

Chapter II

Review of Related Literature

In this chapter, the thesis writer is going to explain the theories needed in analyzing the topic and the reasons why she needs them. She discusses theories of psychology since she analyses psychological problem in the main female character in Doctor *Thorne*. Psychological theory namely Alfred Adler's theory of inferiority complex is used to prove that the main female character is in fact psychologically disturbed. The thesis writer also wants to reveal that the main female character's traits are the reflections of inferiority complex.

II.1 Psychological Theory of Inferiority Complex

The word "psychology" derives from two Greek words, "psyche" which means soul and "logos" which means discourse (Floyd Ruch, 1941, p.25). According to Floyd Ruch, psychology is a kind of knowledge and approach that can be used to improve the quality of human life and a way to understand human behavior. Thus, it is not surprising that psychology has become an important tool in analyzing literary

work since it concerns with human relationship and human behavior. The thesis writer, therefore, uses psychological approach as the tool in analyzing this study. Psychological approach is used in order to understand characters and actions fuller. It enables us to understand why people act as they do. Furthermore, by this approach, we may treat literary works as reflections of our real life.

Furthermore, there are three main reasons for having psychological approach in understanding literature. First of all, psychological approach is used to understand the characters' behavior in literary works because to a certain extent, the characters reflect the real characters in real life. The next reason of using psychological approach is to understand the author's process of creativity since some writers have certain psychological background in their writing. The last reason of using psychological approach is to understand the reader's psychological reaction toward a work (Steven, 1987). However, the thesis writer is only going to use psychological approach in order to understand the characters' behavior in a literary work.

In this study, the thesis writer is going to analyze the main female character, Mary Thorne, particularly she wants to prove that Mary is psychologically disturbed. She is going to use Alfred Adler's psychological theory of inferiority complex to reveal Mary's psychological problem due to the fact that Mary experiences rejection for she is a social outcast. Noticing some symptoms of inferiority complex in Mary, the thesis writer wants to reveal further the causes of her psychological problem. For this purpose, she will use mainly Adler's theory of inferiority complex.

Inferiority complex theory is a psychological theory by **Alfred** Adler, an Austrian psychologist. He studied personality around the time of Sigmund Freud and Carl Jung, but he developed very different ideas (Hjelle and Ziegler, 1992). Adler's idea is primarily about inferior feeling during one's mental development. He

developed inferiority complex theory and then he named this theory as *Individual Psychology*. In short words, inferiority complex is originally Adlerian's term, describing the cluster of ideas and feelings, which arise in reaction to the sense of inadequacy.

The term "inferiority complex" itself is used in two basic concepts (Chaplin, 1995, p. 143). Firstly, it refers to the strong and unconscious feeling of incompetence and insecurity. Someone with this feeling feels insecure and cannot overcome his or her life problems. An insecure individual is a person who lacks self-confidence. He or she feels inadequate, unwanted and unloved, and as a result is vulnerable to constant emotional conflicts. Secondly, inferiority complex deals with the existence of guilty feeling, which comes from rationalization of the failure and unwillingness to struggle for life (Chaplin, 1995). An individual with this feeling does not have any willingness to struggle for his or her own life as the compensation of his or her inferiority. The main female character in Anthony Trollope's Doctor *Thorne* also experiences these two terms of inferiority complex.

Adler notices that feelings of inferiority develop when someone believes that he does not measure up. This may stem from comparing himself with others, thinking he is not equal to them. They may also result from things he feels he cannot accomplish. For instance, a child may feel inferior when she or he cannot get good achievement in her or his school. Adler adds that most Self-depreciation attitudes stem from early childhood for childhood is the most important period in which a child may start to learn some ideas from the older ones (Narramore, 1977).

Furthermore, adults as well as the society also have contribution to the development of inferiority feelings in children. By requiring especially high and unrealistic standards, parents are laying a foundation for feelings of inferiority in a child. Therefore, Adler assumes in his analysis the possibility in overcoming

inferiority complex through positive social interaction (Hjelle and Ziegler, 1992). In other words, Adler starts to think that good social interaction might be able in minimizing the possibility of inferiority complex. For instance, if a child has developed general feelings of inferiority, steps should be taken to provide him with experiences in which he or she feels comfortable. It is important that he or she is given sufficient praise and opportunity to excel in those areas in which he or she **has** interest. Another example is when an adult spends time with a child. It is usually interpreted by the child as personal affection and appreciation. In time, the child will come to feel he or she is adequate because he or she is accepted and loved by adults (Narramore, 1977).

Adler's inferiority complex theory indeed focuses on social forces. He thought that inferior feelings could be the result of outer forces such as "rejection, frequent punishment, teasing, negative correction, and unfavorable comparison, over solicitude, perfectionism, and disappointing experiences" (Narramore, **1977**, p. 130). Adler states that outer force or influence is the major factor that can drive someone to inferiority complex. Moreover, inferiority or inferior feeling may become inferiority complex because of some reason. Inferior feeling refers to "the feelings which arise in reaction to the sense of inadequacy" (Rycroff, 1972, p. 71). An individual with inferior feeling can appreciate him or herself, still. Inferior feeling does not give much impact on his or her behavior. Meanwhile, inferior feeling refers to "the cluster of interconnected conscious and unconscious inferior ideas and feelings, which exert **a** dynamic effect on behavior" (Rycroff, 1972, **P.71**). Inferiority is considered as a behavioral disorder when it becomes inferiority complex in which the person cannot control her or his inferior feeling anymore. In addition, this inferiority complex influences his or her behavior. It disturbs one's behavior therefore then it is called behavioral disorder. However, Adler adds that **by**

experiencing only some possible causes of inferiority complex, an individual might already suffer inferiority complex. The thesis writer is going to apply this theory in the main female character in *Doctor Thorne*. She is going to match some possible causes of inferiority complex mentioned by Adler and some important occasions in **Mary's** life to prove the possibility of her psychological problem. Furthermore, the thesis writer is going to reveal that some of Mary's character traits are the portrayal of her inferiority complex by applying some symptoms of inferiority complex theory in her character traits.

II.1.1 Some Possible Causes of Inferiority Complex

According to Adler, there are some possible causes of inferiority complex. They are parental or society rejection, frequent punishment, teasing, negative corrections, unfavorable comparisons, over solitude, perfectionism, and disappointing experiences (p. 129-30). Furthermore, there are some other causes, which may lead someone into inferiority complex, such as society's or community's disapproval. However, an individual does not have to experience all of them to get inferior complex.

II.1.1.1 Parental Rejection

First of all, Adler thought that parental rejection might cause inferior feelings. When parents make a child feel that he is unwanted and unloved, he frequently develops the attitude that he is unworthy and that his behavior does not measure up to the standards of others. Parental rejection is the most significant causes to inferiority complex. Being unwanted indirectly means that she has been rejected. The main female character in *Doctor Thorne* also **has** this **kind** of experience when she is not wanted by her parents especially by her mother. This kind of parental rejection is often the major causative factor in feelings of inferiority (p. 129). For instance, a child who has been given to other family develops strong inferior feeling.

When a child suddenly learns that he or she is raised by someone else, he or she may immediately feel rejected and unloved. These feelings may then result either in depression and worry or a behavioral disorder (p.31). In addition, according to the concept of psychological theory and sociology of gender by Nancy Chodorow, women's mothering is important for early mental development because "mother takes primary responsibility for infant development and sustains primary emotional ties" (Chodorow, 1987, p.11). Being a mother, then, is not only bearing a child—it is being a person who socializes and nurtures. Michael Rutter, in his book *Maternal Deprivation*, also strengthens that mother is very influential for a healthy mental development. In his book, he quotes a psychologist's statement in 1951 about mothering and maternal deprivation. "Mother's love in infancy and childhood is as important for mental health as are vitamins and proteins for physical health" (Rutter, 1976, 13). As physical health, a person cannot grow well when she or he lacks of vitamins and protein; a person also cannot have a proper growth both physically and mentally. In other words, without mother's existence, a child cannot develop proper mental development. In such cases, there are usually adults such as other family members, relatives, teachers, or men and women in the community, who serve as important adult figures. However, for many children, the absence of one or both parents mitigates against excellent personality development.

Parents are the persons who are expected to love and to care about the children. All persons need to be loved, to be accepted, and to have a sense of belonging. The sense of belonging appears when the person knows that he or she is loved by someone else. The sense of belonging induces his or her feeling of security. In other words, someone will feel secure if he or she is accepted by other people. This intimate human relationship gives a greater sense of security and encouragement. So, if a family cannot fulfill its duty in creating this feeling of security, the members

will probably develop feelings of insecurity in which it leads to inferiority complex (Narramore, 1977). The thesis writer is going to prove that Mary who experiences parental rejection and lacks of maternal affections tends to develop inferior feeling.

II.1.1.2 Unfavorable Comparison

Adler also notes that one of the causative factors of inferiority complex is unfavorable comparison. Unfavorable comparison refers to the condition in which people continually compare the actions, accomplishments and possessions of one individual with those of another. This unfavorable comparison can be stimulated by many reasons. However, the thesis writer notices that social status is the major factor, which may be used to compare one to another.

People are classified into some group based on his or her status. There are high, middle and low classes. Being compared with higher-class gives many pressure for an individual who came from low class especially they are with low birth. Low birth refers to the condition in which a person neither has good family background nor family wealth. A child born with low status may develop feelings of inferiority complex. She or he may feel that she or he is not equal compared to other. This kind of feeling, according to Adler, may stimulate inferiority complex (p. 130). This inferior feeling becomes worst when people around her or him continually compare her or him with someone with higher qualities.

Unfortunately, every society or community views **an** individual based on the levels of power, privilege, and prestige, and all of these are called social class. Victorian society also distinguished an individual **from** his or her status especially his or her family background. Class in Victorian society was defined through a subtle combination of occupation, income, and values. Definitions of class were linked to the occupations and incomes of males. Females were assigned a class according to the status of their fathers **as** long as they were unmarried, and of their

husbands once they were married (Burstyn, 1980). Therefore, being nameless got an individual into social neglecting; being penniless got her or him into unfavorable comparisons with them who possess both name and wealth. This low status, then, may stimulate one symptom of inferiority complex, which is over-sensitiveness. The thesis writer is going to show that Mary's low birth led her to unfavorable comparisons. She is continually neglected and compared with her other fellows. This kind of experiences later led Mary into inferiority complex.

II.1.1.3 Community's Disapproval

Adler added that disappointing experiences might stimulate inferiority complex. Experiences of failure in later life often serve as the first step for strong feelings of inferiority. The trauma and feelings of inadequacy combined with a failure to perform one's duties may cause increasing feelings of inferiority. Community's disapproval is one example of these experiences (Naramore, 1977). Being oppressed and rejected by the community ~~can~~ also be counted into disappointing experience. Community refers to the group of people in which ~~an~~ individual stay and live together. However, for many reasons, an individual may be rejected by the community. During the Victorian period, status and wealth became the major factor of community's approval. Class position ~~has~~ a strong influence in determining community's attitude toward an individual. It enables an individual to get community's approval or acceptance. Money also has an important role in the community. It gives an individual a good position even though he or she does not have significant family background. Many people were respected because of their money not because they ought to be respected. On the contrary, an individual without money and significant family background will not get any community's approvals. The community tends to treat her or him bad or even isolate her or ~~him~~. This kind of social oppression has dominant impact upon the development of one's

character. A person who experiences community's disapproval or rejection might feel inferior. For instance, a person who is isolated by the community for he or she has improper family background in which he or she does not have both name and money tends to develop such an inferior feeling. The thesis writer is going to apply this possible cause of inferiority complex in Mary. She wants to show that Mary who has had inferior feeling concerning to parental rejection and unfavorable comparison toward her, finally gets inferiority complex because of community's disapproval.

II.1.2 Some Common Symptoms of Inferiority Complex

Furthermore, the thesis writer thinks that it is necessary to pay attention to the symptoms of inferiority for she is going to prove that the main female character has inferiority complex. In addition to the causative factors, Adler also mentioned some common symptoms of inferiority complex. Similar to any other behavioral disorder, inferiority complex also has some common symptoms. According to Alfred Adler, there are some common symptoms of inferiority complex. They **can** be attention-getting behavior, self-consciousness, over-sensitiveness, enviousness, perfectionism, domination, seclusiveness, compensation and criticism (p. 129).

When an individual shows some symptoms above, the person may suffer inferiority complex. On the contrary, an individual who suffers inferiority complex may not show all those symptoms. In this analysis, the thesis writer only discusses some symptoms of inferiority, which appear in the main female character.

II.1.2.1 Over-Self-consciousness and Submissiveness

As it has been mentioned above, one of the symptoms of inferiority complex is self-consciousness. However, the thesis writer finds that being over submissive is also another character traits found in the main female character, which follows her self-consciousness. Therefore, the thesis writer considers the combination of these

two traits are closely related to the symptom of inferiority complex. According to Adler, self-consciousness refers to the condition in which the subject is easily embarrassed and upset. The word consciousness itself refers to a state of awareness (p.266). Meanwhile, being submissive refers to the condition in which the subject cannot expose his or her own will **and** demand. He or she yields to the control or authority of another.

As some psychologists believe that the development of personality or character is much influenced by social forces (Hail and Lindzey, 1985, p.148), being over-self-conscious and being over-submissive are also determined by some **social** causes. In other words, an individual with strong consciousness and submissiveness might have social background **as** the causative factor. One of those causative factors is rejection. It could be parental rejection or community rejection. For instance, a child may have self-consciousness and be over submissive because of her parental rejection. When a child is rejected by his or her parents, and then adopted by someone else upon his or her realization, he or she might develop inferior feelings for he or she might feel that he or she is unwanted and unloved. These feelings may then result either in depression and worry or a behavior disorder. However, a character is not suddenly established. It needs a long and continual process in which the person gets further influences and unconsciously he or she has become a character with over-consciousness and submissiveness. The thesis writer is going to analyze some of Mary's actions or speeches, which are the portrayal of the symptoms of her inferiority complex particularly over-self-consciousness and submissiveness.

II.1.2.2 Over-sensitiveness and Enviousness

One of human character traits is being sensitive. However, there is a condition in which the feeling of sensitiveness is over. This condition, of being over sensitive,

indicates unhealthy personality. Over-sensitiveness itself refers to the condition in which **the** person cannot stand critics or comparison with others. Meanwhile enviousness refers to the condition in which the subject is jealous or envious of the personal qualities or possessions of others (Narramore, 1977). The thesis writer considers that these two symptoms are closely related for it influences each other; therefore, she combined these two character traits. Enviousness or jealousy may be defined as an attitude of envy or resentment toward a more successful rival.

Feelings of jealousy are usually the result of frustration in attempts to achieve a desired object. The jealous person exhibits numerous forms of behavior, which reveal his or her true feelings. He or she is at odds with his environment. The jealous person is often irritable, high-strung and nervous. He or she feels that he cannot measure up to the standard and expectations of other. Moreover, underlying jealousy may be strong feelings of insecurity and inadequacy. The person who is very insecure is frequently envious to others. However, both over-sensitiveness and enviousness as any other character traits do not come innately. There is certain background, which stimulates someone to be over-sensitive and envious. Such feelings result from childhood ridicule, rejection, criticism, severe punishment and disappointments (p.142). According to Adler, over-sensitiveness and enviousness come out **as** the compensation of inferior feeling. This inferior feeling itself is caused by some possible causes. However, one factor, **which** closely related to over-sensitiveness and enviousness, is family background. An individual with improper family background tends to develop such an inferior feeling. For example, a child **who** comes from poor family tends to be more sensitive than any other child who comes from rich family. He or she feels that he or she is not equal to others. The thesis writer is going to use these possible symptoms to reveal that **Mary** has psychological problem namely inferiority complex.

II.1.2.3 Seclusiveness

Seclusiveness refers to the condition in which the individual does not like to engage in social activities, but prefers to remain alone. According to Alfred Adler, someone with inferiority complex may have seclusiveness as the symptoms for he or she feels unequal to others. Adler also believed that social interest is a criterion of mental health. Someone without any social interest is strongly believed to have psychological problem. Social interest derives from the German neologism *Gemeinschaftsgefühl*, a term which cannot be **fully** expressed in English. It means something on the order of “social feeling”, “community feeling”, or “sense of solidarity”. It also implies membership in the human community, i.e., a feeling of identification with humanity **and** kinship for each member of human race. Adler considered the potential for social interest to be innate. Since every human being has some amount of social interest every person **is** a social creature by nature, not by habit. However, like any other innate predisposition, social interest does not emerge automatically but needs to be consciously developed. Development of social interest **takes** place in a social environment. Other people, initially the mother, **then** other family members, and finally those beyond the home, contribute to this developmental process. However, it is the mother, the child’s first and most influential contact with another person, who exerts the greatest impact on the development of social interest.

Furthermore, the seclusive person evades social contacts in order to avoid anxiety. He **or** she sees threats in social situations, but security and safety in seclusion. He or she retreats from situations, which he or she has found **to be** discouraging or threatening-where, he or she feels he may be a failure. Such a seclusive person may long **to** participate but he or she usually recoils from activities in which he or she feels he or she will experience frustration and defeat. Children

who experiences no security and acceptance find it difficult to enter into social experiences with others outside. They are unsure about their own worth and they wonder if they will be accepted by others (p. 258). Therefore, someone with inferior feeling may prefer to stay alone rather to engage in social activities. This kind of attitude reflects that the individual is psychologically disturbed (p.129). The thesis writer is going to use seclusiveness as one symptoms of inferiority complex to prove that Mary has inferiority complex for she has seclusiveness as her character traits.

Besides using inferiority complex theory by **Alfred** Adler, in order to support her analysis the writer also bases her analysis on some psychological theories called maternal deprivation theory by Michael Rutter, theory of personality by **C.S.** Hall and **G. Lindzey** and psychological development theories by some psychologists. Firstly, Michael **Rutter** said in his book, *Maternal Deprivation Reassessed* that maternal deprivation has both its short-term effects and long-term effects on a child. Without a mother figure a child tends to develop inferior feelings since **he or** she feels unwanted and unloved. Secondly, **C. S. Hall** and **G. Lindzey** stated in their book *Theory of Personality* that people's character is more established by the social environment rather than heredity. It means society or circumstances take a big portion in influencing and leading someone to be such a character. In other words, to have such character traits, someone might have significant background.

II.2 Social Background in Victorian Society

Victoria's sixty-three year reign (1837-1901) was the longest in Great Britain's history. Most historians mark the beginning of the age not in 1837, the year of Victoria's accession to the throne, but rather 1832 with the passage of the First Reform Bill (<http://65.107.211/history/sochistoy.html>).

The Victorians were really the first "high-tech" society, with all of the attendant problems that we continue to face today: environmental pollution, uneasiness in

the face of rapid social and technological change, strained labor relations, and urban crowding.

At the Victorian era, the society life is much influenced by class classification. This social class differentiates people based on his or her wealth. Victorian society was divided into three social groups. They are upper class, middle class and lower class or working class. Upper Class consists of them who are very rich and powerfull. many owned thousands of acres of land and had a town and country house. They don't have to work. Middle Class includes them who had to work to support their families but never did physical work. Physicians, attorneys, writers, engineers are considered into middle class. WorkingClass are physical, manual workers or poor people with no money. Farm, factory, and mine workers are considered into working or lower class.

The middle and upper classes were represented by both old money and new money. As land was no longer the sole source of wealth, many were able to achieve economic prosperity through industrial ventures and professional occupations. In the city the two most prominent symbols of wealth aside from land were servants and carriages (*Pool 218*). The number of servants employed by a man was a direct indication of his economic status. Servants were not only status symbols among the wealthy but also necessities as their labor was required to perform daily tasks such as cleaning the home, cooking the meals, and serving the family. The homes of the wealthy contained areas for public entertainment such as drawing rooms and dining rooms as well as areas for private family life such as chambers. workrooms, and sitting rooms. On the whole, those nineteenth century people who had money concentrated their efforts on acquiring more through social life (<http://65.107.211.206/gender/femeconov.html>).

Although the people of the working class lived in close proximity to the wealthy, their daily routines had little in common with those of their neighbors. Ironically, many spent their days working in the luxuriant homes of their employers and return to their own small house of three rooms and a kitchen. Living space was usually cramped; often men, women, and children of different ages and sexes shared the same room. While their wealthy employers had dependable jobs, the workingmen had little job security; a job one day did not guarantee a job the next day. Because these people were without savings, a loss of income often resulted in starvation and homelessness. The thesis writer is going to use this social background in Victorian society as the supporting theory. For instance how Mary's community also distinguish an individual based on the wealth or power he or she has.

In short words, Adler's psychological theory of inferiority complex is needed to help the thesis writer in revealing that the main female character has psychological problem namely inferiority complex. She will analyze the main female character's life in which she will identify some possible causes of her psychological problem and then trace it. For this purpose, she is going to use Adler's theory on some possible causes of inferiority complex. In addition, the thesis writer is going to use some possible symptoms mentioned by Adler to prove that Mary's character traits are actually the symptoms of her inferiority complex.