

CHAPTER II

REVIEW OF RELATED LITERATURE

The next chapter of this study is reviewing related literature of this study. This chapter has a purpose of presenting related theory in order to support this study. This chapter covers the explanation of Map of The Soul, Persona, Shadow and Ego.

A. Map of The Soul

Being in a new place which is not unfamiliar and does not know where to go definitely make people need a direction. That's why people tend to depend themselves to a map to get to know the unfamiliar place they are in. This is as how this map of the soul works, which is to get to know the depth of human soul through the territories define in the map.

Map of the soul itself is an analytical psychology theory proposed by Carl Gustav Jung, one of the great psychologists in the 20th century. He is known as the pioneer and explorer of human inner self which is the uncharted mystery of human. Carl Jung stated that it is important to understand well about human inner self, the reason of it is as what stated in Murray Stein's book; For Jung the study of the soul also became a matter of grave historical importance, for, as he once said, the whole world hangs on a thread and that thread is the human psyche. It is vital that we all become more familiar with it.¹

As what stated above that map of the soul is used to know the human soul or Carl Jung mentioned it as psyche. Why should people know themselves well

¹ Murray Stein, *Jung's Map of the Soul: An Introduction*, 12th ed. (United States of America: Carus Publishing Company, 2010), p. 13.

especially their inner selves? Murray Stein answer it as what stated in his own book; Jung’s map of the psyche, as preliminary and perhaps unrefined and open-ended as it is—as are all first attempts at charting unknown territories—can still be a great boon to those who want to enter inner space, the world of the psyche, and not lose their way completely.²

In mapping human soul, Carl Jung divided it into 8 territories, which are the External World; The Ego; The Persona; The Shadow; Anima and Animus; Complexes; The Archetypal Self; and The Primordial Fire. The territories of the 8 elements can be seen in the image 1.

And to be more specific, this study will discovering main characters’ personality based

on this map of the soul theory, but not all 8 elements of it. The researcher will only take 3 of the elements of map of the soul as the base of this study which the elements are the Persona, Shadow and Ego.

B. Persona

Persona is a Latin word meaning the *mask* that actors wore on stage while they were personifying characters in the play.³ There is a quote that said ‘We are all actors on this stage named world’ which means that this world is like a stage of drama and humans are the actors live on it. They need to act and express themselves in a suitable way in order to survive. Because, when you do not fit in



Image 2.1 Jung’s Map of The Soul

² Stein, p. 14.

³ Murray Stein, Steven Buser, and Leonard Cruz, *Map of The Soul -7: Persona, Shadow and Ego in the World of BTS* (United States of America: Chiron Publications, 2020), p. 27.

an environment and you cannot put yourself well in it, you might be eliminated from it.

Persona is likely what you always wear when you deal with the external world. When you wear your Persona, it means that you put a mask on yourself that suits the environment, so that people can recognize you based on what you show them on the surface. In a simple way, it is the personality that you show to people in daily life, such as you can be funny and straightforward person in front of your friends, but when you are with your family you turn out to be a quiet and serious person. That is what we call the Persona.

What the world sees as it looks back at us is our *Persona*. Thus, in this map, when friends, family, or really anyone looks at us and forms an opinion of us, they are not looking inside our *Ego*, but rather at the *Persona*, the mask we allow them to see.⁴

Knowing that Persona is only a mask we show to people, sometimes it can be or cannot be genuine. When we genuinely wear our Persona, then there is no problem with it, because we are comfortable enough to show that Persona to people. And people gladly accept the Persona that we show them, so it will not bring any problem to both parties which are you and the other people.

But, when showing your Persona turns out to be not comfortable enough for us, it brings problem which sometimes makes us struggle to deal with it. Then, when the struggle becomes too heavy and burdening enough, it will form emotions that cannot be released carelessly. Those emotions can only be hidden in the deepest side of ourselves, which is our darkest side, the Shadow.

⁴ Murray Stein, Steven Buser, and Leonard Cruz, p. 70.

C. Shadow

Shadow is the opposite of Persona. Where the Persona is what you show to people, the Shadow is what you hide from them. Shadow is the side of human that cannot be touched by others, only ourselves who can recognize it when we are really aware of it. Because, people are mostly unaware of their own Shadows.

Shadow is the side that most people do not want to show. People even do not want to admit their own Shadows. People keep hiding it and press it inside, so it will never show up through the Persona. Because, Shadow contains a lot of hidden emotions and once it shows up into the surface, it will break the Persona and ruin people's image.

Looking in the mirror and confronting your Shadow is bound to be a *shattering* experience. It destroys self-images and constructed images of the surrounding world. It breaks your self-confidence and destroys your naiveté.⁵

Shadow is the darkest side of human where negative emotions are lying. Becoming the opposite of Persona tends to make Shadow as a side that is denied then forgotten. Forgotten does not mean disappear, that Shadow will always be there and never leave the self, it is only forgotten and stored inside. So that, when there is something triggers it, the Shadow will unexpectedly appear and most people will be unaware of it.

The unawareness of your own Shadow will not stay forever, your self will guide you to be aware of it. When you are already aware of it, you should figure and manage it properly in order for it not to ruin yourself and your surroundings.

⁵ Murray Stein, Steven Buser, and Leonard Cruz, p. 39-40.

It means there is another part of you that should be strong enough to handle your Shadow self, which is the Ego.

D. Ego

Ego is the awareness of yourself. The *Ego* is technically a complex where we hold our conscious self-identity.⁶ Ego is the side of human where a decision has to be made in order to go through life. The Ego is the center of human self. It lies between the Persona and the Shadow. It is the part which handles both Persona and Shadow.

Becoming the awareness part of the self, Ego has the role to sense the environment and lead the Persona to do its work based on what the Ego sensed from the environment. On the other side, when handling the Shadow, the Ego needs to be aware of it in order to handle it well, so that Shadow will not take over Persona's job and ruin the life of a person.

It is the "I" who speaks, and it is what *I* am aware of when *I* contemplate myself. ... it is what we understand consciously of our experience of being human. It acts and sets projects in motion, while encompassing all the traits and characteristics by which we consciously "know ourselves."⁷

The Ego in yourself is the realization of your identity and also realization of reality that will always come forward, not backward. So, you need to come to your senses and realize that life is going on and there should be a decision made in order to continue the rest of life. It is related to what (Stein et al., 2020) stated,

⁶ Murray Stein, Steven Buser, and Leonard Cruz, p. 76.

⁷ Murray Stein, Steven Buser, and Leonard Cruz, p. 69.

“This has to do with the realization that the important decisions we make in life determine our life’s course with some finality.”⁸

When Shadow has its chance to take over you, at first, you will be unaware of it, but your memory will record it. Then, this is the role of Ego to fix it. The Ego will recognize it as something that we should not do, but it has already happened and we cannot go back to directly fix it. So, what we can do is to move on and be aware of our own Shadow in order to handle it well. Being able to handle your Shadow well will help you to be more careful to act by holding the Shadow not to take over yourself again.

⁸ Murray Stein, Steven Buser, and Leonard Cruz, p. 59.