



THE PORTRAYAL OF *PERSONA* AND *SHADOW* IN *NORMAL PEOPLE* BY SALLY ROONEY: AN ARCHETYPES STUDY

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Abstract

This study aims to reveal the archetypes of *Persona* and *Shadow* in the characters in the novel *Normal People* by Sally Rooney. Meanwhile, the characters that were used as research objects consisted of three characters Connell, Marianne, and Alan. Of the three characters, the *persona* and *shadow* within them are the main objects in this study. Meanwhile, this research will use a descriptive qualitative method. The data source for this research was taken from the novel *Normal People* by Sally Rooney, while the research data consisted of dialogue and narration in the novel. This study uses the psychology of literature with a focus on Jung's archetypes, especially *Persona* and *Shadow*. The finding revealed that *persona* appears in all three characters, namely Connell, Marianne, and Alan. This *persona* is shown by self-confidence, intelligence, and power which is a good mask for the situation and environment in which they live. Meanwhile, a *shadow* appears in the lives of the three characters with different tendencies, ranging from acts of violence, bullying, and cowardice within. Therefore, this study concluded that *persona* and *shadow* appear in the three characters in different forms of action, behavior, and feeling.

Keywords: jung analysis, normal people, persona, psychology of literature, shadow.

INTRODUCTION

Psychology literature can deal with some aspects. We can define it into three main fields, psychology based on the writer, psychology based on the reader, and psychology based on the character in literary work (Wellek & Warren, 1949). Therefore, an understanding of psychological terms is needed to conduct a psychoanalytical study in literature since it is a standard technique for scrutinizing a literary work (Amelia & Daud, 2020). In general, research based on characters in literary works can be explained through all characters in the literary work (Wang, 2019). They are starting from characters, minor characters, protagonists, and antagonists. Moreover, in terms of psychology based on the character in literary work, the writer believes that the characters in a story have a position like humans in general. Characters in literary works reflect human life and describe a specific psychological and human side. In addition, literary work can function as a tool to convey the author's feelings (Kardiansyah & Salam, 2021).

On other hand, every writer with particular anxieties, experiences, feelings, or ideas they want to hear will show them through their literary works. There are differences between each writer regarding the things they convey in the writing that are also related to their background. The background represents the value of the difference and uniqueness of each existing writing. In other words, literary works come from several cultural contexts in society (Afrianto & Gulö, 2019). Therefore, they can be the object of literary research. Meanwhile, several theories can be applied in terms of the psychology of literature, one of which is Jung's archetypes theory. This theory is based on archetype, which refers to the symbolic basis embodied in individual fantasies, dreams, and illusions with a particular pattern. (Jung in Rizakiah et al, 2018).

According to Jung (1969), archetypes are the level of our subconscious mind as humans, known as the collective unconscious. This has to do with all human beings having a deep level of the subconscious mind, which is hidden beneath the personal soul. Moreover, Jung (1969) views archetypes in psychology as more complex than embodying collective unconscious values. By this, several archetypes themselves cannot be represented directly, but when activated, they express themselves through various modes, most notably dreams, fantasies, and illusions. As for the character of a literary work, archetypes come from a set of experiences that subconsciously determine a person's personality (Galang, 2021). According to Jung (1969), archetypes are divided into instruments such as *Anima-animus*, *Great Mother*, *Hero*, *Self*, *Persona*, and *Shadow*. Based on all the archetypes, the writer only

focuses on examining two of them, namely Persona and Shadow. Based on all the archetypes, the writer only focuses on examining two of them, namely Persona and Shadow. Moreover, regarding those two archetypes, the writer believed that Persona and Shadow refer to the many other sides we make as masks and the negative side of who we are. Persona can also mean a good mask that we show to others or the environment we live in (Schultz & Schultz in Ekaputri, 2019). Jung interpreted the Persona as "a mask designed, on the one hand, to make a definite impression on others. On the other hand, to hide the true nature of the individual." (Jung, 2014). On the other hand, the other element, namely the shadow, becomes the opposite side of the Persona. According to Jung (1969), the shadow encapsulates desires and feelings unacceptable to society or the conscious psyche; in other words, the shadow also looks like a sinner. This side becomes the opposite of the Persona. After all, it becomes the side that can give a lousy figure to someone because it is contrary to society's views. Those two archetypes are part of archetypes based on Jung. Therefore, this study will analyze the characters' psychology using Carl Gustav Jung's theory. Meanwhile, in the literary work, the writer uses the novel by Sally Rooney entitled *Normal People*.

This novel contains psychological life from two kinds of characters, first, the main characters, which consist of two characters, namely Marianne Sheridan and Connell Waldron, and second, the supporting character, namely Alan Sheridan. Moreover, a more profound explanation regarding the Persona and Shadow side of the three characters can be seen from the background they show, which triggers the emergence of the persona and shadow sides that they show, neatly starting from the psychological side with all the issues about class, as well as the complexity of relationships in family and friendships. In addition, the Persona and Shadow of the characters in this novel appear because the characters have conscious and unconscious sides (Yunara & Kardiansyah, 2017). Then, persona and shadow can appear in various ways in the daily lives of these characters, such as through social interactions or inner conflicts. Not only that, the persona in characters have different social contexts, as well as shadow, that affect the way they act and relate to other people. This is based on life experiences, social environment, and psychological conditions. Researching persona and imagery can provide significant benefits for better understanding oneself and others and developing character and art. With that, the writer will analyze the actions, behavior, feeling shown by the characters through the persona and shadow side. Not only that, this research is expected to become one of awareness, knowledge, and literacy about how the characters in the novel *Normal People* reflect the depiction of persona and shadow.

METHOD

This study applied psychology of literature, especially Jung's Archetypal theory of persona and shadow. The studies regarding this issue had been made by Yani (2021) which emphasizes the used of Archetypal theory with the focus of anima-animus, shadow-persona, and self of the main character in *The Little Prince* novel. This study helps the writer in understanding about the theory that used. Further, Gunanda and Puspita (2020) also focused on the persona and shadow in novel *We Need Talk About Kevin*, which found that Kevin failed to achieve a balance between his persona and his shadow. The same of theory also used by Galang who analyzed Keiko's character in *Convenience Store Woman* by Sayaka Murata, which found that that Keiko's shadow had grown when she was small and formed a retracted personality, while her persona helped her to appear in society in an effort to get a normal label. Therefore, by those studies, this analysis aims to reveal persona and shadow in Sally Rooney's novel, *Normal People*.

This study applied qualitative research in order to reveal persona and shadow in *Normal People* novel by Sally Rooney. The qualitative approach focuses on narrative, description, and comprehension analysis (Amelia, 2016; Samanik and Lianasari, 2016; Kasih, 2018). Moreover, the results of this analysis are in the form of words (Kuswoyo and Susardi, 2018). Meanwhile, the data taken from the novel of *Normal People* by Sally Rooney. Based on those data, as part of descriptive qualitative research, data collection and data analysis are carried out simultaneously and well organized (Kasih 2018). Therefore, the next steps, namely analyzing, evaluating, and concluding can be achieved by the writer.

FINDINGS AND DISCUSSION

In this chapter, the writer will analyze how these persona and shadow depictions emerge and develop through actions and behavior in society that affect the way they act and relate to other people, based on life experience, social environment, and psychological conditions in each character, namely Connell, Marianne and Alan. Moreover, the writer will also use the narrative or dialogue from the novel "Normal People" as evidence and references to support the arguments and conclusions obtained. Through this in-depth analysis, the writer hopes to

provide a clearer and deeper insight into the use of persona and shadow archetypes in the novel "Normal People" by Sally Rooney.

Persona

Persona uses Jung's Archetypes theory to help individuals interact with others and maintain self-image. However, sometimes it can also be a barrier for individuals to express their true sides of themselves or face internal problems. Persona means the other side that hides who we are, persona can also mean a good mask that we show to other people or the environment we live (Schultz & Schultz in Ekaputri, 2019). Persona can also be a source of conflict within the individual, especially when the self-image presented to the outside world is not in harmony with the actual self-image or when the individual feels compelled to behave according to the expectations of others. Therefore, the author puts the persona analysis in the characters through the analysis below.

Persona in Connell

As a bright university student, Connell possessed extraordinary intellectual abilities. However, he also realized that he looked smarter than he was and that his self-image could affect how others saw him. This suggests that Connell was very aware of the power of self-image in his social life. Sometimes, self-image can give a person the confidence to function well. In this case, Connell self-image of being innovative and intelligent gave him the confidence he needed to perform well both academically and socially. However, sometimes the self-image built by a person can be misleading because a strong self-image can cover up one's uncertainties or deficiencies. More details can be shown through the description and explanation below.

"Well, you are smarter than me."

"Do not be sad. I am smarter than everyone."

In that statement, he knows he looks brighter than he is, giving him the confidence he needs to function well in the world.(Rooney, 2018, p. 3)

The dialogue above shows the persona side of Connell, who is aware of his self-image and one's opinions about him. In this context, awareness of one's strong self-image and its effect on self-confidence can strike a balance between self-confidence and awareness of one's limitations as a human being. While Connell recognizes that his self-image can give him confidence, he also recognizes that it does not fully reflect who he is. Persona can be interpreted as the other side covering who we are and as a good mask that we will show other people or the environment in which we live (Schultz & Schultz in Ekaputri, 2019). As per this quote, "he knows he looks brighter than he is, and that gives him the confidence he needs."(Rooney, 2018). This quote shows that self-image awareness gives Connell strong self-confidence because it can influence how Connell interacts with others. Then, the awareness of his self-image as an intelligent person can influence how he speaks and acts in front of others. He tries not to appear arrogant by speaking softly and humbly.

Persona in Marianne

Marianne is a complex character with a traumatic family history and complicated social relationships. One way Marianne deals with this problem is by creating a different self-image in a different environment. In front of other people, Marianne often presents as calmer, more controlled, and more confident, even though she feels uncomfortable with her surroundings. This can be seen in the following quote.

In everyday interactions, he showed calm, was in control, and was confident that nothing seemed to disturb or affect him. He knows how to speak and act in different environments and can take charge of a situation. However, Marianne often feels lonely and disoriented, especially when no one else is around (Rooney, 2018, p.11)

The quote above shows that Marianne displays a strong and confident self-image and looks calm and in control but feels lonely and disoriented when no one is around. In this context, Marianne is very confident and can overcome various situations. She can speak and act according to different environments, even being able to take charge of a situation when necessary. When hanging out with her friends, she looks calm and in control, responding to their chats, but she is an ordinary person who feels lonely and uncertain. Persona means the other side that covers who we really are, persona can also mean a good mask that we show to other people or the environment in which we live (Schultz & Schultz in Ekaputri, 2019). Referring to the quote, "She shows himself looking calm, in control, confident that nothing seems to disturb or influence her." (Rooney, 2018). Her persona will give a good impression of the people around her. The environment shows a different persona according to the situation and environment around her. This can happen because of social pressure to show different personalities depending on the situation. Her actions can make him behave as " She knows how to speak and behave according to different

environments, and seems to have the ability to take control of situations."(Rooney, 2018). Through this quote, her can adjust the appropriate way of speaking and acting according to the situation and the people around him. This ability shows that Marianne has good social skills and can interact smoothly with people from various backgrounds.

Persona in Alan

Alan cares about his self-image in front of others, even though he may not be completely comfortable with that self-image. Alan is also described as someone who is very adaptable to his environment. Alan can speak fluently and skillfully on complex intellectual topics, is polite and confident, but can also adapt to whatever social environment he finds himself in. Alan can present an excellent self-image to others, make others feel comfortable around him, and make them feel safe and respected. The following is a quote that shows the persona that Alan has.

Alan was very adaptable to what was expected of him, even though some of those expectations seemed to conflict. From there, he can be polite, assertive, confident, and able to speak fluently and skillfully on complex intellectual topics. He can adapt to whatever social environment he encounters. All that other people want makes him feel safe and respected.(Rooney, 2018, p. 203)

The narrative quote above shows Alan persona; he uses a persona to adapt to his environment, which will get a good response from the community's views or the surrounding environment. Alan is indeed very skilled in adapting to different environments. He can show himself as a different figure in front of different people. He can also be straightforward to rely on in social and professional life. Alan is indeed a person who is highly respected by others because he can always display a good self-image. Moreover, he is also good at getting along with people. Personality refers to the mask of kindness that we show to other people or the environment in which we live, and on the other hand, it covers who we are (Schultz & Schultz in Ekaputri, 2019).

Following Alan behavior and persona actions through the quote, "From there he can be polite, assertive, confident and able to speak fluently and skillfully on complex intellectual topics, he can adapt to whatever social environment he faces."(Rooney, 2018) this shows that Alan can skim situations and adapt himself according to what is expected of him by others. This ability is critical in establishing interpersonal relationships, especially in business and politics, where one has to deal with people from different cultural backgrounds. This shows that a good self-image is critical to Alan, and he tries hard to maintain a good image in his social circle.

Shadow

Shadow refers to the subconscious or aspects we may deny or try to hide from ourselves and the outside world. In its most general sense, shadow are a moral problem that challenges the ego-personality because no one can become aware of shadow without great moral effort to realize this, the dark side of personality must be recognized objectively and concretely. This activity is an essential prerequisite for any self-knowledge (Jung, 1963). Shadow represent aspects of ourselves that are rejected or disowned, including our feelings, emotions, and desires. Recognizing and integrating these aspects can make us more balanced and whole individuals (Sharp, 1991). Shadow may consist of trends deemed socially and environmentally inappropriate or unacceptable. Therefore, the writer analyzes the behavior or actions of each character.

Shadow in Connell

According to Carl Jung's theory of archetypes (1938), feelings can be part of a person's dark side. This is because feelings are often part of the emotions individuals do not perceive or reject but influence their actions and behavior. Apparitions expressing feelings can be regarded as one of the shadow of personality in Connell character. At the novel's beginning, when Connell and Marianne are still in school, he is not so brave to show his feelings for Marianne, even though he has feelings for her. Moreover, Connell, in this novel, tends to hold back his feelings. This may be due to his upbringing in an environment where expressing emotions or feelings are not highly valued, through this narrative.

Connell feels uncomfortable with the way his friends make fun of Marianne. For example, when they tell him about Marianne crying in public. It bothers him, but he does not say it. He does not know how to express his feelings. (Rooney, 2018).

The quote above shows how a Connell character feels uncomfortable with the attitude of his friends who do not respect expressing emotions or feelings, especially in public. This suggests that the environment around Connell tends to be less accepting or even disdainful of people who show emotion, which can influence how Connell expresses his feelings. An explanation of this can be seen through the following quotations and

descriptions. *"Connell was overcome with remorse and was on the verge of tears. Moments of emotional pain that emerge seem meaningless and incomprehensible."* (Rooney, 2018)

Quotations above, it's an example of the personality of shadow because, the shadow is a moral issue that challenges the entire ego-personality because no one can notice a shadow without considerable moral effort (Jung, 1963). Realizing this means recognizing the dark side of your personality as your current reality. This act is an essential condition for any self-knowledge. Shadow represents aspects that we reject, including our emotions, feelings and desires by recognizing and integrating these aspects, we can become more balanced (Sharp, 1991). These actions when "his remorse overcame him and he to cry" tears are an example of "emotional pain part that emerges seems meaningless and incomprehensible" (Rooney, 2018). This is an example of Connell shadow side, as it shows how he has trouble understanding and expressing the emotions that come up in difficult or painful moments.

This can affect how he interacts with others and expresses himself. Connell shadow side may consist of shame, fear, or confusion regarding his feelings. Then, He may find it difficult to express his feelings clearly and may feel frustrated and isolated because of it. In addition, there is a word that indicates darkness in the quote above; the word "remorse" is categorized as a feeling that appears on the side of darkness or shadow, especially if the feeling appears in an unpleasant or stressful situation. Regret can be considered a form of regret or disappointment over something that has happened or a decision made. When Connell experiences feelings of regret, he may feel sour or resentful because of his actions or decisions, which can be part of Connell dark or shadow side. Then from the difficulty of expressing these feelings, Connell shows a grumpy shadow side when someone hurts the people around him.

Shadow in Marianne

Marianne shadow side is shown through her behavior when she loses her temper and snaps at one of the teachers at her school. This happened last year when Marianne fought with one of her history teachers, Mr. Kerrigan. At that time, he caught Marianne looking out the window during class. Marianne did not accept the reprimand and orders, this made her lose her temper because he felt imprisoned at school. An explanation of this is through the quotation below.

She cannot move her eyes in the direction she wants. Even her eye movements are regulated by the school. Marianne, who by this time, lost her temper and snapped at her teacher. She said, "Do not kid yourself; I have nothing to learn from you." (Rooney, 2018, p.14)

The dialogue above shows the shadow side of rude behavior against the background of Marianne anger towards the teacher. Opponents filled with Shadow are unfriendly, ignorant, and rude according to (Steins, 2020). These actions when she says, "I have nothing to learn from you" (Rooney, 2018). The quote shows impolite behavior toward a teacher teaching in class. Thus, Marianne lacks a sense of manners, and with the behavior shown, it will be difficult for her school environment to accept because of her behavior. Then, that is not the only shadow side possessed by Marianne. However, from her attitude and behavior towards a tendency to highly erotic activities or behavior, Marianne also tends to express her sexual side in a way that is different from normal humans as usual. This is reflected in her behavioral relationship with one of his lovers.

Shadow in Alan

The shadow possessed by Alan character, namely the attitude and behavior that belittles someone, violence, and jealousy. The attitude and behavior that he has shown are one of the sides that shadow owns. The shadow is the darkest, most unstable person since so many harmful and unstable things are included in it, such as sex crimes, hate, envy, retaliation, being unfriendly and ignorant, and all immoral deeds through these attitudes and behaviors (Jung in Aisyah, 2022) Alan does things that make his younger sibling feel tormented and uncomfortable when Marianne is at home. He can prove this through the dialogue below.

"Where are you going?" he asked

"Go out"

"out where?"

"Just taking a walk," he replied

Alan says. "Well, I know you are not going out to meet friends because you do not have any, do you?"

"Yes, right." (Ronney, 2018, p.11)

In the dialogue excerpt above, it can show a side that is in the form of belittling someone, namely the shadow of Alan that he has. In the dialogue, the context occurs when Marianne wants to leave the house when she wants to visit a sports match that her school is participating in. I accidentally met with Alan in the basement of his house. Then, Alan asked Marianne where she was going.

After being answered by Marianne, he could not believe that answer. With that, he started belittling Marianne with the lines, "I know you would not go out to meet friends because you do not have any, do you?" (Ronney, 2018). With the evidence of this sentence, it is more apparent that Alan had underestimated Marianne for not having friends without him knowing or finding out whether it was true. As far as Alan knew, his sister Marianne had never had friends because what he knew was that her sister Marianne was a child who had an attitude and behavior that made the people around her dislike her. That is why he always looked down on Marianne. Marianne was out alone besides visiting the school's sports games but wanted to meet Connell as well. Alan also has an uncompromising attitude towards his younger brother.

CONCLUSION

Based on this explanation, the writer has summed up the novel's findings and discussion of dialogue and narration. The writer concludes that Normal People are represented as archetypes of persona and shadow. These can be seen from the actions, behavior, feelings of Connell, Marianne, and Alan, which describe archetypes. In this study, the writer portrayal and explains the archetypes of persona and shadow experienced in the novel *Normal People* (2018). The novel itself depicts characters who experience archetypal experiences within themselves, especially in the form of the Persona and Shadow archetypes. First, Connell character experiences powerful persona archetypes within him. He always tries to show an ideal self-image in front of others, especially in a social environment different from his background. However, this persona archetype causes Connell to experience difficulties expressing his feelings honestly and openly, especially when dealing with Marianne. It makes Connell a shadow, making him a loser and cruelly treating Marianne.

On the other hand, Marianne character suffers from a strong shadow archetype. He often shows darker and hidden sides of himself, especially in interpersonal relationships. This often makes Marianne find it challenging to build healthy relationships and trust others. However, the shadow archetype also gives Marianne the strength and courage to take risks and explore hidden parts of herself. In addition, the character Alan also experiences archetypal experiences in the form of the Persona and Shadow archetypes. Alan has a strong persona archetype within him; he always displays a strong and confident image of himself. However, this persona archetype caused Alan to become very defensive and unwilling to show his weak sides. On the other hand, he also experienced the shadow archetype, which caused him to experience a deep sense of fear and anxiety.

The novel *Normal People* (2018) portrayal characters who experience complex and sometimes contradictory archetypal experiences. They are caught in a war between wanting to project an ideal self-image and accepting and exploring the dark sides of themselves. These difficulties become important challenges for the development and growth of the characters in this novel, which ultimately lead to a deeper and more meaningful involvement in interpersonal relationships. Therefore, this study discusses how the behavior, actions, feelings of Connell, Marianne, and Alan describe the conditions they experience by using persona and shadow.

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