

**COURAGE AND SELF-DEFENSE REFLECTED IN
SUZANNE COLLINS'S *THE HUNGER GAMES* NOVEL (2008):
A PSYCHOANALYTIC APPROACH**

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ABSTRACT

INDRA AJIE LISTYA MAHENDRA, A 320 090 310. COURAGE AND SELF-DEFENSE REFLECTED IN SUZANNE COLLINS'S *THE HUNGER GAMES* NOVEL (2008): A PSYCHOANALYTIC APPROACH. RESEARCH PAPER. MUHAMMADITAH UNIVERSITY OF SURAKARTA. 2014

This study is strived to show courage and self-defense which is represented by the main character. This research delves into how courage and self-defense have some bearing on personality of the main character. The Hunger Games novel is analyzed by using a psychoanalytic approach, it is done by ascertaining and determining two object: the first is analyzing the novel based on its structural elements and based on the psychoanalytic approach. This research is descriptive qualitative research. In this method, there are two types of data source, namely primary and secondary data source. The primary data source is The Hunger Games novel written by Suzzane Collins. Meanwhile, the secondary data source are other materials taken from books, journals, and internet related to the study. Both of data are collected through library research and analyzed by descriptive analysis. Based on the analysis, the researcher pulls the following conclusions. First, based on the structural analysis of each statement, it reveals that the character and characterization, setting, plot, point of view, and theme are correlated to each other and mold a unity of delightful, enjoyable, smashing novel. Second, based on the psychoanalytic approach, the analysis puts on view that the personality of the main character is influenced by three domains of mind, they are id, ego, and superego.

Keywords: Courage, Self-Defense, Psychoanalytic Approach

A. Introduction

1. Background of the Study

Basically, courage is the ability to confront fear, pain, danger, uncertainty, or intimidation. This is a quality of the mind and spirit that has the power to overcome danger, pain or hardship. Courage is a way of life. Whereas, self-defense is a countermeasure that involves defending oneself, one's property, or the well-being of another from harm. Self-defense is a subject that just about everyone considers at some point in their lives. Self-defense is the right of a person to protect oneself with reasonable force against another person who is threatening to inflict force upon one's person.

Through *The Hunger Games* novel by Suzanne Collins, the researcher wants to discover that courage and self-defense have big roles to have power of human's life. *The Hunger Games* novel was published in September 2008 and quickly found critical success. There are now more than 18 million copies of *The Hunger Games* in print, the books have genuinely become a worldwide phenomenon. There are several reasons that make the novel interesting. The first one are character and characterization of the novel. *The Hunger Games* novel portrays the story of courage and self-defense of the characters. The second interesting part of the novel is the themes it self. "someone who lives through the inequality between rich and poor, and her suffering as entertainment".

Thus, through the novel we will experience an inspiring story that will be motivating and challenging.

Hence, based on enlightenment above, the writer is motivated in analyzing the major character by using psychoanalytic approach by Sigmund Freud.

2. Literature Review

For the period of the research of this novel, the researcher did not uncover some researcher related to this novel. Therefore, the researcher cannot compare this research with other research because this is the initial study of *The Hunger Games* novel. The researcher uses a Psychoanalytic Approach to analyze the data along with *The Hunger Games* novel as an object. The researcher analyzes *COURAGE AND SELF-DEFENSE REFLECTED IN SUZANNE COLLINS'S THE HUNGER GAMES NOVEL (2008): A PSYCHOANALYTIC APPROACH*

3. Problem Statement

“How is Katniss Everdeen standing the fear of Hunger Games Competition by relying on her courage and self-defense reflected in *The Hunger Games* novel?”

4. Limitation of the Study

The writer only focuses on analyzing the courage and self-defense of the major character in Suzanne Collins's *The Hunger Games* by applying a psychoanalytic approach.

5. Objective of the Study

a. Notion of Psychoanalysis

According to Freud (in Pervin and John, 1996:68) psychoanalysis are a view of the person and a view of society, and perhaps even a total philosophy of life.

b. Structures of Personality

According to Pervin and John (1996:80), “In psychoanalysis theory of Freud, the personality is seen as a structure, which consists of three elements: *id*, *ego*, and *superego*.”

1) *Id*

Freud (in Feist, 1985:25) states that “In psychoanalytic theory, the id is home base for the instinct. The id is not contact with the reality.

2) *Ego*

The *ego*, or I, is the only region of the mind in contact with reality. It grows out of the id during infancy and becomes a person's sole source of communication with the external world (Feist and J. Feist, 2006:29).

3) *Superego*

According to Freud (in Feist and J. Feist, 2006:30), In Freudian psychology, the superego, or above-I, represents the moral and ideal aspects of personality and is guided by the

moralistic and idealistic principles as opposed to the pleasure principle of the id and the realistic principle of the ego.

c. Notion of Courage

According to Hannah (2007:129) explains courage is framed by many as an intrapersonal, subjective experience of an actor who overcomes fear to behave in a way that he or she perceives as courageous.

d. Type of Courage

There are three types of courage as physical, moral, and health/change (now referred to as *vital courage*).

1) Physical Courage

Physical courage is the willingness to face serious risk to life or limb instead of fleeing from it (Kidder and Bracy, 2001:3).

2) Moral Courage

Moral courage based on O'Byrne et al. (in Snyder et al., 2011:223), is the behavioral expression of authenticity in the face of the discomfort of dissession, disapproval, or rejection.

3) Vital Courage

Vital courage according to O'Byrne and Lopez et al. (in Snyder et al., 2011:242), formerly *health/change courage*; a person's persistence and perseverance through a disease, illness, or disability despite an uncertain outcome.

e. Notion of Self-Defense

According to wrote Suárez (in Kopel, 2007:26), self-defense is “the greatest of rights,”. It was a right which no government could abolish, because self-defense is part of natural law.

f. Branches of Self-Defense

Self-Defense Psychology addresses the mental, emotional and behavioral benefits available to us through the study and practice of self-defense. According to Lahaie (*Journal Four Branches Of Self-Defense Psychology*, 2011:1), there are four “branches” of psychology that he addresses in his approach to self-defense training such as, Response-ability, Motivation, Mental Toughness and Self-Esteem.

B. Research Method

In this research, the researcher uses descriptive qualitative method. The object of the study is *The Hunger Games* novel. This novel written by Suzanne Collins, distributed by Scholastic in 2008.

The type of the data is in the form *The Hunger Games* novel by Suzanne Collins. The researcher divides the data source into two categories: primary data source: *The Hunger Games* novel that is written by Suzanne Collins, distributed by Scholastic in 2008. and the writer takes the secondary data source, including reference and materials related to the study whether picking up from books or internet or any information related to practice of courage and self-defense that support psychoanalytic analysis. Techniques of the data collection are watching and learning the movie repeatedly, Taking

notes of important parts both primary and secondary data. Arranging the data into several groups based on its theoretical category. Selecting particular parts considered important and relevant for analysis and Drawing conclusion and formulate its pedagogical suggestion.

C. Research Finding

In this research finding, the writer analysis some points in order to analyze *The Hunger Games* novel.

1. Analysis of the Structural Elements of *The Hunger Games* novel

a. Character and Characterization

The writer distinguished character into two, namely major and minor characters.

1) Major Character

a) Katniss Everdeen

Katniss Everdeen is the protagonist female main character in this novel. She is the female tribute from District 12. Katniss is the main provider in her family, which consists of Katniss, her mother, and her younger sister, Prim. Notably, she is responsible for feeding her family, which she does by hunting and foraging.

Physically, Katniss Everdeen is a strong girl, resourceful sixteen-year-old who is far more mature than her age would suggest.

So now, at the age of sixteen, my name will be in the reaping twenty times. (THG:13)

She is beautiful. She has a braided hair, she is not only beautiful but also smart.

Socially, Katniss comes from a poor family, moreover poor district actually, that always feels starve all the time. She lives with her mother and her daughter, Prim.

Morally, Katniss is fiercely protective of her younger sister, and she volunteers to take Prim's place in the Hunger Games to protect her. In fact, Katniss is more responsible than anyone else for her family's wellbeing, and also she loves her family so bad.

"I volunteer!" I gasp. "I volunteer as tribute!" (THG:22)

b) Peeta Mellark

Peeta Mellark is the male tribute from District 12. Physically, he has a same age with Katniss Everdeen. He has medium height body, blond hair, and beautiful blue eyes.

...a boy with blond hair peering out from behind his mother's back. I'd seen him at school. He was in my year, but I didn't know his name. (THG:29-30)

Socially, Peeta lives with his mother and father. His father runs a bakery company. He lives in a rough, gritty place, it is called Hob.

Although I had been to the Hob on several occasions with my father, I was too frightened to venture into that rough, gritty place alone. (THG:28)

2) Minor Character

a) Effie Trinket

The escort of the tributes from District 12. She is very concerned with appearances and her own career. Physically, she has scary white grin, pinkish hair, speculated to be a wig and spring green suit.

District 12's escort, fresh from the Capitol with her scary white grin, pinkish hair, and spring green suit. (THG:17)

Her pink hair must be a wig because her curls have shifted slightly off-center since her encounter with Haymitch. (THG:19)

b) Gale Hawthorne

Katniss's friend and hunting partner. Gale is probably the person closest to Katniss, and he is the only with whom she can ever fully relax and be herself. Physically, he is a handsome guy, he has strong body, straight black hair, olive skin and gray eyes.

He could be my brother. Straight black hair, olive skin, we even have the same gray eyes. (THG:8)

He's good-looking, he's strong enough to handle the work in the mines, and he can hunt. (THG:10)

Mentally, hunting is his hobby, and also he enjoys a good laugh when he is with his best friend, Katniss.

In the woods waits the only person with whom I can be myself. Gale. (THG:6)

"Look what I shot," Gale holds up a loaf of bread with an arrow stuck in it, and I laugh. (THG:7)

b. Setting

1) Setting of Place

There are several places that are mentioned in *The Hunger Games* novel. Such as at Panem, Capitol, District 12, Justice building, 74th Hunger Games arena, The woods, Train station, City circle, Training center.

2) Setting of Time

The novel talks about competition in future day, there is no confirmation that state about the time. *The Hunger Games* novel uses explicit time when or what year the story was happened.

c. Plot

The plot of *The Hunger Games* novel consists of exposition, complication, climax and resolution.

1) Exposition

The very beginning of the story can be seen through introduction of major character, namely Katniss Everdeen. When the district's female tribute is chosen, and to Katniss's horror, it is Katniss's sister. Katniss volunteers to take the place of her younger sister and becomes District 12's girl tribute for the 74th Hunger Games.

2) Complication

It happens on the night before the Games, Katniss is terrified of the horrors that await her in the arena tomorrow. She feels no good. One hour, two, three pass, and her eyelids refuse to get

heavy. She cannot stop trying to imagine exactly what terrain she will be thrown into.

3) Climax

The climax goes through when the rules of games has changed, it is announced that the rule of two tributes winning, if from the same district, has been revoked and so she and Peeta must fight to the death.

4) Resolution

The resolution in this novel is when she takes out some deadly nightlock berries and gives a handful to Peeta, and the two of them threaten to commit suicide so there will be no winner.

d. Point of View

After analyzing and investigating the text of the novel, the researcher considers that *The Hunger Games* novel uses perspective of the story teller, it employs the participant point of view or the first person narrator. It means the narrator is involved in the story and introduces herself as the character.

e. Theme

There are two themes in *The Hunger Games* novel: “someone who lives through the inequality between rich and poor, and her suffering as entertainment”. It means that the major character experiences a social disparities in life and suffers, as well as her suffering is being entertainment for the rich.

2. Psychoanalytic Analysis of *The Hunger Games* novel

a. *Id*

The *id* of the major character is when in the morning she goes to the train's dining car. Her mentor, Haymitch is already drinking, and Katniss gets angry with him because he is supposed to be advising her. But then, for the reason that Katniss is impatient and anxious to get that information, Katniss attacked the mentor. Katniss stabs her knife into the table between his hand and the liquor bottle.

"So, you're supposed to give us advice," I say to Haymitch. (THG:55)

When he turns back to reach for the spirits, I drive my knife into the table between his hand and the bottle, barely missing his fingers. (THG:56)

b. *Ego*

The *ego* is classified when the situation of the story gets worse, whereas Katniss has to get helped from sponsors, then she is willing to comply with the suggestion of her mentor that he wants her to play up the romance to pretend to kiss Peeta for the sake of their own salvation. And for the umpteenth time, Katniss did the right one of her own point of view.

"You're supposed to be in love, sweetheart. The boy's dying. Give me something I can work with!" (THG:256)

If I want to keep Peeta alive, I've got to give the audience something more to care about. Star-crossed lovers desperate to get home together. Two hearts beating as one. Romance. (THG:256)

He's dozed off again, but I kiss him awake, which seems to startle him. (THG:256)

c. *Superego*

The next *superego* is when Katniss hears a girl scream. She takes off running, and as she emerges into a clearing, she finds little girl named Rue, the another rival, tangled in a net just as the boy from District 1 stabs her with a spear. But as a good tribute, Katniss cuts the net around Rue and release her. Unfortunetelly, Rue is too badly wounded to survive, the finally she died. She covers Rue's body in flowers, and when she is done, she puts her fingers to her lips and holds them out in a gesture of respect used in District 12.

She just has time to reach her hand through the mesh and say my name before the spear enters her body. (THG:228)

I gather up an armful and come back to Rue's side. Slowly, one stem at a time, I decorate her body in the flowers. Covering the ugly wound. (THG:233)

"Bye, Rue," I whisper. I press the three middle fingers of my left hand against my lips and hold them out in her direction. (THG:233)

3. **Courage of the Major Character**

a. **Physical Courage**

Physical courage is the willingness to face serious risk to life or limb instead of fleeing from it (Kidder and Bracy, 2001:3). Physical courage is one part of courage. In this novel, obviously physical courage is shown by the main character, Katniss Everdeen. Once, the analysis process has done, the writer concludes that physical courage is needed by the main character, due to consideration of the threat which is experienced by the main character.

b. Moral Courage

The writer is introduced to some of the Katniss's moral courages. Though she is only a teenager, she is the primary caretaker in her family, and more than anyone she is responsible for keeping them fed. It is also about facing challenges of the main character. The story is more than facing physical challenges that could harm the body, but more than that, it is about facing mental challenges through the moral courage.

c. Vital Courage

From the analysis, the main character performs the novel's greatest act of vital courage, when she is injured in the battle she is able to treat herself. The novel tells that Katniss has a lot of experience of using medicine, fortunetely because of the experience she is able to stay alive and survive.

4. Self-Defense of the Major Character

a. Response-Ability

From the discussion, it can be concluded that *The Hunger Games* novel tells about Respond-Ability, especially the major character, Katniss Everdeen. The major character has ability to respond her challenges by taking a charge of feeding her family, and her ability to respond threats by using her hunting skills.

b. Motivation

From the analysis, the main character performs the novel's greatest motivation. The main character, Katniss Everdeen is very care of her family, by that way she is motivated to be more protective and be more responsible.

c. Mental Toughness

Mental Toughness is an important aspect of her performance, willingly helps others while herself in critical accident. As a head of her family, Katniss Everdeen meets the needs by hunting in the woods illegally, and helps enemy in the Hunger Games arena.

d. Self-Esteem

The main character performs self-esteem. The main character, Katniss Everdeen has responsible to provides her self and her family daily needs. And also, her habit of hunting in the woods of Katniss gives big impact to her on The Hunger Games competition.

D. Conclusion

Based on the analysis of the previous chapters, the study comes to the following conclusions as follows:

First, based on the structural analysis this movie is a good novel that reflects the Katniss Everdeen's life with her courage and self-defense in her surroundings. From the analysis, it can be concluded that *The Hunger Games* novel consists of many structural elements that support the story of the novel to be a groovy one. The researcher examines the

structural elements of the novel from the background of the novel to the narrative elements of the novel. Through the theme the audience can catch the message that revenge does not always finish the problem in life, moreover revenge to our family or whoever. The theme in *The Hunger Games* is very interesting, There is interesting theme in *The Hunger Games* novel: “someone who lives through the inequality between rich and poor, and her suffering as entertainment”. Through this movie we can see that the major character has several problems inside her heart that contribute in forming her new character. The influence that major character gets here can be good and bad in her behavior depends on how she responds it. From the elaboration above we can see that the structural analysis of this novel is formed into a coherent unity and connected with one and another.

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