MA’S SADNESS; A PSYCHOANALYTIC STUDY IN EMMA DONOGHUE’S NOVEL ROOM (2010)

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Abstract
Penelitian ini bertujuan untuk menganalisis tentang kesedihan yang berhujung trauma dari tokoh utama Ma dalam novel Room karya Emma Donoghue, penelitian ini bertujuan untuk memahami dan mencari tahu apa yang sedang dialami oleh Ma dalam novel Room karya Emma Donoghue. Penelitian ini menjelaskan apa itu kesedihan yang berhujung trauma yang dialami oleh tokoh utama dalam novel Room karya Emma Donoghue. Penelitian ini menganalisis masalah psikologi yang di alami oleh Ma menggunakan teori psikoanalisis, hasil penelitian ini menunjukan (1) menjelaskan bagaimana sosok personalitas dari tokoh utama, (2) menjelaskan latar belakang kesedihan yang dialami Ma dalam novel ini, (3) mencari solusi untuk permasalahan yang dialami oleh Ma dalam novel Room menggunakan teori psikoanalisis. Penelitian ini menggunakan metode deskriptif kualitatif. Penelitian ini menggunakan sumber data dari novel Room dan internet.

Kata kunci: Novel Room, kesedihan dan trauma, psikologi, dan sastra.

Abstract
This research aims to analyze the sadness that led to the trauma of the main character Ma in the Room novel by Emma Donoghue, This research aims to understand and find out what is being experienced by Ma in the Room novel by Emma Donoghue. This research explains what is sadness that leads to trauma experienced by the main character in Emma Donoghue's Room novel. The researcher analyzes the psychological problems experienced by Ma using psychoanalytic theory, the results of this study show (1) to explain how the personality of the main character, (2) to show the background of sadness experienced by Ma in this novel, (3) finding solutions to problems experienced by Ma in the Room novel using psychoanalytic theory. This study used descriptive qualitative method. This study uses data sources from the novel Room and the internet.

Keywords: Novel Room, sadness and trauma, psychology, and literature.

1. INTRODUCTION
Sadness is a part of emotional self. Sadness marked by a feeling of unluckyness, loss and powerlessness. When people feel sad, there are many characteristics that distinguish one from another. However, deep sadness caused by depression in a
person. When certain situations can also occur, make a person's sadness come near whenever and wherever the person is.

In this research, the researchers tried to discuss Ma's sadness character in Emma Donoghue's Room novel. Her life in the novel is very sad because she lived in a room seven years with torture, rape, and also the insults given by his kidnappers named Old Nick. In this situation Ma almost gave up on his destiny, but she was grateful to have been given the encouragement of life that is his son named Jack. They lived in the room for almost seven years, it was not a short time to live in a small room locked with little sunlight.

Some of the reasons the writer chose this novel for analysis are. First, this novel is different from other novels that explain the setting mostly in one place, namely in a room that no one knows, and the way Ma overcomes the sadness that happened to her for years. Second, there is something interesting about Old Nick's attitude that humanity still wants to live and want to provide food and their needs for years.

And the last is, Ma and Jack's efforts to survive are encouraging each other to survive in all conditions. Even after they were released from the small room, Ma experienced deep sadness. For this reason the researcher tried to review Ma's sadness in the titled “Ma’s Sadness; A Psychoanalytic Study In Emma Donoghue’s Novel Room (2010)”.

2. METHOD
This research used descriptive qualitative research. It is a research which data gets from analysing data not using a statistic data. The object of the study is analysing Ma’s sadness in Room novel by using Psychoanalytic Approach. There are two type of data source. It is needed to conduct this research they are primary data source and secondary data source. The primary data source of the study is Room novel by Emma Donoghue published 2010. And Secondary data source are taken from many resources such as websites, articles, some books related in this research.

In conducting the study, the writer uses the techniques collecting data as follows: Reading the novel “Room” repeatedly, Taking note to some important
things words or sentences which are related to the study. Selecting data which is support the topic of the study. Browsing to the internet or going library to get several book, information, journal and articles. Making conclusion and suggestion of the analysis.

3. FINDING AND DISCUSSION
This chapter concern into analysis of the novel by applying psychoanalytic theory that has been discussed on the second chapter. It wills analysis about Ma’s sadness reflected in Room novel by using Sigmund Freud’s theory. To make easier in understanding the content, the researcher will classify into two parts, structural of Ma’s personality through psychoanalytic theory and Ma’s sadness reflected to Room novel.

3.1 Structural of Ma’s Personality
Ma is Jack’s mother that been kidnapped by Old Nick. She’s who has the idea to escape from the room. In this part id, ego, and superego will be applied in analyzing Ma’s structure personality.

3.1.1 Ma’s id
The id is the source of all psychosexual desires and all air psychic energy. Unchecked by any controlling will, the id operate an impulse, wanting immediate satisfaction for all its instinctual desires (Bressler, 1999: 150). The way to achieve and gain the satisfaction is doing something that will create relieve feelings to the doer and here’s what Ma do when she get stress in the room. In this case, Ma is actually trying to get rid off her stress by screaming as loud as she can with obviously his kid Jack.

Lunch is bean salad, my second worst favorite. After nap we do Scream every day but not Saturdays or Sundays. We clear our throats and climb up on Table to be nearer Skylight, holding hands not to fall. We say “On your mark, get set, go,” then we open wide our teeth and shout holler howl yowl shriek screech scream the loudest possible. Today I’m the most loudest ever because my lungs are stretching from being five…(Room, 2010: 35)
As a basic need, Ma need to dress up more to get warmer, cause the weather is not that warm. Not really have many activities in a room.

3.1.2 Ma’s Ego

These aspects of personality that lead a person to act or refrain from acting in terms of what has learned about the world rather than solely according to his biological impulses are referred to collectively as the ego (Munn, et al, 1969: 457). In this case MA’s ego tend to defend herself from outside threads especially from Old Nick who has obviously torture her in imprisoned her for about seven years. In other hand, there’re some cases after the escape that been done by Jack.

Ma won’t let Old Nick to see Jack or even touch him, so Ma asked Jack to stay inside cupboard.

Why am I hid away like the chocolates?” I think she’s sitting on Bed. She talks quiet so I can hardly hear. “I just don’t want him looking at you. Even when you were a baby, I always wrapped you up in Blanket before he came in.”(Room, 2010: 24)

Jack accidentally woken up Old Nick when sleeping and made Old Nick mad to Ma, in Jack’s perspective it was funny but for Ma it’ll cause something bad happen to Jack and Ma explain it to Jack that was not funny at all.

“What I’m mad about”—her voice is getting bigger and scratchier—“is that you woke him up.” “Jeep?” “Old Nick.” It makes me jump that she says him out loud. “You scared him.” “He got scared at me?” “He didn’t know it was you,” says Ma. “He thought I was attacking him, dropping something heavy on his head.” I hold my mouth and my nose but the giggles fizz out. “It’s not funny, it’s the opposite of funny.” I see her neck again, the marks that he put on her, I’m all done giggling…(Room, 2010: 44)

Ma tend to complaining about the necessities that been given by Old Nick start to get worse day by day and Ma didn’t want that happen.

3.1.2 Ma’s Super Ego

The superego acts as an internal sensor, causing us to make moral judgments in light of social pressures. In contrast to the id, the superego operates
according to the morality principle and serve primarily to protect society and us from the id (Bressler, 1995: 5).

Ma was tried to explain about what happens in the real world. In this situation Ma found some problems how to explain and define how the outside world works. For Ma and especially Jack who lives in a room since Jack was born is something quite hard to make Jack adapt into outside world. But Ma won’t stop encouraging Jack to have normal life.

“But you knew what he was missing,” says the woman. “Every day he needed a wider world, and the only one you could give him got narrower. You must have been tortured by the memory of everything Jack didn’t even know to want. Friends, school, grass, swimming, rides at the fair . . .” “Why does everyone go on about fairs?” Ma’s voice is all hoarse. “When I was a kid I hated fairs.” The woman does a little laugh. Ma’s got tears coming down her face, she puts up her hands to catch them…(Room, 2010: 190)

Jack didn’t know about human’s life, but Ma was trying to give explanation to Jack about the growth of human.

“You know what?” I tell her. “When I’m ten I’ll be growed up.” “Oh yeah?” “I’ll get bigger and bigger and bigger till I turn into a human.” “Actually, you’re human already,” says Ma. “Human’s what we both are.” I thought the word for us was real. The persons in TV are made just of colors. “Did you mean a woman, with a w?” “Yeah,” I say, “a woman with a boy in an egg in my tummy and he’ll be a real one too…(Room, 2010: 14)

What Ma is doing in this case is that the real world actually exists in the outside room. Because Jack lives in a room even from his birth, Jack obviously don’t really know what exactly the outside world is going on and Ma explained it.

“Listen. What we see on TV is . . . it’s pictures of real things.” That’s the most astonishing I ever heard. Ma’s got her hand over her mouth. “Dora’s real for real?” She takes her hand away. “No, sorry. Lots of TV is made-up pictures—like, Dora’s just a drawing—but the other people, the ones with faces that look like you and me, they’re real.” “Actual humans?” She nods. (Room, 2010: 49)

3.2 Ma’s Sadness
In discussing Ma’s sadness there’re some theories in supporting this research. Keltner and Gross says that “.....People will act according to their physical make up and what was previously learnt. Emotional responses are what drive the actions to get through day to day life (Keltner & Gross, 1999). From this statement, there’re some similar causes of sadness especially verbal abuse where in the novel Ma become one of victim in verbal abuse. Violence is one of causes of sadness and reflected a trauma where some cases Ma got some violence from Old Nick.

“Further research and investigation has been conducted to elaborate and support on Darwin’s theories. Darwin’s theory is emotions are what motivate people to take action. Experiencing sadness is a feeling that creates unpleasantness. This then prompt's people to move away from the source of this irritation (Roeckelein,2006). Tomkins, Izard, and Plutchick, concluded that people are born with primary emotions: fear, anger, joy, disgust, interest, and surprise. There are only a slight amount of emotions. The varying number of emotions described are just differences in the intensity of the basic emotion. Plutchicks model is based on an evolutionary perspective, with an underlying belief that emotions are required in order to survive(Roeckelein,2006).

“In trauma that is caused by man-mad violence, there are some events which cause psychological trauma; human rights abuses such as torture and violation from the circumstance; domestic violence such as physical violence and verbal violence from spouse; and child abuse such as verbal abuse and physical abuse to children (Giller, 1999: 2). Violence perhaps plays the most important roles in this case. Especially for Ma who has living in a room for about seven years and can’t be ignored that there must be some verbal abuse.

“Listen,” says Ma, putting her hand over my mouth. “He made me take some bad medicine so I’d fall asleep. Then when I woke up I was here.” It’s nearly black and I can’t see Ma’s face at all now, it’s turned away so I can only hear. “The first time he opened the door I screamed for help and he knocked me down, I never tried that again.” My tummy’s all knotted. “I used to be scared to go to sleep, in case he came back,” says Ma, “but when I was asleep was the only time I wasn’t crying, so I slept about sixteen hours a day.” “Did you make a pool?” “What?” “Alice cries a pool because she can’t remember all her poems and numbers, then she’s drowning.” “No,” says Ma, “but my head ached all the time, my eyes were scratchy. The smell of the cork tiles made me sick.” What smell? “I drove myself crazy looking at my watch and counting the seconds. Things
spooked me, they seemed to get bigger or smaller while I was watching them, but if I looked away they started sliding.”(Room, 2010: 78)

Here what Ma is trying to say is about how she got fear to go to sleep because she has been kidnapped by Old Nick. Ma was trying to get away but it was worthless. She got also violence from Old Nick as what has been attached on above that Old Nick knocked her down. This’s the finding that Ma got violence and fear after the violence thing happened. She was also scared to sleep, as what Smith said above that trauma leaves some disturbance in some psyche and life, and one of disturbance is disturbed sleep patterns.

She shakes her head. “When he was at work I tried to get out, I tried everything. I stood on tiptoe on the table for days scraping around the skylight, I broke all my nails. I threw everything I could think of at it but the mesh is so strong, I never even managed to crack the glass.” Skylight’s just a square of not quite so dark. “What everything?” “The big saucepan, chairs, the trash can . . .” Wow, I wish I saw her throw Trash. “And another time I dug a hole.” I’m confused. “Where?” “You can feel it, would you like that? We’ll have to wriggle . . .” Ma throws Duvet back and pulls Box out from Under Bed, she makes a little grunt going in. I slide in beside her, we’re near Eggsnake but not to squish him. “I got the idea from The Great Escape.”(Room, 2010: 78)

Human rights abuse is the point on this case where it’ll be a sadness for the victim. Ma has become a victim of human rights abuse. Kidnapped by Old Nick for violence abuse or even sex abuse. From the finding above, it shows also a trauma where Ma got disturbance psyche, problem with memory and concentration.

The words “I confused” show that Ma got concentration disturbance. She can’t even manage the way she escapes from the room cause of fear and disturbance in her concentration and of course these all cause of violence.

Couldn’t control the concentration is part of a trauma syndrome. When it collaborates with Freud, id wants to get something pleasant, where in this case safety. Ma wants safety according to Freud theory that id will encourage someone to get basic pleasant but the circumstance couldn’t serve what Ma
wanted. It shows how id play role in creating defend. Also by looking at what
was happened, violence left a sadness and also trauma reflected that attack Ma.

Noreen. When she smiles her eyes crinkle. “Probably a bit homesick,
aren’t you?” “Homesick?” Ma’s staring at her. “Sorry, I didn’t—” “It
wasn’t a home, it was a soundproofed cell.” “That came out wrong, I
beg your pardon,” says Noreen. She goes in a hurry. Ma doesn’t say
anything, she just writes in her notebook. If Room wasn’t our home,
does that mean we don’t have one? (Room, 2010: 166)

Now, without necessarily putting it in terms of, say, Stockholm
syndrome, many of our viewers are curious, well, concerned to know
if you found yourself in any way . . . emotionally dependent on your
captor.” Ma’s shaking her head. “I hated him.” The woman is
nodding. “I kicked and screamed. One time I hit him over the head
with the lid of the toilet. I didn’t wash, for a long time I wouldn’t
speak.”(Room, 2010: 186)

Ma tends to get rid of the thing that relate to the previous event which is
something crucial for her to remember. She avoids the entire thing that reminds
her to her horrible past. It will not get any better for her current life. From here, it
gives idea how ego play role to stay away from the memory that shouldn’t appear
in her life anymore. She just doesn’t want to accept in any of those kinds of
things.

When I wake up in the morning Ma’s Gone. I didn’t know she’d have days
like this in the world. I shake her arm but she only does a little groan and
puts her head under the pillow. I’m so thirsty, I wriggle near to try and
have some but she won’t turn and let me. I stay curled beside her for
hundreds of hours. I don’t know what to do. In Room if Ma was being
Gone I could get up on my own and make breakfast and watch
TV…(Room, 2010: 191)

The bad is vomit, I remember from our Great Escape. “Wake up,” I say to
Ma, “you did sick on the pillow.” She doesn’t switch on, she doesn’t groan
even or roll over, she’s not moving when I pull her. This is the most Gone
she’s ever. “Ma, Ma, Ma.” She’s a zombie, I think. “Noreen?” I shout, I
run at the door. I’m not meant to disturb the persons but —“Noreen!”
She’s at the end of the corridor, she turns around. “Ma did a vomit.” “Not
a bother, we’ll have that cleaned up in two ticks. Let me just get the cart—
” “No, but come now.” “OK, OK.” When she switches on the light and
looks at Ma she doesn’t say OK, she picks up the phone and says, “Code
blue, room seven, code blue—” I don’t know what’s—Then I see Ma’s pill bottles open on the table, they look mostly empty...(Room, 2010: 199).

The other things that show how a trauma proved in this section is disconnect from the outside. When Jack says that Ma is gone, it shows Ma is trying to get herself in lonely and avoid any connection from the outside. As what Smith says that “Trauma may leave some disturbance in some psyche and life such as; problems with memory and concentration; disturbed sleep patterns; self-blame or blaming others; guilt (for what we did or did not do, for surviving); fear and worry; speech problems; excessive humor or silence; withdrawal from family, friends, colleagues; feeling disconnected or numb” (Smith, 2008: 3). Jack finds Ma in silence and even the worse that Ma gets vomit in that time. It doesn’t look good when the post trauma affect the victim. From this case Ma is absolutely gets her in sadness mental and reflected trauma.

From the psychoanalytic analysis above, the researcher finds psychology disorder called sadness. It found in major character of Ma, proved by her causes of sadness and reflected trauma that happened to her. Some of elements which also affect to get Ma in sadness such as violence abuse, sex abuse and verbal abuse. The personal elements id, ego, and superego are also play roles in her. Those three elements have relation to the sadness and the way Ma face problem itself.

In Room novel, the researcher focus in one character named Ma. Room novel take setting of place in Cumberland. Ma was only a student that been kidnapped by Old Nick. It was so hard for Ma because she became private hooker for Old Nick for quite long time. In the time when Ma in a room, Ma was trying so hard to get way but what she got has become something that Ma didn’t want at all, such as when she tried to kill Old Nick, Ma got worse violence and that makes Ma having serious sadness. Because of what has done by Old Nick to Ma, Ma is in serious trouble where she has to face her past and her son that need to see outside world and adapt to new environment. That’s the real problem of
Ma’s life. It’s very difficult for Ma who she’s single parent and her past is something very horrible that obviously hard to forget.

In Room novel, there’re factors that affect Ma suffer her sadness but most of factors that dominant is violence. Because Ma must say yes to whatever Old Nick ask and indirectly it’s a coercion to Ma, beside that when Old Nick have no job anymore and almost six month Old Nick become unemployed. Since the moment, the necessities for Ma and Jack were decreased and the new problem appears. Well from the outside Old Nick no longer have a job and in the inside Ma is in the stressful moment where she has to think how to escape from the room. Three elements of personality id, ego, and superego that Ma has in her personality, are affect Ma’s personality in defend her pain when she lives in a room.

The three elements of personality id, ego, and superego which have biggest influence is ego. In this case her ego is controlling more often even for some moments. Her ego tend to protect Jack as her son and get rid of anything that have relation to her past after she finally be able to get away from room because of Jack. Hope and desire which makes Ma thinking out loud in finding the best way to escape. Beside that her superego also have role in her life especially after she escape. For Jack who never had been in the outside room before, force Ma to explain more about outside world to Jack. And also sometimes, Ma who has been for really long time didn’t see the outside, need to adapt to the outside. It was encouraged Ma to adapt and have explanation for Jack about outside world. In her trauma reflected, Ma commonly got memory disturbance, fear and unstable psychology condition and these’re the problems for her. She keeps doing what she has to do even though her past and her psychology problem haunt her life. The only reason is Jack. Jack is the main reason why Ma is standing.

Her superego and ego keep her stand up in facing her sadness and new world. In other side her ego is quite strong, because the real world maybe will be more rough compare to her past. Especially in developing Jack’s mental where never been in the outside before. Ma needs more effort to fix the problem while
her psychology is not that good. But her spirit is stronger. Ma pushed Jack to adapt and interact to people where it’s something quite difficult for Jack, but Ma is pretty sure that Jack can make it. So her superego and her ego play important role in fighting against her problem.

4. CONCLUSION
 Based on the analysis from the previous study, the researcher finally is able to write down the conclusion. Firstly, based on structural analysis, Room novel characterization has major character there’re Ma and Jack which is become the object of the study. Sadness and trauma itself can be proven through the major character of the novel cause Ma is the one of victim of human right abuse. The plot that been used in Room novel consists of exposition, complications, climax, and resolutions. Point of view in this novel is using first point of view and its Jack’s perspective.

Secondly, in this part researcher use Sigmund Freud’s theory, psychoanalytic approach to analysis the issue, sadness. In this case sadness appears because of violence and human right abuse where it creates bad emotion and memory that became sadness and trauma for Ma. In fighting against her problem, Ma’s ego is one of that keeps her standing. The Ma’s ego is the most plays role in defend her safety and her son Jack. Her past mostly comes to her and reminds her about her terrible and creepy past time even though the event had been happened but it wasn’t easy for Ma to forget and erase from her mind.

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