

AN ANALYSIS OF UNCONSCIOUS MIND THROUGH CHARACTERS IN KRAUS AND MCLAUGHIN'S *THE NANNY DIARIES*

Kiki Rizkia Zahara
English Literature

Kiki.zahara@gmail.com

Abstract

In this research the researcher discusses the analysis of unconscious through characters in Kraus and McLaughin's *The Nanny Diaries*. The main purpose of this research is to elaborate the unconscious mind that depict from the characters inside of the novel.

To overcome the research question structurally, the researcher arranges the literature review by discussing approach and theory. The researcher uses psychoanalysis as the approach and Freudian unconscious mind as the theory in order for helping the researcher in the analysis. Besides, this analysis applies descriptive qualitative method to depict clearly about the analysis by using words. To gather and collect the data, the researcher uses library research. The data of this research are narrations and dialogues which are correlated with the issue of unconscious mind in the novel *The Nanny's Diaries* by Kraus and McLaughin.

The result of this analysis shows that there are some aspects that influence someone to use the unconscious mind, these aspects are unconscious mind influences judgment and behavior, unconscious mind as a place for socially unacceptable ideas, wishes and desire, traumatic and impressive experience and painful emotion and the last is anger and emotion as the result of thinking unconsciously.

Key words: Unconscious Mind and The Aspects of Unconscious Mind

INTRODUCTION

People as human being have a mind to think and it influences behavior to do an action (Novita et al., 2020), (Novita & Husna, 2020), (Keith et al., 1974). Mind and behavior cannot be separated because the behavior of a human is shaped by how do people think and feel (Nagel, 2014), (Sulistiani et al., n.d.), (Al Falaq & Puspita, 2021). After thinking people will do an action that depicts their behavior and the study of human mind and behavior is called as psychology (Ahluwalia, 2020), (Dhiona Ayu Nani, 2021), (Nani & Safitri, 2021).

Psychology is the study of human being, how they think, how they feel, how they behave, and how they adjust or fail to adjust (Lusa et al., 2020), (Pranoto, 2021), (Nababan & Nurmaily, 2021). Simply psychology is the study of the way the human mind works and how it influences behavior (Novita et al., 2020), (Pahdi et al., 2020), (Journal & Kiranamita, 2021). Refers to the explanation above, it is clearly seen that psychology is a study that focuses on how does people's mind work and influence her/his behavior to do an action (Sensuse et al., 2020), (Nani & Ali, 2020), (Abbad et al., 2009). Here, mind becomes the biggest part and becomes a foundation of people to act because mind becomes something that first comes to their mind when people want to do an action (Sani et al., 2012).

Mind, more precisely human mind is divided into three, they are conscious which consists of all the mental processes (action) of which we are aware, pre-conscious which contains thoughts and feelings that a person is not currently aware of, but which can be easily brought to consciousness (half-awareness) and unconscious which comprises mental processes (action) that are inaccessible to consciousness but that influences judgments, feelings, or behavior (Gumantan et al., 2021), (Qodriani, 2021), (Pranoto, 2021). Our feelings, motives and decisions are actually powerfully influenced by our past experiences, and stored in the unconscious (Nani & Safitri, 2021), (Aldino & Ulfa, 2021), (Technology et al., 2017). Those three parts of human mind are already had by a human being since they were born and each of human mind models has their own portion. Here the researcher will focus on the unconscious mind analysis. The unconscious mind is the primary source of human behavior and the most important part of the mind that people cannot see. The unconscious mind continues to influence our behavior and experience, even though we are unaware of these underlying influences.

From the explanation above, we can see that our unconscious mind become the biggest part of our mind that people cannot realize it and unaware of the important influences on their judgements and decisions and of the reasons for their behavior. Our unconscious mind can shape our daily life to other person because the unconscious mind influences mental processes. Your mental processes or condition is considered as conscious if you know that you are in it. Your mental processes is considered as unconscious if you do not know that you are in it.

The unconscious mind can be seen from *The Nanny Diaries* novel by Emma McLaughlin and Nicola Kraus. The authors created a work of fiction based on their experiences and they give the illustration of the timeless truth that money cannot buy happiness. This novel not only tells about money cannot buy happiness but also ways of parenting. This novel also provides many examples about how hard we find the job and maintain it. In this novel, the main character is Nanny, also called as Nan. She works in X's family as the nanny. She is taking care of Grayer, a four-year old boy. Nan struggled to balance her full life, but she always put Grayer's needs and the X family first. Nan's friends and family warn her of the dangers of working so many hours for Mrs. X, who is treating Nan worse and worse. In this story, the characters often make decisions and do an action without thinking any longer such as Nanny still wants to work to Mrs. X, although she knows that Mrs. X treats her worse which is here Nanny's unconscious mind is more working than her conscious and many other examples of the character's unconscious mind in the analysis later on.

In a brief, analyzing unconscious mind would be important as it is a part of psychology of literature which is coming from the analysis of unconscious mind through characters in Kraus and McLaughlin's *The Nanny Diaries* and will give some depictions in how does people's unconscious mind work which is characters in the novel as the representatives of people, so the researcher can see how does people's mind work in the real life.

LITERATURE REVIEW Psychoanalysis Approach

In this research, the researcher needs an approach in order to answer the research question. In Kraus and McLaughlin's *The Nanny Diaries*, the researcher focuses more on psychoanalysis approach because the core point of topic that will be analyzed is about the unconscious mind of a people that portrayed by the characters in the novel. According to Klarer (2005:91) Psychoanalysis approach is an approach which sometimes deals with the

author, but primarily attempts to illuminate general psychological aspects in a text that do not necessarily related to the author exclusively. Psychoanalysis approach expands the study of psychological features beyond the author to cover a variety of intrinsic textual aspects. For instance, characters in a text can be analyzed psychologically, as if they were real people.

Based on the explanation above it is clearly seen that psychoanalysis approach can be applied to analyze the characters psychologically as if they were real people which here the researcher will analyze the unconscious mind through characters inside *The Nanny Diaries* novel psychologically. Sometimes this approach also deals with the author which is here the fact of the authors of the novel is also a nanny, therefore the experience of the authors have a correlation to the story of the novel in a way (Karnawan et al., 2020), (Sari & Putri, 2019).

Freudian Human Mind's Models

Sigmund Freud in 1900's developed a topographical model of the mind, whereby he described the features of the mind's structure and function. There are three levels of the mind, and the three levels of the mind are:

2.3.1 Conscious

The conscious mind is consistent in secondary processes which are governed by the reality principle (Lubis et al., 2019), (Sani et al., 2012), (Puspita & Pranoto, 2021). This principle, unlike the pleasure principle has to examine the world around to estimate whether satisfaction of the bodily needs and other pleasurable, or at least discomfort avoiding, actions are allowed at a given moment (Purwaningsih & Gulö, 2021).

This means that this part of the mind represents rational thinking and the ability to refrain from instant gratification, in order to find more appropriate ways of satisfying ones needs or simply finding out whether it is a good time and place to do so. Secondary processes here means thinking processes that is connecting to conscious, preconscious and ego that are led by realistic principal to take the decision consciously.

2.3.2 Preconscious

The preconscious contains thoughts and feelings that a person is not currently aware of, but which can easily be brought to consciousness (Isnaini & Aminatun, 2021), (Nuraziza et al., 2021). It exists just below the level of consciousness, before the unconscious mind. The preconscious is like a mental waiting room, in which thoughts remain until they are succeed in attracting the eye of the conscious.

2.3.3 Unconscious Mind

The unconscious is the core point and the main discussion of the researcher to be applied in analyzing how are unconscious mind of people portrayed by the characters in Kraus and McLaughin's *The Nanny Diaries*. Unconscious is a condition which is someone not aware. The unconscious mind comprises mental processes (actions) that are inaccessible to consciousness but that influence judgements, feelings, or behavior (Zuhud, 2014), (Afrianto & Inayati, 2016), (Adiyanto & Febrianto, 2020). The unconscious contains all

sorts of significant and disturbing material which we need to keep out of awareness because they are too threatening to acknowledge fully (Kuswoyo et al., 2020).

METHOD

Method is one of the important things in analyzing a literary work (Rusliyawati et al., 2020), (Isnain et al., 2020). That is why the researcher needs a method to analyze unconscious mind through characters in Kraus and McLaughin's *The Nanny Diaries*. According to Theodore (2002:12), "method is a system of unity which is using the factual data achieving the concrete result (Robertson, 2020)." While Nadler states that, "method is the main procedure to the research in answering the problem by using some techniques in process to the next stage making the analysis."

Based on statements above, the researcher assumes that the method is one of the important parts in all activities of the analysis. Method also is the way which is used to collect and analyze the data. There are four steps will be implied in this analysis, those are research design, data and data source, data collecting techniques and data analyzing techniques (Mittal & Patidar, 2019), (Maskar, 2020).

RESULTS AND DISCUSSION

The Unconscious Mind Influences Judgement or Behavior

Unconscious mind can be appeared suddenly because of situation or condition that occurs previously such as unpleasant conditions, scolded by someone etc, and the unconscious mind that appear can influence the behavior of a person and the judgment toward something or someone else. Unconscious mind that influences judgment or behavior can be found in Kraus and McLaughin's *The Nanny Diaries* pages 78.

Mr. X swiftly picks up grayer without looking at any of us, including grayer, and with a "time to call it a night, sport. Let's find your mother" heads back toward the party.

"Um, we had to find a bathroom. Grayer has to go, he wants to pee, "I call after them, but he doesn't look back. I turn to Ms. Chicago, but she's already past me. Clicking down the hall in the opposite direction.

Fuck

I sit down on the leather couch and slum my face in my hands

I don't want to know this I don't want to know this I don't want to know this.

I grab a shooter the deserted tray of chilled vodka shots on the coffee table and down it.

(Kraus and McLaughin, 2002:78)

The case of the quotation above is in Christmas Party. Where Mr. X picks Grayer up for coming home and separated him to his Nanny. The quotation above is showing how Nanny behaves differently unlike usual, which is usually Nanny always do much pay attention, care and put Grayer's need first than hers. It is proven by her statement she said *I don't want to know this I don't want to know this I don't want to know this*. Nanny tries to forget the case that happens just now and let it go. The other example of unconscious mind influences judgment and behavior is in bellow.

“Well of course not! Who would be at this hour? It’s not about that! I have to win. He has to see me in my leather pants. He cannot, cannot, cannot go to bed tonight with the last image he has of me being in a huge purple teletubby costume! Out of the question! Good Night”

I burden my resolve and turn onto mercer, heading up to the bouncer and art gallery with a bouncer, don’t even get me started.
(Kraus and McLaughin, 2002: 82)

The case of the quotations above is Nanny wants to buy some leather pants for dating with H.H, but the shop will close because there is an urgent agenda, but she forces the seller to still open but the sellers don’t want to fulfill what Nanny asks for. She tries to give reason why she must buy the leather pants right now, and her reason is such a judgment toward what will happen next if she does not get what she needs. She thinks that H.H will go to bed tonight with last image he has of her being in a huge purple teletubies costume, and she can’t imagines that, but she is totally wrong, because in the story H.H is described as a man who loves and accepts Nanny how the way Nanny is that is why the judgment of Nanny is wrong because influenced by her unconscious mind.

Unconscious Mind as a Place for Socially Unacceptable Ideas

Socially unacceptable ideas is a thing or an action done by someone that socially cannot accept it, such as taboo thing, or uncommon phenomena. In the Kraus and McLaughin novel entitled *The Nanny Diaries*, there are some ideas or action taken by the characters that socially cannot accept such as Nanny as an educated person and not a poor woman wants to be a nanny who treated bad by the boss and does not get much salary and Grayer who still in four age have to learn chemistry and many others which is many people think that these are not make sense and these ideas considering as unconscious mind proven by the quotation above

She is flushed, but still playing it close to the chest. Now she wants to know why, if I'm so fabulous, I would want to take care of her child. I mean, she gave birth to it and she doesn't want to do it, so why would I? Am I trying to pay off an abortion? Fund a leftist group? How did she get this lucky? She wants to know what I study, what I plan to do in the future, what I think of private schools in Manhattan, what my parents do. I answer with as much filigree and insouciance as I can muster, trying to slightly cock my head like Snow White listening to the animals. She, in turn, is aiming for more of a Diane-Sawyer-pose, looking for answers which will confirm that I am not there to steal her husband, jewelry, friends, or child. In that order.

(Kraus and McLaughin, 2002:3)

The quotation above is one example of unconscious mind as a place for socially unacceptable ideas. This quotation is taken in the beginning of the story which is here Nanny for the first time meet with Mrs. X to discuss her job to be her son’s nanny, but Mrs. X wondering who is the girl? such a fabulous woman but want to take care of her son, meanwhile she as the mother of grayer does not want to take care of her son, Mrs. X wants to know more about the Nanny about her education, what her parent do in this life etc, and

Nan answer it easily and look happy with her applied job that most people think that it is kinda a bad job or low job for an educated person. Therefore this is including socially unacceptable ideas, and there are some examples below to make the analysis stronger.

I don't understand why you won't even consider an academic job. You should ask your thesis professor if you can assist him. Or you could work in the research library!" She can't imagine that one would ever wake at three A.M. in a cold sweat, wondering if the shipment of oil-free toner had remembered to put on its Night time Pull-Ups. "Mom, I enjoy working with kids. Look, it's too hot to argue."

"Just promise me you'll think about it this time before you take a job. I don't want you graduating on Valium because some woman with more money than she knows what to do with leave you her kid while she ran off to Cannes." And I do think about it.

(Kraus and McLaughin, 2002:30)

The quotation above shows the idea of Nan to be a nanny is socially cannot be accepted. The mother does not understand why Nan prefers to be a nanny than consider academic job offered to her and happy with her current job, meanwhile most people in the world will choose academic job than only become a nanny.

Unconscious Mind as a Place for Wishes and Desire

Every people in this world has a wishes and desire in their selves but commonly too much in wanting something make people to think unconsciously, that is why wishes and desire also included in unconscious mind of people. The example of unconscious mind as a place for wishes and desire can be seen in Kraus and McLaughin's the nanny diaries page 124.

I sit up and reach for the bottle. "Mom, I can't! I can't let it go! She might as well have just spit in my fate and put a bow on my nose. Everyone knows you get a hefty Christmas bonus; it's just how it's done. Why else would I have put in so much extra time? The bonus is for the extra, it's the recognition! Every stupid person that works for them got money and a handbag! And I got? "Earmuffs!!" they chime in as I pour myself another glass.

(Kraus and McLaughin, 2002:124)

The quotation above shows that Nan's wishes and desire to have a big bonus is bothering her consciousness and become consciously. Normally Nan will not ask more to her boss, she always keep her good manner and behavior and she will never get mad. It proves that wishes and desire of someone can change and become thinking unconsciously.

Unconscious Mind as a Place for Traumatic and Impressive Cases

Traumatic and impressive cases are also included as one part of unconscious mind, which is here something that make someone get trauma or impress someone make he or she thinking unconsciously when she or he remember about a thing or a moment in the past. The example of unconscious mind as a place for traumatic and impressive cases can be found in Kraus and McLaughin's the nanny diaries page 59

LAVENDER WATER? I look down at the list. Like the other women I've worked for, I'm sure she used all caps without thinking, threw the underline in as an afterthought' but, to me, she's screaming. It's as if, suddenly, her life de-pends on LAVENDER WATER or MILK or EDAMAME. I'm tempted to put my hands up to my ears as their heads rise out of the notepaper, like something from Terminator 2, screaming, "CLOROX!!"
(Kraus and McLaughin, 2002:59)

The case of the quotation above is when Nan wants to buy all needs for Mrs. X dinner party and when she reads the list of the stuff she has to buy she finds Lavender Water as one of the thing that Mrs. X ask. When she red it unconsciously she remembers about her x boss, another traumatic case can be seen from the narration below.

After I drop him off with Mme. Maxime to faire les Valentines I run across Madison to Barneys to pick up a little something for H. H.
"Can I help you?" the notoriously bitchy blonde behind the Kiehl's counter half asks, half spits. She has never been forgiven for once accusing Sarah of shoplifting the toner she was trying to return.
(Kraus and McLaughin, 2002:152)

The narration above is including in traumatic and impressive case both for Kiehl's counter and Nan. For Nan she cannot forgive the counter because she ever accused Sarah of shoplifting a toner that actually Sarah was trying to return, and for the Kiehl's counter she hate Nan and get trauma because she still thinks that Nan is the friend of a girl who tried to shoplifting the toner from her outlet. That is why unconsciously cannot give the best services to Nan with asks but a half spits.

Unconscious Mind as a Place for Painful Emotion

Painful emotion is also one of the things that make people think unconsciously. Actually there are two type of emotion here, the first is "painful emotion" and the second is "anger and emotion". The thing that make them different here is in the painful that merely about what people feel inside about the things that are really hurting someone, and anger that merely about people like to express an utter word with a hard tone. Here there will be some examples of unconscious mind as a place of painful emotion.

"Are you in an analyst program?"
"No?"
"Are you a model?"
"No, I'm a nanny." There's an audible stir.
"Dude!" one guy says, punching H. H. on the shoulder.
"Dude, you never told us you knew a nanneehhh."
I realize from their glazed smiles that they've just cast me in every nanny-themed porn film ever screened in their frat house basements.
"So," the drunkest begins, "is the dad hot?"
"Has he hit on you?"
"Urn, no. I haven't met him yet."

"Is the Mom hot?" another one asks.
"Well, I don't think so?"
"What about the kid? Is the kid hot? Has he ever made a pass at you?"
They all speak at once.
"Well, he's four, so? There is a hardness to their tone that dispels any illusion of good-natured fun. I turn to the gentleman who brought me over here, but he seems frozen, blushing deeply with his brown eyes downcast.
"Are any of the dads hot?"
"Right. If you'll excuse me? I stand up.
"Come on" ones stares me down? you're trying to tell us you never fucked any of the dads?" My last nerve snaps.
"How original of you. You want to know who the dads are? They're you in about two more years. And they're not fucking the nanny. They're not fucking their wives. They're not fucking anyone. Because they get fat, they go bald, they lose their appetites and drink, a lot, because they have to, not because they want to. So enjoy yourselves, boyz. 'Cause back in the day is gonna be lookin' real good. Now please don't get up." My heart pounds as I pull on my sweater, grab my bag, and walk out the door.
(Kraus and McLaughin, 2002:66-67)

The case of the quotation above is when H.H invites Nan for do dating with him in a club. Before H.H introduces Nan, his friends are asking to the Nan first about who she is. At first some guys think that Nan is an Analyst programmer or a model, but Nan said honestly that she is only a Nanny. She says honestly because she thinks that what is wrong with that occupation? but the fact H.H's friends thinking negatively with that occupation and start to insult Nan. They ask about "is the father hot? Mom or Son is hot too? And Nan knows that those guys thinking her as a bad Nanny who have affair with her boss although the fact Nan is really a good Nanny who keeps Grayer greatly. At first Nan tries to keep calm and does not want to think too much about what HH friends said but a long with the time she cannot control herself because it is too hurting, that is why Nan unconsciously gives respond those guys and tries to make them realize that what they think is wrong.

Anger and Emotion as the Result of Thinking Unconsciously

Anger and Emotion is the last sub discussion of this analysis. This is the biggest part of unconscious mind because anger and emotion is more obvious result that people can see when someone thinks unconsciously. Here some examples of anger and emotion as the result of thinking unconsciously.

"He's so cute. Is he your only child?" the mother asks in a flat Midwestern accent. I'm twenty-one. He's four.
"No, I'm his?"
"I told you to get out of here, you bad woman!" Grayer hurls his stroller at me, screaming at the top of his lungs. (Kraus and McLaughin, 2002:37)

The case above is when Grayer does not want to accept Nan as his new nanny. His anger unconsciously is showing up signed by Grayer hurls his stroller at Nan and screaming so

loud, because he thought that there will be no best nanny except his past nanny who is Caitlin.

CONCLUSION

The aim of this research is to analyze the unconscious mind through characters in Kraus and McLaughin's *The Nanny Diaries*. The objective of this research is to elaborate the unconscious mind portrayal through characters in Kraus and McLaughin's *The Nanny Diaries*. The researcher uses Psychoanalysis approach and Freudian Theory about unconscious mind for helping the analysis of unconscious mind (Novanti & Suprayogi, 2021), (Baker & Edwards, 2012). The result shows that there are six aspects of unconscious mind, these are unconscious mind influences judgment and behavior, unconscious mind as a place for socially unacceptable ideas, wishes and desire, traumatic and impressive experience and painful emotion and the last is anger and emotion as the result of thinking unconsciously.

The characters inside the novel are often using their unconscious mind in some cases such as Mrs. X do her judgment unconsciously that Nan has to give her more hours for Grayer in fact Nan already gave all of her time to take care of Grayer. The other example is Nan who is an academic student who wants to work as a Nanny that in the social it cannot be accepted because usually someone who becomes a nanny has not have an academic background, and many other cases which are here the characters use their unconscious mind.

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