

THE ANIMUS OF THE MAIN CHARACTER IN “GIRL MANS UP” NOVEL BY M-E GIRARD

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Abstract

This research is conducted to discover the animus of a masculine girl in the novel titled “Girl Mans Up” written by M-E Girard. This research applies an analytical psychology approach, specifically archetypal approach with the concept of animus archetype proposed by Carl Jung. Animus is the masculine qualities or traits in females’ psyche, in opposition with her outer appearance. This research focuses on the stages of the animus development of the main female character whose outer appearance was not feminine. The research method used is descriptive qualitative method. To collect and analyze the data, the researchers use library research method. There are two types of data, which are primary and secondary. Primary data are collected from the novel and secondary data are collected from books and articles related to animus to support the research. The analysis shows that the main character’s animus was on the first and second stage of development, with three data for Man of Power stage and six data for Man of Action stage, and that gender expression does not fully signify the person’s psychological traits.

Keywords: *Archetypal Approach, Archetypal Pattern, Animus*

1. INTRODUCTION

Humans are differentiated into two categories based on their sex, which are male and female. The sex determines the person’s gender—the physical appearance and behavior—to show whether one is a man or a woman. Gender is regulated by the society with gender norms (Wilchins, 2019). The norms are not universal because each society has its own gender norms. Nevertheless, it is generally expected for men to be masculine and women to be feminine. Girls, for example, are expected to have long hair as well as wear dresses and makeup.

Gender norms are taught since young, especially girls who are taught to have “psychological characteristics that are pleasing to the dominant group” (Wilchins, 2019, p. 65). There are a lot of psychological characteristics

considered traditional or stereotypical. Stereotypical masculinity or masculine characteristics includes aggressiveness, toughness, being proactive, dominating, independence, and rational (Abrams & Harpham, 2015; Wilchins, 2019). In contrast, stereotypical femininity includes deference, gentleness, passivity, submissiveness, dependence, and irrationality. As they are taught since young, these characteristics are instilled in their mind.

Traditional psychological characteristics have been the norm for a long time, including the time when Carl Jung lived. He wrote that people in the Middle Ages knew that there is a woman in man before physiologists found out about human’s glandular structure which showed the same thing (C. G. Jung et al., 1964). He later proposed that a woman exists in every

man and men exist in every woman, specifically in the psyche. Since they are in the psyche, the men and woman refer to masculine and feminine qualities or traits. Jung called them “anima” and “animus” respectively. In a way, Jung opposed the view that men should not have feminine traits and vice versa.

According to M.-L. von Franz (in C. G. Jung et al., 1964), anima and animus can bring both negative and positive qualities. Negative qualities of anima include irritability and insecurity, whereas the positive qualities include being able to find the right partner and to uncover facts that his logic cannot get. Animus can bring negative qualities such as brutality and recklessness, whereas positive qualities such as courage and objectivity. If given the correct attention, anima and animus will bring positive qualities.

Anima and animus are one of Jungian archetypes; considered one as they are the same concept. There are three other archetypes that are usually discussed along with anima and animus, namely the archetype of persona, shadow, and self. These four archetypes are the archetypes significant for a person to achieve individuation (Stein, 1998). Individuation itself refers to the process of “the conscious coming-to-terms with one’s own inner center” (M.-L. von Franz in C. G. Jung et al., 1964). In other words, individuation is to acknowledge and be connected with the parts of the psyche.

Persona is the outer appearance of a person which is consciously chosen to be presented (Stein, 1998). Shadow is the opposite of persona as it consists of qualities that the person does not want to show. Anima refers to the feminine qualities in a man whereas animus refers to the masculine qualities in a woman (M.-L. von Franz in C. G. Jung

et al., 1964). Self refers to the inner center which is the center of the psyche. These are arranged this way in accordance with the process of individuation.

Out of the four archetypes, anima/animus was explained to have stages of development. Both anima and animus have four stages each (M.-L. von Franz in C. G. Jung et al., 1964). The four stages of anima are represented by four figures: Eve representing purely instinctual and biological relations, Helen representing romance and aesthetic, Mary representing the raising of love or Eros to spiritual devotion, and Sapiientia representing wisdom transcending the most holy and pure. As for the animus, the figures were not represented the same way as the anima. The animus stages are personification of Man of Power, Man of Action, Man of Word, and Man of Meaning. However, the fourth stages of anima and animus are harder to reach in this modern era.

One literary work that shows the manifestation of Jungian archetypes is the “Girl Mans Up” novel written by M-E Girard. The novel is about a Portuguese Canadian girl named Penelope, called Pen, who preferred to behave and look like a boy. She had looked masculine since young, but her mother wanted her to follow the norm and be feminine. Pen did not have much problem with it until she found out one of her best friends, Colby, impregnated a girl named Olivia. Colby’s behavior started to change and other problems followed. She decided to “man up,” or be brave to face her problems, which in relation to Jungian archetypes meant that she was going to develop her animus.

Based on the background above, the researchers decided to apply archetypal approach to analyze the

animus archetype of Pen, the main character, in the “Girl Mans Up” novel. The analysis would focus on Pen’s behavior and relating it to the four animus stages to see which stage her animus reached.

2. LITERATURE REVIEW

2.1 Archetypal Approach

In literary criticism, the approach used to look through the mind of a character or an author of a literary work is psychological approach (Abrams & Harpham, 2015). One type of psychological approach is analytical psychology developed by Carl Jung. He emphasized a part of the unconscious that he called collective unconscious. A good literature, for him, shows recurring patterns or archetypes of the collective unconscious. A good author possesses the archetypes which get written in their work, therefore shown to readers. Archetypal approach is the approach used to study about the archetypes in literary works.

Jung divided the psyche into three: conscious, personal unconscious, and collective unconscious (C. G. Jung, 1969a, 1969b). Conscious is the part of the psyche that is related to the ego which is at its center. Personal unconscious is the part that deals with unknown objects from outside. Collective unconscious is the part that is “not individual but universal” as it consists of similar contents in every human (C. G. Jung, 1969a, p. 3). It is in this part of the psyche that archetypes, such as anima/animus, exist.

Archetypes are “nothing more than conscious representations” (C. G. Jung et al., 1964, p. 67). They are images and thoughts that affect the conscious even though they exist in the unconscious. He wrote that archetypes are instincts that are manifested as symbolic images in fantasies. It cannot

be said where they originate, but they exist anywhere at any time even without connection to each other.

C. G. Jung (2012) said that psychological things are mostly discovered while going through problems. This is because no one tries to understand about the psyche when nothing is wrong. Animus, as one of the archetypes, had a bad reputation because it was associated with problems.

2.2 Archetypal Patterns

Individuation refers to being connected with the parts of the psyche (M.-L. von Franz in C. G. Jung et al., 1964). The process of individuation starts with a harm to personality and the suffering from the harm. In a way, it is the process of maturing in the psyche (Rowland, 2019). It takes a long time for someone to achieve individuation (Stein, 1998). It starts with the development of persona archetype, followed by shadow, anima/animus, and self, which are called archetypal patterns.

Persona refers to the outer appearance (Stein, 1998). It is consciously chosen to be seen by other people. Generally, the persona is influenced by norms in society. People have to follow the norm and represent stereotypes instead of being however they want. An example of persona is how the main character of “The Picture of Dorian Gray” novel kept a young appearance but his picture in the attic changed as he aged.

Shadow is the qualities or traits that the person does not want to show, i.e. the opposite of persona. It is easier to access than anima/animus since it mostly can be recognized with context from personal unconscious. The picture in the previous example can be considered as the main character’s shadow.

Anima is the female qualities in males that correspond to Eros, which is about relationship and relatedness (C. G. Jung, 1969b). Animus, on the other hand, is the male qualities in females that correspond to Logos, which is about consciousness in regards to intelligence. This archetype complements persona and connects the conscious to collective unconscious (E. Jung, 2004; Stein, 1998). The feminine qualities generally include receptive, emphatic, soft, and emotional whereas the masculine qualities include active, logical, assertive, and dominant.

Self refers to the center of the psyche (C. G. Jung, 1969b). When the self is acknowledged, the person will have a better perspective and will not be influenced easily (Stein, 1998). Self is the most powerful in the psyche that the dark side of the self can make the person lose touch with reality (M.-L. von Franz in C. G. Jung et al., 1964).

2.3 Stages of Animus Development

There are four stages of animus development, namely Man of Power, Man of Action, Man of Word, and Man of Meaning (M.-L. von Franz in C. G. Jung et al., 1964). These stages were not explained much. However, Jung's wife, Emma Jung (2004), wrote two essays, one about animus and one about anima. Therefore, the explanation of these stages includes Emma Jung's view.

The first stage is called Man of Power. At this stage, the figure of the animus has physical power, i.e. physically strong. The examples are athletes, cowboys, and pilots. Projections of this stage could be other women if they are connected with both feminine and masculine qualities.

The second stage is named Man of Action. At this stage, the animus figure has initiative and able to do

planned action. He can use his power for something significant. He also can be projected in other women, such as "active, energetic, brave, and forceful women" (E. Jung, 2004, p. 6).

The third stage is called Man of Word. At this stage, the figure of the animus controls the "word." The examples are professors and priests. Compared to the first two stages, this stage involves more mental capacities.

The last stage is the Man of Meaning. At this stage, the animus has the figure of "meaning." He becomes the spiritual guide and be a mediator of the woman's religious experience. This stage also involves more mental capacity. However, this stage is hard to reach, especially in the modern era.

2.4 Previous Study

Several researches have applied Jung's concept of the animus archetype. The first research was conducted by Azumurana (2020). It focused on analyzing the anima and animus archetypes in relation to gender roles in the novel titled "Change: A Love Story" written by Ama Ata Aidoo. The researcher found that the masculine and feminine qualities in the archetypes were the same as in stereotypical gender roles. It was also found that there could be an imbalance in the process of individuation, but the end result is balanced.

The second research is the research by Pertiwi (2021). The researcher aimed to find the anima and animus archetypes of the main characters in Suzanne Collins' "The Hunger Games" novel. The result was in line with Jung's view, which is the existence of male personality in female and female personality in male. It was found that both main male and female characters had their anima and animus on the first and second stage; his anima

on Eve and Helen stages, her animus on Man of Power and Man of Action stages.

The third research was carried out by Karkun and Tiwari (2022). It was conducted with the aim to analyze the animus of Sophia Kovalevsky as portrayed by Alice Munro in her short story collection book titled "Too Much Happiness." The researchers found that Sophia was aware of her animus and potential despite being a woman in a male dominated society. Her animus was on the fourth stage or Man of Meaning and the researchers said that meant she complete the individuation with her animus.

The fourth research was conducted by Sari and Putra, (2021). The researchers aimed to find out the archetypal images in the "Dracula" novel written by Bram Stoker. It was found that there were four archetypal images in the novel, namely sun, color, archetypal women, and wise old man.

The last research is the study by Purba and Ambalegin (2020). The researchers conducted the research to discover the archetypal images in the Elizabeth Rudnick's "Maleficent" novel. In the novel, the researchers found nine archetypal images in 32 data, which were water, sun, colors, serpent, numbers, archetypal women, wise old man, garden, and tree.

These five previous researches used the same research method and approach, which was archetypal approach. The first three researches used the same concept of anima/animus archetype. The fourth and last research also used the concept of Jungian archetypes, although they were archetypal images instead of archetypal patterns. The data source was all different. This article used the concept of animus archetype only and used

"Girl Mans Up" novel as the data source.

3. RESEARCH METHOD

Qualitative research approach was used to conduct the research. According to Creswell and Creswell (2018), qualitative research focuses on investigating a social or human problem, interpreting meaning found in the data, and using text or image data. Descriptive method was chosen as the type of study since the analysis is in the form of text. Therefore, the research design of this research is descriptive qualitative.

The researchers used the library research method to collect the data which uses objects usually found in libraries, such as books and journal articles (Zed, 2023). The topic of the research was decided first, followed by finding and organizing supporting information, as well as reading and noting relevant materials. Writing the analysis started after reviewing and reorganizing the data. The data collected were divided into two types: primary and secondary data. Primary data was collected from the "Girl Mans Up" novel whereas the secondary data were collected from books and articles related to the research topic.

The collected data were analyzed by organizing and reading the data, categorizing the data, choosing the method to present the data, and interpreting the meaning of the data (Creswell & Creswell, 2018). Primary data were analyzed by applying the concept of the animus archetype proposed by Carl Jung. The secondary data were used to support the analysis. The result was presented descriptively in the form of text.

4. RESULT AND DISCUSSION

The researchers found in the analysis that in the “Girl Mans Up” novel, the animus of the main character was in the first and second stage of development.

4.1 Man of Power

The first stage of animus, called Man of Power, refers to physical strength. Having physical strength also means having the ability to be independent. In the case of Pen, Man of Power was projected by her brother, Johnny. He worked as a handyman which means he was strong.

Data 1

“I figure from this point on, we’ve got an understanding: Saturday night never happened. Gum is the reason I finally cut my hair.” (Girard, 2016, p. 38)

In the data above, Pen said that she cut her hair. She did it because Colby touched it sensually. Cutting her hair was her way to gain control of herself. She had let her hair long despite not liking it because of her mother. However, being touched in that way by Colby made her animus brought forth her sense of power.

Data 2

“I know it’s only hanging stuff on the clothesline, but still, I’d rather be digging and working on my biceps, or checking my phone again—just to make sure that conversation with Blake actually happened.” (Girard, 2016, p. 53)

The data above shows that Pen’s animus made her prefer to work with her brother. Both digging the ground and hanging laundry need physical strength. However, Pen would rather do

something masculine with her brother and build muscle than do something she was asked to do as a girl.

Data 3

“Stop crying, Ma! I have everything to say.” I’m done holding on to this stuff just so I won’t make her feel bad. [...]

“That’s the meanest thing you could ever do to me. *O pai ea mǎe sabe que*—you knew he was the only one who had my back. That’s my brother, and my parent, and my friend—you must really hate who I am to do that to me. For real, man.” (Girard, 2016, p. 341)

In this data, Pen, Johnny, and their parents were arguing after Pen got suspended from fighting with Colby at school. Pen’s animus brought forth her strength by making her brave to talk about her feelings that she had been holding back. This shows that she was feminine because she was passive.

4.2 Man of Action

The second stage, Man of Action, is the stage when animus brings initiative. She can become proactive and plan her actions. It also means that she will use her power to do important things. For this stage, the animus was projected by Johnny and Blake as they were brave and confident.

Data 1

“Okay, so here’s the deal. Colby thinks you’re hot and he wants me to talk you into coming over there.” I pause, looking for a reaction. She takes a bite of her licorice. “I don’t think you should do it, though.”

“Huh,” she says. “Why not?”

“Because he’s kind of an ass and you can so do better.”
Her eyebrow goes up. “How come you’re telling me this?”
“You just don’t seem like you’d be the type to, uh . . .”
“The type to what?”
“To waste your time with idiots.”
(Girard, 2016, p. 47)

In this data, Pen was doing her role in her friend group to lure girls that Colby wanted to sleep with, which here was Blake. Olivia, one of the girls Colby slept with, told Pen that she should have warned Olivia about Colby as he was not responsible after making her pregnant. Because of this and because she had liked Blake for a while, Pen decided to tell Blake directly that Colby wanted to sleep with her. Pen’s animus made her brave enough to say that to Blake after contemplating whether she should do it.

Data 2

“Mr. Middleton looks glad to see me, saying it’s about time I explore my interests. He probably figures I’m into photography. My interests are pretty much the hot blonde next to me, but photography might be okay, too. He goes over the project, and it starts making me crap my pants a little.” (Girard, 2016, p. 183)

This data shows that Pen was willing to try a new thing. Even though she was surprised about the details of the event, she did not back down. She started off not confident, but she later was committed to the event. This means that Pen’s animus made her brave to try a new thing and put in her effort to do her best.

Data 3

“Mitch is cool.”
“He’s your boss?”
She nods.
“I need to get a job. A real job.”
(Girard, 2016, p. 246)

This data is similar to the previous data as Pen was willing to try something new. She had only worked for her brother. However, when she felt that her relationship with her parents was getting worse, she went to see Blake at her workplace and wanted to work as well. Her animus brought forth courage and ambition to make her own money to be independent.

Data 4

“Thursday comes and at lunch Olivia does nothing because she’s not supposed to eat or drink before the appointment. Blake wants to meet up for lunch so I have to lie and tell her Olivia and I are walking over to where her mom works so she can lend us a tripod.” (Girard, 2016, p. 261)

In this data, Pen accompanied Olivia to the abortion clinic. They left school after half a day only. Pen did not have to go with Olivia as she was not her friend nor the one responsible for the pregnancy. However, she promised to accompany her. This means that Pen’s animus made her use her strength to do something significant.

Data 5

“Leave her alone. For real. She doesn’t need your crap anymore. It’s done.” [...]
“Get out of my face,” he says.
“You get out of *my* face. I’m so sick of everyone’s pussy moves, just taking off and leaving everyone else hanging,” I say, and

it's almost a yell. "It's gonna bite you in the ass again one day, except I might not be there to deal with it." (Girard, 2016, p. 274)

In this data, Pen was arguing with Colby. She used to try to not offend him. However, he did bad things, especially to Olivia who became Pen's new friend. She did not only defend herself, she was also defending Olivia, asking Colby to leave them alone. Pen's animus brought her courage to stop or offend someone stronger.

Data 6

"She doesn't want to glance at me, but she has to. Then she has to look at it. This costume she's been so desperate for me to wear. It's all right here, covering me up. I don't want to fight anymore, because I don't even know what kind of fight this is." (Girard, 2016, 302)

In this data, Pen was wearing her mother's clothes and makeup. She was trying to show her how she looked if she followed gender norms. She did not want to argue with her parents, especially her mother, anymore. This is also considered a planned action as wearing clothes and makeup take time. Therefore, Pen's anima here brought forth her courage to plan an action to show that she did not want to argue anymore.

5. CONCLUSION

The animus archetype can be seen from the main character of "Girl Mans Up" novel by M-E Girard. It was found that the animus was on stage one and two: Man of Power and Man of Action. There were three data found for the first stage and six data for the second stage. It can also be seen that the

anima/animus archetype does not fully correspond with gender expression. Pen was a masculine girl, but her psychological characteristics were feminine. She faced a lot of problems but did not want to face them. Her animus made her have the courage and confident to fight back and to be herself.

This research focused on the animus archetype only. The researchers would like to suggest for further research to analyze other archetypes in literary works as well. Archetypes help to explain the meaning and significance of certain patterns and images. Therefore, analyzing these archetypes in literary works can give more understanding about the literary works.

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