CHAPTER III

RESEARCH METHODS

A. Research Design

In this study, researchers used descriptive qualitative by presenting data using the literature study method. Qualitative is a research method that has a foundation in the philosophy of postpositivism as a method used to examine natural objects, such as the view of social reality as something intact, complex, dynamic, and full of meaning (Nazir, M., 2014). While the library study method is a method of collecting library data by reading and writing, also processing research materials through the examination of written documents, literary works, and theoretical frameworks (Nazir, M., 2014).

Based on this statement, qualitative research is the most appropriate research method for this study which examines a poem entitled *Waking in the Blue, Skunk Hour and For the Union Dead* by Robert Lowell. By focusing on the manifestations of psychological structures (Id, Ego, and Superego) as conceptualized by Freud (1923) in "The Ego and the Id," and their representation of bipolar disorder, researchers will also support the results of the study by looking for relevant data so that they can be a support related research. The psychoanalytic framework provides the theoretical foundation for identifying and

interpreting the dynamic interplay between these personality structures within the literary text.This research specifically aims to analyze the manifestations of id, ego, and superego in Robert Lowell's poem *Waking in the Blue, Skunk Hour and For the Union Dead* as a representation of bipolar disorder through a psychoanalytic perspective. The selection of this method is based on several considerations: first, the research object is a literary text that requires deep interpretation; second, psychoanalytic analysis requires a hermeneutic approach to understand hidden layers of meaning; third, this research does not require empirical data in the form of numbers or statistics, but rather textual data that is qualitative in nature.

The analytical-interpretive approach in this research adopts a constructivist paradigm that views textual meaning as not singular, but rather constructible through the interaction between text, context, and reader (researcher). This aligns with the principles of psychoanalytic literary criticism that emphasizes the importance of revealing unconscious psychic structures through symbolic and metaphorical analysis in literary works.

B. Object of The Study

The object of research used in the study is a poem in English language which was first published in 1959 in the collection Life Studies, and precisely the poem entitled *Waking in the Blue, Skunk Hour and For the Union Dead* by Robert Lowell. The poem with confessional poetry genre used as research object was

adapted and retrieved by accessing from poetry anthologies, academic databases, and published collections. The object in the poem chosen by the researcher focuses on manifestations of psychological structures (Id, Ego, and Superego) as representation of bipolar disorder experienced by the speaker in the mental institution setting.

The data in this study is classified into two types based on its source: primary data and secondary data.

1. Primary Data

   a. *Waking in the Blue*

      Formal Object: This poem directly describes Lowell's experience as a patient in a mental hospital (McLean Hospital). The setting, characters (such as "Stanley" who is described as "the Mayflower screwball"), and the narrator create an isolated microworld.

      As a Research Object: This poem becomes an explicit case study about depressed mental states, anxiety, and constrained feelings. He presents a clear battlefield for the dynamics of Id, Ego, and Superego in a controlled environment.

   b. *Skunk Hour*

      Formal Object: This poem is often considered as the archetype poetry of the confessional movement. He begins with an observation of the

decline of society in a city of New England before turning sharply into the narrator's broken mental state.

As an Object of Research: This poem becomes an important object to analyze the shift in mood—from depression and emptness ("My mind's not right") to a wild and primitive vitality represented by a mother skunk. This shift represents mood fluctuations in bipolar disorder and the victory of life drive (Id) over the almost paralyzed Ego.

c. *For the Union Dead*

Formal Object: This poem is more public and historical, discussing issues of race, war, and the moral deterioration of modern society. He compared the Civil War hero (Colonel Shaw) with the contemporary state of Boston.

As a Research Object: Although it is public, this poem becomes a research object to analyze the projection of internal conflict into the social and historical realms. The idealized superego (represented by Colonel Shaw's sacrifice) conflicts with the consumptive and corrupt social ID. The narrator himself looks alienated and fed up, reflecting a state of depression or mixed state in bipolar disorder.

Primary Data Source: The poem *Waking in the Blue* by Robert Lowell, contained in the poetry collection Life Studies (1959).

Form of Data: The analyzed data takes the form of textual units consisting of:

a. Specific words (diction) with psychological connotations (e.g., harpoon, screwballs, agonized).

b. Significant phrases or expressions.

c. Specific lines and stanzas that represent internal conflict.

d. Imagery that builds the persona's psychological atmosphere.

e. Figurative language such as metaphors and symbols representing psychological conditions.

2. Secondary Data

Secondary data is supporting data used to provide context, theoretical foundation, and perspective in analyzing the primary data. This data is obtained from sources other than the poem itself.

Secondary Data Sources: Include:

Secondary data in this study includes:

a. Sigmund Freud's psychoanalytic theory, especially the concept of Id, Ego, and Superego
b. Literature about bipolar disorder from a psychological and psychiatric perspective
c. Biography and other works of Robert Lowell
d. Scientific books and journals about psychoanalytic literary criticism
e. Previous research that is relevant to psychoanalytic analysis of literary works
f. Literary criticism articles and essays about Robert Lowell and Life Studies

C. Roles of the Researcher

In this qualitative library research, the researcher acts as the primary instrument in collecting, analyzing, and interpreting data. The researcher's roles include:

a. Data Collector: The researcher is responsible for gathering the primary data source, which is the poem *Waking in the Blue, Skunk Hour and For the Union Dead* by Robert Lowell, as well as secondary sources including psychoanalytic theories, literary criticism, and relevant academic literature on bipolar disorder and confessional poetry.
b. Close Reader and Analyst: The researcher conducts intensive and repeated readings of the poem to identify textual evidence of Id, Ego, and Superego

manifestations. This involves careful examination of literary elements such as diction, imagery, tone, symbolism, and structure that relate to psychological representations.

1) Interpreter: The researcher interprets the psychological manifestations found in the poem through the lens of Freudian psychoanalytic theory, particularly the concepts outlined in "The Ego and the Id" (Freud, 1923). The researcher connects textual evidence with theoretical frameworks to understand how bipolar disorder is represented through personality structures.
2) Critical Thinker: The researcher critically evaluates and synthesizes information from various sources, examining the relationship between Robert Lowell's biographical context of mental illness and the psychoanalytic elements present in his poetry.
3) Documenter: The researcher systematically documents findings, maintains objectivity in analysis, and ensures that all interpretations are supported by textual evidence and theoretical justification.

D. Data Sources:

This research will use two types of data sources: primary sources and secondary sources.

1. Primary Data Source

The main data source is the object of direct analysis, namely: The text of the poem *Waking in the Blue, Skunk Hour, and For the Union Dead* by Robert Lowell, which is taken from his collection of poems entitled Life Studies (1959). Each line, diction, imagery, and structure in this poem will be the main data to analyze the manifestation of id, ego, and superego.

2. Secondary Data Source

Secondary sources are used as the foundation of theory and context, which include:

Psychoanalytic Theory: Sigmund Freud's works, especially The Ego and the Id (1923), as the theoretical foundation for defining the concept of id, ego, and superego.

Biography: A source of biography about Robert Lowell's life (such as Robert Lowell: A Biography by Ian Hamilton) to prove the connection between his real experiences with bipolar disorder and the content of the poem.

Literary Criticism: Academic journal articles and literary criticism books that discuss Lowell's poetry and the Confessional Poetry movement, to provide an existing critical point of view.

Clinical Perspective: Books such as Touched with Fire by Kay Redfield Jamison, which explores the relationship between bipolar disorder and creativity, to enrich the analysis with clinical understanding.

E. Data Collection Technique

The data collection technique in this research uses documentation methods, namely data collection through the exploration of written documents relevant to the research topic. The data collection process is conducted through several stages:

1) Comprehensive Reading (Close Reading): Readina5g the text of the poem *Waking in the Blue, Skunk Hour and For the Union Dead* repeatedly, carefully, and meticulously to gain a general understanding and capture the initial impressions and tone contained within it.

2) Identification and Marking: Identifying and marking (highlighting) specific parts of the poem's text (words, phrases, lines, stanzas) deemed relevant to the concepts of the Id, Ego, Superego, and symptoms of bipolar disorder.

3) Note-Taking: Recording the identified data along with their page sources in an organized manner.

4) Secondary Data Collection: Gathering supporting books, journals, and articles from various sources such as libraries, online journal databases (e.g., JSTOR, Google Scholar), and other credible online sources to strengthen the analysis.

F. Data Analysis Technique

The data analysis technique in this research uses content analysis methods with a hermeneutic approach. The analysis process is conducted through several stages:

1. Description Stage

   At this stage, careful reading of the poem *Waking in the Blue,Skunk Hour and For the Union Dead* is conducted to identify textual elements that can be related to psychological manifestations. The description stage includes:

   Identification of diction, imagery, and symbolism in the poem Recognition of narrative structure and lyrical persona Recording elements that indicate certain psychological conditions

2. Interpretation Stage

   The interpretation stage involves the meaning-making of identified textual elements based on the psychoanalytic theoretical framework. The interpretation process is conducted by:

   a. Analyzing manifestations of id, ego, and superego in the text

   b. Identifying representations of bipolar disorder symptoms

   c. Connecting textual findings with the poet's biographical context

3. Analysis Stage

   In the analysis stage, an in-depth discussion is conducted about the relationship between psychic structures (id, ego, superego) and the representation of bipolar disorder in the poem. Analysis is conducted systematically using the established theoretical framework.

4. Synthesis Stage

The final stage is synthesis, which involves drawing conclusions based on the analysis results. Synthesis includes generalization of findings and their implications for understanding the representation of mental disorders in literary works.