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## **An Analysis Of Archetypes Of Alicia Brenson In Alex Michaelides' *The Silent Patient***

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ARTICLE INFO	ABSTRACT
Received: 01-08-2023 Revised: 08-08-2023 Volume: 1 Issue: 2	This study focuses on archetypes topics on the character of Alicia in <i>The Silent Patient</i> novel. The purpose of this study is to examine both characterizations and archetypes of Alicia. The method employed in this study is descriptive qualitative. The data was derived from the narration and dialogue of the figures in the novel. This study uses the characterization concept of James H. Pickering & Jeffrey D. Hooper and the archetypes theory by Carl Gustav Jung. The result of this archetype analysis was then highlighted by the characterization analysis of Alicia. In details, 23 data were spotted to characterize Alicia and each data was divided into two parts of the characterization: (1) the Telling Method (6 data from characterization through appearance, and 11 data from characterization by the author); (2) the Showing Method (3 data from characterization through dialogue, and 2 data from characterization through action). It was also found that were some characterizations shown by Alicia, say coward, selfish, frustrated, cunning, liar, manipulative, unsympathetic, aggressive, violent, temperament, anxious, vengeful, cruel, arrogant, ambitious, impulsive, anger, pessimistic, unstable, and sensitive. There were 23 archetypes found in Alicia with 11 out of 23 data were dominated by shadow. Then, there were 6 persona, 3 animus, and 3 self-data found in Alicia.
<b>KEYWORDS</b>	
<i>Characterization, Archetypes, The Silent Patient Novel</i>	

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## Introduction

Literature is a creative work of art written or spoken. According to Meyer, J (2018: 2), literature is a work of art with artistic and imaginative language that is interesting and understanding. Literature is a work that contains deep meaning and contains aesthetics. The literature presents an orderly and beautiful language. Literature has several unique characteristics such as originality, artistic, unique, and beautiful expressions expressed writing and orally. Therefore, literature is a work that originates from the expression of thoughts, action, and feelings. Literature is related to life experience or social life. While Psychology of literature is a literary study focusing on work as a psychological activity. This literary work is a psychological phenomenon that displays psychological aspects and human behavior (Endraswara, 2013: 96). This study can analyze and explore human behavior patterns and thinking systems through literary psychology.

Literary work such novel tells stories about imagination and fictional events featuring plot, conflict, point of view, setting, theme, and characters. Abrams in Saraswati, K.P (2019: 42) states that characters play a role in narrative or drama works created by the author as someone who performs actions and dialogues to convey a story picture or moral message to the reader. Character is closely related to human personality to display the characterizations contained in a story. Character is a picture of personality and traits that reflect human through dialogue, action, emotion, and behavior. When analyzing characters, there are characterization or methods in portraying and expressing characters. Characterization is expressed thorough direct characterization and indirect characterization. By using directly method, the author directly describes the character, physical characteristics, and detail. Meanwhile in indirectly method, the author describes the character's physical characteristics and characteristics in three ways; through other characters to the main character, through a description of the environment around the character, and through conversations between characters in the story (Abrams in Saraswati, K.P, 2019: 43).

This study examined how psychological theory works on novel as literary work. This study used a novel entitled *The Silent Patient* by Alex Michaelides published on September 5, 2019. Michaelides was born in



Greek Cyprus in 1977. He received an MA degree from the department of English Literature at the University of Cambridge. Additionally, he has an MFA in screenwriting from the American Film Institute Los Angeles. This novel combines Greek mythology, thriller, murder, psychology, mystery, and crime. This novel won the Goodreads Choice Award for Best Mystery & Thriller 2019. *The Silent Patient* is a psychological thriller novel about the murder case committed by Alicia who brutally killed her husband. After the death of her husband, Alicia chose to remain silent for six years. Alicia had to undergo psychiatric treatment to restore her sanity. This novel describes the personality disorder experienced by Alicia as the main character. By using Carl Jung's archetype theory, this article explores the psychological condition of Alicia's character in the novel.

Afifulloh (2022), stated that In Jung's analytical psychology, there are two concepts that most introduced fundamentals. The two concepts are the concept of consciousness and the concept of the unconscious. According to Jung, these two concepts are important factors in shaping human personality. These archetypes can be dreams, fantasies, myths, literature, and other sources of imagination.

According to Jung (1980: 5) archetypes are thought forms or concepts that form the basis of a human perspective that is projected onto experience. Everyday human behavior, emotions, and perceptions are heavily influenced by ancestral culture and lifestyle, but all of these influences occur unconsciously. Archetypes have been passed down from generation to generation over a long period of time. They play an important role in shaping the understanding of oneself and the world around us. Understanding and integrating these archetypes can lead to a deeper understanding of the psyche and help the human journey towards self-awareness and self-development.

*The Silent Patient* novel is a psychological thriller novel that tells a lot about the problems of psychological conditions and psychiatric disorders of the characters in the novel. It can uncover and find points of life's issues to discover the main character's moral message, and it can be used as a better life lesson. Second, the novel *The Silent Patient* describe the side of human behavior and the psychic life of Alicia's character. Alicia brutally killed her husband. She remained silent for six years and was admitted to a psychiatric unit. She has kept her secrets and grudges for six years. She



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spoke through her painting which holds the meaning behind the mystery of her husband's death. It draws attention to analyzing the problems experienced by Alicia.

This study shows an analysis of previous studies related to objects and theories. Several previous studies used the same approach or object. The first previous study is *Stress in Alex Michaelides' Novel The Silent Patient* by Sarah, M. Asnani published in 2021. This journal focuses on research on concept of stress management proposed by Priyoto on the main protagonist Alicia Brenson in *The Silent Patient* novel. This study uses qualitative research that explores judgments, people's feelings of comfort, emotion, ideas, beliefs, and described in word to the main character. The similarity in this study is the use of novel *The Silent Patient* as the object of study and the main character is Alicia Brenson. The difference in this study lies in the difference in the theory used. This study used the theory of stress management concept from Priyoto.

The second previous study is *Obsessive Love Theory Reflected on Theo Faber's Character in Alex Michaelides' Novel The Silent Patient* direct by Devi Olivia Hariri published in 2020. This thesis focuses on the problem identified based on Theo Faber's obsessive love for Kathy which affect Alicia's actions in the novel *The Silent Patient*. The similarity in this study is the object, the novel *The Silent Patient* novel by Alex Michaelides. This study also analyzes the main characters in the novel. The difference in this study lies in the difference in the theory used. This study focuses on the theory of obsessive love from Theo Faber's character to Kathy using an intrinsic and extrinsic approach. This study revealed the impact of obsessive love theory in real life by applying the concept of obsessive love from John D. Moore.

The others previous study is *An Analysis of Main Character in Warm Bodies Film Using Jung Theory of Archetypes* by Rizkiah, S. Sili, S. Kuncara, S.D. published in 2018. This journal focuses on analyzing the personalities of the main character R and Julie in Jonathan Levine's film *Warm Bodies*. The similarity of this study is focuses on analyzing the personality and psychology of the main character, where this study also used the archetype theory of Carl Gustav Jung as an approach to analyze the main character. The difference in this study lies in the difference in object of study and the theory used. This study used the film *Warm Bodies* by Jonathan Levine as



the object of study. This study also revealed the dark side and abusive behavior of the main character.

Based on the research above, it can be seen that the analysis of the novel *The Silent Patient* which uses Alicia as the object of study has been carried out using various different theories. The study using Carl Gustav Jung's archetype theory was also carried out on different objects. Meanwhile, research on Alicia's archetypes in *The Silent Patient* novel has not been found

### **Method of Research**

This study uses descriptive qualitative to analyze Alicia Brenson's in *The Silent Patient* novel. According to Creswell in Ahsan (2015: 31), descriptive qualitative method is research that makes methods and plans with materials collection techniques, analysis, and research activities that require detailed descriptions. This study requires several steps to collect the data, such as reading the novel, identifying and classifying the data, making note, and analyzing the data.

### **Result and Discussion**

Alicia is the main character in *The Silent Patient* novel. She has mental problems that triggered the murder of her husband, Gabriel. Alicia has several mental issues and childhood trauma. Archetypes have eight types, as believed by Carl Gustav Jung. However, this study focuses on identifying the archetypes that the main characters successfully reflect according to the events or experiences that the main characters experience. The types of archetypes used in this study are divided into four categories: persona, shadow, animus, and self.

#### **1. Persona**

Persona is a mask human wear when dealing with other humans. Persona is the side of personality shown to humans or the public. Persona is also a form of compromise between the environment and the interests of the inner norm of individuals, races, or nations. Persona help human socialize, especially adapting to other, even though they don't like those people. Alicia uses persona so she can place herself with other people. She hides about her behavior and true nature in front of others. Alicia also hides that she is experiencing mental health and the trauma she has experienced



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since childhood. The following is an identification of the various persona in Alicia

**Datum 1**

*Alicia was discovered standing by the fireplace. **Her white dress glowed ghostlike in the torchlight. Alicia seemed oblivious to the presence of the police. She was immobilized**, frozen – a statue carved from ice – with a strange frightened look on her face, as if confronting some unseen terror. (p. 8)*

Based on the data above, it proves that Alicia uses the archetype persona. The persona or mask displayed by Alicia to the people around her. After Gabriel's murder, Alicia is caught by police standing by a fireplace wearing a white dress. Alicia stood with a frightened and confused face as if facing terror. Alicia's psychological condition is shown by her frozen posture and frightened face. These conditions indicate that Alicia is experiencing a psychological condition, evidenced by Alicia who went silent and scared while wearing a bloody white dress. Alicia used her persona in front of the police to pretend she was frightened and fell silent. It implies that Alicia's characterization is a terrified. Alicia also cut her veins with a knife. Alicia acts like a madman and berserk when the police try to save her. Alicia pretends to be sad and angry over Gabriel's death, but she kills her husband. It implies that Alicia is using a persona in front of the police. Alicia uses the persona to cover up Gabriel's murder.

**Datum 2**

*Alicia remained silent throughout the interview. **Her lips were pale, bloodless; they fluttered occasionally but formed no words, made no sounds. She answered no questions. She could not, would not, speak.** Nor did he speak when charged with Gabriel's murder. She remained silent when she was placed under arrest, refusing to deny her guilt or confess it. (p.9)*

Based on the data above, it proves that Alicia uses archetype persona. The persona or mask displayed by Alicia to the people around her. Alicia is on medication after Gabriel's death. Alicia is undergoing treatment at the



asylum named the Grove. While undergoing treatment, Alicia's physical condition was very poor and chaotic. She was silent with pale lips and trembling. Alicia uses her insanity persona, as she does not want to reveal the truth about her husband's death. She did not say anything and became silent after her husband's death. She also remained silent despite being accused of killing her husband. Alicia has neither denied nor admitted to the allegations of Gabriel's murder. It makes the police and the judge confused by Gabriel's murder case, but all the evidence of the murder points to Alicia. It implies that Alicia has a selfish characterization. Alicia deliberately covered up the truth of the murder. It was implied that Alicia used the persona of playing mute in front of the police, judges, and people around her.

### **Datum 3**

***But she was too thin and looked unclean. Her long red hair was hanging in a dirty, tangled mess around her shoulders. Her fingernails were chewed and torn. Faded scars were visible on both her wrists – the same scars I'd seen faithfully rendered in the Alcestis portrait. (p. 30)***

Based on the data above, it proves that Alicia uses the archetype persona. The persona or mask displayed by Alicia to the people around her. Alicia showed poor physical condition after her husband's death. Alicia's physical appearance is her emaciated and dirty body. Her hair is messy and dirty with bitten and torn nails. Alicia's drooling also continued to drip, and her fingers were trembling. Alicia showed poor physical and psychological condition after her husband's death. That implies the characterization shown by Alicia is one of mental trouble and frustration. On the other hand, the characterization shown by Alicia is to cover up the truth of her husband's death. Alicia chose to remain silent about her husband's death. She kept to herself the chronology of her husband's death for up to six years. Alicia uses the characterization as if she is mentally disturbed and frustrated to hide the fact. It implied that Alicia was using a persona. She displays someone frustration and pathetic.



## 2. Shadow

Shadow is a human behavior related to the evil or immoral side. A dynamic shadow is shown by the behavior of someone who does not want to admit another side or a negative side. Shadow is the dark side of humans that must be tamed if humans want to live well. If the shadow is completely suppressed, not only will the personality be flat, but also humans will face the possibility that the shadow will rebel. The following is an identification of the various shadow in Alicia.

### Datum 4

*An officer grabbed her arms, and held them up to the light. **There were deep cuts across the veins in her wrists – fresh cut, bleeding hard.** Alicia fought off the attempts to save her life; it took three officers to restrain her. (p. 9)*

Based on the data above, it proves that Alicia has a shadow. Alicia displays the shadow of the evil side that is inside her. After Gabriel's murder, Alicia tried to cut his veins. The police grabbed Alicia's arm, which was bleeding profusely. Alicia fought the police, who want to save her. Alicia raged, not wanting to be saved. She wanted to kill himself but was prevented by the police. Alicia does not want to live after the death of her husband, Gabriel. Her life was shattered after Gabriel's murder, so she feels pessimistic about living. Alicia has a pessimistic character. Alicia's attempted suicide shows that she has no want to live. The shadow shown by Alicia is suicide by cutting her blood vessels. The desire to harm herself and others refer to the shadow.

### Datum 5

*And for most people, this was enough to condemn her – **returning to the studio so soon after Gabriel's death betrayed an extraordinary insensitivity. The monstrous lack of remorse of a cold-blooded killer.** Perhaps. But let us not forget that while Alicia Brenson may be a murderer, she was also an artist. (p. 10)*

Based on the data above, it proves that Alicia has a shadow. Alicia displays the shadow of the evil side that is inside her. Alicia returned to the





painting studio to paint a few days after her husband's death. She showed no sorrow or remorse after her husband's death. She is like a cold-blooded killer. She returned to her studio and painted. She painted Alcestis very quickly. The people around her think Alicia is very cruel. Everyone despised Alicia for having no sympathy. She never cries and only paints. That implies that Alicia is an unsympathetic character. Alicia showed no remorse or grief after her husband's death. Alicia showed a cruel and mean attitude towards Gabriel. It implies that Alicia has a shadow inside her.

### **3. Animus**

Animus is the masculine side that exists in women that prioritized logic and thoughts over feeling. There are several images of the animus in Alicia. This image will shape Alicia's personality because having an animus makes it easier for her to understand herself. This study will prove the existence of the animus archetypes in the character Alicia in *The Silent Patient* novel.

#### **Datum 6**

*The truth is, "I want to help you to see clearly." At this Alicia looked up. She stared at me – right through me. You can't help me, her eyes shouted. Look at you, you can barely help yourself. You pretend to know so much and be so wise, but you should be sitting here instead of me. Freak. Fraud. Liar. Liar -. (p. 83)*

Based on the data above, it proves and supports that Alicia has an animus. The animus archetype displayed by Alicia is because Alicia has masculinity in her. Alicia has a therapy session with her psychiatrist, Theo. Alicia was tight-lipped and did not say anything during the therapy session. Theo tries to get Alicia to open up and talk to her. Theo tried to speak slowly and convince Alicia that Theo could help her. Alicia looked at Theo with dislike and hatred. It was as if Alicia's eyes were filled with anger. Alicia stared at Theo with piercing hatred. She acted as if feeling confident and bold. Her courage and confidence in Alicia show that she has an arrogant nature because she does not need the help of others. Alicia has an animus inside her. It implies that Alicia has a courageous and intimidating character which can be seen from her behavior.



### Datum 7

*Barbie looked pleased. "If Gabriel does not take you seriously, we'll go to the police together. You and me. I can be very persuasive, believe me."  
"Thanks, but I'm sure that won't be necessary. I nodded. But I had already decided not to say anything further to Gabriel. (p. 227)*

Based on the data above, it proves and supports that Alicia has an animus. The animus archetype displayed by Alicia because Alicia has masculinity in her. Alicia tells Barbie Hellman about the masked man. Alicia hides the fact about a masked man watching their house. Alicia does not want to tell and upset Gabriel, so she pretends she has forgotten all about the masked man. Alicia wants to solve her problems. Alicia is logical and courageous in dealing with the problem of the masked man stalking her home. With courage and a strong will to overcome the masked man, Alicia shows that she has an ambitious character. She has the ambition to search for and find the masked man alone without the help of others. That implies that Alicia has an animus inside her. Alicia becomes a woman who is tough and brave in overcoming the masked man.

### Datum 8

*"I didn't freeze."*

*"No?"*

*"No." she shot me a fierce look. "I was preparing myself. I was getting ready... ready to - kill him."*

*"I see. And how did you intend to do that?"*

*"Gabriel's gun. I knew I had to get to the gun." (p. 288)*

Based on the data above, it proves that Alicia has an animus. The animus archetype displayed by Alicia is because Alicia has masculinity in her. When the masked man walked into Alicia's house, she does not freeze or freak out. Alicia prepared to fight the masked man. Alicia says she is prepared to kill the man with Gabriel's gun, which she accidentally moved into the kitchen. That made it easier for Alicia to shoot and kill the masked man. Alicia has a strong and bold characterization. Alicia's courage to kill



and not being afraid of the masked man shows that she has an impulsive character. That implies that Alicia has an animus inside her. Alicia is decisive and not afraid to kill the masked man.

Based on several data above, it proves and supports that Alicia has an animus inside her. Animus is the masculine side that exists in women. Alicia proved she is an independent woman with a masculine side like a man. The thoughts and actions taken by Alicia illustrate courage and independence that are not like women in general. The characterization through dialogue also supports several data above that Alicia has a character that is arrogant, ambitious, and impulsive. It is proven by Alicia's confidence and courage in overcoming her life's problems.

#### **4. Self**

Self is part of the human personality. Jung stated that the self is the path to the individual. Self is the ultimate goal of personality development in every human being. With it, a new ego is created. In the archetype self, conscious and unconscious processes merge within oneself, becoming the centered of personality. The self related to Alicia's inner consciousness is related to the conscious and unconscious levels. This study will prove the existence of the archetypes self in Alicia's character in *The Silent Patient* novel.

##### **Datum 9**

*"Alicia tried to kill herself? What do you mean? When? You mean after the murder?"*

*"Max shook his head. "No, several years before that. You don't know? I assumed you knew." "When was this?"*

***"After her father died. She took an overdose... pills or something. I can't remember exactly. She had a kind of breakdown."*** (p. 125)

Based on the data above, it proves that Alicia has self. Alicia's self-forms a complete character. Alicia's character is affected by trauma and a bad childhood. Alicia has a childhood trauma. Alicia's mother died by suicide. Alicia's father also died by suicide. Alicia tends to lack affection and love from her parents. Alicia does not deserve to live. Alicia tries to commit suicide by taking too many pills and overdoses. She was shaken after her father committed suicide. It shows that Alicia is unable to control herself.



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Alicia's trauma and pain are obtained from her parents, made Alicia to commit suicide. Alicia has a pessimistic characterization. Alicia becomes easily pessimistic because she feels she does not deserve to live and does not get love. It shows that Alicia cannot bear psychological burdens, so Alicia's self-forms a pessimistic character.

**Datum 10**

*"Of course she did. She hated him ever since she was a kid – ever since her mother died."*

*"But – **then why try to commit suicide after his death? If it wasn't grief**, what was it?"*

*Jean-Felix shrugged. "Guilt, perhaps? Who knows?" (p. 162)*

Based on the data above, it proves that Alicia has herself. Alicia's self-forms a complete character. Alicia's character is affected by trauma and a bad childhood. Since childhood, Alicia has been abused by her father and aunt. Alicia has always been blamed for her mother's death by suicide. Alicia hates her father. Alicia's childhood was filled with pain and trauma that haunted her as an adult. She attempted suicide after her father's death. She tried to kill herself, but on the other hand, she also wanted to avenge her father. It shows that Alicia has an unstable character. She acts as she pleases by trying to kill herself but also wants revenge. She tries to kill herself, traumatized and hurt by her father's words, who always wanted Alicia to die. It shows that Alicia cannot bear psychological burdens, so Alicia's self-forms an unstable character.

Based on the data above, Alicia's murder and suicide can be seen as her solution to free herself from the disappointment, pain, and burdens of life she is facing. This supports the notion that Alicia has a self within her, which is related to her personality and the process of individuation. The self is connected to Alicia's inner consciousness, which operates at both conscious and unconscious levels. Throughout her life, Alicia underwent an individuation process influenced by the trauma and pain she experienced from childhood to adulthood. The data above is further supported by the characterization through action, which portrays Alicia as having a pessimistic, unstable, and sensitive character.



## Conclusion

In this study, it can be concluded that the dominant archetype in Alicia is the shadow archetype. Characterization through the author and shadow archetype has 11 data. The result of the data is pessimistic, unsympathetic, aggressive, violent, temperament, anger, anxious, and vengeful. This novel belongs to the psychological thriller and mystery genres, so this novel is related to the archetype psychoanalytic theory of Carl Gustav Jung. As the main character, Alicia is an antagonist with mental and psychological problems. The main character's personality is related to the genre of the novel, so the novel is impressive and exciting to discuss.

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