

**FEELING OF THE GUILT REFLECTED IN LIANE MORIARTY'S *THE HUSBAND'S SECRET* NOVEL (2013): A PSYCHOANALYTIC APPROACH**



**Submitted as a Partial Fulfillment of the Requirements  
for Getting Bachelor Degree of Education  
in English Departement**

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2018**

**APPROVAL**

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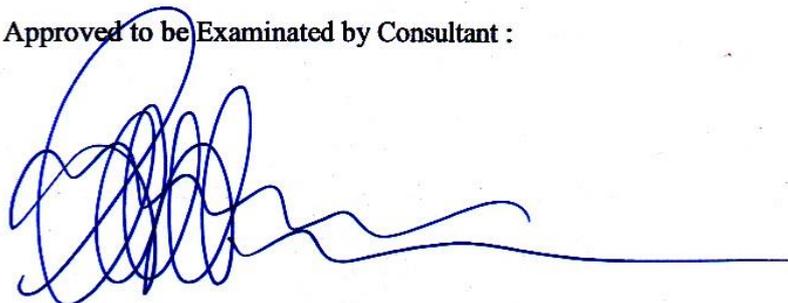
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A handwritten signature in blue ink, consisting of several loops and a long horizontal stroke extending to the right.

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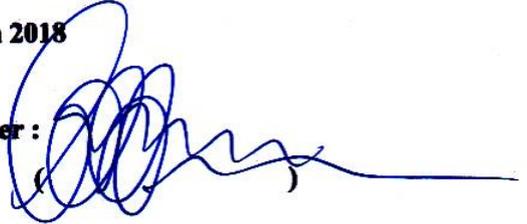
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Muhammadiyah University of Surakarta  
In Surakarta, 29 March 2018**

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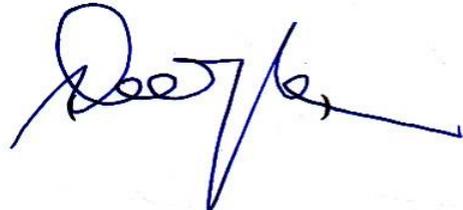
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# **FEELING OF THE GUILT REFLECTED IN LIANE MORIARTY'S *THE HUSBAND'S SECRET* NOVEL (2013): A PSYCHOANALYTIC APPROACH**

## **ABSTRACT**

This study aims to examine the guilt in the novel of the Husband's Secret. Guilt is regret for doing an act that violates the internal standards that result in a decline in self-esteem. This type of research is qualitative research. In analyzing novel researchers using psychology shortcuts. The main data source is from the novel of the husband's secret by Liane moriarty. The second data source is from journals and articles related to the main data. The results show that (1) how the character of John Paul in the novel. (2) there are 2 types of guilt in the novel. These types of guilt are objectives and subjectives.

Keywords: The Husband's Secret, psychological approach, guilt

## **ABSTRAK**

Penelitian ini bertujuan untuk meneliti rasa bersalah di novel the Husband's Secret. Rasa bersalah adalah penyesalan akibat melakukan suatu perbuatan yang melanggar terhadap standar internal yang menghasilkan penurunan harga diri. Tipe penelitian ini adalah penelitian kualitatif. Dalam menganalisis novel peneliti menggunakan pendekatan psikologi. Sumber data utama yaitu dari novel the husband's secret karya dari Liane moriarty. Sumber data kedua yaitu dari jurnal dan artikel yang berkaitan dengan data utama. Hasil penelitian menunjukkan bahwa (1) bagaimana karakter John Paul di dalam novel tersebut. (2) ada 2 jenis rasa bersalah yang ada di novel. Jenis-jenis rasa bersalah tersebut adalah objektives dan subjectives.

Kata Kunci : The Husband's Secret, pendekatan psikologi, rasa bersalah.

## **1. INTRODUCTION**

Everybody has a problem in their lives. No one lives in the world without having a problem. Generally, a kind of problem can motivate a person to do something better, so they feel challenged. But with many problems a person feels uncomfortable and anxious. That's because there is a sense of guilt that always haunts him. This guilt arises because an individual has committed the wrong act or made a mistake which he or she thinks and the environment of the action is inconsistent with morals and norms. Guilt the main source of the unconscious desire to harm others, motivated like revenge, envy, and hatred. With such traits someone will do worse acts of killing and kidnapping. Having committed a murder of guilt and regret is always there in him that ultimately makes him not confident. In fact, it can make the person depressed.

Murder is one of the social problems that troubles society. The existence of elements of intent or not act of murder is still an act of irregularities. And when someone has done that, their remorse and guilt often surround them, they think that what they are doing is inhumane acts. Because killing can also be done by anyone, children, adolescents, and adults. If you look at murder cases revealed, there are many motives underlying the murder. Another motive is heartache and revenge. Hurt by cheating spouses, money motives (eg on assassins, getting rewarded), and debt-induced motives. Murder can be done alone, but also can be done together. A person who feels disappointed, extreme hurt or resentment will vent his or her feelings by killing.

Lack of tolerance in overcoming the disappointments and anger of the conflict, often encourages the emergence of aggressiveness that can not be controlled by humans. Then attack his opponent even though at first did not intend to kill. Attitudes that are not easy to forgive others cause low human tolerance for the inconvenience experienced. This will encourage the emergence of aggressiveness. The more difficult and can not forgive the greater the drive of aggressiveness to others. Finally, weak communication skills that create conflict can not be resolved properly, causing long debates and mutually invasive attacks and lead to physical assault.

Researchers have found the problem, especially the problem of guilt that is reflected in the novel. One of the researchers who adapted the guilt was Liane Moriarty. Liane Moriarty is an Australian novelist. Born on 15 november 1966, Sydney Australia. Liane has written 6 novels: The Last Anniversary, What Alice Forgot, The Love Story Hypnotists, The Husband's Secret, Big Little Lies, and Truly Madly Guilty, and the Nicola Berry series for kids.

In August 2013 the fifth novel of Liane The Husband's Secret was released in the US and within two weeks has climbed the charts to become the # 1 New York Times Bestseller. The Husband's Secret continues to sell over 3 million copies worldwide. The book has remained on the New York Times bestseller list for over a year and is the top 10 bestseller in the UK. With the results of his work that makes Liane a writer who has three bestsellers in the world.

In The Husband's Secret novel has many problems. However, the author tries to focus on one problem of guilt in the husband's secret novel. This guilt was chosen because the writer was interested because of the mistakes someone had made that eventually made them guilty. In this novel, the main character of John Paul has a very

fatal mistake of murder. He keeps it a secret from everyone including his parents, his wife, his son and Janie's parents. Janie is a murder victim committed by John when he was a teenager he was annoyed because Janie rejected his love and prefer other men. He was upset and angry that John thought Janie loved him but it turned out the opposite. Suddenly John immediately strangled Janie's neck until Janie was hard to breath, when Janie wanted to explain everything but John no longer cared about Janie. John's irritation made him unaware that he had killed Janie, he was afraid of anxiety and his life was not safe anymore. After John's secret marriage is still kept tightly there is no one who knows including Cecilia wife John Paul.

One day when Cecilia cleared the broken wall of berlin she quoted a letter "my love Cecilia if you read this letter means I'm dead ...". Cecilia was curious about the contents of the letter and he opened the letter was the secret of John Paul. Cecilia felt angry, scared and she could not believe that John could do such a thing. He thinks that John has been a responsible man, authoritative, affectionate to the child but it turns out everything is wrong he feels sorry for marrying John. Cecilia just found out that the little girl who killed John Paul is Rachel's daughter. In the end Cecilia tells Rachel who killed her son is John Paul instead of Connor. Rachel feels guilty that all along she has accused Connor of murdering her son. And John Paul apologizes to Cecilia, and Rachel because she's been hiding this big secret and she feels guilty about it.

Based on the above illustration the authors are interested to analyze this novel by using a psychoanalysis approach entitled **FEELING OF THE GUILT REFLECTED IN LIANE MORIARTY'S *THE HUSBAND'S SECRET* NOVEL (2013) : A PSYCHOANALYTIC APPROACH.**

## **2. RESEARCH METHOD**

The type of this research is descriptive qualitative research. The object of the study is one of Liane Moriarty novels *The Husband's Secret*. *The Husband's Secret* is a novel by Australia writer Liane Moriarty released in 2013. The data of this study are primary data source and secondary data source. The primary data sources of the study are *The Husband's Secret*. Method of collecting data is library research and technique of collecting data is note taking. The writer in analyzing the data are analyzing the structure elements based on *The Husband's Secret* novel and analyzing the data based on psychoanalytic perspectives.

### 3. DISCUSSION AND FINDING

Based on the data analysis, the researchers will analyze the structural elements that exist in *The Husband's Secret* novel.

#### 3.1 Structure of John's Personality

##### 3.1.1 *Id*

Freud (in Burger, 1986: 56) states that the *id* is the most important personality system ever since birth. Freud said that this *Id* is driven by the principle of pleasure, where to seek immediate satisfaction from all the wants and needs that exist. If this body is not met then there will be anxiety. The first *id* began to occur when Cecilia cleared the broken wall of Berlin suddenly found a letter in one of the mailboxes that read "For my wife Cecilia Fitzpatrick" to be opened at the time of my death. Cecilia was curious about the contents of the letter and thought about opening it but she still appreciated John as her husband. Suddenly the phone rang out of John, then Cecilia asked about the letter but John was silent and she was worried. We can see the situation at page 33 :

"I found this letter," said Cecilia. She ran her fingertips over his handwriting on the front of the envelope. As soon as she heard his voice, she knew she was going to ask him about it that very second. They'd been married for fifteen years. There had never been secrets.

"What letter?"

"A letter from you," said Cecilia. She was trying to sound light, jokey, so that this whole situation would stay in the right perspective, so that whatever was in the letter would mean nothing, would change nothing. "To me, to be opened in the event of your death." It was impossible to use the words "event of your death" to your husband without your voice coming out odd.

John-Paul? Are you there?"

Cecilia pressed the phone so hard to her ear that it hurt.

Finally he spoke. "Have you opened it?" His voice was thin and reedy, like a querulous old man in a nursing home.

"No," said Cecilia. "You're not dead, so I thought I'd better not." She'd been trying for a flippant tone, but she sounded shrill, as if she were nagging him.

"Hello?" said Cecilia.

"Could you please not open it? Would you mind? I wrote it a long time ago, when Isabel was a baby, I think. It's sort of embarrassing. I thought I'd lost it, actually. Where did you find it?"

He sounded self-conscious, as if he were talking to her in front of people he didn't know that well.

From the above situation shows that John was anxious because the letter had been found his wife at the time he was alive. (p.33)

### 3.1.2 *Ego*

The *ego* is a rational personality part. *Ego* John reflected when Janie just think of John as his friend. But John must accept the fact that Janie prefers another man. This situation is shown in the page 223-224:

John-Paul ducked his head and ran both his hands through his nice, respectable hair, and when he looked up again, it was as though his face had been shattered into a thousand pieces. "It was an accident, Mrs. Crowley. I never meant to hurt her because, you see, I loved her. I really loved her. "He wiped the back of his hand across his nose in a careless, hopeless gesture, like a drunk on a street corner. "I was a stupid teenage boy. She told me she was seeing someone else, and then she laughed at me. I'm so sorry, but that's the only reason I have. I know it's no reason at all. I loved her, and then she laughed at me."  
(P.423-424)

### 3.1.3 *Superego*

*Superego* is a morality derived from the human personality, because it is a filter of good and bad attitude, wrong and right, can and do not be derived from the ego. The superego represents the ideal, and encourages it not to pleasure, but to perfection. *Superego* deals with rewards and punishments. The rewards are the feelings of pride and self-love, while the punishments are sinful feelings and low self-esteem. This situation can be seen on page 442:

"This was my fault," he mumbled into his hand. "I made this happen. Oh God, Cecilia. I should have confessed. I should have told Rachel Crowley."  
The words "I'm sorry" felt like an insult. You said "I'm sorry" when you bumped against someone's supermarket trolley. There needed to be bigger words.  
I am profoundly sorry. I am filled with terrible regret. Please know that I will never forgive myself. (p.442)

## 3.2 Type of Guilt

### 3.2.1 Objectives Guilt

Guilt of objectives is a guilt that is a problem because there is an event that violates the law both written and unwritten. In the end people who make mistakes do not realize it. The guilt of this objective is three (3) namely:

**Legal-Guilt:** this guilt occurs because of a violation of the law in force in the community.

When he passes the street he suddenly meets Connor, he thinks he wants to kill him. This situation can be seen on page 412:

What did you say when you knew the true extent of your own culpability, which was so much more than that assigned to her by the freakishly young paramedics and police officers who had arrived at the accident yesterday. They treated her like a doddering old woman involved in a tragic accident. Words kept forming in her.

*I saw Connor Whitby and I put my foot on the accelerator. I saw the man who murdered my daughter and I wanted to hurt him.(p.412)*

**Social Guilt:** This guilt happens because of a violation of the law that is not applicable in the community.

Rachel had found evidence that killed her child. But all that evidence can not be processed. This situation can be seen on the page 418-419:

“You don’t understand,” said Rachel. She fixed Cecilia with red, watery eyes. Her voice was high and weak. “It *is* my fault. I put my foot on the accelerator. I was trying to kill him, because he killed Janie.”

Cecilia grabbed for the side of Rachel’s seat, as if it were a precipice she’d been pushed from.

“You were trying to kill John-Paul?”

“Of course not. I was trying to kill Connor Whitby.

He murdered Janie. I found this video, you see. It was proof.” It was like somebody had grabbed Cecilia by the shoulders, spun her around and forced her to come face-to-face with the evidence of an atrocity. (p.418-419)

**Personal Guilt:** the guilt that is a problem because of the awareness of the truth that is in one's heart.

After the secret of John Paul is known by Cecilia she is really sorry for being dishonest to Cecilia and she also keeps this from Rachel's mother Janie. Now he realized what he had done in his past get a reply. This situation can be seen on the page 423-424 :

John-Paul ducked his head and ran both his hands through his nice, respectable hair, and when he looked up again, it was as though his face had shattered into a thousand pieces. “It was an accident, Mrs. Crowley. I never meant to hurt her because, you see, I loved her. I really loved her.” He wiped the back of his hand across his nose in a careless, hopeless gesture, like a drunk on a street corner. “I was a stupid teenage boy. She told me she was seeing someone else, and then she laughed at me. I’m so sorry, but that’s the only reason I have. I know it’s no reason at all. I loved her, and then she laughed at me.” (p.423-424)

**Theological-Guilt:** guilt that is a problem because of a violation of the law.

This violation occurred beginning because John Paul's love was rejected by Janie and John was furious without realizing he had choked Janie's neck until she could not breathe again. This situation can be seen on the page 349 :

But then his hands grabbed her *neck*. She tried to say, “That’s hurting, John-Paul,” but she couldn’t speak, and she wanted to clear up this dreadful misunderstanding, to explain that she actually liked him *more* than Connor, and she’d never meant to hurt his feelings, and she wanted to be his girlfriend, and she tried to convey that with her eyes, which were staring straight into his, his beautiful eyes, and she thought for a second that she saw a shift, a shocked recognition, and she felt a loosening of hands,

but there was something else happening; something very wrong and unfamiliar was happening to her body, and at that instant, a far-off part of her mind remembered that her mother had been going to pick her up from school today to take her to a doctor's appointment, and she'd forgotten all about it and gone to Connor's house instead. Her mother would be furious. Her last properly articulated thought was: *Oh, shit*. After that there were no more thoughts, just helpless, flailing panic. (p.349)

### 3.2.2 Subjectives Guilt

Guilt of subjective is a guilt that causes feelings of guilt and feelings of regret to the person concerned. This guilt will lead to anxiety, fear, despair, and continue to blame yourself for his actions. According to Narramore subjective sense of guilt are grouped into three namely:

#### 3.2.2.1 A fear of Punishment

John Paul writes a letter to his wife if he used to kill an innocent little girl his lover. The letter must be opened after John's death. John wrote this letter because he was afraid of being punished because according to John he accidentally killed Jannie. After Cecelia read the contents of the letter he was surprised did not think that the person he loved i already killed an innocent girl. We can see the situation on page 205-206)

*My darling Cecilia,  
If you're reading this, then I've died, which sounds so melodramatic to write down, but I guess everyone dies. You're in the hospital right now, with our baby girl, Isabel. She was born early thismorning. She's so beautiful and tiny and helpless. I've never felt anything like what I felt when I held her for the first time. I'm already terrified that something will ever happen to her. And that's why I have to write this down. Just in case something does happen to me, at least I have done this. At least I have tried to make it right. I've had a few beers. I might not be making sense. I probably will tear this letter up. Cecilia, I have to tell you that when I was seventeen, I killed Janie Crowley. If her parents are still alive, will you please tell them that I'm sorry and that it was an accident. It wasn't planned. I lost my temper. I was seventeen and so fucking stupid. I can't believe it was me. It feels like a nightmare. It feels like I must have been on drugs, or drunk, but I wasn't. I was perfectly sober. I just snapped. I had a brain snap, like those idiot rugby players say. It sounds like I'm trying to justify it, but I'm not trying to make excuses. I did this terrible, unimaginable thing and I can't explain it. I know what you're thinking, Cecilia, because everything is black-and-white for you. You're thinking, why didn't he confess? But you know why I couldn't go to jail, Cecilia. You know I couldn't be locked up. I know I'm a coward. That's why I tried to kill myself when I was eighteen, but I didn't have the balls to go through with it. Please tell Ed and Rachel Crowley that I never went a day without thinking of their daughter. Tell them it happened so fast. Janie was laughing just seconds before. She was happy right up until the end. Maybe that just sounds awful. It does sound awful. Don't tell them that. It was an accident, Cecilia. Janie told me she was in love*

*with some other kid and then she laughed at me. That's all she did. I lost my mind. Please tell the Crowleys that I'm so sorry, I couldn't be sorrier. Please tell Ed Crowley that now that I'm a dad I understand exactly what I've done. The guilt has been like a tumor eating away at me, and now it's worse than ever. I'm so sorry to leave you with this, Cecilia, but I know you're strong enough to handle it. I love you and our baby so much, and you've given me more happiness than I ever deserved. I deserved nothing and I got everything. I'm so sorry.*

*With all my love,  
John-Paul. (p.205-206)*

### **3.2.2.2 A Loss in Self-Esteem,**

That night Janie asked him to meet her in Wattle Valley Park, where they'd met often before. It was always deserted, and there was the rotunda where they could sit and kiss. She said she had something to tell him. He thought she was going to tell him that she'd gone to the family planning center to get a prescription for the pill, they'd talked about that, but instead she said that she was sorry, but she was in love with another boy.

John-Paul had been stunned. Bewildered. He didn't know there was another boy in the running! He said, "But I thought you were my girlfriend!" And she'd laughed. She'd seemed so happy, John-Paul said, so happy that she wasn't his girlfriend, and he was just crushed, and humiliated, and filled with this incredible rage. It was his pride more than anything. He felt like a fool, and for that, he *wanted to kill her.*(220)

### **3.2.2.3 A Feeling of Loneliness, Rejection or Isolation.**

The story begins with John and Janie's plans to meet in the park, after they both end up in a confused Janie must say what same John that he does not want to establish a relationship with John again because he will have a serious relationship with Connor, but John did not accept because his love is rejected by Janie, we can see the situation at page 347-348:

*She'd just said her little speech about how there was this other guy she'd been seeing and he wanted her to be his "sort of, um, girlfriend." So she really couldn't see John-Paul anymore, because the other guy wanted to "make things sort of official."*

*"But Janie." John-Paul's voice sounded girly and squeaky, as if he was about to cry. "I thought you were my girlfriend." (p. 347-348)*

## **4. CONCLUSION**

Based on the data analysis presented in chapter IV, this study came to the following conclusion. First, due to psychoanalytic analysis, John's decision was

initially followed by his Id. The beginning of the story with Jane, John always follow the Id. But at the time of starting parting with Jane his decision was followed by his Ego and his superego. His Ssuperego always supports his ego. Second, the meaning of guilt can be seen through the content and genuine guilt that is in the husband's secret novel. In the novel there are components of two components of guilt that are objective and subjective.

Moreover, based on psychoanalytic analysis, Id John is his feelings for Jane and he wants to be with him all the time. His ego is that he wants to stay by his side whenever he needs it. But his Id and Ego are pressed by his superego so he has to let him go for as long as he does.

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