

Rachel Kim's Individuation in *Shine* Novel

DIESTA FITRIA AYUNINGRUM

Dr. Soetomo University

diestafitria31@gmail.com

KUSUMA WIJAYA

wjyksm22@gmail.com

Abstract

This research focuses on Rachel's individuation, which is self-realization. It employs Carl Jung's individuation theory as a framework. The study conducts qualitative research using the novel *Shine* as a source of data. The purpose of this research is to explore Rachel's individuation journey facilitated by her archetypes. The findings reveal that her individuation process begins with the development of her persona. Despite her efforts, she eventually confronts her shadow. In an attempt to reconcile with it, she seeks to understand her anima and animus. This journey ultimately leads her to a deeper understanding of herself. Her ego plays a crucial role in projecting her true self, earning her the position of lead vocalist in the band Girls Forever.

Keywords: Individuation, Self-Realization, Shine, Jessica Jung.

A.INTRODUCTION

Nowadays, people have one personality but many identities, influencing them to act differently from one person to another. According to Sherman (1994), as cited by Robert A. Baron and Don Byrne (2003:162-163), everyone seeks to create a social identity, which is a type of self-representation aiding in conceptualizing and assessing oneself to understand how one differs from others.

Aside from personality and identities, people have a mind or instinct. Jung used the term "archetypes" to describe this. In his book *Man and His Symbols*, Jung (1964:69) explains that the physiological tendencies that people ostensibly refer to as innate are seen by the senses. People also display their imaginations, nevertheless, and they regularly reveal their proximity as though through commonplace images. From that statement, the research writer can conclude that these statements are the reason why people act differently from one person to another.

As Stein (1998:155) states, Jung used the term "individuation" to describe the process of becoming a person who is both an individual with a distinct personality and an undivided whole. In the process of individuation, human archetypes, particularly the self, play a significant role. According to Jung (1964:158), the reason why people go through the process of individuation is because they encounter a pattern or repeating event that is controlled by the subconscious arrangement's hub. The entire soul is represented in the arrangement's center, as contrast to the ego, which makes up a much smaller portion of the entire soul.

The journey of individuation, according to Jung's map, can begin from any archetypal other than the self. Human individuation can, therefore, begin from the anima/animus or the shadow rather than always from the persona. He goes on to explain that the ability to approach oneself indicates that a person has had some experience with self-realization, which aids in the development of a decent character.

The research writer can infer from that sentence that someone who has achieved self is someone who has projected all of his archetypes utilizing his ego, and the outcome of that projection is demonstrated by being a decent person. Therefore, one succeeds in being a decent person if they can achieve that without any pressure from others and are able to listen to their own pure aspirations.

He mentioned "a driving force,... a yearning toward self-realization." (Collected Works Vol. 7 Paragraph 291). It implies that as a universal theme, the self-archetype shows an intuition that guides growth and development. There is an innate movement towards self-realization. In essence, this individuation, or self-realization, is the conscious realization of archetypes.

The act of humans in this world is also portrayed in literary work. According to Pickering (1986:307), writing literature is a distinctively human activity that originated from a person's need to express, comprehend, and ultimately share their experiences. From that statement, it can be concluded that basically, there is a relation between literary work and human life.

Not only in common human life, but it also related to human psychology condition. According to Papalia (1985:4), psychology and literature are not mutually exclusive

because psychology can be used to evaluate a piece of writing. It means that although both psychology and literature focus on human beings, their respective areas of interest are different. There is a strong connection between psychology and literature that cannot be ignored. The production of literary works is a mirror of what every person experiences in real life.

There are four methods to comprehend the relationship between psychology and literature, according to Wellek and Warren (1993:81–93): (1) The debate of how to create literary works; (2) A discussion of the psychological makeup of the author of the literary work; (3) a discussion of psychological advice that readers of literary works can acquire; and (4) a discussion of the impact of literary works on society. The research writer intends to evaluate psychological advice that readers of literary works can acquire in relation to their ongoing research. The Carl G. Jung theory of individuation is the psychological framework that the thesis author concentrates on.

Based on the previous research, this title is selected because the research writer wants to tell the reader that this research uses individuation theory by Carl Jung, not by the other experts. Also, this topic is selected because in the *Shine* novel described her individuation formed from her archetypes. *Shine* novel is Jessica Jung's first novel, which is a best seller in New York Times, best seller on Simon & Schuster website, best viewed on Texas Reading List, and translated into six languages.

After reading all pages of the novel, this research is focused on her individuation. Since the research is about Rachel's individuation, this research purposes to find out the way Rachel's archetypes influenced her individuation. This research is expected to help the reader to find out their individuation, so people will get the better sides of themselves.

B. RESEARCH METHOD

This research uses a qualitative approach. It means that the research writer does not give a table data to analyze but gives direct quotations from the novel entitled *Shine* by Jessica Jung.

C. FINDING AND DISCUSSION

“But, I have to. I have to keep taking one step forward. And so I do – trying to hide the fact that I’m shaking.” (Jung, 2020:44).

The above quotation tells that the persona serves as the first individuation. Rachel projects her individuation once she has developed a persona. The phrase above indicates that Rachel is aware that she should not waste her previous efforts. She must not dispel everyone's confidence in her as a trainee who might make her debut at any moment. She resolves to get up as a result, so she can make her debut on the day decided by DB entertainment.

“I take another deep breath as they call me up again to sing. This is my time to redeem myself. I have to be the best I’ve ever been, right now, or it’s over.” (Jung, 2020:47).

The above quotation tells that the second individuation occurs when a persona emerges from a shadow. After Rachel has encountered a shadow, she develops a persona, which causes her to project her individuation. She realizes that this time she is determined to showcase her singing abilities because she made numerous mistakes during the dancing part.

For the first time in a long time, I can feel the threads of my life start to weave together with perfect clarity. And they're all pulling me toward one obvious conclusion: I might want to be with Jason, but I need to debut. And being with Jason could cost me my career before it even begins. (Jung, 2020:162)

The above quotation tells that the shadow transforms into the anima and animus in the third individuation. Following her encounter with the shadow, Rachel descends into her anima and subsequently her animus, which guide her towards self-realization. After discovering herself, she individuates herself by projecting herself. It reveals that Rachel has made a decision to trade off her love and her dream. If she decides to stay with Jason, the influence will still be felt.

“DB would have no problem cutting me the moment they find a blemish that could tarnish their squeaky-clean, picture-perfect reputation. And a relationship with Jason would be an irreversible blemish. "It's over Jason," I say, standing up from the table. (Jung, 2020:163)

The above quotation tells that Rachel has come to the conclusion that going out with Jason was a mistake. Furthermore, she is only a trainee and not a major star yet, so her agency will undoubtedly be able to get her out of trouble. Additionally, since she lacks

the support of followers, she will be simple to remove from office. As a result, she makes the decision to break up with Jason. She also tells the following on the same page:

“I was so swept away by my emotions, but no more. There's only a few weeks left before DB will announce the Family Tour, and I need to get back on track. From now on, I'll be more focused than ever.” (Jung, 2020:163)

The above quotation tells that prior to deciding to date Jason, Rachel acknowledged that she had been acting overly emotionally. She now understands that she needs to turn things around in order to fulfill her dream of making her K-pop debut with DB.

“I was so caught up in being close to Jason that I didn't even realize how big a fool I was being. How naïve I was, so willing to give up my future for a boy who had only been thinking of his career this entire time.” (Jung, 2020:216)

The above quotation tells that the animus turns to self in the fourth individuation. When Rachel encounters animus, it aids and guides her in discovering herself, and she then projects herself to her individuation. It comes out during her argument with Jason about DB's plan for Jason and how DB took advantage of her to increase their revenue from Jason's solo activity. It mentions Rachel realizing that she has been behaving foolishly out of love for Jason. She understood that her desire to become a K-pop star had nearly been shattered by love. Rachel finally understood what Jason had stated regarding DB's publicity after a protracted argument.

Suddenly, I freeze Jason's words from earlier rushing back to me. You know how DB is all about publicity. And that's when I realize. “It was DB. They leaked the photos.” (Jung, 2020:216)

The above quotation demonstrates that Rachel has come to the realization that DB has been aware of her relationship with Jason for some time, but they have chosen to do nothing more than wait for the right moment. And while it's there, they take advantage of it to further Jason's career in order for DB to gain popularity and money by promoting Jason's solo endeavors. Jason, however, does not trust Rachel, and he continues to support the DB.

“Do you seriously think DB is going to let you sing about your freaking identity?” I ask staring at him in disbelief. “I'm back and forth, the push and pull, I'm falling fast and floating free. I'm a glass half-empty or half-full, caught in between two galaxies?” The lyrics spill easily out of my mouth. “Wake up, two girls. Your

sandcastle queen and ocean lover. Why do you think they set us all up like this?”
(Jung, 2020:217)

The above quotation tells that as a result of Jason's comment, Rachel is upset with him since he still does not grasp how nasty DB is in trying to gain attention. She understands that DB utilizes Rachel, Mina, and Jason's lone activities to attract attention from the general public.

I am pleased to announce Rachel Kim as lead vocalist. The words play over and over in my head as my legs go totally numb. ... This morning I thought my career was over. Now, I'm about to debut. (Jung, 2020:232)

The anima turns to the self during the fifth individuation. When Rachel encounters anima, it aids and guides her in discovering herself, and she then projects herself to her individuation. It begins when DB finally makes the line-up debut announcement for DB's new girl group. Rachel, though, believes that she is not in the line-up. Rachel understands from that statement at the above that all of her concerns about her debut are unfounded. Mr. Noh finally addresses her by name. And now that the premiere line-up has been revealed, she understands how valuable she is. She should make her debut. Her diligence is not compromised.

Cameras are pointed at us from all directions, and I can hear the cheering crowd beyond the curtain. They're excited to see us. I lift my chin. Good. We're about to go give them the performance of their lives. ... this is my time to shine. And I won't let anyone stop me. (Jung, 2020:237)

The above quotation tells from self comes the final individuation. Rachel transfers her self-experience to her individuation after it has occurred. It seems to be a legitimate performance with the 8 members of DB's new girl group, Girls Forever, when she eventually makes it to the show. It demonstrates how, at long last, Rachel will make her Girls Forever debut alongside the other 8 members, including Mina. As a K-pop star, or what might truly be called her work, Rachel discovers that she can manage her life between her job and her role as Rachel Kim. Just Rachel Kim.

According to Jung's map of psyche or it is called 'Mandala,' Rachel starts her story from developing a persona, it is shaped in her first trainee media class, her performance in the appraisal day, and her "Summer Heat" performance at Seoul Olympic Stadium. As a good child, she shows her routines as her mother expected to her. When she tells her mother

she's going to the trainee while lying to many other people—including her father, who works at a law firm; Kang Jina, with whom she is dating Song Gyumin; and Jason, with whom she is dating and who knows they are a couple—the shadow starts to appear.

Anima and animus then appear. The root of Rachel's animus is her courage in speaking her mind and her realization that the K-pop industry is a cutthroat business that only hires the finest. Her anima also dictates that she adores Jason as her love. In the end, Rachel discovers herself as she attempts to accept and recognizes that she is still deserving of a debut after her in-depth conversation with her mother, and she also remembers that she cannot waste her six years of preparation in DB. Her spirit is accountable for realizing and achieving her dream of being a K-pop star and the lead vocalist of Girls Forever.

D. CONCLUSION

When Rachel Kim joined DB's training program, she began her path to becoming a K-pop star. This effort and journey can be considered as her individuation, or self-realization. It shapes who she is. Rachel then goes through saturation to hide her persona, goes through regression, and finally enters shadow.

In order to manage her shadow, she turns to anima and animus with the aid of her agony. Rachel's anima and animus drive her to grow personally and towards her desire of making her K-pop debut with DB Entertainment. Her ego drives her to project a persona to the outside world or to the public as a talented singer and the lead vocalist of Girls Forever when she succeeds in discovering who she is.

In order to help readers find their actual selves, it is envisaged that this research will be able to teach general readers on personality development and individuation, particularly self-realization. By realizing and comprehending this, the reader can cease lying to himself or herself and to others. They will also be able to recognize what it is that they really want.

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