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PERSONA AND SHADOW IN SHATTERDAY BY HARLAN ELLISON AND FIGHT CLUB BY CHUCK PALAHNIUK

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Abstract

This study aims at analyzing The Persona and The Shadow in two literary works, *Shatterday* a by Harlan Ellison and *Fight Club* by Chuck Palahniuk which show the mental disorders of the main characters. Sometimes, some people are confused with what happen in their life and it makes them create a "new" personality to "explain" and express what they feel. In these literary works, the main characters "use" other personality to express their feeling and make them realized with the reality.

This study is conducted to enrich the topic about persona and shadow. The writer uses qualitative approach in relation to the use of clear and systematic description about the phenomena being studied and used Psychoanalysis as the main theory of Carl G. Jung. The data are collected from two literary works, *Shatterday* and *Fight Club*.

This study reveals that the persona and the shadow in the stories are almost different. The persona is the same person that is confused with their life. Novins, in *Shatterday*, is a man who lives alone in his apartment and always run from his true life. Novins would not face anything with a realistic mind and he prefers to create someone that he thinks he is an ideal man. That is Jay. Meanwhile in *Fight Club*, the narrator creates someone who can give him a satisfaction and can be a savior to help him escape from his boring life. That is Tyler Durden. The arrangement of these two stories is almost same. Novins tries to make a peace with the shadow and he surrendered with his shadow, in a good way, means that Novins willing to give his body and his life to Jay, in order to became a better person. Whereas The Narrator try to make a peace with his shadow because of he thinks that what the shadow has done is wrong.

Keywords: *The Persona and The Shadow, Psychoanalysis*

Abstrak

Penelitian ini bertujuan untuk menganalisis The Persona dan The Shadow dalam dua karya sastra, *Shatterday* oleh Harlan Ellison dan *Fight*



Club oleh Chuck Palahniuk yang menunjukkan gangguan mental dari karakter utama. Terkadang, beberapa orang merasa bingung dengan apa yang terjadi dalam hidup mereka dan itu menjadikan mereka mereka untuk menciptakan kepribadian yang “baru” untuk “menjelaskan” dan mengekspresikan apa yang mereka rasakan. Dalam karya sastra ini, pemeran utamanya “menggunakan” kepribadian yang lain untuk menunjukkan perasaan mereka dan membuat mereka sadar dengan kenyataan.

Penelitian ini dilakukan untuk memperkaya topik tentang persona dan shadow. Penelitian ini menggunakan pendekatan kualitatif dalam kaitannya dengan penggunaan deskripsi yang jelas dan sistematis tentang fenomena yang sedang dipelajari dan menggunakan Psikoanalisis sebagai teori utama dari Carl G. Jung. Data yang dikumpulkan berasal dari dua karya sastra, *Shatterday* dan *Fight Club*.

Penelitian ini mengungkapkan bahwa persona dan shadow dalam cerita itu hampir berbeda. Persona adalah orang yang sama yang bingung dengan kehidupan mereka. Novins, di *Shatterday*, adalah seorang pria yang hidup sendirian di apartemennya dan selalu lari dari kehidupannya yang sebenarnya. Novins tidak akan menghadapi apa pun dengan pikiran realistik dan dia lebih suka menciptakan seseorang yang dia pikir dia adalah pria yang ideal. Itu adalah Jay. Sementara itu di *Fight Club*, The Narrator menciptakan seseorang yang bisa memberinya kepuasan dan bisa menjadi penyelamat untuk membantunya melarikan diri dari kehidupannya yang membosankan. Itu adalah Tyler Durden. Susunan kedua cerita ini hampir sama. Novins berusaha berdamai dengan bayangan dan dia menyerah dengan bayangannya, dengan cara yang baik, berarti Novins rela memberikan tubuh dan hidupnya kepada Jay, agar menjadi orang yang lebih baik. Sedangkan Narator berusaha berdamai dengan bayangannya karena dia berpikir bahwa apa yang dilakukan bayangan itu salah.

Introduction

Literature is term used to portray and explain the spoken or written subject. Literature is referring to the whole of written expression by limitation that not all a written document can be classified as literature in more precise meaning of word (Klarer 2014, p 01). Literature is a unique human activity, being born from someone desire and perennial to express, understand, and finally share the experiences (Pickering 1986, p 307). The broad definition of literature incorporates everything that has been written down in some forms or others that we call as literary works. Literary works are usually created from the author’s experience, the history of the author’s country, the situation of author’s feeling, or just an imagination of the author.

Literature is an important note of what have been seen by human in life, what they have experienced who has an interest is the most immediate and perennial for all of us (Hudson 1965, p.10). In literature, we use to face many genres like a novel, short story, movie and so on. Here, the writer will focus on the Short Story. The writer chooses short story because in the short story the characters and the characterization is easy to analyze and the writer can conquer the other story which have same genre.

In literature field, there are many kinds of issues. But here, the writer only focuses on one issue that is related to those literary works, persona and

shadow. Related with the terms of persona and shadow, one can simply presume that they come from theories of personality from Carl Gustav Jung. Jung believes that they create an ideal image of themselves as people develop (Feist 2006, p 100). Jung identifies twelve key of human motivation groups. Type has its own set of personality values, definitions and features. There are also three sets of the twelve forms: ego (the innocent, the child, the hero, the caregiver), spirit (the adventurer, the rebel, the lover, the creator) and self (the jester, the wise, the sorcerer, the ruler). The writer chooses persona and shadow because the writer believes that every person in the world has two personality inside that probably appears in their unconscious situation.

According to Jung, Persona is a mask that individuals wear to hide their true personalities from society. In real life, persona reflects the truly nature from the inner ego to the world, but it can be a contradiction when the persona being an opposition of the inner, directly or indirectly. Perhaps someone who looks cheery outside, but inside he is a peevish. Those parts that do not fit a person's achieved self-image are rejected by their ego and stored in what Jung term the shadow (Singer 1994, p 20). The word "Shadow" can be translated to the person who has no wish to be. The shadow is what is inferior in our personality, that part of us will not allow ourselves to express (Singer 1994, p 22). The writer also uses new criticism as a supporting theory to facilitate the writer to analyze each characters and their characterization. New Criticism supports "close reading" and is more comprehensive in the study of literary texts than in the interests of poets, sources, historical theories, and political and social implications of the minds and personalities.

In this current study, the writer decides *Shatterday* by Harlan Ellison, and *Fight Club* by Chuck Palahniuk to be the objects of the study on persona and shadow. *Shatterday* tells about Novins who as the main character. He is already the persona who lived in his apartment in New York by himself. Because of his lonely, Novins has mental disorder. In his unconsciousness, Novins calles his apartment and finds that someone hang on his calling. After that moment, Novins has never felt lonely and he calls him "Jay", his middle name that he never used before. Jay is a good man who always reminds Novins to do a good thing. On the other hand, *Fight Club* tells about the narrator and his life. The narrator is a bored man and has never felt grateful with his life. At the time, the narrator feels so tired and he realizes that something happens when he falls asleep. The narrator knows that his body is already used by someone that he calls Tyler Durden. Tyler is a brave side of the narrator whom he is a complaining person. Therefore, Tyler appears when the narrator fall asleep. Tyler can do anything that the narrator wants that cannot be done by the narrator.

Based on the explanation above, the writer takes one novel and one short story because those two literary works have the same theme. The writer focuses on the persona and the shadow that depicted on the main characters. Peter Jay Novins in *Shatterday* and the unnamed narrator a.k.a Tyler Durden in *Fight Club*.

The writer is interested in those literary works because they tell a lot about persona and shadow in human life.

There has been studies conducted in the scope of psychoanalysis, especially about persona and shadow; the first study belongs to Kurniawati (2015) from muhammadiyah University entitled "*Jung's Archetypes of persona and Shadow in Wilde's the Picture of Dorian Gray and Stevenson's Dr. Jekyll and Mr. Hyde*" This study analyzes Jung's archetypes persona and shadow. The writer uses comparative study to compare two literary works of the same country. The results of this study show the different achievements of persona and shadow through the representation of the characters of Dorian Gray in *the Picture of Dorian Gray* and Dr. Henry Jekyll in *Dr. Jekyll and Mr. Hyde*.

The second study belongs to Setyaningrum (2017) from UIN Sunan Ampel entitled "*the Real Monster in Mary Shelley's Frankenstein.*" This study analyzes the deconstruction of monster image in Marry Shelly's *Frankenstein* that uses Derrida's deconstruction theory in analyzing the novel. The result shows that the real monster is Victor Frankenstein whose madness and changeable acts prove that he is the chaos maker.

The third study belongs to Rizakiah, Sili, and Kuncara (2018) from Mulawarman University entitled "*An Analysis of the Main Characters in Warm Bodies Film Using Jung Theory of Archetypes*" finding some archetypes based on Jungian critics related to the characters. The result shows that there are six archetypes: persona, shadow, anima, animus, hero, and self-archetype.

Thus, the gaps found in the writer's study are that persona and shadow are found in Harlan Ellison's *Shatterday* and Chuck Palahniuk's *Fight Club*. Besides, New Criticism theory is used to support in analyzing the two novels.

Theoretical Framework

The main theory of this study is psychological approach. The second theory is new criticism to understand the character and characterization. These theories are used to analyze the main characters of each story. Psychoanalysis theory has related to psychology of human. Gillespie points out that psychology is the infinitely fascinating science of human mind and behavior, and it can be a useful tool to enhance our sympathy and commitment to literature and ourselves (Carter 2006, p 43).

The focus point of the theory is Carl Gustav Jung theory. Jung's approach to psychology that is unique and widely influential emphasis on understanding the "psyche" through the exploration of the world of dreams, art, religion, mythology and philosophy. Jung states the personality is a combination that includes feelings and behavior, either consciously or unconsciously. Like Freud, Jung's personality theory is also based on the assumption that mind or "psyche" has a level of consciousness and unconsciousness. However, unlike Freud, Jung emphasizes that the most important part of the labyrinth of the unconscious

person is not from personal experience, but rather of human existence in the past. This concept refers to Jung as the collective unconscious.

In Jungian Psychology is what he calls 'individuation,' a process by which the individual is helped to harmonize his other 'persona' means the self as presented to the world and 'the shadow' means the darker potentially dangerous side of the personality that exists in the personal unconscious. (Carter 2006, p 80).

According to Carl Gustav Jung, a Swiss psychiatrist, considered archetypes to be "psychological organs or human psyche". Jung proposed these psychological organs consisted of the Self, the Shadow, the Anima-Animus, and the Persona; the Self: The self is the center of personality. This archetype involves bringing together and balancing all parts of the personality (Schultz and Schultz 2005, p107).

The Shadow: the archetype of darkness and repression, represents those qualities which consists of morally objectionable tendencies as well as a number of constructive and creative qualities that are reluctant to face (Feist and Feist 2008, p113). The Anima: The anima is the female element in the male unconscious (Jung 30). The Animus: The masculine archetype in women is called the animus that is symbolic of thinking and reasoning. It is capable of influencing the thinking of a woman, yet it does not actually belong to her. The animus is also the explanation for the irrational thinking and illogical opinions often attributed to women (Feist and Feist 2008, p109). The Persona: the persona archetype is a mask, a public face which wear to present the other side of someone which different from who they really are (Schultz and Schultz 2005, p106).

Research Method

The writer uses descriptive and dramatic method in analyzing the two novels through characterization by which the researcher means to present the character mainly through description and discussion as well as through reporting the character's speech and action. Thus, from describing, discussing as well as reporting the character's speech and action, the writer presents and analyzes the persona of the character. Further, to get clear data to analyze, the writer uses psychoanalysis to be a primary methodology to analyze the persona and the shadow of the main characters in those literary works. The writer also uses new criticism as the secondary methodology in order to help to analyze the characterization of the main characters.

Results and Discussion

1. The Persona and the Shadow in *Shatterday* and *Fight Club*

a. The Persona and The Shadow of Peter Jay Novins in *Shatterday*

The writer describes the answer of the problem statement about the persona and the shadow in *Shatterday*. *Shatterday* is written by Harlan Ellison that explains the darkness and the fears of Novins towards Jay who is his soul known all of his worst that he has already done. Harlan Jay Ellison, an American writer of short stories, novels, essays, and television and film script, was born on May 27, 1934, in Cleveland, Ohio, U.S.

This story tells about the darkness of the human heart in these speculative tales of terror and tragedy. In this short story, the main character is Peter Novins. The author describes the main character as a lonely person and a careless man. He lives alone in his apartment in New York. Accidentally, Novins calls his own apartment number and evidently someone answers the phone, but the voice on the screen is the same as his voice.

"Hello?"

He waited a moment. Then said, "Who's this?" He answered, "Who're you calling?"

"Hold it," he said. "Who is this?"

His own voice, on the other end, getting annoyed, said, "Look, friend, what number do you want?"

"This is Beacon 3-6189, right?" Warily: "Yeah . . . ?"

"Peter Novins's apartment?"

There was silence for a moment, then: "That's right."

He listened to the sounds from the restaurant's kitchen. "If this is Novins's apartment, who're you?" (Ellison;1)

He never cares about his mother and is always rude to his mother, lying to his mother, also leaving her to Florida for his work.

"Novins heard himself moan with pain. "You did what!? Jesus Christ, you're out of your fucking mind. How the hell am I going to take care of that old woman in New York? I've got work to do, places I have to go, I have a life to lead . . ." (Ellison;5)

Meanwhile, in this short story, the other main character is Jay. The author describes Jay as a good person. Jay is the opposite of Novins. Jay can make a peace with his shadow and him reconsiderations his mistakes in the past. He knows a lot about Novin's life and always advises Novins.

“Jay’s nose and cheeks were still red from the cold outside. He unzipped his jacket and stuffed his kid gloves into a pocket, removed the jacket and threw it on the unmade bed. “Really cold out there,” he said. He went into the bathroom and Novins heard the sound of water running. Jay returned in a few minutes, rubbing his hands together. “That helps,” he said. He sat down on the edge of the bed and looked at Novins.” (Ellison;7)

The persona is Peter Jay Novins himself, because Novins tries to cover up the bad side of his life for the satisfaction of his own life and also maintain his image of the community. Meanwhile, The shadow is Jay because he always tells or reminds back about the bad characters of Peter Jay Novins. The figure of Novins can be called as the shadow of Peter Jay Novins, where all of the dark sides of Novins' life is told by Jay. However, the persona is a relationship between individual and community consciousness, designed to create a definite impression on others and to hide the true nature of the individual. Meanwhile, the shadow is the dark side of human beings but not always negative but can also be positive.

“Yeah. Well, take care of me, will you?” Jay didn’t answer. He walked to Novins and extended his right hand. The touch of Novin’s hand in his was like the whisper of a cold wind; there was no pressure.” (Ellison;8)

At the end of the story, Novins become a good person which mean Jay can replace his life and make him be a better person than before. Because of it, Novins can escape from his solitude.

b. The Persona and The Shadow of Tyler Durdens in *Fight Club*

Fight Club is the first published by American Chuck Palahniuk in 1996. This story tells about the narrator who gets bored with his life. He actually sucks with the whole of his life. His work forces him to travel around the world and it makes him get insomnia. Because of his boring life, he accidentally creates another character of his personality. In *Fight Club*, the writer finds the persona and shadow of this story from the unnamed narrator. The narrator has a main identity disaster. The narrator feels trapped in the ordinary day and communal world in his life. The narrator feels trapped in his life with no means of escape. *Fight Club* tells about the narrator itself. In this story, The Narrator is an ordinary person.

“I was tired and crazy and rushed, and every time I boarded a plane, I wanted the plane to crash. I envied people dying of cancer. I hated my life. I was tired and bored with my job and my furniture, and I couldn’t see any way to change things.”. (Palahniuk;125).

From the quotation above, the narrator hates his life and all of about himself. He is tired and bored with his job and daily activities. Therefore, The narrator unconsciously creates a double or his other identity, Tyler Durden. Or his brave personality.

“Tyler sat crosslegged in the shadow of the standing logs. Tyler sat for a few minutes, got up and took a swim, pulled on a Tshirt and a pair of sweatpants, and started to leave. I had to ask. I had to know what Tyler was doing while I was asleep. If I could wake up in a different place, at a different time, could I wake up as a different person?”(Palahniuk, 24)

Tyler retreats back to old ideas, positioning on features such as physical strength, and ferocity. Tyler is more action rather than words. In this story, the author describes Tyler as a latent double, although he is obvious for the Narrator himself who originally views Tyler as a discrete person. Moreover, Tyler is actually a part of the Narrator’s unconscious which is projected into his consciousness.

“How I met Tyler was I went to a nude beach. This was the very end of summer, and I was asleep. Tyler was naked and sweating, gritty with sand, his hair wet and stringy, hanging in his face.”

“.....Tyler was pulling driftwood logs out of the surf and dragging them up the beach. In the wet sand, he’d already planted a half circle of logs so they stood a few inches apart and as tall as his eyes. There were four logs, and when I woke up, I watched Tyler pull a fifth log up the beach. Tyler dug a hole under one end of the log, then lifted the other end until the log slid into the hole and stood there at a slight angle.” (Palahniuk, 24)

The narrator is a bored person who has a dependent personality and cannot be what he wants. He starts to accept these wounded as part of the process of becoming a new person. Tyler becomes too strong and starts to totally take over the Narrator’s life because the narrator already questions his own mental constancy such as a psychological double

“If there is already a predisposition to psychosis, it may even happen that the archetypal figures, which are endowed with a certain autonomy anyway, on account of their natural numinosity, will escape from conscious control altogether and become completely independent, thus producing the phenomenon of possession” (Palahniuk;36)

Tyler Durden is a separate personality. The narrator is a weak person who cannot handle his opposite personality. The dynamic

relationship between the narrator and Tyler Durden is purely mental, as they both use the same body but at different times. Tyler tries to “save” the narrator’s masculinity through self-destruction and bare-knuckle fighting,

“My point being, I say, I fall asleep and Tyler is running off with my body and punched-out face to commit some crime. The next morning, I wake up bone tired and beat up, and I’m sure I haven’t slept at all.”
(Palahniuk, 134)

When the Narrator falls asleep, Tyler totally takes over the Narrator’s consciousness every time. As soon as the Narrator realizes that it should be he that controls Tyler. The Narrator begins to act like Tyler in order to improve the control back to him. In Jung’s theory, the Narrator starts to become his own double

“The unconscious no sooner touches us than we are it - we become unconscious of ourselves. That is the age-old danger, instinctively known and feared by primitive man, who himself stands so very close to this pleroma. His consciousness is still uncertain, wobbling on its feet. It is still childish, having just emerged from the primal waters. A wave of the unconscious may easily roll over it, and then he forgets who he was and does things that are strange to him.” (Palahniuk;22)

The Narrator creates Tyler as everything that he is not. It means that Tyler as a person who is the Narrator cannot be and in many ways, all of Tyler’s characteristics are stranded in his masculinity. The Narrator originally finds Tyler to be fascinating, uninhabited, and irresponsible. Therefore, the Narrator is annoyed and shocked at first but he realizes this act when Tyler admits to blowing up the Narrator’s consciousness, which he actually did himself.

“At the time, my life just seemed too complete, and maybe we have to break everything to make something better out of ourselves” (Palahniuk;52).

“It is a sentiment echoed by Tyler: “It’s only after you’ve lost everything . . . that you’re free to do anything” (Palahniuk;70).

The relationship between the narrator and Tyler more complicated where the Narrator never has control of Tyler. Tyler is a totally independent character who just happens to share the Narrator’s body.

“I tongue the gun barrel into my cheek and say, you want to be a legend, Tyler man, I’ll make you a legend.

I've been here from the beginning. I remember everything"
(Palahniuk;15).

Moreover, the narrator in *Fight Club* has lost control over his double. The narrator is able to get it back. Tyler himself realizes that he is dependent on the Narrator's unconscious desire for his existence.

At the end, The narrator regularly becomes conscious of what Tyler has thought and done. In the quotation "*All the things that Tyler knows are all coming back to me*" (198) The Narrator positions himself to reassume control over his fragmented self. In the last scene of the story, the writer found Tyler holding a gun in the Narrator's mouth.

"To God, this looks like one man alone, holding a gun in his own mouth, but it's Tyler holding the gun, and it's my life" (Palahniuk;204).

This symbolizes the death of the narrator old when the Narrator shoots the gun and only pierces his cheek with the bullet. The narrator divides self to kill Tyler in his body. The Narrator says "Of course, when I pulled the trigger, I died. Liar. And Tyler died". There is no need for Tyler anymore, the "Tyler" part of the narrator's inner-self is now just a voice in his head.

2. The Differences and the Similarities

From the explanation above, the writer knows that both of the stories have the same main character with two personalities. Both main characters create other identities because they hate their real life. They get bored with their ordinary life. Between Novins and the narrator have a girlfriend that they neglect and hate with their personality. At the end of the story, both Novins and The narrator get their better life, Novins being a good man and the narrator being a nice person.

The similarities of those two stories are about their boring life. If in the *Shatterday*, Peter Jay Novins is bored but never says to anyone, while in *Fight Club* the narrator always complains about his life. In *Shatterday*, Novins is happy when he realizes that Jay can replace him for a while.

"Yet in a way, that was a blessing. Jay would have to keep up with the work in his absence, would have to follow through on the important campaigns for Topper and McKenzie, would have to take all the moronic calls from Lippman and his insulting son, would have to answer all the mail, would have to keep popping Titralac all day just to stay ahead of the heartburn. He felt gloriously free and almost satanically happy that he was rid of the aggravation for a while..." (Ellison : 4).

Novins feels so blessed in order to cover his frustrated to face the fact of his life. That statement actually shows that Novins is bored with his

ordinary life and work. It is the same thing as the narrator who gets bored with his life. The narrator feels so ungrateful with his life.

"I was tired and crazy and rushed, and every time I boarded a plane, I wanted the plane to crash. I envied people dying of cancer. I hated my life. I was tired and bored with my job and my furniture, and I couldn't see any way to change things." (Palahniuk;125).

That statement shows us that The Narrator is tired of his life. That is the same case with Novins who tired and boring with his life. Not only about their ungrateful life but also about their relationship. The Narrator and Peter Jay Novins have a girlfriend and never consider that girls in their life

"...you've never had the guts to admit it, that you go from woman to woman without giving anything, always taking, and when you leave them—or they dump you—you've never learned a god damned thing. You've been married twice, divorced twice.." (Ellison : 7)

"We have sort of a triangle thing going here. I want Tyler. Tyler wants Marla. Marla wants me. I don't want Marla..." (Palahniuk : 7).

Both quotations tell us that the main characters of the stories did not have any respect for their girls. Besides the girls, those stories have a similar ending, the good side of them can taking over their true life.

Meanwhile, the differences between both two stories are the resolution of the stories, how the main character shows the shadow of themselves. The main character in *Shatterday* is Peter Jay Novins who is a bad person, naughty, and insurrection. Novins creates his other identity when he calls with himself. Novins cover his true identity by being a deviated person and lies to his mother. Novins talks with Jay who is himself.

"—even if you are real," Novins continued, "there's no saying we can't both exist, and both lead happy, separate lives." (Ellison:3).

That statement from Novins shows that he tries to convince Jay that they can live in the same body in a different situation and faced it happily. Jay oppose Novins statement in order to make Novins realized that they have to make an option to continue their life. On the other hand, in *Fight Club*, the main character is the narrator. The narrator creates his other identity who is Tyler Durden. It is not like *Shatterday*, The narrator is a good person but he creates Tyler Durden who has a bad personality. Tyler Durden is a criminal and he likes killing people. Tyler Durden takes the narrator's consciousness when the narrator sleeps at night. At the beginning of the story, The Narrator cannot

control Tyler Durden but at the end of the story, The Narrator can control Tyler Durden and his consciousness.

3. Conclusion

The conclusion refers to the persona and the shadow of each main characters. In these cases, the persona is the same person that confused with their life. Novins, in *Shatterday*, is a man who lives alone in his apartment and always runs from his true life. He would not face anything with a realistic mind and he prefers creating someone that he thinks he is an ideal man, that is Jay. Meanwhile, in *Fight Club*, the narrator creates someone who can give him satisfaction and can be a savior to help him escape from his boring life, that is Tyler Durden. The arrangement of these two stories is almost the same. Novins try to make a peace with the shadow and he surrenders with his shadow. In a good way, it means that Novins is willing to give his body and his life to Jay, in order to become a better person. Whereas the narrator tries to make peace with his shadow because he thinks that what the shadow has done is wrong.

Meanwhile, the shadow, in *shatterday*, takes a role as a good person because the real identity of the main character is a bad person. In *Fight Club*, the shadow takes a role as a bad person and changes to be a wilder and criminal. However, the ugliness or the bad side of humans is easier to emerge than kindness. In our life, many human beings who are driven into a big problem caused by "trial and error" and then gradually become addicted to it such as consuming drugs, killing people, etc.

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