Universitas Ngudi Waluyo

Sastra Inggris, Fakultas Ekonomi, Hukum dan Humaniora

Skripsi, September 2025

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104221003

MANIFESTATION OF ID,EGO,AND SUPEREGO IN

WAKING IN THE BLUE, SKUNK HOUR and FOR THE UNION DEAD

A PSYCHOANALYTIC ANALYSIS OF

ROBERT LOWELL`S BIPOLAR DISORDER

ABSTRAK

Skripsi ini berjudul *Manifestasi Id, Ego, dan Superego dalam Puisi Waking in the Blue,Skunk Hour dan For the Union Dead* Sebuah Analisis Psikoanalisis terhadap Gangguan Bipolar Robert Lowell".

Penelitian ini bertujuan untuk menganalisis manifestasi struktur psikis Id, Ego, dan Superego dari teori psikoanalisis Sigmund Freud dalam tiga puisi pilihan Robert Lowell, serta mengkaji korelasinya dengan kondisi gangguan bipolar yang diidap penyair. Lowell, seorang penyair konfesional terkemuka, dikenal karena karyanya yang sangat personal dan menggali kedalaman psikologis, konflik batin, serta pergolakan mentalnya.

Metode yang digunakan adalah analisis kualitatif dengan pendekatan psikoanalisis kritik sastra. Puisi *Waking in the Blue* (dari Life Studies), *Skunk Hour* (dari Life Studies), dan *For the Union Dead* (dari For the Union Dead) dianalisis sebagai teks utama untuk mengidentifikasi unsur-unsur ketidaksadaran, konflik, dan dinamika psikis yang tercermin di dalamnya.

Temuan penelitian menunjukkan bahwa ketiga puisi tersebut merepresentasikan ketegangan dan disintegrasi antara Id, Ego, dan Superego. Id termanifestasi dalam dorongan destruktif, impuls seksual, keinginan untuk melarikan diri, dan imajeri yang liar serta primitif, terutama dalam *Skunk Hour* dan *Waking in the Blue*. Ego Lowell digambarkan sedang berjuang, rapuh, dan berada di ambang kehancuran dalam upayanya menengahi tuntutan realitas, tekanan moral, dan dorongan naluriah; hal ini terlihat jelas dalam penggambaran diri yang terpecah dan terisolasi. Sementara itu, Superego muncul dalam bentuk suara kritik yang keras,

rasa bersalah yang mendalam, tekanan warisan keluarga dan sejarah (terutama dalam *For the Union Dead)*, serta standar moral dan sosial yang justru mencekik.

Konflik tak terselesaikan antara ketiga kekuatan psikis ini merefleksikan dan secara artistik memanifestasikan gejala gangguan bipolar Lowell. Siklus manik-depresif dapat dilacak melalui pergeseran nada, imajeri, dan energi linguistik dalam puisi-puisi tersebut—dari depresi, kelumpuhan, dan rasa bersalah (fase depresif) hingga ke gelisah, obsesi, dan imajinasi yang meluap (fase manik atau hipomanik). Puisi-puisi ini tidak hanya menjadi catatan konflik psikologis tetapi juga arena di mana Lowell berusaha, meski kerap gagal, untuk mengintegrasikan dan memahami dirinya yang sakit.

Kesimpulan dari penelitian ini adalah bahwa puisi-puisi Robert Lowell berfungsi sebagai ruang proyeksi dan negosiasi psikis yang kompleks. Melalui analisis psikoanalitik, terungkap bahwa pergolakan batin dalam teks merupakan cermin langsung dari pertarungan internal penyair dengan gangguan bipolarnya. Dengan demikian, disintegrasi Id, Ego, dan Superego menjadi inti dari estetika konfesional Lowell, sekaligus menjadi jendela untuk memahami hubungan simbiotik antara penderitaan mental dan kreativitas puitis.

Kata Kunci: Psikoanalisis, Id, Ego, Superego, Robert Lowell, Puisi Konfesional, Gangguan Bipolar, *Waking in the Blue, Skunk Hour, For the Union Dead.*

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Final Project, August 2025

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ABSTRACT

This thesis is titled *Manifestation of Id, Ego, and Superego in the Poems Waking in the Blue, Skunk Hour, and For the Union Dead* A Psychoanalytic Analysis of Robert Lowell's Bipolar Disorder.

This research aims to analyze the manifestation of the psychic structure of Id, Ego, and Superego from Sigmund Freud's psychoanalytic theory in three poems chosen by Robert Lowell, as well as examine the correlation with the condition of bipolar disorder suffered by the poet. Lowell, a leading confessional poet, is known for his very personal work and explores the psychological depth, inner conflict, and mental turmoil.

The method used is qualitative analysis with a psychoanalytic approach of literary criticism. The poems *Waking in the Blue* (from Life Studies), *Skunk Hour* (from Life Studies), and *For the Union Dead* (from For the Union Dead) were analyzed as the main text to identify the elements of unconsciousness, conflict, and psychic dynamics reflected in them.

Research findings show that the three poems represent tension and disintegration between Id, Ego, and Superego. Id manifests itself in destructive impulses, sexual impulses, desires to escape, and wild and primitive images, especially in *Skunk Hou*r and *Waking in the Blue*. Lowell's ego is described as struggling, fragile, and on the verge of destruction in his efforts to mediate the demands of reality, moral pressure, and instinctive impulses; this is clearly seen in the depiction of a divided and isolated self. Meanwhile, Superego appears in the form of harsh criticism, deep guilt, family and historical inheritance pressure (especially in For the Union Dead), as well as moral and social standards that are suffocating.

The unresolved conflict between these three psychic forces reflects and artistically manifests the symptoms of Lowell's bipolar disorder. The manic-depressive cycle can be traced through a shift in tone, imagery, and linguistic energy in those poems—from depression, paralysis, and guilt (depressive phase) to restlessness, obsession, and overflowing imagination (manic or hypomanic phase). These poems are not only a record of psychological conflict but also an arena where Lowell tries, although he often fails, to integrate and understand his sick self.

The conclusion of this study is that Robert Lowell's poems serve as a complex psychic projection and negotiation space. Through psychoanalytic analysis, it is revealed that

the inner turmoil in the text is a direct mirror of the poet's internal struggle with his bipolar disorder. Thus, the disintegration of Id, Ego, and Superego became the core of Lowell's confessional aesthetics, as well as a window to understand the symbiotic relationship between mental suffering and poetic creativity.

Keywords: Psychoanalysis, Id, Ego, Superego, Robert Lowell, Confessional Poetry, Bipolar Disorder, *Waking in the Blue, Skunk Hour, For the Union Dead*.