Psychoanalysis in Christian Grey Character on Fifty Shades of Grey Novel By E. L James

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Abstract

This research aims to describe Christian Grey's personality in the novel "Fifty Shades of Grey" by E. L. James. This research uses qualitative descriptive method and Sigmund Freud's theoryin order to analyze Grey's psychological condition. The techniques of analyzing data are through three steps: data reduction, data display, and conclusion drawing. The researcher finds 20 data deal with Freud's id, ego and superego. The results show that in id, there are 10 data. While in ego, there are 8 data. Whereas in superego, there are 2 data. The most dominant personality structure in his character is id. As the conclusions, Grey's id shows that he has some strong sexual desires and aggressive urges. Grey's ego shows that he tries to negotiate with Anastasia before having sexual activity. Whereas, Grey's superego shows that he has a commitment as a principle in having a relationship with his partner. As the suggestions, this research is expected to provide readers with a deeper understanding to Christian Grey as the main character in the novel, to be as reference to the next researchers, and to inform people that the memory in the past may affect a person in his personality and his relationship with others

Keywords: *Psychoanalysis, Main Character, Novel*

Introduction

Psychoanalysis is a branch of science develop by Sigmund Freud, as the study of human psychological functions and behavior. K Bertens (in Susanto et al., 2023).Psychoanalysis is used to analyze the internal conflict or psychological disagreements. It explores the subconscious conflicts and the past influences.

Psychoanalysis is often used by literary writers to describe the complexity of the characters, the internal conflicts and the dilemmas, in their works such as novels.

Basically, novel comes from author's imagination which influenced by people's life and totally expressed in written form.(Nurgiyantoro in Piola & Usman, 2019).In addition, novel is a work of fiction which offers a world, a world that contains an idealized model of life, an imaginative world, which is constructed through various intrinsic elements such as events, plots, characters (and characterizations), settings, points of view, and others which are also imaginative. (Nurgiyantoroin Munaris et al., 2022). A novel consists of several important elements that make up its structure and provide the basis for the story being told, one of the main elements in a novel is the characters.

Character is one of the most important elements in literature, and character plays a major role in literary stories such as novels, drama, fairy tales, and poetry.Wahyuningtiyas (in Meralda, 2021). Character is referred to a person in any fiction works. The character plays an important role the story, and has a role in developing the plot.

It is interesting to observe the characters in literary works such as novel. One of the interesting character to be analyzed is Christian Grey in the novel "Fifty Shades of Grey" by E. L. James. Christian Grey is very attractive and wealthy, however, he has a personality disorder which is called as BDSM (Bondage, Dominance, Submission, and Masochism). BDSM is defined as sexual activities and fantasies that involve torture, beatings, binding, and the use of tools during sexual intercourse. Purbaya (in Cahyarani, 2023)categorizes BDSM into three subcategories, first, bondage and discipline, which means tying a partner using tools. Second, dominance and submission, which involves one party being dominant and the other receiving control or taking the position of submissive. Third, sadism and masochism, namely the passion that arises when it is given and gives torture to one another.This type of personality disorder brings impacts not

only to a person himself but also to others, especially to his close people like a partner.

In Grey's case, he is interesting in making a special relationship with Anastasia whom at first is just his partner of working, then, becomes his girlfriend. When Grey was a kid, he saw his mom having a kind of sexual abusement. By looking at the things happened to his mom, Grey starts having his odd sexual fantacy with a woman that he will meet, in which he has an obsession and will be satisfy if he tortures his partner before having the sexual activity. This is also the reason why he chooses Anastasia, because he sees that Anastasia is looking like his mom.

During the contract agreement, Christian will never do anything till Anastasia allow him to do it. Their relationship becomes increasingly intense and complicated as Anastasia tries to make sense of Christian's BDSM world. Although she feels attracted to Christian, Anastasia also feels a dilemma about entering into a relationship based on this contractual agreement. As the story progresses, Anastasia forces Christian to uncover a dark secret from his intriguing past and explain why he pursued a BDSM relationship. Anastasia also pursues her love for Christian. Christian Grey has a past filled with traumatic experiences and abuse. This includes a harsh childhood and past experiences that caused him to develop unique sexual preferences. BDSM is a way for her to cope with this traumatic experience and feel in control of the intimate relationship.

It is important to study about the personality of a character or a person, especially dealing with the impacts of his experiences in the past, which will lead him to behave in his life. It is also needed to be studied in order to recognize any behaviors which deal with the personality disorder, especially the BDSM with their affections toward a person and his society, and also to know how to act or to behave toward a person who is suffering from this type of personality disorder.

Based on these descriptions, the researcher is interested in analyzing Christian Grey's personality and conducts a research entitled "Psychoanalysis in Christian

Grey Character on Fifty Shades of Grey Novel by E.L James". There is a previous research deal with this novel, conducted by Romiance Pepedek (2019). However, her focus of research is in the main character, Anastasia. She also uses Freud's three structures of personality. The result of her research shows that the structure personality which is dominant in Anastasia psychology is superego.

Methodology

This research is a qualitative research. The qualitative research is a research method used to examine the condition of natural objects, (as opposed to experimental) where the researcher is the key instrument, data collection techniques are carried out by triangulation (combined), data analysis is inductive / qualitative, and qualitative research results emphasize meaning rather than generalization. (Sugiyono, 2013 p 19). Based on this explanation, the researcher uses this qualitative method. The techniques of collecting data in this research are through documentation. Documentation is a method used to obtain data and information in the form of books, archives, documents, written numbers and pictures in the form of reports and information that can support research. (Sugiyono 2013 p, 151). Therefore the documentation in this research is the script of the novel "Fifty Shades of Grey" by E. L James published in 2012. The techniques of analyzing data are through three steps: data reduction, data display, and conclusion drawing (Miles & Huberman in Ayuningtyas, 2018). In data reduction, the researcher identifies and classifies the data based on Freud's personality structures. In data display, the researcher describes the data and connect to the theories. In conclusion drawing, the researcher takes conclusions as the result of research.

Findings and Disscussion

Personality Structure : Id

Id is the part of the personality that has the functions based on the principle of pleasure. It works based on the basic biological instincts. (Freud in Muhtarotun et al., 2022). In Id, the researcher finds two kinds: the sexual desire and the aggressive urges.

Sexual Desire

Sexual desire is an emotion and motivational state characterized by an interest in sexual objects or activities, or by a drive to seek out sexual objects or to engage in sexual activities. It is an aspect of sexuality, which varies significantly

from one person to another and also fluctuates depending on circumstances. (Freud in Thoyibi & Titis Setyabudi, 2018). One of this type has been found in E. L James' novel "Fifty Shades of Grey" (2012) which is shown in the table 01:

Table 01: Freud's Personality Structure Id: Sexual Desire

No.	Words	Referred Data	Description
1.	I'd like to bite that lip	Data 01 "Are you smirking at me, Miss Steele?" (He cocks his head to one side, and I think he looks amused, but it's hard to tell). (I flush and glance down at my unfinished breakfast. I can't look him in the eye when he uses that tone of voice)"I'd like to bite that lip."(Oh my. I am completely unaware that I am chewing my bottom lip. My mouth pops open as I gasp and swallow at the same time)" (p.55)	The sentence "I'd like to bite that lip" is an expression from Christian Gray who feels tempted or fascinated by Anastasia. In this context, "lip" refers to the lips. This expression describes sexual desire or attraction that arises because Gray looks at Ana's lips and wants to kiss or bite her lips as a seductive action.

In data 01, Grey's id appears when he wants to express his sexual desires. Gray's id as the main character can be seen from his turmoil to express his sexual desires with Anastasia. This is in accordance with the statement of Freud (in Muhtarotun et al., 2022) which states that the id is part of the personality that functions based on the principle of pleasure and works based on basic biological instincts. Freud considered that the id is present from birth and seeks to satisfy all needs and desires regardless of reality or the consequences that may occur.

Aggressive Urges

Aggressive urges can appear in various forms, such as anger, jealousy, the desire to control others, or the desire to destroy objects.(Freud in Thoyibi & Titis Setyabudi, 2018).This type of Id has been found in E. L James' novel "Fifty Shades of Grey"(2012) which is shown in the table 02:

Table 02: Freud's Personality Structure Id: Aggressive Urges

No.	Words	Referred Data	Description
1.	I want to lavish money on you, let me buy you some clothes and I'm sure your salary, when you do get a job, won't cover the kind of clothes I'd like you to wear	Data 02 I want to lavish money on you, let me buy you some clothes. I may need you to accompany me to functions, and I want you dressed well. I'm sure your salary, when you do get a job, won't cover the kind of clothes I'd like you to wear." "I don't have to wear them when I'm not with you?" "No." "Okay." Think of them as uniform. "I don't want to exercise four times a week." "Anastasia, I need you supple, strong, and with stamina. Trust me, you need to exercise." (p.77)	This sentence is included in the category of aggressive urges because it describes the desire to control and force other individuals to follow one's will. The sentence reflects a desire to control what other individuals wear and how they spend their money. This is an example of a drive to control aspects of another person's life.

In data 02, the id aspect appears when Christian Gray gives clothes to Anastasia because he needs Anastasia to accompany him to an event. It can be seen that Christian Gray wants to fulfill his passions and desires. This relates to what Freud said (in Syawal & Helaluddin, 2018), that the id is the part that is uncontrollable and unaffected by reality or morality. The id operates on the pleasure principles, which means it seeks immediate gratification without

considering consequences or reality. The id has no ability to distinguish between reality and fantasy, and knows neither time nor morality. It aims to fulfill wishes and avoid immediate discomfort.

Personality Structure : Ego

The ego works based on the reality principle. This ego will choose to follow the super ego or id. (Freud in Asmarani, 2021).This personality structure has been found in E. L James' novel "Fifty Shades of Grey" (2012) which is shown in the table 03:

Table 03: Freud Personality Structure: Ego

No	Words	Referred Data	Description
1.	I'm not going to touch you Anastasia – not until I have your written consent to do so	Data 03 "I'm not going to touch you Anastasia – not until I have your written consent to do so." His lips hint at a smile." What? "What does that mean?" "Exactly what I say." He sighs and shakes his head at me, amused, but exasperated too. "I need to show you, Anastasia. What time do you finish work this evening?" "About eight." "Well, we could go to Seattle this evening or next Saturday for dinner at my place, and I'll acquaint you with the facts then. The choice is yours." (p.55)	This sentence is included in the ego personality system. Christian's ego plays a role in seeking a compromise and reaching an agreement with Anastasia.

In data 03, aspects of Christian Gray's ego appear when Christian Gray tries to compromise and seek an agreement with Anastasia. Based on the quote above Christian Gray has an inner ego personality conflict, he is reluctant to touch Anastasia until he gets approval from Anastasia to do so. This is related to the function of the ego according to Freud's concept (in Fatwikiningsih, 2020), namely the ego is a component of the three components of the psychic structure and human personality. The other two components are the id and superego. The function of the ego in the psychic structure and personality is to mediate and organize the tug-of-war between id impulses which contain instincts that desire pleasure (satisfaction) and superego demands which contain more ideals that require perfection.

Personality Structure : Superego

The superego is the one who upholds justice or functions as a filter for both personality systems, determining what is right and wrong, good and terrible, possible and unlikely, and so on. (Freud in Pepedek, 2019). This personality structure has been found in E. L James' novel "Fifty Shades of Grey" (2012) which is shown in the table 04:

Table 04: Freud Personality Structure: Superego

No.	Words	Referred Data	Description
1.	If I were to decide I was no longer interested in the telecommunications business and sell up, twenty thousand people would struggle to make their mortgage payments after a month or so.	Data 04 "Do you feel that you have immense power?" Control Freak. "I employ over forty thousand people, Miss Steele. That gives me a certain sense of responsibility – power, if you will. If I were to decide I was no longer interested in the telecommunications business and sell up, twenty thousand people	This sentence is included in the superego personality system because the character in this sentence talks about moral responsibility and the social impact of his actions. He stated that having great power also means having

		would struggle to make their mortgage payments after a month or so." My mouth drops open. I am staggered by his lack of humility. (p.11)	great responsibility towards many people. This reflects the awareness of social norms and moral responsibility that can be part of the superego.

In data 04, Gray's superego is seen when he decides to maintain his company rather than sell it because many people will be unemployed because of this. The quotation above includes the superego personality because the superego is like a conscience that knows good and bad values. This is in accordance with what Freud said (in Samsia & Februansyah, 2023) that the superego is part of the subconscious which is the voice of conscience (doing what is right).

Conclusion

The conclusions of this research areChristian Grey, the main character in the novel, faces some personality disorders which dealt with Freud's personality structure id, ego and super ego. In id, he passes some kinds such as sexual disorder and aggresive urges. In Ego, he still can manage the conflicts, and even finds some adequate solutions for mutual satisfaction. In Superego, he still considers and gets restricted to the moral standards about regarding the relationships and the commitment. The researcher also finds out that someone's experiences whether good or bad in the past, will bring some impacts toward his mental condition in the futuresuch as personality disorder like Bondage, Dominance, Submission, and Masochism (BDSM). This also brings impacts toward his behavior in socializing and building a relationship.

As the suggestions, this researcher is expected to beas reference to the readers, especially the English Literature' students or the next researchers, in understanding the study of Freud's psychoanalysis, and developing the same research. There are many aspects that can be observed from the novel "Fifty Shades of Grey" by E.L James, therefore, it will be interesting for those who will study

Grey's personality related to his environment, or even to the norms exist in the society.

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