



The Manifestation of Jill Castle's Duality of Self in Sidney Sheldon's *A Stranger in the Mirror*: A Freudian Psychoanalytic Study

Clarita Intan Engge

English Literature Program, Faculty of Letters

University of Dr. Soetomo

Email: intanengge@gmail.com

Abstract

This study examines the manifestation of duality of self in Jill Castle, one of the main characters in Sidney Sheldon's *A Stranger in the Mirror*, through the lens of Sigmund Freud's psychoanalytic theory. The research aims to identify the manifestations of Jill's divided personality, investigate the factors contributing to its development, and analyze its psychological effects. Employing a qualitative descriptive method, the study uses textual evidence from the novel, including narration, dialogue, and character actions, as primary data. The analysis is based on Freud's structural model of personality, consisting of the id, ego, and superego, as well as the concept of duality of self. The findings reveal that Jill Castle's duality is manifested through internal conflicts between instinctual desires, rational control, and moral expectations, which appear in the forms of self-observation, ambivalence, emotional instability, and defense mechanisms. Several factors contribute to the emergence of this divided identity, including psychological trauma, intense ambition, social pressure, and the pursuit of an idealized self-image. These factors intensify the tension among the id, ego, and superego, resulting in anxiety, identity instability, emotional fragmentation, and persistent psychological distress. The study concludes that Jill Castle's duality of self is rooted in unresolved psychological conflicts and demonstrates how Freud's psychoanalytic framework effectively explains the complexity of her character. Furthermore, the analysis highlights the representation of human psychological struggles in literary works and illustrates the impact of internal conflict on personal identity formation.

Keywords: Duality of Self, Psychoanalysis, Sigmund Freud, Jill Castle, *A Stranger in the Mirror*, Id-Ego-Superego, Psychological Conflict, Identity Formation.

INTRODUCTION

Literature plays an important role in reflecting human life, especially the psychological conflicts that people experience. Through characters, stories, and events, literary works show how individuals struggle with fear, desire, ambition, guilt, and identity. Many modern literary works focus on the inner life of characters rather than only external events. One important concept in literary studies is the idea of duality of self, which refers to a condition where a person feels divided between two sides of their

personality. This division often appears as a conflict between desire and morality, public image and private feelings, or ambition and emotional weakness. In modern literature, duality of self becomes a way to explore identity problems and psychological tension in a complex society.

Sidney Sheldon's *A Stranger in the Mirror* (1976) is one novel that clearly presents psychological conflict and divided identity. The story tells about the glamorous but difficult world of Hollywood entertainment, focusing on the lives of Toby Temple and Jill Castle. While Toby's character shows the dark side of fame, Jill Castle represents a woman who struggles between her ambition and her emotional vulnerability. At the beginning, Jill is portrayed as a young woman who wants success and recognition as a performer. However, as the story develops, she experiences fear, trauma, anxiety, and loneliness. Behind her public image as a successful entertainer, she hides deep psychological tension. Because of this contrast between her public and private self, Jill Castle becomes an important character to analyze in terms of duality of self.

Several previous studies have discussed the theme of duality in literature. Some researchers analyze duality as a general concept in literary works, while others explore identity conflict in different novels. There are also studies that discuss Sidney Sheldon's works in relation to ambition, fame, and gender roles. However, most of these studies examine duality in a broad sense or focus on different characters and perspectives. There are still limited studies that specifically analyze Jill Castle's character using Sigmund Freud's psychoanalytic theory, especially the concepts of id, ego, and superego. This creates a research gap, because Jill's inner conflict can be more clearly understood when examined through Freud's psychological framework.

Based on this background, this study aims to analyze Jill Castle's duality of self in *A Stranger in the Mirror* using Freud's psychoanalytic theory. The objectives of this research are: first, to identify the proofs of Jill Castle's duality of self as shown through her thoughts, actions, and emotional reactions; second, to analyze the causal factors that create her divided personality, such as ambition, trauma, social pressure, and loneliness; and third, to explain the effects of this duality on her identity and psychological condition. Through this analysis, this study seeks to show that Jill Castle's character reflects a deep psychological struggle between desire, rational control, and moral pressure, which leads to instability and identity conflict.

Theoretical Framework

a. Freud's Structural Model

This study uses Sigmund Freud's structural model of the psyche to analyze Jill Castle's duality of self. According to Freud, human personality is divided into three main parts: id, ego, and superego. These three elements constantly interact with each other and often create inner conflict. Through this model, the divided personality of Jill Castle can be understood more clearly.

The first part is the id. The id is the most basic and instinctive part of personality. It works based on the pleasure principle, which means it always seeks immediate satisfaction and avoids pain. The id contains basic desires, emotions, and impulses such as fear, anger, ambition, and the need for love and recognition. It does not consider logic, morality, or consequences. In literary characters, the id often appears through strong emotional reactions, uncontrolled desires, and impulsive behavior. In Jill Castle's case, her desire for applause, her fear, her loneliness, and her emotional dependency reflect the influence of the id.

The second part is the ego. The ego works based on the reality principle. It acts as a mediator between the id, the superego, and the external world. The ego tries to fulfill the desires of the id in realistic and socially acceptable ways. It uses logic, reasoning, and decision-making to manage emotional impulses. The ego helps a person adapt to reality and solve problems practically. In the novel, Jill's attempts to calm herself, think logically, and make rational decisions show the role of the ego in controlling her emotional tension.

The third part is the superego. The superego represents moral values, social rules, and internalized standards learned from parents and society. It works based on the moral principle. The superego judges actions and produces feelings such as guilt, shame, and pride. It pushes a person to behave according to social expectations and to reach an ideal version of themselves. In Jill Castle's character, the superego appears when she worries about what people think of her, feels ashamed of her weakness, and believes that she must always appear strong and perfect.

The conflict between id, ego, and superego creates psychological tension. When these three elements are not balanced, a person may experience inner division or duality of self. In this study, Freud's structural model is used to explain how Jill Castle's divided personality develops and how her inner conflict shapes her identity throughout the story.

b. Concept of Duality of Self

The concept of duality of self refers to a psychological condition in which a person experiences division within their own identity. A person does not feel completely unified, but instead feels pulled between different sides of themselves. In this study, duality of self is closely related to Freud's idea that personality is shaped by inner conflict between different mental forces. There are several important aspects of duality of self that help explain Jill Castle's psychological condition.

The first aspect is the self as subject and object. In this condition, a person can experience themselves in two ways at the same time: as the one who acts (subject) and as the one who is observed or judged (object). This often appears when someone becomes highly self-aware and begins to evaluate themselves from an outside perspective. For example, when a character looks in the mirror and judges their own appearance or behavior, they become both the observer and the observed. This creates psychological distance within the self. In Jill Castle's case, her moments of self-observation show that she does not experience herself as one stable identity, but as someone divided between the self who lives and the self who judges.

The second aspect is internal conflict. Duality of self often appears through strong inner tension. A person may want something but also feel guilty about wanting it. They may desire success but fear failure. This conflict usually happens when emotional impulses clash with moral values or social expectations. In Jill Castle's character, internal conflict appears through her fear, ambition, shame, and anxiety. She struggles between her desire for recognition and her emotional weakness. This ongoing tension shows that her personality is not fully balanced.

The third aspect is ambivalence. Ambivalence means having opposite feelings at the same time. A person may love and hate someone, want to speak but choose to remain silent, or feel both strong and weak. This condition reflects psychological division because the person cannot fully choose one side. Jill often experiences this ambivalence. She wants to share her fears, but she is afraid of being judged. She wants independence, but she also wants emotional support. These contradictory feelings strengthen the idea that she has a divided self.

The fourth aspect is defense mechanisms. According to Freud, when a person feels anxiety because of inner conflict, the ego uses defense mechanisms to protect the self. These mechanisms include denial, repression, rationalization, and avoidance. They help reduce emotional pain, but they do not solve the real problem. Instead, they often create further psychological tension. In Jill Castle's case, she sometimes denies her fear, hides her weakness, or tries to appear strong in front of others. These actions show that she is trying to protect herself from emotional pain, but at the same time they reflect her divided inner state.

In conclusion, the concept of duality of self includes the experience of being both subject and object, facing internal conflict, feeling ambivalence, and using defense mechanisms. These aspects help explain Jill Castle's psychological struggle and show how her identity becomes divided throughout the novel.

METHOD

This study uses a qualitative descriptive research design. Qualitative research is appropriate for literary analysis because it focuses on understanding meaning, interpretation, and human experience rather than numbers or statistics. The purpose of this study is to describe and analyze the psychological condition of a literary character, especially her inner conflict and divided personality. Through this approach, the researcher interprets Jill Castle's thoughts, actions, and emotional reactions as presented in the novel.

The primary data source of this research is the novel *A Stranger in the Mirror* (1976) by Sidney Sheldon. The analysis focuses specifically on the

character of Jill Castle. The data consist of narration, dialogues, and events in the story that reflect her psychological condition. These textual elements are used to identify signs of duality of self, such as emotional conflict, self-observation, fear, guilt, ambition, and contradictory behavior.

The data collection technique used in this study is close reading and note-taking. First, the novel is read carefully and repeatedly to gain a deep understanding of the story and the character's development. During the reading process, important passages related to Jill Castle's psychological state are highlighted and recorded. Quotations that show emotional tension, inner struggle, and self-reflection are selected as primary data. The researcher then organizes these quotations into categories based on the theoretical framework.

The data analysis is conducted through a coding process based on Freud's structural model of personality: id, ego, and superego. Each selected quotation is analyzed and classified according to which psychological element it represents. Passages showing instinctive desire, fear, or emotional impulse are categorized as id. Passages showing rational thinking, self-control, and realistic decision-making are categorized as ego. Meanwhile, quotations reflecting guilt, shame, moral pressure, and social expectations are categorized as superego.

After the coding process, the researcher examines how these three elements interact and create inner conflict within Jill Castle. Through this analysis, the study explains how the imbalance between id, ego, and superego leads to her duality of self. This method allows the researcher to systematically describe Jill's divided personality and understand how psychological tension shapes her identity throughout the novel.

FINDINGS AND DISCUSSIONS

1. The Manifestation of Duality of Self in Jill Castle

This section discusses how Jill Castle's duality of self appears in the novel. Based on the analysis using Freud's theory, her divided personality can be seen through internal conflict, self-observation, and ambivalent feelings. These

aspects show that Jill does not have a stable and unified identity. Instead, she constantly struggles within herself.

a. Conflict between Id, Ego, and Superego

One of the clearest manifestations of Jill Castle's duality of self can be seen through the conflict between the id, ego, and superego. Freud (1923) explains that the ego functions as a mediator between instinctual desires, moral values, and external reality. In Jill Castle's case, these three elements often clash and create psychological tension.

For example, Jill shows a strong emotional dependency on public recognition. The novel states:

"The applause was like a drug to her." (Sheldon, 1976, p. 102)

This quotation reflects the influence of the id, which seeks pleasure and emotional satisfaction. Applause becomes a source of psychological gratification for Jill, showing that her emotional stability depends on external validation.

Another quotation also shows her emotional emptiness when she does not receive recognition:

"Without an audience, she felt empty." (Sheldon, 1976, p. 104)

This condition demonstrates how Jill's id constantly pushes her to seek pleasure through public admiration. However, at the same time, she attempts to control her fear and anxiety through rational thinking, which represents the function of the ego.

For instance, when she experiences fear at night, Jill tries to calm herself:

"There's nothing to be afraid of, she told herself." (Sheldon, 1976, p. 312)

This statement illustrates the ego's attempt to regulate emotional impulses from the id. Jill tries to rationalize her fear and convince herself that the situation is safe. However, the persistence of her anxiety shows that the ego cannot completely control the id.

Meanwhile, Jill also experiences pressure from moral expectations and social judgment, which reflects the influence of the superego. This can be seen in the following quotation:

"I must never let David see me looking like this." (Sheldon, 1976, p. 318)

This statement shows that Jill worries about how others will perceive her. She feels ashamed of appearing weak and believes that she must maintain a strong and respectable image. According to Freud, the superego produces feelings of guilt, shame, and moral pressure when a person believes they fail to meet social standards.

Because the id, ego, and superego constantly conflict with each other, Jill experiences psychological tension and confusion about her identity. These internal struggles demonstrate that her personality is divided and unstable, which becomes the central evidence of her duality of self.

b. Self as Subject and Object

Another important manifestation of Jill Castle's duality of self appears when she becomes both the subject and the object of her own observation. This condition can be seen when Jill carefully examines herself in the mirror after visiting the doctor.

The novel describes this moment as follows:

"When Dr. Kaplan left, Jill walked over to look at herself in the mirror." (Sheldon, 1976, p. 318)

In this scene, Jill does not simply glance at her reflection. Instead, she studies herself closely, observing every detail of her physical condition. She becomes both the person who observes and the person who is being observed.

Her shock at her own appearance further illustrates this division:

"She was shocked by what she saw." (Sheldon, 1976, p. 318)

Jill realizes that her physical appearance reflects exhaustion and emotional distress. The novel further describes her condition:

"Her cheeks were sunken and her eyes enormous in a pale, bony face." (Sheldon, 1976, p. 318)

These descriptions show that Jill experiences herself from an external perspective, almost as if she were judging another person. This moment demonstrates how

the self becomes divided into two positions: the observing self and the observed self.

According to Freud (1914), such self-observation can create psychological distance within the self. Jill becomes both the evaluator and the object of evaluation, which intensifies her internal division.

c. Ambivalence

Jill's duality of self is also visible through her ambivalent feelings. She often experiences Jill's duality of self is also reflected through ambivalent emotions, where she experiences contradictory feelings at the same time. One example appears when she wants to share her fears but hesitates because she is afraid of being judged.

The novel states:

"Jill wanted to tell him about that... but he would think she was crazy." (Sheldon, 1976, p. 317)

This quotation reveals Jill's inner conflict between honesty and fear. On one side, she wants emotional support and understanding. On the other side, she worries that people will consider her mentally unstable.

This ambivalence shows that Jill cannot fully trust others or fully express herself. Instead, she suppresses her thoughts and emotions. Freud suggests that such internal contradictions often appear when the ego attempts to manage competing pressures from both the id and the superego. As a result, Jill's emotional state becomes unstable. Her desire for connection conflicts with her fear of rejection, further reinforcing her divided personality.

2. Causal Factors of Jill's Duality

Jill Castle's duality of self does not appear without reason. Based on the analysis, there are several important factors that cause her divided personality. These factors strengthen the conflict between her id, ego, and superego.

a. Trauma

One of the main factors that causes Jill Castle's duality of self is psychological trauma. Throughout the story, Jill experiences intense fear and anxiety that she cannot fully control. These emotional reactions appear suddenly and often without clear logical reasons.

For example, the novel describes Jill's emotional response as follows:

"She felt a sudden rush of fear." (Sheldon, 1976, p. 178)

This quotation shows how Jill's fear emerges suddenly and uncontrollably. According to Freud, such emotional reactions often come from the unconscious mind, where unresolved conflicts and traumatic experiences remain hidden. Jill's fear does not always come from real danger, but from internal psychological tension.

Her fear becomes even more intense at night, as shown in the following quotation:

"The nights were terrifying." (Sheldon, 1976, p. 310)

This statement indicates that Jill's anxiety becomes stronger when she is alone with her thoughts. Nighttime becomes a moment when her unconscious fears surface more clearly. Trauma weakens the balance between the id and the ego, making emotional impulses stronger than rational control.

Because of this condition, Jill begins to doubt her own mental stability. The novel illustrates her confusion through the following thought:

"Was she? Was something wrong with her? Was she losing her mind?" (Sheldon, 1976, p. 317)

These repeated questions reveal Jill's deep psychological distress. She becomes uncertain about her own identity and mental condition. This confusion strengthens the division within her personality and contributes to the development of her duality of self.

b. Ambition and Fame

From Another important factor behind Jill's duality of self is her strong ambition to succeed in the entertainment industry. From the beginning of the story, Jill desires recognition, admiration, and success as a performer.

Her emotional attachment to public recognition can be seen in the following quotation:

"The applause was like a drug to her." (Sheldon, 1976, p. 102)

This statement shows that applause gives Jill a powerful sense of emotional satisfaction. The comparison with a "drug" suggests that she becomes psychologically dependent on public admiration. Her sense of happiness and self-worth becomes closely connected to the audience's response.

Similarly, the novel describes her emotional emptiness when she does not receive public attention:

"Without an audience, she felt empty." (Sheldon, 1976, p. 104)

This quotation shows that Jill's ambition does not only represent professional goals, but also emotional needs. Applause becomes a source of identity and validation for her. However, this dependence creates psychological pressure because her self-confidence depends on external approval.

As a result, Jill experiences tension between her desire for success and her emotional vulnerability. Her ambition pushes her to pursue fame, but at the same time it increases her fear of failure and rejection. This conflict contributes significantly to her divided personality.

c. Social Pressure

Social expectations also play an important role in shaping Jill's duality of self. As a public figure in the entertainment industry, Jill feels that she must maintain a perfect image in front of others.

This pressure can be seen in the following quotation:

"People expect you to look perfect." (Sheldon, 1976, p. 214)

This statement reflects the strong influence of social standards, especially regarding appearance and public image. Jill becomes aware that her success is not only judged by her talent, but also by how she presents herself to the public. Because of this pressure, Jill becomes increasingly concerned about how others perceive her. The novel describes her anxiety about social judgment in the following line:

"She worried about what people would think." (Sheldon, 1976, p. 214)

This quotation shows that Jill's behavior is influenced by the expectations of others. She does not only focus on her own feelings, but also constantly evaluates how she might be judged by society.

Her fear of negative judgment becomes even clearer in the following statement:

"I must never let David see me looking like this." (Sheldon, 1976, p. 318)

Here, Jill feels ashamed of her physical and emotional weakness. She believes that she must appear strong and composed, even when she is struggling internally. This situation creates a gap between her public image and her private emotional condition.

According to Freud, such internalized social expectations form the superego, which acts as a moral authority within the mind. In Jill's case, the pressure to meet social standards increases the conflict between her real feelings and the image she believes she must maintain. This conflict strengthens her duality of self.

d. Narcissistic Self-Ideal

Jill also develops a strong self-ideal. She has an image of the perfect version of herself: successful, beautiful, strong, and admired. According to Freud, this ideal self is related to narcissism, where a person invests emotional energy in their own image.

Jill constantly compares her real condition with this ideal image. When she sees herself looking weak or tired, she feels ashamed and disappointed. The gap between her real self and her ideal self creates internal tension. She becomes both

the admirer and the critic of herself. This narcissistic self-ideal increases her self-judgment and strengthens her duality of self.

3. Psychological Effects of Duality

Jill's duality of self does not only exist as inner conflict. It also produces serious psychological effects that influence her identity and emotional stability.

a. Anxiety

One of the most visible psychological effects of Jill Castle's duality of self is anxiety. Throughout the novel, Jill frequently experiences fear, panic, and emotional tension. These reactions show that the conflict between her id, ego, and superego creates continuous psychological pressure.

For example, the novel describes Jill's physical response to fear in the following quotation:

"Her heart began to race." (Sheldon, 1976, p. 201)

This quotation shows how Jill's anxiety affects not only her thoughts but also her physical condition. According to Freud, anxiety often appears when the ego struggles to control emotional impulses from the unconscious mind. Jill's racing heart indicates that her internal conflict has become intense enough to produce physical symptoms.

Similarly, the novel also shows how panic grows within her:

"She felt panic rising inside her." (Sheldon, 1976, p. 202)

The phrase "rising inside her" suggests that the emotion develops from within and gradually becomes stronger. This reflects the influence of the id, which generates strong emotional impulses that the ego cannot fully regulate. Because of this imbalance, Jill lives in a constant state of anxiety.

b. Identity Instability

Another important effect of Jill's duality of self is identity instability. As the conflict within her personality intensifies, Jill begins to question her own mental condition and sense of identity.

This uncertainty can be seen in the following quotation:

"Was she? Was something wrong with her? Was she losing her mind?" (Sheldon, 1976, p. 317)

These repeated questions show Jill's confusion about her psychological state. Instead of feeling confident about who she is, she begins to doubt her own thoughts and emotions. The repetition of questions reflects deep uncertainty and emotional distress.

From a psychoanalytic perspective, this instability occurs when the ego fails to maintain balance between the id and the superego. Jill's fear and emotional impulses become stronger than her rational control, which leads to confusion about her identity.

Because of this condition, Jill no longer feels secure in her own sense of self. Her public identity as a successful performer contrasts sharply with her private emotional struggle. This gap between her public and private selves strengthens the division within her personality.

c. Emotional Fragmentation

Jill's duality of self also produces emotional fragmentation. Instead of feeling psychologically whole, she experiences conflicting emotions that appear simultaneously.

For instance, the novel describes her persistent fear with the following line:

"Fear stayed with her even during the day." (Sheldon, 1976, p. 190)

This quotation shows that Jill's anxiety is not temporary. Even during the day, when she should feel safe and secure, fear continues to dominate her emotional state. This constant tension indicates that her emotions are no longer stable or integrated.

In addition, Jill's loneliness also reflects this emotional fragmentation. The novel states:

"She felt lonely even when surrounded by people." (Sheldon, 1976, p. 185)

This quotation highlights the contradiction within Jill's emotional life. Although she is physically surrounded by others, she still feels isolated and empty. This emotional contradiction reflects the division within her personality.

According to Freud, such emotional fragmentation often occurs when unresolved inner conflicts remain active within the unconscious mind. Jill's divided emotions show that she cannot fully reconcile her desires, fears, and moral pressures.

d. Defense Mechanisms

As a response to her psychological tension, Jill unconsciously uses defense mechanisms to cope with her inner conflict. These mechanisms help her reduce emotional pain, even though they do not solve the real problem.

One example appears when Jill tries to calm herself through rational thinking: "There's nothing to be afraid of, she told herself." (Sheldon, 1976, p. 312)

In this situation, Jill attempts to convince herself that her fear is unreasonable. This behavior reflects a form of rationalization, where the ego creates logical explanations in order to reduce emotional anxiety.

Another example appears when Jill attempts to control her emotional state: "She tried to calm herself." (Sheldon, 1976, p. 312)

This quotation shows Jill's effort to manage her fear and maintain psychological control. However, the need to repeatedly calm herself suggests that her anxiety remains unresolved.

According to Freud, defense mechanisms protect the ego from overwhelming emotional pressure. In Jill's case, these mechanisms allow her to continue functioning despite her inner conflict. However, they also create distance between her true feelings and her outward behavior.

As a result, Jill's psychological tension remains unresolved, and her divided personality continues to affect her emotional stability.

CONCLUSION

This research analyzes Jill Castle's duality of self in Sidney Sheldon's *A Stranger in the Mirror* using Sigmund Freud's psychoanalytic theory. The findings show that Jill experiences a divided identity caused by the conflict between the id, ego, and superego.

The proofs of her duality appear through her internal conflict, self-observation, moral tension, contradictory behavior, and the use of defense mechanisms. These aspects indicate that Jill lives between two opposing identities: a successful public figure and a psychologically wounded private self.

The causes of this duality include childhood trauma, strong ambition, and social pressure from the Hollywood environment, which force Jill to suppress her true emotions. As a result, she experiences emotional instability, identity confusion, and psychological distress.

In conclusion, Jill Castle's duality of self is shaped by unresolved trauma and internal psychological conflict. Freud's psychoanalytic theory helps explain how these factors divide Jill's personality and create ongoing tension in her identity.

REFERENCES

- Bogdan, R. C., & Biklen, S. K. (1982). *Qualitative research for education: An introduction to theory and methods*. Boston: Allyn and Bacon.
- Creswell, J. W. (2014). *Research design: Qualitative, quantitative, and mixed methods approaches* (4th ed.). Thousand Oaks, CA: Sage Publications.
- Creswell, J. W. (2018). *Qualitative inquiry and research design: Choosing among five approaches* (4th ed.). Thousand Oaks, CA: Sage Publications.
- Esten, M. (2017). *Kesusastraan: Pengantar teori dan sejarah*. Bandung: Angkasa.
- Farzand, M. (2023). The dual nature of duality: A literary exploration. *Journal of English Literary Studies*, 5(2), 45–58.
- Freud, S. (1905). *Three essays on the theory of sexuality*. London: Hogarth Press.
- Freud, S. (1914). *On narcissism: An introduction*. London: Hogarth Press.
- Freud, S. (1915). *Repression*. London: Hogarth Press.
- Freud, S. (1920). *Beyond the pleasure principle*. London: Hogarth Press.
- Freud, S. (1923). *The ego and the id*. London: Hogarth Press.
- Sheldon, S. (1976). *A Stranger in the Mirror*. New York: Warner Books.