

**PAUL KALANITHI'S PSYCHE AS SEEN IN PAUL  
KALANITHI'S**

***WHEN BREATH BECOMES AIR***

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**ABSTRACT**

The main goal of this research is to find out the psyche of the main character from *When Breath Becomes Air* novel using qualitative method. Psychoanalysis theory of Sigmund Freud (1856- 1939) is used to analyze the main character by the words and conversation in the novel. The result of this research shows that the psyche of the main character is balance. Id, Ego, and Superego are well played in Paul Kalanithi. In the first time, he is conquered by the Id and the ego tries to fulfill the id's demand, shows from his passion in writing and studying Literature. By the following time, the superego appears and works as good as its moral principle, describes from his decision for being a doctor to help someone's life. Furthermore, to make more understand about Paul Kalanithi's psyche, the causal factors and the effects of his psyche are also analyzed in this research.

Key Words: Novel, Character, Psychology, Psychoanalysis, id ego and superego

***ABSTRAK***

*Tujuan utama dalam riset ini adalah untuk mengetahui psikis karakter utama dalam novel *When Breath Becomes Air* menggunakan metode kualitatif. Teori psikoanalisis dari Sigmund Freud (1856-1939) digunakan untuk menganalisa karakter utama melalui kata dan percakapan yang ada dalam novel. Hasil dari penelitian ini menunjukkan bahwa karakter utama dalam novel memiliki psikis yang seimbang. Id, Ego, dan Superego bekerja dengan baik dalam diri Paul Kalanithi. Pada awalnya, dia dikuasai oleh Id dan ego mencoba untuk memenuhi tuntutan id, digambarkan dalam hasratnya menulis dan kuliah sastra. Seiring berjalannya waktu, superego muncul dan bertindak sesuai prinsip moral, digambarkan dengan keputusannya untuk menjadi seorang dokter untuk membantu kehidupan orang lain. Selanjutnya, untuk membuat pemahaman lebih tentang psikis Paul Kalanithi, faktor penyebab dan akibat juga dianalisa dalam*

*riset ini.*

*Kata Kunci: Novel, Karakter, Psikologi, Psikoanalisis, id ego dan superego*

## INTRODUCTION

### BACKGROUND OF STUDY

In general, literary works are human personally expression in the form of experience, idea, feel, spirit, and faith within a picture of life. Literature is very useful for the society, because it is able to make people aware in understanding the truth of life. According to Welles and Warren (1963:68), literature is a social institution, using as its medium language, a social creation.

Literary works are divided into two kinds: fiction and non-fiction. Fiction works are prose, poetry, and drama. Meanwhile, non-fiction works are biography, autobiography, essay, and literary criticism which are contributed into two aspects, intrinsic and extrinsic. Intrinsic aspect is aspect related to the story meaning, theme, plot, setting, character, and figure of speech of the work. Meanwhile, extrinsic aspect is related to something out of the work itself but could influence the content.

To analyze a literary work, especially about character and characteristic analysis, it could not be separated with psychology which tries to explain about human soul and its characteristic. Psychology, according to Cambridge Dictionary (1995:B2) is the scientific study of the way the human mind works and how it influences behavior, or the influence of a particular person's character on their behavior.

Psychology analysis toward literary work is a common act because both of literature and psychology have similar discussion about human being. The difference is literary work talking about human in the story, while psychology speaking about human in real life. Jatman (1985:165), states that literature and psychology have firm connection, both indirect and functional. The characteristics of human being in a literary work and real life have similarity, so the psychology analysis in a work is proper to do.

The branch of science that dealing with psychology is psychoanalysis. It is a perspective which explains a person's individual traits and behavior are shaped by childhood experiences and often unconscious inner forces. Psychoanalysis is a study that shows the literature as psychology activities. The author uses feeling and emotions in creating the work. Then the reader uses their psychology to react the work. Psychoanalysis tries to uncover human behavior into three aspects: *id*, *ego*, and *superego*. All of these are linked to each other and create a totality. *Id* (*das es*) is the basic province of the mind and unconscious. It has no contact with reality and called as pleasure principle, because it only seeks pleasure to satisfy the desire. Then *ego* (*das isch*) is the conscious part which makes a decision. And the last is *superego* (*das ueberisch*) is a part that contains values and evaluative rules (positive and negative) (Minderop, 2011:54).

The researcher has decided a novel as an object of her research, because novel is the most literary work that similar with human real life, O'Reeve (1785:26) states that novel is a picture of real manners and the time in which it was written. The novel entitled *When Breath Becomes Air* has many important things to tell us, how to live and how to die, for everyone interested in living especially to those whom struggling in bad situation. This novel was written by Paul Kalanithi based on his own life story. The main character on this novel is himself, known as Dr. Paul. He makes the story become interesting to read. At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, he was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. Paul Kalanithi died in March 2015 at 37 years old.

Based on statements above, the problem formulation of this research is focused on the analysis of the main character and also

as the author of the novel, *When Breath Becomes Air*, in order to know what the characteristic and the behavior of Paul Kalanithi by using Sigmund Freud's psychoanalysis theory (*id, ego and superego*). The method that will be used during the process of the research is the qualitative method.

## STATEMENTS OF THE PROBLEM

Based on the explanation in background of study, there are three statement of the problem formulated. They are as follows:

1. How is Paul Kalanithi's psyche described in Paul Kalanithi's *When Breath Becomes Air*?
2. What are the causal factors of Paul Kalanithi's psyche in Paul Kalanithi's *When Breath Becomes Air*?
3. What are the effects of Paul Kalanithi's psyche on his family in Paul Kalanithi's *When Breath Becomes Air*?

## OBJECTIVE OF THE STUDY

Based on the statement of the problems of the research, the objectives of the study are:

1. To analyze Paul Kalanithi's psyche in Paul Kalanithi's *When Breath Becomes Air*;
2. To find out the causal factors of Paul Kalanithi's psyche in Paul Kalanithi's *When Breath Becomes Air*; and
3. To find out the effects of Paul Kalanithi's psyche on his family in *When Breath Becomes Air*

## THEORITICAL BACKGROUND

In this research, the researcher uses Psychoanalysis Criticism by Sigmund Freud. Psychoanalysis was proposed by Sigmund Freud (1856-1939). Freud believed that people could be cured by making them aware of their unconscious thoughts and motivations, thus gaining "insight". Unconscious desires motivate people to act accordingly. To Freud, the most primitive part of the mind was *das*

*Es*, or the "it," which is almost always translated into English as *id*. Second division was *das Ich*, or the "I", translated as *ego*, and a final province was *das Uber-Ich*, or the "over-I", which is rendered into English as *superego* (Feist, 2010:31).

## ANALYSIS

When *Breath Becomes Air* is a non-fiction novel, the main character is Paul Kalanithi. He is a doctor taking care of his patients while he is a patient struggling to live because IV lung cancer. This novel has 3 main chapters: Prologue, Part I, and Part II. In prologue tells about his condition when he and his wife know about the cancer. In Part I: In Perfect Health I Begin, tells about his life from child until teenagers and how he decided the future. The last, Part II: Cease Not Till Death, tells about his struggle against the cancer till die.

In this chapter, the researcher focuses her analysis on finding the psyche of Paul Kalanithi, the causal factors of Paul Kalanithi's psyche, and the effects of Paul Kalanithi's psyche on his family.

### A. Paul Kalanithi's Psyche in *When Breath Becomes Air*

The main character in *When Breath Becomes Air* novel is Paul Kalanithi. In his youth, he is confused to decide what he would to be, as a writer (follow his passion) or as a doctor (to help

someone's life). He is also facing a big problem, IV lung cancer, in the last year training as a residence. When he was a child to teenager, he would to be a writer in the future (following his passion) because he loves writing and reading so much. The first proof of his hobbies and passion in writing as mentioned in Foreword and Part 1 of this novel.

#### Data 1

We talked about his lifelong love of writing and reading. (Paul Kalanithi, 2016:Foreword on XII)

The quotation above is the statement

of Abraham Verghese in Foreword part. Everyone who have ever met Paul know how he loves writing and reading so much. Moreover, when he was asked by his uncle about the career in the future, Paul answered he would to be a writer.

#### Data 2

My uncle, a doctor, like so many of my relatives, had asked me earlier that day what I planned on doing a career, now that I was heading off the college, and the quest on barely registered. If you had forced me to answered, I suppose I would said a writer. ( Paul Kalanithi, 2016:19)

It can be said that he did not know about his career in the future, his mind only fully loaded with love of writing. In the early part of the novel describes Paul was conquered by the *Id* in the form of his passion in writing and how he loved the books.

#### Data 3

Books become my closest confidants, finely ground lenses providing new views of the world. (Paul Kalanithi, 2016:27)

He knows a lot of writers and reads many books: Edgar Allan Poe, Robinson Crusoe, Ivanhoe, Gogol, Dickens, Twain, Austen, Billy Budd; The Count of Monte Cristo, The Last of The Mohicans, The Prince, Don Quixote, Candide, Le Mroted'Arthur, etc.

By the following time when he was ready to enter the college, he chose English Literature as his major to study.

#### Data 4

A few years later, I hadn't thought much more about a career but had nearly completed degrees in English Literature and human biology (Paul Kalanithi, 2016:30)

The quotation above shows the *ego* followed the *Id's* demand, pushed him to take English Literature in order to know more about language and literature. For him, a career was not important as long as he can learn about literature and finish his undergraduate in English Literature. This following data is describes his

comprehension when study Literature and Philosophy.

#### Data 5

I studied Literature and Philosophy to understand what makes life meaningful, studied neuroscience and worked in an FMRI lab to understand how the brain could give rise to an organism capable of finding meaning in the world, and enriched my relationship with a circle of dear friends through various escapades (Paul Kalanithi, 2016:35)

Paul thinks that study literature is not only learning about language and literary works, but also how to understand life and make life be more useful to the others. He enjoyed studying literature. After finished his undergraduate in English Literature, he continue in master's English in Stanford University.

#### Data 6

As graduation loomed, I had nagging sense that there was still far too much unresolved for me, that I wasn't done studying. I applied for master's in English Literature at Stanford and was accepted into the program. (Paul Kalanithi, 2016:39)

In the beginning, the *ego* tries to fulfill *id's* demand. His affection to language made him study both undergraduate and postgraduate programs in English Literature. The sentences "...I wasn't done studying. I applied for master's in English Literature..." shows the pushes of *Id* itself, appears as the command to study more about Literature. It is happened because *Id* is unconscious part of the mind.

But throughout his life, he thought that there was something more important than his passion in writing. Paul never paid attention to achievement, he would to find out the answer of the question that filled his mind.

#### Data 7

I was driven less by achievement than by trying to understand, in earnest: what makes life meaningful? (Paul

Kalanithi, 2016:30)

From the quotation above, it shows that the *superego* starts to appear. He not only thought about himself, but also he wanted to understand how to be useful to the society. The question “what makes life meaningful?” has motivated him.

During study in Literature class, he was interrupted with something in his mind. He would more than study in formal class and strengthen the social connection, it describes in quotation below.

Data 8

Throughout college, my monastic, scholarly study of human meaning world conflict with my urge to forge and strengthen the human relationship that formed that meaning. (Paul Kalanithi, 2016:31)

He was disturbed with that idea that fully loaded his mind. It made him doubt what he did before, studying Literature. Moreover, when he almost finished his study and done with his thesis, he aware that he was not fit in English Literature.

Data 9

I wasn't sure where my life headed. My thesis-“Whitman and the medicalization of personality”-was well-received, but it was unorthodox, including as much history of psychiatry and neuroscience as literary criticism. It didn't quite fit in an English department. I didn't quite fit in an English department. (Paul Kalanithi, 2016:40-41)

Paul was hesitated, and it made him rethinking the major that he has taken to study. Finishing postgraduate in English Literature did not make him satisfied, and then he tried to find out what major that could help him to answer his question (“what makes life meaningful?”).

One afternoon, he had an internal conflict to still study in Literature or take medicine. Paul thought by studying Literature was not enough, he needed more than this. He shall to practice medicine.

Data 10

But I couldn't quite let go of the question: where did biology, morality, literature, and

philosophy interact? Walking home from a football game one afternoon, the autumn breeze blowing, I let my mind wander. Augustine's voice in the garden commanded, “Take up and read,” but the voice I heard commanded the opposite: “set aside the books and practice medicine. Suddenly, it all seemed obvious. . (Paul Kalanithi, 2016:41)

The *Superego* of himself made Paul consider what he would be going to do. Then, he decided to study medicine. Afterward, he consulted with his adviser and prepared to enter the medicine class as soon as possible.

Data 11

The next day, I consulted a premed adviser to figure out the logistics. Getting ready for medical school would take about a year of intense coursework, plus the application time, which added up to another eighteen months. (Paul Kalanithi, 2016:41-42)

From quotation above, it can be known that to join a medical class, he had to waiting for eight months while his Literature friends going to New York to study more about Literature.

Data 12

...it would mean letting my friends go to New York, to continue deepening those relationship, without me. It would mean setting aside a Literature. (Paul Kalanithi, 2016:42)

He was really confused at that time, he love Literature and want study more about it with his friends, but his *Superego* led him to consider it. He could not find the answer of the question “what makes human life meaningful?” in Literature and he believed there will be answer of that question in Medicine.

Data 13

...but it would allow me a chance to find answers that are not in books, to find a different sort of sublime, to forge relationship with the suffering, and to keep

following the question of what makes human life meaningful,.... (Paul Kalanithi, 2016:42)

Beside to answer the question, what makes human life meaningful, he also believed that medicine can help to strengthen his moral side, it describes that *superego* working well in Paul.

After deciding to take a medicine, he had free several months before started the study. Accordingly, he applied and accepted in HPS program in Cambridge. During the program, he became aware that he has taken the best decision to studying and practicing medicine.

Data 14

I spent the next year in classroom in the English countryside, where I found myself increasingly often arguing that direct experience of life-and-death questions was essential to generating substantial moral opinions about them. Words began to feel as weightless as the breath that carried them. Stepping back, I realized that I was merely confirming what I already knew. I wanted the direct experienced. It was only a practicing medicine that I could pursue a serious biological philosophy. Moral speculation was puny compared to moral action .( Paul Kalanithi, 2016:43)

Paul's morality makes him certain to study medicine. For him, studying literature is about moral speculation, and medicine will lead him to doing moral action. He chose to realize moral action, it shows from the sentence "moral speculation was puny compared to moral action." After finishing HPS program, he went to the states and ready to enter the medical school.

Data 15

I finished my degree and headed back to the States. I was, going to the Yale for medical school. (Paul Kalanithi, 2016:43)

The quotation above shows that *ego* is making decision to follow the

*superego*'s demand to study medicine. He went to Yale University, taking neuroscience major.

During the medicine class, he found an atmosphere that he was looking for. Afterwards, he graduated from Yale University and become a doctor. He gave the best effort in medicine, then being a good doctor.

In this part of his life, the *superego* dominates himself. He was afraid if he could not be a good doctor to help the patients.

Data 16

I feared I was on the way of becoming Tolstoy's stereotype of a doctor, preoccupied with empty formalism, focused on the rote treatment of disease-and utterly missing the larger human significance. (Paul Kalanithi, 2016:85)

The *superego* made him feel concerned. He wanted to help someone's life, not only in working as a doctor and doing some formal medical activities. It shows from the sentences "I feared...missing the larger human significance". Moreover, he never thought his dedication for being a doctor except to help people's life, it describes in the quotation below.

Data 17

I don't think I ever spent a minute of any day wondering why I did this work, or whether it was worth it. The call to protect life-and not merely life but another's identity, it is perhaps not too much to say another's soul- was obvious in its sacredness. (Paul Kalanithi, 2016:97-98)

And again, the *superego* that has principle in morality appeared with the idea that shown in the quotation above. Paul never thought about the job as a doctor except to help the people, to protect someone's life. He was very comfortable doing that job, he enjoyed to be useful to the others and gave the best effort in medicine. Due to his dedication, he got a lot of great offers from some hospital.

Data 18

I had earned the respect of my seniors, won prestigious national awards, and was fielding job offers from several major universities..( Paul Kalanithi, 2016:6)

It can be said that he had reached the mountaintop of his career in medicine, he almost finished the training and got some good offers ahead.

Unfortunately, in the last year of training as neurosurgical resident, he got bouts of severe chest pain and his weight began drop rapidly. Then he checked up his condition and got bad result.

Data 19

I flipped through the CT scan images, the diagnosis obvious: the lungs were matted with innumerable tumors, the spine deformed, a full lobe of the liver obliterated. Cancer, widely disseminated. I was a neurosurgical resident entering my final year of training, I'd examined scores of such scans, on the off chance that some procedure might benefit the patient. but this scan was different: it was my own. (Paul Kalanithi, 2016:3)

The result of CT scan shows that his lungs were full of tumors, he was diagnosed with IV lung cancer. It was such as a big slapped for him, all of the efforts in medical that he has been done are worthless. At first, he felt broken and gave up.

Data 20

One chapter of my life seemed to have ended; perhaps the whole book was closing. Instead of being the pastoral figure aiding a life transition, I found myself the sheep, lost and confused. Severe illness wasn't life-altering, it was life-shattering. (Paul Kalanithi, 2016:120)

He did not know what he should to do. He was confused and broke at that time, it describes from the sentence "I found myself the sheep, lost and confused." The next days, the result came out.

Data 21

The lung cancer diagnosed was confirmed. My carefully planned and hard- won future no longer existed. Death, so familiar to me in my work, was no paying a personal visit (Paul Kalanithi, 2016:121)

The diagnosed was confirmed, he got lung cancer. As a normal human being, feeling broken as aware with the death disease that attacks the body is a common condition. It happened to Paul at that time. But in the following time, he did not want to give up from that disease, he wanted to be cured.

Data 22

My father declared that these modifications were capitulations to the disease; I was going to beat this thing, I would somehow be cured (Paul Kalanithi, 2016:127)

He tried to be healthy, fought against the lung cancer. A lot of ways has been done to defeat his disease.

Data 23

The test for the most common mutation in patients like you, EGFR, is still pending. I'm betting that's what you have, and if so, there's a pill called Tarceva that you can take instead of chemotherapy. (Paul Kalanithi, 2016:129)

His *id* to be cured commanded the *ego* to find out the ways to fight the disease. Some therapies he had been done, such as EGFR, consumed Tarceva pill, and even chemotherapy someday. In the following time, he could accept his recently condition-accept his lung cancer.

Data 24

Before my cancer was diagnosed, I knew that someday I would die, but I didn't know when. After the diagnosis, I knew that someday I would die, but I didn't know when. But now I knew it acutely. The problem wasn't really a scientific one. The fact of death is unsettling. Yet there is no

other way to live. (Paul Kalanithi, 2016:132)

After feeling accustomed with the condition, life became a little bit easier for him. And then, another *id* appeared. He wanted to have a child.

Data 25

We had always planned to have kids at the end of my residence. (Paul Kalanithi, 2016:132)

But he was worried with his condition, he would be going to have some treatments to cure the disease that might influence his sperm. The *superego* was still working at that time.

Data 26

The cancer drugs would have an unknown effect on my sperm, so to keep a chance of having children, we'd have to freeze sperm before. (Paul Kalanithi, 2016:152)

To avoid something bad for his future child, he and his wife were doing something. They went to the sperm bank to freeze his sperm before getting the treatments.

Data 27

The next day, Lucy and I went to the sperm bank, to preserve gametes and options. (Paul Kalanithi, 2016:132)

The heavy *id*'s pressure pushed the *ego* to do something to fulfill the *id*'s demand, it made him realize his desire to have a child.

Data 28

Because of the medications I was on, assisted reproduction appeared to be the only route forward. So we visited a specialist at a reproductive endocrinology clinic in Palo Alto. (Paul Kalanithi, 2016:144)

Although to fulfill the *id*'s demand, his *superego* thought of his future child. He decided to take IVF program (*Fertilisasi in Vitro*).

During his treatments, he did not work as a doctor at all. His condition was unstable and made him weak. But one day, he was aware that there was another way to get up than bewailed to his condition because of lung cancer, that he could conquer his pain.

Data 29

I woke up in pain, facing another day-no project beyond breakfast seemed tenable. *I can't go on*, I thought, and immediately, it's antiphon responded, completing Samuel Beckett's seven words, words I had learned long ago as an undergraduate: I'll go on. I go out of bed and took a step forward, repeating the phrase over and over: "I can't go on. I'll go on". (Paul Kalanithi, 2016:149)

From the quotation above shows that the *Superego* quarreled with his logic at that time, it describes from the sentence "...I can't go on, I'll go on". Then he decided to get up. His spirit came back, he did not want to be defeated from the disease. He considered to struggle against the cancer and back to work as a neurosurgical.

Data 30

That morning, I made a decision: I would push myself to return to the OR, why? Because I could. Because that who I was. Because I would have to learn to live in a different way, seeing death as an imposing itinerant visitor but knowing that even if I'm dying, until I actually die, I'm still living. (Paul Kalanithi, 2016:151)

The moral side of Paul leaded him to back doing a job as a doctor. He wanted to be useful, to help the someone's live (as his willingness before) even in his bad mental and physical condition. The *superego* worked at that time. The sentence "even if I'm dying, until I

actually die, I'm still living" showed that Paul did not want to be defeated by the cancer.

The *superego* work based by moral principle made Paul back to operating room.

#### Data 31

Moral duty has weight, things that have weight have gravity, and so the duty to bear mortal responsibility pulled me back into the operating room. (Paul Kalanithi, 2016:151)

The quotation above shows us that the *ego* works to fulfill the *superego's* demand. Paul decided to go back into operating room as a neurosurgeon because of his principle.

#### Data 32

Neurosurgery is really hard work, and no one would have faulted me for not going back. (People often ask if it is a calling, and my answer is always yes. You can't see it is a job, because if it is a job, it's one of the worst jobs there is. (Paul Kalanithi, 2016:151)

He understood that being a neurosurgeon was not easy, but he enjoyed to do that job (the proof is from the sentence –neurosurgery is really hard work..and my answer is always yes- ). He paid attention so much to the society. Even in his bad condition he tried to back as a neurosurgeon.

#### Data 33

A couple of my professors actively discouraged the idea: "Shouldn't you be spending time with your family?" ("Shouldn't you?" I wondered, I was making the decision to do this work because this work, to me, was a sacred thing. (Paul Kalanithi, 2016:151)

When the people suggested him to take a rest and spent his time with the family because of his disease, he declined it. The higher morality has defeated his pain. The *superego* was conquered Paul,

he forced to back to work because he loved making connection with patients and help them.

#### Data 34

Reconnecting with patients brought back the meaning of this work. I took antiemetics and nonsteroidal anti-inflammatory drugs (NSAIDs) between cases and just before rounds. I was suffering, but I was fully back. (Paul Kalanithi, 2016:151)

The quotation above shows that the *superego* led him to fight against the pain and the *ego*, as a decision maker, decided to follow the *superego's* demand. He has suffered because of his disease but he was forced to do the job as a neurosurgeon. It was proved from the sentence "I was suffering, but I was fully back".

During his time, coming back on the OR and doing his job as a neurosurgeon, his pain was coming and going. But he never gave up, he wanted to live longer.

#### Data 35

For the last several months, I had striven with every ounce to restore my life to its precancer trajectory, trying to deny cancer any purchase of my life. As desperate as I now wanted to feel triumphant, instead I felt the claws of the crab holding me back. (Paul Kalanithi, 2016:164-165)

His spirit to still alive made him survive. For the next several months, his baby was born.

She was born on July 4, at 2:11 AM, named Elizabeth Acadia-Cady.

#### Data 36

Yet one thing cannot be robbed of her futurity: our daughter, Cady. I hope I'll live long enough that she has some memory of me. (Paul Kalanithi, 2016:198-199)

The quotation above shows us that he

had another reason to still alive; her daughter. But a few months later, his condition became worse.

Data 37

I rolled back the image. Looked again. There it was. A new tumor, large, filling my right middle lobe. It looked, oddly, like a full moon having almost cleared the horizon. (Paul Kalanithi, 2016:174)

The result of CT scan showed that there was a new tumor filled his lobe. He could not as strong as before, his condition became worst. Then he decided to stop working as neurosurgical in hospital.

Data 38

Later that night, I called Victoria and told her I wouldn't be in on Monday, or possibly ever again, and wouldn't be setting the OR schedule. (Paul Kalanithi, 2016:179)

The decision to stop working did not mean he already gave up, he only aware that he was not strong enough for being as neurosurgical again. He still fought against the cancer. The *id* commanded the *ego* to do something. He took some therapies to fight the disease.

Data 39

A week after the biopsy, Alexis, the nurse practitioner, called. There were no new targetable mutations, so chemotherapy was the only option, and it was being set up for Monday. (Paul Kalanithi, 2016:181)

Unfortunately, Paul's condition becomes worse rapidly.

Data 40

Over the course of the day I began to deteriorate, my diarrhea rapidly worsening. I was being rehydrated, but not quickly enough. My kidneys began to fail. My mouth become so dry I could not speak or swallow. At the next lab check, my serum

sodium had reached near-fatal level. I was transferred to the ICU. (Paul Kalanithi, 2016:188)

In the last several time of his life, the earlier *id* (writing) was came back again, he wrote the novel (*When Breath Becomes Air*).

Data 41

And, of course, Paul wrote, reclining in his armchair, wrapped in a warm fleece blanket. In his final months, he was singularly focused in finishing this book. (Paul Kalanithi, 2016:202)

Data 42

During the last year of his life, Paul wrote relentlessly, fueled by purpose motivated by a ticking clock. (Paul Kalanithi, 2016:209)

And then he died at March 9<sup>th</sup>, 2015 when his baby was eight months old, surrounded by his family in a hospital.

### **B. The Causal Factors of Paul Kalanithi's Psyche in *When Breath Becomes Air***

Paul Kalanithi's psyche is already explained in the previous subchapter. He loves reading and writing, he also interested in medicine. But in the following time Paul is confused to decide his future, following his passion in writing or following his moral side that called him to become a doctor. His interest in language and literature appeared since he was child, and one of the causal factors is his mother. The proof that explains the factor is in the following quotation:

Data 1

She (his mother) had not read many books on the list herself. But she would make sure her kids were not deprived. She made me read *1984* when I was ten years

old; I was scandalized by sex, but it also instilled in me a deep love, and care for, language. (Paul Kalanithi, 2016:25)

When he was 10 years old, he and his family moved to Kingman, Arizona. At that time, the US census identified Kingman as the least educated district in America, it makes his mother worried with her children's education.

#### Data 2

At night, she broke into tears, sobbing alone in her bed. My mother, afraid the impoverished school system would bobble her children. (Paul Kalanithi, 2016:26)

So the mother asks her children to read many books. That is the factor that causes Paul loves reading and writing.

But in the following time, his moral side leads him to study in the medical. Besides that, there is also another reason why he is interested in neuroscience.

#### Data 3

But I couldn't quite let go of the question: where did biology, morality, literature, and philosophy interact? Walking home from a football game one afternoon, the autumn breeze blowing, I let my mind wander. Augustine's voice in the garden commanded, "Take up and read," but the voice I heard commanded the opposite: "set aside the books and practice medicine." Suddenly, it all seemed obvious. Although-or perhaps because- my father, my uncle, and my elder brother were all doctors, medicine had never occurred to me as a serious possibility. (Paul Kalanithi, 2016:41)

The other reason why he wanted to work as a doctor was because some of his colleagues are doctors. Finishing study in medicine, Paul became a neurosurgeon, he enjoyed his job. He gave the best efforts by being a good doctor.

#### Data 4

The easy human connections he (Paul's father) formed, the trust he instilled in his patients, were an inspiration to me. (Paul Kalanithi, 2016:89)

He was inspired by his father to become a good doctor.

One day he was diagnosed IV lung cancer, he struggled against the disease with the big heart. There were some reasons why he was so strong in facing the cancer.

#### Data 5

When we arrived home from the sperm bank, I got a phone call saying that I did, in fact, have a treatable mutation (EGFR). Chemo was off, thankfully, and Tarceva, a little white pill, became my treatment. I soon began to feel stronger. And even though I no longer really knew what it was, I felt it: drop of hope. The fog surrounding my life rolled back another inch, and a sliver of blue sky pecked through. (Paul Kalanithi, 2016:135)

The first reason is when he got the information that there was a chance for him to be cured.

He became stronger, it is

proved from the sentence

"I soon began to feel stronger." The second

reason is when Paul's

daughter is born.

#### Data 6

On July 4, at 2:11 A.M, there she was, Elizabeth Acadia-Cady: we had picked the name months before...They wrapped her in blankets and handed her to me. Feeling her weight in one arm, and gripping Lucy's hand with the other, the

possibilities of life emanated before us. (Paul Kalanithi, 2016:195)

It is proved from the sentence “feeling her weight in one arm, and gripping Lucy’s hand with the other, the possibilities of life emanated before us.”

### **C. The Effect of Paul Kalanithi’s Psyche on His Family in *When Breath Becomes Air***

In the whole of the novel, Paul is described as a neurosurgeon and also a writer. He is a clever, persistent, strong, and has a big concern to the society. He wants to help someone’s life with his ability, it shows from the sentence “what makes life meaningful?” that asked by Paul many times. He loves reading and writing.

Although in the worst part of his life, he can survive. It proves from the one of the sentences in the novel, when he said “until I actually die, I’m still living”. He shows his strong to fight against the lung cancer, it gives effect on the people surrounds him as seen in the following quotation:

Data 1

The attending physician stepped in with strengthening words: “Paul, after you die, your family will fall apart, but they’ll put it back together because of the example of bravery you set. (Paul Kalanithi, 2016:211)

## **1. CONCLUSION**

Based on the result and analysis of Paul Kalanithi on the chapter IV, the conclusions are as follows:

### **A. Paul Kalanithi’s psyche as seen in *When Breath Becomes Air***

The analysis of Paul Kalanithi’s psyche in *When Breath Becomes Air* shows that he is affected by *id*, *ego*, and *superego*. *Id* is the basic system inside of human being, full of desire. *Id* in Paul

appeared in the form of his passion in writing and dreamed to be a writer in the future. Besides that, the other *id* appeared when he grow up and get the lung cancer, he wants to have a child before died. Then, the *ego* appeared as a operator and decision maker. Sometimes the *ego* tries to fulfill the *id*’s demand and the other time it tries to fulfill the *superego*’s demand.

The *superego* that is principled by morality appears in the form of his idea to be meaningful people. And the *superego* as a balancer, works in Paul Kalanithi. So he can balance the *id* and *superego* in himself.

### **B. The causal factors of Paul Kalanithi’s psyche**

Paul Kalanithi, the main character in *When Breath Becomes Air*, described as the man who is clever, brave, pay attention with the society, and never give up even in the bad condition. There are some factors that influence his psyche, it such as his mother, father, children, and his concerned to help the people’s life.

### **C. The effect of Paul Kalanithi’s psyche on his families**

All of his psyche also influence his family. His struggle and spirit to fight the cancer during Paul’s life amazed them. When he died, his family feels his brave.

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