleton in *Literary Theory An Introduction* highlights:

Such turmoil in the twentieth century is never only a matter of wars, economic slumps, and revolution: it is also experienced by those who caught up in it in the most intimately personal ways, it is a crisis of human relationship, and of the human personality, as well as a social convulsion (1995:135).
The story in *The Shack* is about Mackenzie Allen Philips’s life. Mack has a problem with his father’s attitude. The climax of his anger toward his father is when Mack was beaten by his father and after that Mack left his parents and went overseas in his early thirteen. While working overseas in his early twenties he eventually ended up in a seminary in Australia. When Mack had finished his study in theology and philosophy he came back to the States, made peace with his mama and sisters but not with his father and moved out to Oregon where he met and married Nannette A. Samuelson and got five children (Young, 2007:9).

One day, they spent a weekend at a shack. During that trip, one of his children named Missy was kidnapped and killed and they did not know who the killer was. After the tragedy, Mack was totally different and became angry. Three years after that tragedy, he got a letter written by Papa who invited Mack to meet him in the shack. Interestingly he did not know who Papa was. In finding out that question, he finally concluded that Papa is God but he still doubted his conclusion. Mack went to the shack alone by taking a revolver with him. In his assumption the man who sent him that letter is a killer of his child, Missy. That is why he took a revolver with him. However, before reaching the shack, he got an accident and became unconscious. In his unconscious condition, he met Papa that Mack called The Holy Trinity. Then in the end, after having a conversation with Papa, Mack could reconcile himself with his anger and forgive his father.

*The Shack* is a work of literature. As a work of literature, this study is worth to observe because it shares knowledge and experience.
B. Problem Formulation

To go deeper with this topic and find the answers of this research, the writer formulates three questions of this research.

1. How is Mack described?
2. How is Mack’s anger depicted?
3. What is the influence of unconscious mind in saving Mack to reconcile himself with his anger?

C. Objectives of the Study

This writing aims to find out the influence of Mack’s unconscious mind in reconciling himself with his anger. In order to answer the questions that have been formulated above three objectives are needed. The first objective to reach is the character which is shown in *The Shack*. A character can be seen in the way how the character himself behaves or what other characters say about him. The second objective is to identify Mack’s anger. The description of the character in *The Shack* conveys Mack’s anger. The third objective is to recognize the unconscious mind of Mack that appears in the novel *The Shack* which influences him to reconcile himself with his anger.

D. Definition of Terms

The writer uses some terms in order to get better understanding of
this study. The use of terms is taken from the psychoanalysis.

1. Character

The term Character is the person portrayed in a literary work, whether it is in a dramatic or narrative form, who is explained by the reader as being bestowed with particular moral, intellectual and emotional qualities. All these qualities can be taken from what the person says through dialogue, action and motivation (Abrams, 1999: 33-34).

2. Anger

In the book Understanding Anger Disorders (Digiuseppe, 2007: 5), three early writers (Aristotle, Seneca and Plutarch) all defined anger as a strong emotion or passion provoked when people suffer or perceive that they suffer a pain, insult, or injury that motivates the desire for vengeance or direct actions to punish or gain restitution from the offender.

3. Unconscious Mind

The definition of unconscious mind is descriptive one. Freud said in the book Theories of Personality that the existence of which human being are not directly aware (Feist, 2010). Jung also argues that the unconscious mind is not only from personal experiences but also from the distant past of human’s existence. In short, the unconscious mind is a state of being unaware.
CHAPTER II

REVIEW OF LITERATURE

A. Review of Related Studies

Since *The Shack* is published and has been coming to public, there are a lot of comments about it. Most of the related studies are concerned with the theological aspect. The major controversy of this novel is in the building of characters of Trinity, where many theologians and lay people focus on the theological substance. A study of Patrick Zukeran in his critique highlights that the depiction of the Papa and Sarayu in the novel is confusing:

Young presents incorrect and confusing teachings regarding the nature of God and salvation. In this story, God the Father appears as a large African-American woman. In contrast, the Bible teaches that the Father never takes on physical form. John 4:24 teaches that God is spirit. 1 Timothy 4:16 states, "God, the blessed and only ruler, the King of kings and Lord or lords, who alone is immortal and who lives in unapproachable light whom no one has seen or can see." To add to this, God appears as a woman named "Papa." It is true that God is neither male nor female as humans are, and both feminine and masculine attributes are found in God. However, in the Bible God has chosen to reveal Himself as Father and never in the feminine gender. This gender distortion confuses the nature of God. Then In this story, the Holy Spirit appears as an Asian woman named Sarayu. In contrast, the Holy Spirit never appears as a person in the Bible. There is one time when the Holy Spirit appears in physical form as a dove at the baptism of Jesus. Moreover, the Spirit is never addressed in the feminine but is always addressed with the masculine pronoun(Zukeran: 2008).

Zukeran compares the depiction of Trinity in *The Shack* with what is written in the Bible. In Zukeran’s critique he then concludes that *The Shack* is a kind of heresy.

Another study of Elizabet Lemons from Ohio University through her *Journal of Research on Women and Gender* says that
Mack's concept of hyper-rational faith aligns with Enlightenment discourse around Christianity as the rational religion. Furthermore, Mack does not depart from gender norms; he stays rational, thereby remaining a reliable character for reader identification. The Enlightenment’s epistemological shift from God to Man caused Christianity to relocate the presence of the divine within (white) men (Lemons : 2008).

Lemons in her critique focuses on the issue of gender which is revealed in The Shack. The spirit of enlightenment is the issue in the novel especially the male domination or patriarchy system in the institution as Roman catholic church. Besides these two comments, there are also some opinions where the use of metaphor and symbol are discussed as Chung Sunny argues in his opinion on http://www.modernreformation.org that:

The shack is William Paul Young's metaphor for the heart housed by hurts, lies, and secrets. His aim in the story is to offer an approachable God of relationality and love through whom his protagonist can make sense of tragedies, failures, and disappointments.

These three related studies above analyze different topics from the writer’s stray, but they are also significant to develop the writer’s research. Because they do not answer the writer’s research question, the writer decides to use psychoanalytic study to enrich the analysis of The Shack.

B. Review of Related Theories

1. Theory on characterization

To find out how a character is characterized, it is important to know the theories of characterization. Abrams in A Glossary of Literary Terms defines that character is the person portrayed in a literary work, whether it is
in a dramatic or narrative form, who is explained by the reader as being bestowed with particular moral, intellectual and emotional qualities. All these qualities can be taken from what the person says through dialogue, action and motivation (Abrams, 1999:33-34). Meanwhile according to Holman and Harmon in *A Handbook to Literature*, characterization is the way in which the author reveals or creates the characters in his/her work, making them alive for the reader (1986:81). Holman and Harmon (1986:81) also state that there are two fundamentals methods of characterization in fiction. First, the explicit presentation by the author. Second, the character’s own representation from within a character of the impact of certain events towards the character’s inner self, without any interference from the author.

In relation to this theory, M.J Murphy (1972:161-173) in *An Introduction to English Poetry and the English Novel for Overseas Students* add that there are a few ways for an author to make his character understandable.

1. Personal description: the author depicts character’s appearance directly.
2. Character as seen by another: the author describes character from other character’s point of view.
3. Speech: the author gives the reader a perception into what kind of character he or she was, through what the person says.
4. Past Life: the author tells the reader a picture of past of a character in order to help the reader understand if there are any events that
shape a person’s character.

5. Conversation: the author gives a picture of person’s character through the conversations of other people.

6. Reaction: the reader gets a sign to a person’s character through knowing the reaction of character to various events

7. Direct Comment: the author gives comment on character directly.

8. Thought: the author tells the reader what the character is thinking.

9. Mannerism: the author describes a person’s behaviors, habits of idiosyncrasies that tell the reader something about his character.

2. Theory on Anger

People of all ages, backgrounds, and cultures experience anger. Because anger is both frequent and universal, most of us have some personal experience of this emotion. In the book *Understanding Anger Disorders* (2007: 5), three early writers (Aristotle, Seneca and Plutarch) all defined anger as a strong emotion or passion provoked when people suffer or perceive that they suffer a pain, insult, or injury that motivates the desire for vengeance or direct actions to punish or gain restitution from the offender.

Related to this definition, J. Deffenbacher and his colleagues (Deffenbacher, Oetting, Lynch & Morris) in the same book *Understanding Anger Disorders* developed anger expression inventory by collecting 99 items representing subjects’ reactions to anger. They then simplified it into 20 styles or ways in expressing anger.

1. Anger Control. This expression covers all calm and patient responses
that try to control someone’s behavior.

2. Direct Expression of anger. This expression indicates the clear, direct expression of someone’s feeling.

3. Reciprocal Communications. This expression covers listening and problem solving with the target of someone’s anger to deal with the conflict.

4. Considered Response. This expression involves cognitively reflecting on the results of anger expression before engaging in any activity. In other words this can be understood as thinking before acting.

5. Time-out. This way means removing someone from the conflict until one calms down. This way is like making a distance between two angry persons.

6. Physical Attack of people. This way displays when a person strikes out at the target of his or her anger whether by hitting, slapping, pushing, or punching the person(s).

7. Physical Attack of objects. This way involves throwing, slamming, hitting, or banging things.

8. Noisy Arguing. This way covers loud arguing and disagreements with the target of someone’s anger.

9. Verbal Assault/Attack. This way includes making intimidating or threatening against the target of someone’s anger.

10. Verbal Put-downs. This expression is almost the same with verbal attack but this type using subtle insults, cynical comments, sarcasm, or put-
downs against the target of someone’s anger.

Anger can also be expressed through body language.

11. Dirty Looks. This expression includes making facial expressions that communicate anger or contempt.

12. Body Language. This expression includes making bodily gestures that express anger or contempt.

13. Anger-in/suppression. This expression can be understood that the person is basically angry but he keeps it in, avoids expressing anger, or avoids people.

14. Anger-in/critical. This expression can be understood that the person is critical of others, or has negative opinions of others without expressing anger.

Other expressions of anger not mentioned by Deffenbacher et al. but specified by Tangney include:

15. Malediction. This expression happens when the person says bad things about the person he is angry with to a third party.

16. Corrective Action. This expression is indicated by making changes in his or her behavior to avoid conflict.

17. Diffusion or distraction. The person avoids to face the problem and avoidance activity.

18. Passive-aggressive Sabotage. In this expression the person behaves against the agreement between them in order to block the goal.

19. Relational Victimization or social isolation of the target. In this expression
the person encourages others in order to isolate the target socially.

20. Displacement. In this expression the person changes the target of his/her anger. This can be seen in the class or family.

3. **Theory on Unconscious Mind**

   Psychoanalyst Sigmund Freud believed that behavior and personality derives from the constant and unique interaction of conflicting psychological forces that operate at three different levels of awareness: the preconscious, the conscious, and the unconscious. According to Freud, the mind can be divided into three different levels:

   1. The conscious mind includes everything that we are aware of. This is the only level of mental life directly available to us that we can think and talk about rationally. Ideas reach consciousness from two directions. The first is from the perceptual conscious system. Here, whatever a person perceives through sense organs can enter into consciousness as long as it is not threatening. The second is from mental structure and nonthreatening ideas.

   2. The preconscious mind is the part of the mind that represents ordinary memory. While we are not consciously aware of this information at any given time, we can regain it and pull it into consciousness when needed. The contents of the preconscious come from two sources. The first source is from conscious perception. It involves what a person receives. The second source is from the unconscious.
3. The unconscious mind is a storage of feelings, thoughts, urges, and memories that are beyond our conscious awareness. According to Freud, the unconscious motivates most of our words, feelings, and actions. The meaning behind dreams, slips of tongue and certain kinds of forgetting can be explained by the unconscious. Here, Freud in his belief says that childhood experiences can appear in adult dreams (Feist : 24-27).

In his psychoanalytic theory, Freud also said that a group of mental processes enables the mind to solve the conflicts but some of them are unable to resolve. This process of this is usually unconscious and involves concealing from oneself internal drives or feeling that threatens to lower self-esteem or provokes anxiety. In this level, Freud offered defense mechanism to solve the conflicts through some processes.

1. Repression. This process happens when a person has painful memories and unacceptable thoughts and motives which produce too much anxiety. The person urges that thoughts down into the unconscious part of the mind. The person in this case “forgets” the thing that bothers him/her and without realizing it, that person pushes it out of his/her awareness. The feelings of hostility and anger stay in the unconscious mind and can reveal in the form of sarcastic jokes, slips of the tongue and dream. Freud observed that his patients were unable to recall traumatic, psychologically damaging, childhood events without considerable probing. Traumatic memories are repressed and kept in the unconscious by strong forces.
2. Reaction Formation. This process happens when a person replaces an acceptable feeling with its opposite. A mother who bears an unwanted child, for example, may react to her feelings of guilt for not wanting the child by becoming extremely solicitous and overprotective to convince both the child and herself that she is a good mother. This mother unconsciously is covering up her true feeling.

3. Projection. This process happens when inner feelings are thrown outside. This is a form of defense in which unwanted feelings are displaced onto another person, where they then appear as a threat from the external world. This situation normally occurs when an individual, threatened by his own angry feelings, accuses another. An example in this case is a boy who is extremely jealous of his girlfriend but doesn’t want to recognize it.

4. Regression is a return to earlier stages of development like childhood period which is prompted by dangers or conflicts arising at one of the later stages. A young wife, for example, might retreat to the security of her parents' home after her first conflict with her husband.

5. Displacement.

This process happens when the object of an unconscious desire provokes anxiety. Anna Freud also involves turning against self which is associated with depression and suicide. An example in this level is the way of a boy who wants to hit his father. Nevertheless, that boy is afraid of him, so he hits his youngest brother instead (Freud, 1937:79).
Unlike Freud’s theory, Jung’s theory of personality is a little bit different. He strongly asserted that the most important part of the unconscious comes not from personal experiences but from a distant past of human existence. In his theory, Jung then mentioned what he called Personal Unconscious and Collective Unconscious.

**Personal Unconscious** contains all repressed, forgotten, perceived experiences of a person. It involves all the memories, forgotten events, experiences since the infantile period. Our personal unconscious is unique because it is formed by our individual experiences. In the personal unconscious, some images can be easily recalled but some with difficulty and the others are outside of consciousness. An example given by Jung is a person’s experience with the mother may arise an emotional core so that the word “mother” causes an emotional response which blocks the flow of thought.

**Collective Unconscious** contains inheritance from our ancestor. It has its root from the ancestral past of the entire species. In other words, the collective unconscious is inherited and it happens from generation to generation. People have been influenced by their primitive ancestor’s experiences such as God, mother, earth and so forth. The collective unconscious is also responsible for people’s myths, legends and religious beliefs. An example given by Jung is a young mother may unexpectedly react with love and tenderness to her newborn baby even though she has negative feelings toward the embryo (Jung, 1948:299).
4. The Relation between Psychology and Literature

Literature and Psychology are two different subjects that can influence each other. Psychology can be a tool to understand literature. Characters represent as human representation in the literature and it can be analyzed through psychology. As psychology is a body of knowledge which studies human psyche, the most related element of literature to psychology is its human-like characters. Referring to Barnet’s explanation about character in *Literature for Composition* that character is a figure with specific mental and moral qualities; it is obvious that characters can be observed through psychology, in term that they consist of unique mental qualities (Barnet, 1988:71).

Almost the same to this perspective, Bornstein in his book *Psychology and its Allied Discipline Humanities* Volume I says that in literature, the conditions of human nature are described in dramatic form while psychology investigates human’s character or behavior in systematic ways (Bornstein, 1984 : 144).

C. Theoretical Framework

The use of character, anger, and unconscious mind theory are the focus of my research. In order to answer the research question number one, the writer is going to use the theory of character and characterization. Using this theory, the writer is then able to identify the characteristics of Mack especially to know who Mack is. By finding out the characteristics of Mack, it is easier then to answer the research question number two by elaborating the theory of anger.
Here, the writer will identify the characteristics of Mack which refers to anger. This means that Mack’s anger must be described using the relevant theory of anger.

Finally, in order to answer the research question number three the writer uses the theory of personality related to unconscious mind especially to find the influence of unconscious mind in saving Mack to reconcile himself with his anger. By elaborating these three main theories, it will help the writer to find the answers of these research questions.
CHAPTER III

METHODOLOGY

A. Object of the Study

This study focuses on the novel *The Shack* written by William Paul Young, a former office manager and hotel night clerk, published in 2007. In the beginning, this novel was rejected by many publishers because of the controversial theology content about the concept of The Holy Trinity and also because Young never wrote a book before. So, it seemed as heresy. After being refused, Young then decided to publish only ten copies. He gave them as a Christmas gift for his children and his close-friends. His friends found out that the story in *The Shack* was interesting and because no publisher wanted *The Shack* go public, they then built a new one in their own and at the time *The Shack* was bestseller.

The Story began with an unknown letter which Mack received in his mailbox. The content of the letter was an invitation for Mack to meet “Papa” at the shack in the weekend. Mack did not know who “Papa” was and he kept trying to find out. Mack was puzzled by the letter – he has had no relationship with his abusive father since he left home at age of 13. After a long searching, he then concluded that “Papa” is God.

The shack was the place where Missy, one of Mack’s children, was killed by Ladykiller three years before. At that time Mack took three (of his five) of his children on a camping trip to Wallowa Lake. Two of his children were playing in a canoe and one of them was almost drown but luckily Mack
could save him. However, Mack left his daughter, Missy, alone in the shack. Surprisingly, when Mack returned to the shack, Missy was missing. The police were called and found out that Missy had been murdered and her body could not be found. Since her body could not be found, Mack’s life sank into “The Great Sadness.” Since that missing, Mack was totally different, on in other words it can be said that he was totally angry and confused with his wounded heart.

To respond to the invitation, Mack planned to go back to the shack after 3 years being away. All the memories of Missy were back. He took a revolver with him in order to kill “Papa.” He went alone to the shack in the winter and met three person there, namely God the Father in the form of an African woman known also as Elousia or Papa, Jesus Christ in the form of a Middle-East carpenter and The Holy Spirit in the form of an Asian woman named Sarayu. Mack expressed his anger with them and they had a very long conversation and debate. At the end, Mack realized that he did not, in fact, spend the weekend at the shack, but his car accident occurred on the same day that he arrived at the shack. However, after that accident Mack finally could reconcile himself with his anger. He was totally happy after all.

B. Approach of the Study

According to Barry, Psychoanalysis is a form of therapy which aims to cure mental disorders by investigating the interaction of conscious and unconscious elements in the mind (2002: 96). It means that the interaction
between conscious and unconscious is the tool to cure mental disorder. This study deals with character, anger and unconscious mind, therefore psychoanalysis approach is appropriate. According to Lewis Leary (1976:57) in his book *American Literature: A Study and Research Guide*, psychological approach is an approach that applies modern psychology to characters or situation within literary work or to the person who wrote the work. Psychoanalytic approach is used to analyze *The Shack* in order to find out who Mack is, and how he could reconcile himself with his anger through the influence of unconscious mind. Freud’s theory about conscious, preconscious and unconscious mind and Jung’s theory about personal and collective unconscious are used to analyze *The Shack*. According to Freud, the unconscious motivates most of our words, feelings, and actions. The meaning behind dreams, slips of tongue and certain kinds of forgetting can be explained by the unconscious. Freud’s belief says that childhood experiences can appear in adult dreams (Feist, 1995: 24-27). Based on Freud’s statement it can be said that the unconscious has a significant influence on human personality.

Then, since this study raises the idea of psychoanalytic and the concern is discussing the influence of unconscious mind to reconcile Mack’s anger, the psychoanalytic approach is needed to answer the problem formulation. Psychoanalytic approach is also suitable because of the provided theories in psychology such as anger, unconscious mind are used to help the writer in finding out the answer of problem formulation.
C. Method of the Study

In doing this analysis, the writer used the library research method. There were two kinds of sources in this study. First, the novel *The Shack* written by William P. Young was used as primary source. Second, some books such as Richard A. Kasschau’s *Understanding Psychology*, Jess Feist’s *Theories of Personality*, Deffenbacher’s *Understanding Anger Disorder*, Freud’s *The Ego and the Mechanisms of Defense* etc were used as the second source. Some critical reviews were obtained from internet sites.

There were some steps in finishing this study. First step was reading *The Shack* accurately in order to get the deep understanding of the story. In this process it was also essential to reread the novel. The second was finding the problem to discuss, then the writer set the problem formulation. The first question dealt with the major character, second question with the characteristic of anger and third question with the influence of unconscious mind. In the third step, the writer looked for appropriate theories in order to find the answer of the problem formulation. The fourth step was elaborating the theories to analyze the novel. Then finally the last step was drawing the conclusion from the analysis.
CHAPTER IV

ANALYSIS

In this chapter, the writer is going to answer the three questions which have been stated in the problem formulation. First, the writer will display how the main character’s personality is described in the novel. Second, the writer will also analyze the main character’s anger using Aristotle’s theory. Then third, the writer will analyze the influence of unconscious mind in reconciling himself with his anger.

A. The Description of The Main Character in the Novel

Mackenzie Allen Phillips is main character in the novel. Although most people call him Allen, only Nan, his wife and close friends call him Mack. Mack was born in the Midwest, a farm-boy in an Irish-American family. In his childhood Mack is always abused by his father. Not only Mack, his mother is also suffering from the violence of her husband.

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 had not done anything to help his mama as he witnessed, on more than one occasion, his drunken dad beat her unconscious. What Mack failed to consider was that his confessor worked and churched 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. He later learned that they had been shuttled off to his aunt May’s in order to give his father some freedom to teach his rebellious son a lesson about respect. 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 a stupor and put down his bottle (Young, 2007: 8).

Here, Mack shows his inability in helping himself and his mother. Mack would like to help his mother but he cannot because he is still a boy. However, Mack in
his childhood is actually a person who has honesty, openness and he cares about others especially his mother. The willingness to help his mother is in him. He is also a brave person because at the age of 13, he is able to leave his parents and find his own way.

Since his childhood, Mack does not like his father very much because his father seems externally religious, strict church-elder but a closed drinker. For this reason, at the age of 13 when Mack was beaten with a belt for almost two days, he then walked away from home.

Mack never talks much about his father, but when he does his face loses emotion like a tide going out, leaving dark and lifeless eyes (Young, 2007:8). Before running away from home, Mack swears to forget all these bad memories. Mack then buries all his own in order to let everything go without looking back to this dark side of his life.

But before he left, he put varmint poison in every bottle of booze he could find on the farm. He then unearthed from next to the outhouse the small tin box housing all his earthly treasures: one photograph of the family with everybody squinting as they looked into the sun (his daddy standing off to one side) a 1950 Luke Easter rookie baseball card, a little bottle that contained about an ounce of Ma Griffie (the only perfume his mama had ever worn), a spool of thread and a couple needles, a small silver die-cast U.S. Air Force F-86 jet, and his entire life saving-$15.13. He crept back into the house and slipped a note under his mama’s pillow while his father lay snoring off another binge. It just said, “Someday I hope you can forgive me.” He swore he would never look back, and he did not-not for long time (Young, 2007: 8).

Here, Mack can be illustrated as a person who sees something from the positive side or in other words Mack is a person who can move on by his own way without looking back to the dark side of his life. He also realizes that walking away from home is not a good solution in solving his problem, therefore he asks for forgiveness.
After walking away from home and living overseas, Mack becomes a calm person who does not talk too much but a thinker and doer. He gives very different ideas than everybody else.

He does not talk much about the years that followed. Most of it was spent overseas, working his way around the world, sending money to his grandparents, who passed it on to his mama. In the world of talkers, Mack is a thinker and doer. He does not say much unless you ask him directly, which most folks have learned not to do. When he does speak you wonder if he is not some sort of alien who sees the landscape of human ideas and experiences differently than everybody else (Young, 2007:9).

Apart from a thinker and doer, Mack is also seen as an independent person and has a lot of experiences. These influence his way of thinking.

The way Mack becomes a calm person is in fact a process of hiding his wounded heart, which means that he would like to hide his suffering. What he does is a kind of self-defense in order to survive.

Mack once told me that he used to speak his mind freely in his younger years, but he admitted that most of such talk was a survival mechanism to cover his hurts; he often ended up spewing his pain on everyone around him. He says that he had a way of pointing out people’s faults and humiliating them while maintaining his own sense of false power and control. Not too endearing (Young, 2007: 9).

Furthermore, Mack is hypocrite because he does not speak the truth. His way of pointing out people’s fault indicates his low self-acceptance.

In Australia Mack studies theology and philosophy. Mack gently becomes an educated person and his favorite topics are all about God, creation and why people believe what they do. Even though Mack has studied theology and philosophy, he is a person who is not very religious.

He seems to have a love/hate relationship with religion, maybe even with the God that he suspects is brooding, distant, and aloof. Although we sometimes both show up on Sundays at the same local pew and pulpit
bible church, you can tell that he is not too comfortable there (Young, 2007:10).

From this description, it is clearly seen that there is no correlation between what Mack studies and his life practices. Mack is a theoretic person.

Mack’s life turns into a deep depression, when one of his five children was murdered and this tragedy is known as ‘the great sadness’ in his life. Mack chooses living in his own as a person who has wounded heart.

These days are very different than seven or so years ago, when The Great Sadness entered his life and he almost quit talking altogether. About that time and for almost two years our hanging out stopped, as if by some unspoken mutual agreement. I only saw Mack occasionally at the local grocery store or even more rarely at church, and although a polite hug was usually exchanged, not much of any consequence was spoken. It was even difficult for him to look me in the eyes: maybe he did not want to enter a conversation that might tear the scab off his wounded heart (Young, 2007:11-12).

Mack’s depression is not only based on his bad father but also the loss of Missy. In this situation, Mack is alienated and depressed. In the conversation with Papa, it is definitively stated that Mack is totally lost.

Mack looked her, looked at the timer, and sighed, “I feel totally lost.” “Then let’s see if we can find you in this mess” (Young, 2007: 96-97).

The death of Missy makes Mack blame himself as a bad daddy and he feels guilty about the loss of Missy. This tragedy also emphasizes the rift relationship between Mack and God, in which Mack has no more trust.

The tragedy had also increased the rift in Mack’s own relationship with God, but he ignored this growing sense of separation. Instead, he tried to embrace a stoic, unfeeling faith, and even though Mack found some comfort and peace in that, it did not stop the nightmares where his feet were stuck in the mud and his soundless screams could not save his precious Missy. The bad dreams were becoming less frequent, and
laughter and moments of joy were slowly returning, but he felt guilty about these (Young, 2007:65).

This tragedy also leads Mack definitively to the wrong image of Papa in which he has the difficulty to recognize the word “papa” itself. This situation can be seen from the conversation between Mack and Papa.

“So where are you? I thought you wanted to meet me here. Well, I’m here God. And You? You’re not nowhere to be found! You never been around when I’ve needed you-not when I was a little boy, not when I lost Missy. Not now! Some ‘Papa’ you are!” Mack spat out the words (Young, 2007:78).

“You must know,” Mack Offered, “Calling you Papa is a bit of stretch for me.”

“Oh really?” She looked at him in mock of surprise. Of course I know. I always know. But tell me, why do you think it is hard for you? Is it because it’s too familiar for you, or maybe I am showing myself as a woman, a mother, or…”

“No small issue there.” Mack interrupted with an awkward chuckle.

“Oh, maybe it’s because of the failures of your own papa?” (Young, 2007:91).

From this slit of conversation, Mack shows his disappointment against God. Mack also has a problem with the word “papa” and Mack is disappointed and angry but very expressive.

After having a long conversation with Papa, Jesus, Sarayu, and Elouisia Mack is totally different. He changes a lot of his life. Mack as in the beginning wants a revenge and is really angry, becomes a person who is easy to forgive.

Now there was no holding back as hot tears poured down his face and between sobs Mack began to confess. “Papa,” he cried, “how can I ever forgive that son of bitch who killed my Missy. If he were here today, I do not know what I would do. I know it is not right, but I want him to hurt
like he hurt me. If I can not get justice, I still want revenge (Young, 2007:224).

Mack also finds his reconciliation in which he is free from the burden of life. This situation shows that Mack is a strong man, especially to pass every difficulty in his life so that he finds his sense of joy after living under the great sadness. Physically, Mack is now a slightly overweight, balding, short white guy and he is just about to turn fifty-six.

As for Mack, he continues to live his normal productive life and remains adamant that every word of the story is true. All the changes in his life, he tells me, are enough evidence for him. The great sadness is gone and he experiences most days with a profound sense of joy. And Mack? Well he is a human being that continues through a process of change, like the rest of us. Only he welcomes it while I tend to resist it. I have noticed that he loves larger than most, is quick to forgive, and even quicker to ask for forgiveness (Young, 2007:247).

So, in general it can be said that Mack is traumatic when he is talking about his father. Then, by walking away from home, Mack is not a person who is fond of facing the problem but on the contrary he prefers staying away from it. He is not a problem solver but a person who makes it over. He does not express his anger to others and he just keeps it.

B. The Description of Main Character’s Anger

Anger, according to Aristotle, is a strong emotion or passion provoked when people suffer or perceive that they suffer an insult, or injury that motivate the desire for vengeance or direct actions to punish or gain restitution from the offender. This definition is relevant to the condition of Mack. Mack and his mother experience violence from his father when Mack is a boy and also in his
adult years. One of Mack’s children is kidnapped and killed, while he does not know who the murderer is. These two significant experiences lead Mack closely into anger. He is angry with his own father, God and the murderer. Moreover, in the novel *The Shack* itself, the word “anger, angry, fury” is mentioned twenty eight times which strongly support that Mack is really angry.

The focus is on Mack’s anger because Mack cannot forgive others and does not find peace in his life especially to face the reality without manipulating or lying. Mack’s anger is the reason why he has a low self acceptance since the big sadness enters his life.

1. Anger Control

This expression covers all calm and patient responses that try to control someone’s behavior. This way of expressing anger highlights that someone stays calm as a respond of controlling anger. This anger phenomenon appears in the life of Mack himself. Mack is in fact angry but he stays calm. He does not want to talk about his father because of the bad experiences during his childhood. He is trying not to recall those memories.

Mack never talks much about his father, but when he does his face loses emotion like a tide going out, leaving dark and lifeless eyes (Young, 2007:8). Mack’s life is wounded because of his father behavior. It leaves many unpleasant memories in the life of Mack. Mack himself has tried to bury those unpleasant memories and promised not to remember them again in his adult years. This can be seen in Mack’s childhood promise.

But before he left, he put varmint poison in every bottle of booze he could find on the farm. He then unearthed from next to the outhouse the small tin box housing all his earthly treasures: one photograph of the family with
everybody squinting as they looked into the sun (his daddy standing off to one side) a 1950 Luke Easter rookie baseball card, a little bottle that contained about an ounce of Ma Griffe (the only perfume his mama had ever worn), a spool of thread and a couple needles, a small silver die-cast U.S. Air Force F-86 jet, and his entire life saving-$15.13. He crept back into the house and slipped a note under his mama’s pillow while his father lay snoring off another binge. It just said, “Someday I hope you can forgive me.” He swore he would never look back, and he did not—not for long time (Young, 2007: 8).

Mack loses emotion like a tide going out, leaving dark and lifeless eyes indicate that Mack is traumatic from what his father has done. Mack does not want to recall his past especially his father, because Mack himself hates him. Even though Mack never talks it openly to Willie and his friends that Mack hates his father, this hate relationship then reveals when Mack is unconscious and talking with Papa (God).

“You must know,” he offered, ”calling you Papa is a bit of stretch for me.”

“Oh, really?” She looked at him in Mock of surprise. “Of course I know. I always know.” She chuckled, “But tell me, why do you think it is hard for you? Is it because it’s too familiar for you, or maybe because I am showing myself as a woman, a mother, or…”

“No small issue there, “ Mack interrupted with acknowledged chuckle.

“No maybe it’s because of the failure of your own papa?”

Mack gasped involuntarily. He wasn’t used to having deep secrets surface so quickly and openly. Instantly guilt and anger welled up and he wanted to last out with sarcastic remark in response. Mack felt as if he were dangling over a bottomless chasm and was afraid if he let any of it out, he would lose of everything. He sought for safe footing, but was only partially successful, finally answering through gritted teeth, “Maybe, it’s because I’ve never known anyone I could really call Papa” (Young, 2007: 90).

In this conversation Mack has a problem to spell the word “papa” which becomes a proof of his hatred relationship with his own father. So, the question why Mack stays calm is not only to control his angry feeling but also to hide his hate relationship with his father, Mack’s secret. The other reason is because he does
not know with whom he can express his anger. As a result he then blames himself in his silence and seeks for an answer.

“Oh God,” Mack thought, having totally forgotten about his other two. “What kind of a father am I?” Although he was relieved that Sarah had them, he now wished even more that Nan were here (Young, 2007: 45).

His blame for himself is also continued when he is talking with Willie. Mack is confused and does not know what to do.

I feel like we’re losing Kate and that’s killing me. Maybe what happened to Missy is God’s judgment for what I did to my own dad. I don’t know (Young, 2007: 71).

2. Reciprocal Communications

This expression covers listening and problem solving with the target of someone’s anger to deal with the conflict. This expression of anger is also shown in the life of Mack, especially when Mack meets Papa (God). As mentioned in the previous explanation that Mack is angry with Papa (God), he then shows his anger to Papa (God). Papa (God) says that He loves Mack, and Mack is doubtful to His statement.

“If you couldn’t take care of Missy, how can I trust you to take care of me?” There, he’d said it—the question that had tormented him every day of The Great Sadness. Mack felt his face flush angry red as he stared at what he now considered to be some odd characterization of God, and he realized his hands were knotted into fists.

“Mack, I’m sorry.” Tears began to trail down her checks. “I know what a great gulf this has put between us. I know you don’t understand this yet, but I am especially fond of Missy, and you too” (Young, 2007: 92).

This reciprocal communication happens because of Mack’s doubtfulness to Papa (God). He mistrusts God’s love. However, this problem of relationship is
in the end solved in which Mack thanks God for loving him. Mack just misunderstands the love of God while God can straighten Mack’s misunderstanding until Mack then believes in Him.

Mack shook his head sadly. “You’re right. I don’t grasp it very well. I think I see a glimpse for a second and then all the longing and loss that I feel seems to rise up and tell me that what I thought I saw just couldn’t be true. But I do trust you…” And suddenly, it was like a new thought, surprising and wonderful. “Papa, I do trust you!” (Young, 2007: 220).

3. Physical Attack of Objects

This way involves throwing, slamming, hitting, or banging things. This way of expressing anger appears in the novel, when Mack is arguing with the target. The death of Missy is the main problem in this expression. Mack is asking God, why he suffers and why God lets this happen. While no response from God and Mack is filled with anger, he then turns his emotion to attack the objects around him. This expression shows the frustration of Mack in facing his problem. So, instead of attacking the target, Mack is banging everything around him and trying to intimidate God.

In a blind rage, Mack grabbed the nearest chair, and flung it at the window. It smashed into pieces. He picked up one of the legs and began destroying everything he could. Groans and moans of despair and fury spat through his lips as he beat his wrath into this terrible place (Young, 2007: 78).

In Mack’s search for an answer, he has ever thought that it would be better to do suicide so that there would be no more tears and pain. He is then trying to intimidate God for the second time and also to strike back at God.

Mack could feel the gun in the small of his back, an inviting cold pressed against his skin. He pulled it out, not sure what he was going to do. Oh, to stop caring, to stop feeling the pain, to never feel anything again. Suicide? At the moment that option was almost attractive. “It would be so easy,” he
thought. “No more tears and no more pain…” He could almost see a black chasm opening up in the floor behind the gun he was staring at, a darkness sucking any last vestiges of hope from his heart. Killing himself would be one way to strike back at God, if God even existed (Young, 2007: 79).

All these intimidations show the feeling of being lost from Mack. No one can stop his pain and tears. However, God in fact gives the chance to Mack to let his angry out.

“It’s okay honey, you can let it all out...I know you’ve hurt, and I know you’re angry and confused. So, go ahead and let it all out. It does a soul good to let the waters run once in a while-the healing waters (Young, 2007:83).

4. Noisy Arguing

This way covers loud arguing and disagreements with the target of someone’s anger. This expression of anger is shown by Mack’s behavior towards The Officer, when they are looking for Messy. The different perception between them makes a noisy arguing. This disagreement happens because Mack is not satisfied with the response of Dalton, The Officer in finding out the murderer of Messy. Mack speaks loudly in order to force Dalton to investigate more accurately in his job.

What are you saying? Mack snapped. That this guy is some kind of serial killer? Is this some sort of mark that he leaves behind to identify himself, like he is marking his territory or something? Mack was getting angry and it was evident by the look on Dalton’s face that he was sorry for even mentioning it (Young, 2007 : 50).

Then, the debate between Sophia and Mack arises also the anger of Mack. Sophia forces Mack to say honestly who is to blame for Mack’s pain and suffering. Mack then recognizes that the murderer, his father and God are to blame for his pain. This confession of Mack is an answer of all his anger, because
in the reality he never speaks that out to whom Mack is angry with. But here it is really clear through the confession of Mack.

“And what about the man who preys on innocent little girls? What about him, Mackenzie? Is that man guilty? Should he be judged?”

“Yes!” Screamed Mack. “Damm him to hell!”

“What about his father, the man who twisted his son into terror, what about him?”

“Yes, him too!”

She continued, “Isn’t that your just complaint, Mackenzie? That God has failed you, that He failed Missy? That before the creation, God knew that one day your Missy would be brutalized, and still he created? And then he allowed that twisted soul to snatch her from your loving arms when he had the power to stop him. Isn’t God to blame, Mackenzie?”

“Yes! God is to blame!” The accusation hung in the room as the gavel fell in his heart (Young, 2007: 161).

5. Verbal Assault/Attack

This way includes making intimidating or threatening against the target of someone’s anger. Mack’s emotion explodes and he is getting angrier and angrier. Whenever he does not find the target, he again attacks the target by using bad words. Mack is really disappointed with God. The loss of Missy is considered as God’s will which he sees as a sign that God does not care about Mack’s life. The statement of Mack underlines the wrong image of Papa (Papa as God and his own dad). Mack mistrusts God as he mistrusts his own father.

As the mix of emotions ebbed and flowed, his anger giving away to pain, a fresh wave of sorrow began to mix with his confusion. “So where are you? I thought you wanted to meet me here. Well, I’m here God. And you? You’re nowhere to be found. You’ve never been around when I needed you-not when I lost Missy. Not now. Some ‘Papa’ you are!” He spat out the words (Young, 2007: 78-79).

Again, the mistrust of Mack is then stressed by Sarayu, in which she describes that the reason of Mack’s mistrust is because he can not do humility. Mack
prefers to blame others without having such a forgiveness. Mack does not realize that he himself can not do humility and it is Sarayu who reminds him.

Sarayu spoke. Mackenzie, you can not produce trust just like you can not do humility. It either is or is not. Trust is the fruit of a relationship in which you know you are loved. Because you do not know that I love you, you can not trust me (Young, 2007: 126).

6. Anger-in/Suppression

This expression can be understood that the person is basically angry but he keeps it in, avoids expressing anger, or avoids people. This way of expressing anger appears in the life of Mack, especially when the great sadness enters his life. The change of Mack’s behavior is the way he covers his hurt. Mack is avoiding people, conversation with others. Mack confesses that basically he is not very good at friendship. However, the real reason here is, because Mack has so much fears, and the fears of Mack himself are based on his lack of self-acceptance especially that he is loved. This situation can be seen from the confession of Willie.

These days are very different than seven or so years ago, when The Great Sadness entered his life and he almost quit talking altogether. About that time and for almost two years our hanging out stopped, as if by some unspoken mutual agreement. I only saw Mack occasionally at the local grocery store or even more rarely at church, and although a polite hug was usually exchanged, not much of any consequence was spoken. It was even difficult for him to look me in the eyes: maybe he did not want to enter a conversation that might tear the scab off his wounded heart (Young, 2007:11-12).

Mack is making his own independence and a self-centered perception. Mack thinks that God is punishing him when Missy is murdered. Mack is again making a conclusion that he is not loved, he is hen drowning in his pain.
However, it is Sophia explains to him that his self-centered perception is totally wrong.

“Is that who your God is, Mackenzie? It is no wonder you are drowning in your sorrow. Papa isn’t like that, Mackenzie. She’s not punishing you, or Missy, or Nan. This was not his doing.“

“But he didn’t stop it.”

“No he didn’t. He doesn’t stop a lot of things that cause him pain. Your world is severely broken. You demanded your independence, and now you are angry with the one who loved you enough to give it to you. Nothing is as it should be, as Papa desires it to be, and as it will be one day. Right now your world is lost in darkness and chaos, and horrible things happen to those that he is especially fond of’” (Young, 2007: 164).

7. Anger-in/critical

This expression can be understood that the person is critical of others, or has negative opinions of others without expressing anger. Mack blames God when Missy is missing. In his search for an answer, Mack criticizes the existence of God by saying that God is brooding, distant and aloof. Mack doubts the existence of God while he is suffering. This way of expressing anger shows the disappointment of Mack towards God. God is seen as God who is brooding, distant and aloof. Mack’s opinion is a kind of provocation to others that God does not exist. This response of Mack implies a negative point of view towards God. He is angry with God and that is why he criticizes God as well.

He seems to have a hate relationship with religion, maybe even with the God that he suspects is brooding, distant, and aloof. Although we sometimes both show up on Sundays at the same local pew and pulpit bible church, you can tell that he is not too comfortable there (Young, 2007:10).

Again, Mack is disappointed and making manipulation. Mack’s response is judgmental. This repressed anger is revealed in his confession. Mack becomes a man who is not religious and Mack blames God for all his suffering.
Mack was looking at the floor, a flurry of images pulling his emotion in every direction. Finally, he said it louder than he intended, and pointed his finger right at her. “Yes, God is to blame!” the accusation hung in the room as the gavel fell in his heart (Young, 2007: 161).

8. Corrective Action

This expression is indicated by making changes in his or her behavior to avoid conflict. This phenomenon of anger is shown in Mack’s behavior especially when he is pretending not to show his real condition. Mack is using a mask so that no one knows that he is angry. Otherwise, he does not tell the truth what is happening on him, he is telling a lie instead. Mack’s behavior shows how low his self-acceptance is. Mack is a hypocrite and again, his self-defense to survive is working here. Mack does not want that everyone around him knows his hurt, pain, and past, so, instead of saying that he has a wounded heart, he then does something different to hide his feeling.

Mack once told me that he used to speak his mind freely in his younger years, but he admitted that most of such talk was a survival mechanism to cover his hurts; he often ended up spewing his pain on everyone around him. He says that he had a way of pointing out people’s faults and humiliating them while maintaining his own sense of false power and control. Not too endearing (Young, 2007: 9).

The change of Mack’s behavior is later shown in the end, when his hurt and pain are healed. After reconciling his anger, he is then totally different. He does not hide his feeling again and he becomes a person who has his joy and lives life with simplicity. According to the testimony of Willie, Mack has become a child again or more accurately, he has become the child he never was allowed to be. The statement of Willie gives an evidence that Mack never enjoys his childhood, that is why he does like that in the end.
As for Mack, he continues to live his normal productive life and remains adamant that every word of the story is true. All the changes in his life, he tells me, are enough evidence for him. The great sadness is gone and he experiences most days with a profound sense of joy. And Mack? Well he is a human being that continues through a process of change, like the rest of us. Only he welcomes it while I tend to resist it. I have noticed that he loves larger than most, is quick to forgive, and even quicker to ask for forgiveness (Young, 2007:247).

9. Diffusion or Distraction

The person avoids the problem. This way of expressing anger is the way to avoid a conflict with the target. This expression of anger also appears in Mack’s behavior. We remember the time when Mack is beaten by his father and Mack really hates him. It definitely shows that Mack really wants a revenge by putting varmint poison in every bottle of booze he could find on the farm. However, because he is still young and can do nothing, he then walks away from home. In his inability, Mack is choosing to avoid the conflict by walking away from home. Mack is trying to leave his bad experience behind and find a new challenge outside. Mack is really a brave man.

Two weeks later, when Mack was finally able to put one foot in front of the other again, he just up and walked away from home. But before he left, he put varmint poison in every bottle of booze he could find on the farm. (Young, 2007: 8).

Besides, Mack also has ever thought to do suicide because there is no way out of his problem especially when Missy is murdered. Mack thinks that it is better to stop tears and pain by doing suicide.

Mack could feel the gun in the small of his back, an inviting cold pressed against his skin. He pulled it out, not sure what he was going to do. Oh, to stop caring, to stop feeling the pain, to never feel anything again. Suicide? At the moment that option was almost attractive. “It would be so easy,” he thought. “No more tears and no more pain…” He could almost see a black chasm opening up in the floor behind the gun he was
staring at, a darkness sucking any last vestiges of hope from his heart. Killing himself would be one way to strike back at God, if God even existed (Young, 2007: 79).

10. Displacement

In this expression the person changes the target of his/her anger. This can be seen in the class or family. The violence from Mack’s Dad is never shared to Mack’s wife. His anger and hatefulness are mostly repressed. As a result, Mack displaces his target of anger to his wife. Mack never talks to Nan, his wife about his father or his childhood experiences. He keeps it all for himself. Mack learns many things from Nan and Nan herself can save Mack’s life. Because of Mack’s wounded heart is never healed, he is then angry with the people around him. The testimony of Willie in the novel tells a fact that Mack hurts his wife in their early marriage. However, this way of expressing anger is a kind of shifting a problem, a self-defense mechanism practice.

Mack has been married to Nan for just more than thirty-three mostly happy years. He says she saved his life and paid a high price to do it. For some reason, beyond understanding, she seems to love him now more than ever, even though I get the sense that he hurt her something fierce in the early years (Young, 2007 : 10).

Despite being hurt, Mack also tells lies to Nan and interestingly Nan does not leave him. The way of telling these lies is a part of Mack’s closeness, a part of hiding his bad experiences.

“Nan and the kids are visiting her sister up in the islands, and … I didn’t tell her, “Mack confessed. Willie was obviously surprised. ”You never keep secrets from her. I can’t believe you lied to her (Young, 2007 : 72).
C. The Influence of the Unconscious Mind toward the Main Character in Reconciling Himself with His Anger

a. The Description of the Main Character’s Unconscious Mind

After describing the main character’s personality and anger, now the writer is going to describe the main character’s unconscious mind. Psychoanalyst Sigmund Freud divides three different levels of mind: the preconscious, the conscious, and the unconscious. However, in this part the writer will focus only on the unconscious part because it has a significant point to answer the problem formulation. In his psychoanalytic theory, Freud said that a group of mental processes enables the mind to solve the conflicts but some of them are unable to resolve. The process of this is usually unconscious and involves concealing from oneself internal drives or feeling that threatens to lower self-esteem or provoke anxiety. In this level, Freud offered defense mechanism to solve the conflicts through some processes. The process of analyzing the main character’s unconscious mind is done by paying attention to Mack’s defense mechanism. The processes are repression, reaction formation, projection, denial, displacement.

1. Repression

This process happens when a person has painful memories and unacceptable thoughts and motives which evoke too much anxiety. The person pushes that thought down into the unconscious part of the mind. The person in this case “forgets” the thing that bothers him/her and without realizing it, that person pushes it out of his/her awareness. The feelings of hostility and anger stay
in the unconscious mind and can reveal in the form of sarcastic jokes, slips of the tongue and dream.

The process of this stage appears in the way of Mack’s life. As it has been described above that Mack has painful and unacceptable experiences during his life. He also never tells anyone about his feeling, especially his anger. He chooses to repress and stays alone while looking for the answers of his conflict. The first phenomenon of his repression is indicated by Willie’s statement. His statement gives a sign that Mack has repressed his feelings. Willie’s testimony is a proof that Mack has repressed his anger.

On the long stretch up the Gorge, Mack felt a creeping panic begin to penetrate his consciousness. He had tried to avoid thinking about what he was doing and just keep putting one foot in front of the other, but like grass pushing through concrete, the repressed feelings and fears somehow began to poke through. His eyes darkened and his hands tightened on the steering wheel as he fought the temptation at every off-ramp to turn around and go home. He knew he was driving straight into the center of his pain, the vortex of the great sadness that had so diminished his sense of being alive. Flashes of visual memory and stabbing instants of blistering fury now came in waves, attended by the taste of bile and blood in his mouth (Young, 2007:74).

Using defense mechanism is one way that Mack protects himself (self-protection through repression). Mack protects the integration of the self by repressing his feeling. This repression then starts from his childhood, when his father beats him. At that time he is in anger because of his father’s behavior but he does not tell anyone. He just wants to forget his unpleasant experience. Before leaving home, Mack makes a promise for himself that one day he would never go back. Then, as a start to leave this memory behind, he also buries all the things which refer to his past.
But before he left, he put varmint poison in every bottle of booze he could find on the farm. He then unearthed from next to the outhouse the small tin box housing all his earthly treasures: one photograph of the family with everybody squinting as they looked into the sun (his daddy standing off to one side) a 1950 Luke Easter rookie baseball card, a little bottle that contained about an ounce of Ma Griffe (the only perfume his mama had ever worn), a spool of thread and a couple needles, a small silver die-cast U.S. Air Force F-86 jet, and his entire life saving-$15.13. He crept back into the house and slipped a note under his mama’s pillow while his father lay snoring off another binge. It just said, “Someday I hope you can forgive me.” He swore he would never look back, and he did not-not for long time (Young, 2007: 8).

This repression process is repeated again in his adulthood especially when his daughter is kidnapped and murdered. Mack never tells the truth or at least he shares to others what he is thinking of and why he is staying away from people around him. The tragedy when Missy is killed is known as the great sadness of Mack. This tragedy leads Mack into great sadness because of his childhood abuse and also the loss of Missy. In this situation Mack is totally different and he has a wounded heart. Mack then chooses to live on his own and avoid people. He is trying to find the answer in being silent.

These days are very different than seven or so years ago, when The Great Sadness entered his life and he almost quit talking altogether. About that time and for almost two years our hanging out stopped, as if by some unspoken mutual agreement. I only saw Mack occasionally at the local grocery store or even more rarely at church, and although a polite hug was usually exchanged, not much of any consequence was spoken. It was even difficult for him to look me in the eyes: maybe he did not want to enter a conversation that might tear the scab off his wounded heart (Young, 2007:11-12).

2. Projection

This process happens when inner feelings are thrown outside. This is a form of defense in which unwanted feelings are displaced onto another
person, where they then appear as a threat from the external world. This situation normally occurs when an individual, threatened by his own anger, accuses another (Kasschau, 1995: 273-274).

The death of Missy is mysterious because it takes time to know who the murderer is. In the beginning they do not know the killer and for this reason Mack is really angry. As a response to this situation Mack isolates himself by staying at home. In Mack’s search of why it is happening on him, Mack accuses God as the troublemaker. Mack is questioning the existence of God while he is suffering.

She continued, “Isn’t that your just complaint, Mackenzie? That God has failed you, that He failed Missy? That before the creation, God knew that one day your Missy would be brutalized, and still he created? And then he allowed that twisted soul to snatch her from your loving arms when he had the power to stop him. Isn’t God to blame, Mackenzie? “Yes! God is to blame!” The accusation hung in the room as the gavel fell in his heart (Young, 2007: 161).

The second projection of Mack is his own father. Before Mack blames himself in the tragedy of Missy and all his pain, Mack also accuses his own father as the troublemaker. Mack thinks that all the suffering in his life is because of his failure with his own father. His father’s behavior towards him is the factor why his daughter is kidnapped and killed. In the beginning Mack seems not to recognize that but in the end he confesses that his father is to blame.

“You must know,” Mack Offered, “Calling you Papa is a bit of stretch for me.”

“Oh really?” She looked at him in mock of surprise. Of course I know. I always know. But tell me, why do you think it is hard for you? Is it
because it’s too familiar for you, or maybe I am showing myself as a woman, a mother, or…”

“No small issue there.” Mack interrupted with an awkward chuckle.

“Or, maybe it’s because of the failures of your own papa?” He sought for safe footing, but was only partially successful, finally answering through gritted teeth, “Maybe, it’s because I’ve never known anyone I could really call Papa.” (Young, 2007: 91).

This first confession of Mack is a clue that he accuses his own father. Even though it is not quite clear spoken, in the end Mack emphasizes his previous statement that his own father is to blame.

“What about his father, the man who twisted his son into terror, what about him? “Yes, him too!” (Young, 2007: 161).

The last projection of Mack turns to the murderer of his daughter. Mack also accuses the murderer as troublemaker. The death of Missy is the great sadness of his life and for this reason he wants a revenge. His confession in the novel that she is to blame is a proof of it. But interestingly, in the end Mack can easily forgive the murderer.


3. Displacement

This process happens when the object of an unconscious desire provokes anxiety and the mind redirects emotion from a “dangerous” object to a “safe” object. This stage also involves turning against self which is associated with depression and suicide. Mack is threatened by his own anger and people around him are the other targets while he can not reach the real target. Mack
redirects his anger to his wife. *The Shack* does not clearly show how Mack displaces his anger to others person. It is only Willie’s testimony which gives a proof that in his early years with Nan, Mack hurts her.

Mack has been married to Nan for just more than thirty-three mostly happy years. He says she saved his life and paid a high price to do it. For some reason, beyond understanding, she seems to love him now more than ever, even though I get the sense that he hurt her something fierce in the early years (Young, 2007: 10).

The anger of Mack is getting strong and he is feeling lost because he does not find an answer of all his conflict. He is confused. In the climax of his search Mack has ever thought to do suicide. Nobody knows that Mack is planning to do suicide but it reveals when he is unconscious after the car accident.

Mack could feel the gun in the small of his back, an inviting cold pressed against his skin. He pulled it out, not sure what he was going to do. Oh, to stop caring, to stop feeling the pain, to never feel anything again. Suicide? At the moment that option was almost attractive. “It would be so easy,” he thought. “No more tears and no more pain…” He could almost see a black chasm opening up in the floor behind the gun he was staring at, a darkness sucking any last vestiges of hope from his heart. Killing himself would be one way to strike back at God, if God even existed (Young, 2007: 79).

4. **Reaction Formation**

This process happens when a person replaces an acceptable feeling with its opposite. He/she is covering up his/her true feeling unconsciously. Mack is covering his anger and pain by doing its opposite. He does not tell the truth that he is angry, traumatic and confused. Mack protects himself by not telling the truth in order to make himself comfortable.

Mack once told me that he used to speak his mind freely in his younger years, but he admitted that most of such talk was a survival mechanism to
cover his hurts; he often ended up spewing his pain on everyone around him. He says that he had a way of pointing out people’s faults and humiliating them while maintaining his own sense of false power and control. Not too endearing (Young, 2007: 9).

Mack could share his problem to others is covering his feeling by staying alone and avoiding people so that it seems that everything is all right with him. Mack also does something opposite when the great sadness enters into his life in which he rarely goes to church with his friend. It is just to make his own comfortable world. Instead of staying alone and avoiding people, Mack actually could share his burden of life to others so that they might give solutions. Mack also could go outside in order to find peace and meet people. However, Mack does not do that at all.

These days are very different than seven or so years ago, when *The Great Sadness* entered his life and he almost quit talking altogether. About that time and for almost two years our hanging out stopped, as if by some unspoken mutual agreement. I only saw Mack occasionally at the local grocery store or even more rarely at church, and although a polite hug was usually exchanged, not much of any consequence was spoken. It was even difficult for him to look me in the eyes: maybe he did not want to enter a conversation that might tear the scab off his wounded heart (Young, 2007:11-12).

The way of Mack covering his feeling is finally revealed in the end of the story. It explains why he does so in the beginning. Through his unconscious it tells the truth of his action. In this being honesty he is becoming someone else in which Mack finds his joy and seems to repeat his childhood.

And Mack? Well he’s a human being that continues through process of change, like the rest of us. Only he welcomes it while I tend to resist it. I have noticed that he loves larger than most, is quick to forgive, and even quicker to ask for forgiveness. The
transformations in him have caused quite a ripple through community of relationships—and not all of them easy. But I have to tell you that I’ve never been around another adult who lives life with such simplicity and joy. Somehow he has become a child again. Or maybe more accurately, he’s become the child he never was allowed to be; abiding simple trust and wonder. He embraces even the darker shades of life as part of some incredibly rich and profound tapestry, crafted masterfully by invisible hands of love (Young, 2007: 248).

b. The Influence of the Unconscious Mind in Reconciling Mack’s Anger

Freud defines the unconscious mind as a storage of feelings, thoughts, urges, and memories that are beyond our conscious awareness. According to Freud, the unconscious motivates most of our words, feelings, and actions. The meaning behind dreams, slips of tongue and certain kinds of forgetting can be explained by the unconscious (Feist: 24-27).

The unconscious mind of Mack contains anger, urge, thought and memory from his past. His unconscious mind records all his feelings, memories, urges, thoughts which do not come up on the surface so that nobody finds the answers why Mack suddenly avoids people, stays away from church, bar, conversation even from his best friend; Willie. In his conscious condition, the motivation of his attitude is never answered. However, when Mack is unconscious especially after the car accident, all of the motivations are answered. The unconscious mind of Mack gives the answers what reasons motivate him to do so.

Going back to Mack’s unconscious mind is the way to reveal the motivations of his words, actions and feelings. So, the unconscious mind of
Mack influences him to achieve the realities of his life and finally to find peace of his mind by forgiving others. The most significant influence is to help Mack to forgive others so that he can reconcile himself with his anger. Without forgiveness there will be no joy, peace in his mind.

The conflict of Mack comes from two important parts of the unconscious, namely personal unconscious and collective unconscious. His personal unconscious consists of Mack experience with his father and the murderer.

1. **Personal Unconscious**

   It contains all repressed, forgotten, perceived experiences of a person. It involves all the memories, forgotten events, experiences since the infantile period. Our personal unconscious is unique because it is formed by our individual experiences. In the personal unconscious, some images can be easily recalled but some with difficulty and the others are outside of consciousness.

   It has been mentioned in the previous explanation that Mack represses his anger since the abuse from his father and the death of Missy. Since his childhood Mack is trying to forget all his experiences with his father. All these perceived experiences are stored in the personal unconscious and it never comes up on his conscious. However, after the car accident and being unconscious, the personal unconscious of Mack reveals all his perceived experiences that he forgets, hides and represses. The personal unconscious of Mack gives the answer that the only way to be free
is to forgive. Mack should forgive his father and the murderer in order to be free or to find joy.

Mack experiences the abuse from his father during his childhood. Mack is beaten by his own father. Mack then can not forgive his father’s behavior and goes away from home for years. These traumatic experiences produce the wrong image of the father.

In the real life Mack never shares to others that he really hates his father and he really can not forgive him. However, through his unconsciousness after the car accident, it is then revealed that forgiving his own dad and the murderer is the way out. As a result, he forgives his father’s deed, finds his joy and transforms himself as a man who has freed from all the burdens.

“Daddy”! yelled Mack, and threw himself onto the man who could not even look at his son. In the howl of wind and flame, Mack took his father’s face in his two hands, forcing his dad to look him in the face so he could stammer the words he had always wanted to say: “Daddy, I’m so sorry! Daddy, I love you!” The light of his words seemed to blast darkness out of his father’s colors, turning them blood red. They exchanged sobbing words of confession and forgiveness, as a love greater than either one healed them (Young, 2007 : 215).

Almost the same as his father’s experience, Mack also experiences the death of his daughter in which he in the beginning can not forgive the murderer. On the contrary he precisely curses him. This can be seen from Mack’s reaction towards her.

“Redeem him?” Again Mack felt the fire of anger and hurt. “I don’t want you to redeem him! I want you to hurt him, to punish him, to put him in hell…” His voice trailed off (Young, 2007 : 224).
However, in the end of the story Mack does the same. He forgives the murderer of his lovely Missy. Even it is really hard for him to forgive but he does it instead to find his reconciliation.

With his eyes now closed, rocking back and forth, he pleaded, “Help, me Papa. Help me! What do I do? How do I forgive him?”

“Tell him.”

Mack looked up, half expecting to see a man he had never meet standing there, but no one was.

“How, Papa?

“Just say it loud. There is power in what my children declare.”

Mack began to whisper in tones first halfhearted and stumbling, but then with increasing conviction.


Here, it can be said that the process of repression, reaction formation, projection and displacement helps Mack to reveal his feeling. Repression helps Mack to reveal that since childhood he is angry with his own father. He still keeps the anger until his adulthood and his anger reaches its climax when Missy is murdered. Reaction formation helps Mack to reveal why Mack does not tell the truth when he has a problem. He is lying to everyone and hiding his pain and conflict. Projection also helps Mack to reveal why Mack accuses others in his pain. Mack accuses God, the murderer and his own father. Displacement helps Mack to reveal the reason why he always turns his anger to his wife and why Mack wants to do suicide in facing his problem. These processes are answered when Mack gets an accident and is unconscious.

2. Collective Unconscious

It contains inheritance from our ancestor. It has its root from the ancestral past of the entire species. In other words, the collective
unconscious is inherited and it happens from generation to generation. People have been influenced by their primitive ancestor’s experiences such as God, mother, earth and so forth. The collective unconscious is also responsible for people’s myths, legends and religious beliefs (Feist : 103-105).

The use of defense mechanism from Mack seems only to reduce his anger and anxiety. It never helps him totally to heal his wounded heart and reconcile himself with his anger. The process of repression, reaction formation, displacement, and projection is not really helping him to find his joy and forgive his own father or the murderer even God himself. However, those processes are answered when Mack is unconscious. In his unconsciousness, Mack finds the answer that his suffering is a part of God’s love. The defense mechanism from Mack is only to avoid conflict and anxiety and it is the unconsciousness of Mack which heals Mack by realizing God’s love through his suffering.

The anger of Mack is exploded especially when Missy is killed because of his lack of belief in God. He himself doubts the love of God. In his pain he believes that God does not love him at all. The death of Missy and the abuse from his father are the signs that God has left him. The religious belief/doctrine that God is love is denied by Mack.

As the mix of emotions ebbed and flowed, his anger giving away to pain, a fresh wave of sorrow began to mix with his confusion. “So where are you? I thought you wanted to meet me here. Well, I’m here God. And you? You’re nowhere to be found. You’ve never been around when I needed you-not when I lost Missy. Not now. Some ‘Papa’ you are!” He spat out the words (Young, 2007 :
While Mack still doubts the love of God upon him, it is Sarayu who emphasizes it again. Sarayu mentions the problem of mistrust from Mack.

"Yeah, that’s basically what Sarayu was saying," responded Mack. "So why do I have so much fear in life?"

"Because you don’t believe. You don’t know that we love you. The person who lives by their fears will not find freedom in my love. I am not talking about rational fears regarding legitimate dangers, but imagined fears, and especially the projection of those into future. To the degree that those fears that have a place in your life, you neither believe I am good nor know deep in your heart that I love you. You sing about it; you talk about it, but you don’t know it.” (Young, 2007: 142).

The above statement from Sarayu is then answered by Mack in the end of the story when he is unconscious. Mack makes a lot of change in his way of thinking. From doubtfulness until mistrust, he finally realizes that his perception is false. As a response to God’s love, Mack trusts him.

Mack shook his head sadly. “You are right. I don’t grasp it very well. I think I see a glimpse for a second and then all the longing and loss that I feel seems to rise up and tell me that what I thought I saw just couldn’t be true. But I do trust you....” And suddenly, it was a like a new thought, surprising and wonderful. “Papa, I do trust you!” (Young, 2007: 220)

It is Sarayu who reminds Mack how to reconcile himself with his anger through forgiveness. Forgiveness is the only way to lead Mack to his joy. The existence of Sarayu in Mack’s life makes him aware of being open, honest, realistic to his pain. Without forgiveness Mack can not reconcile himself with his anger.

In the end of the novel Willie illustrates widely how Mack is really different and lives his normal life. Mack finds his joy because the
great sadness in his life is gone. Mack has healed and reconciled his anger. Mack has transformed his life.

Well, there you have it—at least as it was told to me. I am sure there will be some who wonder whether everything really happened as Mack recalls it, or if the accident and morphine made him just a little bit loopy. As for Mack, he continues to live his normal productive life and remains adamant that every word of the story is true. All the changes in his life, he tells me, are enough evidence for him. The great Sadness is gone and he experiences most days with a profound sense of joy (Young, 2007: 247).
CHAPTER V
CONCLUSION

In William Paul Young’s *The Shack*, there is a story of a man named Mackenzie or Mack who has painful experiences since his childhood. His abuse experiences are never healed and in his adulthood he again experiences the great sadness when his daughter is murdered and he does not know who the murderer is. When the great sadness enters his life, Mack becomes someone else, in which he does not want to talk to everyone, stays alone in his own, blames others and himself. He can not also forgive his father, the murderer and God. In his search of healing from his pain, he is invited by Papa to spend a weekend with him in a shack where Mack’s daughter gets killed. Before Mack reaches the shack, he gets an accident and becomes unconscious. After he is conscious, Mack finds the healing of his pain. Mack reconciles himself with his anger.

From this story, the writer arranges three problem formulations in finishing this undergraduate thesis. The questions are about character of Mack, anger depiction and the influence of unconscious mind in saving Mack’s life. The first writer’s conclusion is that Mack is abused, Mack’s heart is wounded because of his father’s deed and the murderer, Mack is really angry with his own father, the murderer and God. In his confusion Mack isolates himself, lives in his own way while looking for the way out of his problem. The second
writer’s conclusion is that Mack alienates himself because he is angry with God, his own father, the murderer and he himself can not forgive them. Mack defenses himself by repression, reaction formation, projection, and displacement in order to protect himself from the anxiety. Mack makes a big change in his life because he hides what he is feeling so that nobody knows why Mack looks different in action and way of thinking. The third writer’s conclusion is that the use of defense mechanism of Mack is only to reduce his pain, anger and anxiety but it never helps him to reveal what motivations or reasons behind his repression, reaction formation, projection and displacement are. Mack seeks for an answer of his pain, a reconciliation of his anger and Mack finds his joy when Mack is unconscious after the car accident. His unconsciousness reveals all the motivations or reasons of his depression, projection, reaction formation and displacement. After it reveals, Mack lives normal and he can forgive people easily including God, his own father and the murderer.

The existence of the unconscious mind is really helpful to guide Mack in saving his life and reconciling his anger. Without the unconscious mind, Mack can not find his reconciliation and overcome his conflict. So, the unconscious mind is really significant in Mack’s reconciliation process.
BIBLIOGRAPHY


APPENDIX

The Summary of *The Shack*

The story is about a man named Mackenzie or Mack who is experiencing the life abuse and loss his daughter. Since his childhood until his adulthood he never tells anyone that he is really angry with these two significant events. He is covering his anger and trying to leave these bad memories behind. He also isolates himself by avoiding people, conversation and church. However, one day in winter he gets an unknown letter in his mailbox and Mack is invited to spend a weekend in the shack, the place where his daughter is kidnapped and murdered. The only name written on the letter is Papa, a name which refers to God. In his search of the sender of the letter, he then goes to the shack and gets an accident before reaching the shack.

After the accident and being conscious, Mack is totally different. He tells that he has met Papa at the shack and he has forgiven his Dad, the murderer and God. Mack does not isolate himself again, on the contrary he goes to people to share his life experiences that he has found a joy.