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Decision Problems and Anxiety: A Psychoanalytical Analysis of Jodi Picoult's My Sister's Keeper

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Abstract: *Issues with decision-making that are mental, emotional, or spiritual may be covered in this article. People can suffer from psychological problems. I believed it could be intriguing to examine the minds of Anna and Sara from Jodi Picoult's novel My Sister's Keeper. The purpose of this psychoanalytic analysis is to look into Anna and Sara Fitzgerald's interpretation and insight of My Sister's Keeper by Jodi Picoult. Sara Fitzgerald and Ann assist her with her mental issues from a Freudian perspective in Jodi Picoult's novel My Sister's Keeper. The author draws on literary and psychological analyses. Literature is analyzed and evaluated through literary criticism. The book is psychological because it centres on Anna and Sara's mental illness. To analyze the novel, psychoanalysis is applied. After reading about the problem, the author decided on a psychological strategy.*

Key Words: Novel, My Sister's Keeper, Jodi Picoult, Anxiety, Psychology

Introduction

Books frequently depict the social climate of their particular period. Literature has the power to cultivate tolerance and openness toward those who are different in society. Through the characters in the narrative, it could reveal facets of the reader's own nature. We follow the Fitzgerald family's fortunes in *My Sister's Keeper*, a middle-class couple and their three children. There are several instances of the narrator recounting happenings throughout the book. Since Jodi Picoult wrote the book from their perspectives, all of the characters likely had an impact on how the story was told. (Susila, L. R., et al 2014).

The tale is told from the points of view of several first-person narrators, each of whom uses the first-person narrative voice. For instance, Anna makes up having a mental illness to justify her desire to assist her sister Kate while still pursuing her own goals of being more independent and receiving more affection from her loved ones. And so it goes with the other characters, giving us a complete picture of how

each member of the family is handling the situation. It also conveys a feeling that the readers would miss. One of the best ways to enter a character's head and experience their feelings is when the author swaps the narrator between various characters. (Caracciolo, M. 2014).

Readers may connect with the protagonist through first-person narration and learn more about their motivations and ideas in addition to the plot. For instance, she will be able to relate to Sara's viewpoint from numerous angles as a mother. Sara does all in her ability to help Kate while she is unwell. The first-person viewpoint improves the reader's comprehension of the conflicts in the book. The majority of the chapters take place in the present. Many years have gone by since the occasions described in the prologue and epilogue. (Bundy, E. L. 2018).

The main focus of Jodi Picoult's novel *My Sister's Keeper* is Anna, the protagonist, and her battle for control over her own body. When Kate was

given the leukaemia diagnosis, Anna had surgery to make sure her sister had all she needed to combat the illness. The decision to donate a kidney to Anna's sister Kate was first resisted by her parents. But if she wanted her sister to live, she felt obligated to give in to their demands. Having previously agreed to accept Anna as a donor, Kate suddenly changed her mind and begged Anna to contend with her parents for custody of her body. Even though doing so would cause her much sorrow, Anna was obligated to comply with Kate's request and call her parents before the court. Anna suffers from a serious mental health issue as a result of her conflicting emotions. (Detach, H. [2007](#)).

The author is drawn to *My Sister's Keeper* by Jodi Picoult because of its captivating psychological conflict. The protagonist's willingness to go to any lengths to realise her goals is vividly depicted in the novel. Anna and Sara's mental health issues have a significant impact on the writer's life, and she is concerned about how they could influence her children. Sara is the most nuanced and complex character in the book, thus the author chose to focus on her and Anna. Jodi Picoult's *My Sister's Keeper* is examined for US eugenics issues. In *Critical Theory Today*, Lois Tyson argues that psychoanalytic theory relies on the family since we evolve according to our family-complex tasks. The unconscious may "birth" from how we describe ourselves in our families and how we react to that portrayal. (Espin, O. M. [2018](#)).

In order to reach insightful findings, the author also compares and contrasts a number of prior research that are relevant to this one. Similar research hasn't been done by many students. The first was written in 2001 by Petra Christian University student Francisca Theny Engeliney and analyses Jim's psychological issues in Joseph Conrad's *Lord Jim*. As implied by the title, she has done extensive research on Jim's mental health in an effort to address his mental health issues. Include Jim's challenges from the inside and the outside.

Objectives of the Study

- To scrutinize Anna and Sara Fitzgerald take decision and remove their anxiety a psychoanalytical analysis of Jodi Picoult's my sisters keeper
- To examine Sara Fitzgerald and Ann's

Freudian approach to solving her psychological problem in Jodi Picoult's *My Sister's Keeper*.

Research Questions

- How do Anna and Sara Fitzgerald make decisions and calm their nerves?
- How do Sara Fitzgerald and Ann in Jodi Picoult's novel *My Sister's Keeper* resolve her psychological issue from a Freudian perspective?

Significance of the Study

This investigation will advance literary studies both theoretically and practically. The theoretical goal of this research was to further literary criticism, particularly psychological literary criticism. As a result, it is believed that this research will be useful to future scholars who are interested in radical psychology and how it relates to literary criticism. This study serves as a useful projector, illuminating psychological literary criticism for the reader. The goal of this study is to provide readers with the knowledge they may use for their research. This research is meant to inspire readers to conduct their own. In conclusion, it is anticipated that this research will be useful to other authors in the future, particularly when performing research of a similar kind.

Literature Review

"Literature and Psychoanalysis" and "Freudian Psychoanalysis Beyond the Id, Ego, and Superego" are literary analyses. "A psychological analysis of Ashley Patterson in *Tell Me Your Dreams*" by Sydney Sheldon" was written by State Islamic University of Malang student Nur Afifah in ([2004](#)). Her dissertation defines multi-personality disorder (MPD). She focused on analysis because it's a psychology area and suits the book's theme. This study focuses on two issues: first, the personality type of Ashley Patterson, and second, the psychological traits of the key characters in the story. According to her findings, she believes that Ashley Patterson's emotional core may be seen in *Tell Me Your Dreams*. "Since this novel is about people with MPD who experience an excessive amount of trauma, stress, emotion, and anxiety, Ashley

Patterson stands out as an example. Among the numerous personalities examined is the psychological analysis of the main character's psyche.

Additionally, the students listed below from Petra Christian University have researched psychological issues: Francisca Theny Engelina (2001), a student at Petra Christian University, examines Jim's psychological state in *Lord Jim* by Joseph Conrad. She examined Jim's mental health issues and made recommendations for treatments in her report. Include Jim's challenges from the inside and the outside. *Lord Jim* is essentially a story with a mentally ill protagonist. The main character of Joseph Conrad's *Lord Jim*, Jim, aspires to be a hero. Jim's psychological issues keep him from accomplishing his objectives.

The nature and remedy of Jim's mental health issues will be examined in this thesis. Her research is based on literary and psychological theory, including ideas about anxiety and what a dream is. She has concluded that Jim is a brave man who is prepared to give his life in service of his goals. (James, W. 2014).

Meliana Triawati investigates again. She'll analyse Mikage Sakurai, Yuichi Tanabe, and Erico, the novel's main characters. *Kitchn* outperforms competitors due to its innovative approach.

Third experiment: Petra Christian University researcher Chris Andre Susanto (2007). He saw *Captain* through his obsessions, fears, and detachment from reality. *The Father* by Strindberg is considered the most influential naturalistic work.

Ariyani Fajar Apriliana (2005), Alfiyatur Rohmah, and Nailul Fauziyah, State Islamic University of Malang students, conducted a study (UIN). Their thesis examines Vilette's main character, Lucy Snowe. Ariyani Fajar Apriliana's research is psychoanalytical. Anxiety, depression, and self-defence are some.

Theoretical framework

Psychoanalysis assumes people are unaware of how their environment affects their mood. Unhappy people may have bad habits, bad relationships, or mood swings.

Sigmund Freud's (1949) essay *An Outline of Psychoanalysis* summarises psychoanalytic philosophy's core ideas. The id, ego, and superego

drive the mind. The unconscious id stores all inherent, birth-present, and impulses (Freud, 1949: 14). The ego is the conscious part of the mind that controls the id and intrinsic desires, detects stimuli, and mediates id-outside world interactions. The ego controls response to stimuli, seeks pleasure, and avoids misery (Freud, 1949: 14-15). The id limits superego expectations and satisfaction. (Freud 1984) The superego represents parents, teachers, role models, and racial, social, and cultural traditions. (Freud, 1949: 15).

Research Method

The analysis uses a methodical approach to provide an excellent academic outcome. As a result, this section provides an overview of the research's methodology, including its design, data collecting, analysis, and important words glossary.

Research Design

The goal of this research is to examine the literature. Literature criticism necessitates a thorough analysis of texts and overarching ideas. It is a general word that encompasses all literary debates, whether or not they focus on particular works. Literary criticism performs a variety of tasks, from quick book evaluations to in-depth theoretical analysis (Crews, 2013). Literary critique is a practice that results from group literary analysis. a device for interpreting literature. The goal of the critic may be to assess the work's worth, to explain how they have interpreted it, or to inform readers of the piece's historical or biographical context. Usually, the critic's goal is to improve the reader's understanding of the text (Hale, 2014). The author discusses her viewpoint on Anna and Sara Fitzgerald in this section. *My Sister's Keeper's* psychological components. The author hopes that others will find his or her research to be useful when analysing literary works.

The study question has been articulated well enough to specify the kind of formulation that is required. The study design in this case, which relates to the configuration of conditions for data collection and analysis, was inspired by Jodi Picoult's "*My Sister's Keeper*." The book will be examined using psychoanalytic theory in this thesis. The author-created fictitious elements that exist independently of the literary work are covered by this tactic.

The psychological impact that Anna's friends and family have had on her life is another topic that the author is interested in examining. The id, ego, and superego are the three main parts of Sigmund Freud's theory of personality. One kind of literary criticism that may be used for this is psychological interpretation. The superego is made up of all the internalised ideas we have absorbed from our parents and society, in contrast to the id, which is made up of unconscious drives, and the ego, which is in charge of interacting with reality. This literary examination also looks into extinct identities, professions, languages, etc. for the Turkish people (2003: 1). The author believes that the literature research labelled "Psychological" is relevant for this investigation based on the discussion above.

Data Sources

The primary book for this investigation is Jodi Picoult's *My Sister's Keeper*. The words, phrases, and sentences used in the book—including those used in monologue, conversation, and expression by the characters and author—are the basis for the analysis. 500 pages make up Jodi Picoult's 2004 book *My Sister's Keeper*, which was released by Atria Books. It is 500 pages long and is divided into 55 chapters.

Data Collection

The first stage in this procedure is to read the content completely and thoroughly. To completely understand this sort of reading material, numerous reads are necessary. The next stage of data collection, after creating a strong theoretical foundation, places a strong emphasis on character actions. We have highlighted the data that has grown to be the most significant in order to avoid the loss of important information. As long as the necessary precise data have not been acquired, this data collection method may be repeated forever.

Analysis

In order to address the question of what effects the id, ego, and superego have on Anna and Sara's personalities in *My Sister's Keeper* by Jodi Picoult, this research will examine the novel's characters and events. In this passage, the author tries to give readers a vivid picture of Anna and Sara's situation.

Due to the novel's nonlinear structure, the reader is given information as the plot develops page by page.

To further highlight how the id, ego, and superego contribute to the characters' problems, the author uses just two major characters. They so play important roles throughout the book and uphold the narrative's focal point throughout. This research is broken into three sections based on the id, ego, and superego of Anna and Sara.

My Sister's Keeper and Freud's Psychoanalysis

In *My Sister's Keeper*, the characters experience anxiety, mental health problems, and a fear of social interaction. The author's data investigation also focuses on the book's heroes and antagonists. They meet all the criteria for analysis set out by Freudian psychoanalysis due to the sad and dramatic nature of their inner lives.

Anna and Sara's Id, Ego, and Superego Issues

Annas and Saras Id, Ego, and Superego Issues

The novel has symbolic significance. The *My Sister's Keeper* book's cover depiction of a family unit serves as a metaphor for the need for and yearning for the family throughout the narrative. The result of the desire must be actively pursued by the character. The true love in this marriage must be Sara, not Anna. Anna continues to mature into a capable adult. She matures into a respectable, confident, poised, and brave young lady at such an early age. When Anna is with Sara, she often wishes that her mother would value her as much as she does Kate. For a very long time, Anna had wished for a synthesis of their experiences.

When her mother emerged from their bedroom wearing yet another gorgeous costume, Anna had hardly even arrived at the house. "Ah," she mutters and walks away from Anna. The kind of lady Anna had hoped to meet, in every way. Anna shut the zip and take in the show. She may be her mother.

She would be a happy surprise if she were introduced suddenly into someone else's life. She has long, black hair and stunning collarbones like a princess, yet her lips are turned down as if she has just heard bad news. Kate doesn't have much spare time because her schedule may alter suddenly at the drop of a bruise or a nosebleed, but she makes the

most of it by browsing expensive evening gowns on Bluefly.com even though she would never wear them.

Do you think? Asks.

Tired. The word appears under my voice.

I'm worried I said anything since my mom is quiet.

She leans near the door and silences me.

That?

"Kate," "Hear?" No sound. (Jodi Picoult, 2004: 11-12)

Sara has little confidence in anybody else's words regarding Kate, so Anna's assurances are hollow. Kate and Taylor would have been dating. Kate's efforts to attend the event in favour of the fight against cancer increased her participation in it. Sara created Kate with great care and attention to detail. Anna craved the feeling. Anna is made aware of the fact that she, not she, possesses the greatest love as a result of her ongoing health issues. Anna's id starts to form as she starts to value Kate more than herself.

Every time Kate is unwell. Sara and Anna were together for zero hours. Both Anna and Sara want to develop their friendship with Kate. Sara is Kate's usual companion, and the two enjoy sharing stories together.

Along with accompanying Kate everywhere, she goes. Anna fights with her father Brian and her brother Jesse. Sara always makes sure to say something kind to Kate before she goes to sleep. Kate is perhaps the only one who can guarantee me a comfortable, nausea-free night's sleep. Despite Anna's desire for Sara to shower her with praise, her ego benefits. (Padilla, Z. Z. 2015).

In the hopes that Kate may help Anna get better, Sara has lent her ears to her. Sara had never considered what Anna would go through during a transfusion. For Kate to receive what she needs, Anna needs fourteen injections. After that, Kate made an effort to improve her health. Sara, don't let Kate be alone while the transfusion is going on. In addition, Anna has lately been put to sleep by the doctor because of her serious disease. Anna also exhibits signs of ill health in addition to Kate. Sara also never went with her to the hospital. The medical setting is growing Anna's ego. Having her mother nearby might make Anna feel better right now, but Kate already has one since she is unwell, and Anna would receive round-the-clock care if she did.

Comparison of Anna and Sara's Egos, section

Anna constantly maintains a spotless atmosphere in her constructed, ideal world. Anna was born as a consequence of an unexpected medical situation. From an early age, she was committed to helping her sibling. This richness comes from the people that live in their environments. Her character grew as a result of how she interacted with her family.

Due to each person's desire to feed their ego, even healthy relationships can become strained. This work's central focus is ego analysis.

Sara and Anna's friendship is as far apart as their distance. They individually decide to do the desired action.

In actuality, the majority of individuals are able to live peaceful lives. After being courted, Anna's ego had a larger area to cover.

Pawn shops are a great source of stories even if they are filled with a lot of useless trinkets (not that you asked). What possible reasons may there be for selling a diamond solitaire that has never been worn? Who in need of money would sell a stuffed animal without eyes? I can't help but wonder if the person receiving the necklace I'm going to give them will be thinking the same things as I am as I go up to the counter. (Jodi Picoult, 2004: 8)

Given his low-set eyes and pumpkin-shaped nose, the man behind the register's ability to sight baffled Anna. Then he asks, "Are you in need of anything?" Anna had to fight against the want to leave after realising she was in the wrong room. The knowledge that she is not the first person to stand in front of that counter with the one object she never believed she would ever give up is one of the few things keeping Anna from completely losing it.

"I'm selling," I say.

Must I estimate?

"Are you swallowing to identify?"

Oh. Chugging, I take the locket from my jeans. (Jodi Picoult, 2004: 9)

The heart trips over its own chain and lands in a pool on the glass counter. Anna exclaims, "This gold is 14 karat. Utilized extremely gently." This is untrue; Anna only took it off today after wearing it for the previous seven years. When Anna was six years old, her father donated bone marrow, claiming that "everyone who has bone marrow has a chance of survival."

She received a large gift as payment for her sister's compassion. Anna's neck feels tingly and vulnerable as she observes it resting on the counter.

The owner uses a loupe to make his eye look normal. I'll give you \$20.

Dollars?

Mney in pesos. "What'd you think?"

It's half-price! Speculation.

Shrugs. I'm not poor.¶ (Jodi Picoult, 2004: 9)

In an odd turn of events, Anna's palm is suddenly gripped shut as if by the Jaws of Life as she reluctantly picks up the locket to complete the deal. Anna separates her fingers, her face flushing. After what feels like an hour, the contents of the locket reach the owner's extended palm. His focus is still on Anna's face. Free advice: He says to "say you misplaced it." Anna makes an effort to rent an office despite her limited financial resources. Anna is making every effort to file a complaint there. The ego of Anna is on full display here.

Sara admired Anna's audacity for making her mother comply with such a stringent request. Sara claims she "never again will love" her sibling. Sara's ego growth has been influenced by Anna's activities. They are always in conflict with one another as a result of their own egos. If Anna wanted her body, she would probably still be awaiting connection to a vessel in the ether so she could travel to Earth. To grasp what Sara is aware of in the scenario, Anna's presence is required. Sara reiterated her assurance that Kate would survive. Kate was never left alone. Whatever the meaning of the word "normal," her parents tried to make her life "normal." In all honesty, Anna was never a child. When the doorbell rings, a friendly face peers inside. Vern Stackhouse and her father both work in law enforcement, therefore they share many traits. In more recent times, dad has saved Jesse's butt by bringing him home after a fight rather than letting the judicial system handle it

Dad would occasionally pop over to say hello or deliver Christmas presents for us. People are more sympathetic to family members who are caring for a sick daughter. (Hidayah, N. 2018).

Like a soufflé, Vern's facial features collapse in the most awkward areas. He is confused about whether or not he ought to go inside. He stutters, "Uh." Greetings, Sara.

Vern!¶ My mum gets up to start. I was wondering

why you were in the hospital. What's up, everyone? Ah, good. As I travel through, According to the phrase, serving legal paperwork.

Um-hmm.¶ Vern steps and puts his hand under his jacket like Napoleon. "I'm terribly sorry, Sara," he says before handing out the documentation. (2004) Anna loses her blood like Kate. Anna struggled to move.

Vern, can I sue? Why is my mom talking so quietly? I don't. I serve them exclusively as a waitress. Your name was high on my list. If I can help... He pauses mid-thought. He leaves the rear door without his headgear.

It feels like a punch in the stomach. I shake my head. I'm stumped.

Anna!¶ Stepping toward me. (Jodi Picoult, 2004: 60)

A major controversy in Anna's family is the fact that her father was called on a page. What problem may they have that is equivalent to his employment, which needs him to handle emergencies? Jesse tells Anna that Kate was receiving a diagnosis the last time she paged her father.

They surround us in their presence. Kate hardly has time to gaze at Anna before her father sends her to our room. Her wallet and auto keys are both thrown to the ground by the woman who looks to be her mother before she advances at me.

Sara responds, "Okay," in a voice that seems to be about to break. What on earth is going on?

The mucus in my throat starts to drain. I engaged legal counsel. I get the portable phone from my mum. Now get rid of him, he said. (Page 75 of Jodi Picoult, 2004)

Before throwing the phone into the couch cushions, Anna makes an unusual effort to shake her head.

"Sara," "Anna," "Please come to my aid." My father's voice has an axe-like tone. It obstructs our conversation and surprises us both. Anna should be given the chance to elaborate, I think. We agreed to give her an opportunity to explain, so let's do that now.

My mother is keeping an eye on me. — You convinced the lawyer you spoke with that this was all about you through your conversation. This is the reason we are here. Everyone in the room — (Jodi Picoult, 2004: 63)

Anna's father squeezes her shoulders with his hands. Anna notices the smell of smoke as he bends down in front of her. The only reason Anna was ashamed of him was that he had walked right into the heart of the fire that someone else had started. a lawyer doing it for us?

Anna's eyes widen as a result of what Brian says. But she anticipated this happening. Anna decided to raise her chin while also crying.

Father, I can't.

Anna, for the love of God, my mother cries. Do you even know what the repercussions would be?

?¹ (Jodi Picoult, 2004: 63)

Throat tightening similar to when a camera shutter is closed, forcing any air or defences to squeeze through a tiny opening. Anna mistakenly thinks she is invisible but later realises she was being foolish.

Anna never predicts her mother's actions because of how quick she is. She still strikes Anna in the face, throwing her off balance. Once Sara's impression of Anna has been formed, it will never fully vanish. Five fingers of shame are present if you please.

Problems of Anna's Superego Versus Kate's Superego

With the birth of their child, Anna and Kate's friendship really started to take off. Together, they engaged in activities like telling stories or jokes or just hanging around. Their ids inevitably won out, even though their egos were placated. Compared to Kate, Anna has grown to be a more independent young woman. Despite Anna's wishes, Kate has more than she does. Anna wants nothing more than to know that her mother loves her, but not as sickeningly as Kate. Every kind of love imaginable has been experienced by Kate, even the kind of love she would have even if she were well.

Including a social environment is also quite effective. The environment in which the character's emotions and any internal changes take place aids them. Id is a biological necessity, thus it thrives in its native environments, like the jurisdiction. Anna's thoughts started to turn to Kate because she was always on her side whenever they talked. Since no one would care about what Anna wants without Kate, Anna also needs Kate by her side. If Anna had not

donated her kidney, she would still be waiting to be attached to a body so she might experience life on Earth in Heaven or somewhere else. Psychic Anna suffers from a serious mental disorder. They also know that everyone will pass away. The doctor said that because Kate still had a long way to go in life, she should be grateful just to be alive. As a result of the conflict she had caused among her family, Kate considered committing herself. The secret of Kate being Anna's sister is no longer kept a secret. We need to locate someone to take care of her while she is unwell. Anna will have to fight for her older sister Kate. She is reminded by Anna's presence that her behaviour is undesirable by her superego. She offers no support to the sister. Anna's injuries are partly Kate's fault.

They were able to fix every issue that had been plaguing their home as their situation got worse. Anna is sorry for what she did. When Anna touches the body they once shared, she regrets having abandoned it. Her memories of Kate and the emotions she has expressed to her bother her. It looked like the superego was controlling the Id.

Anna's ego is committed to maintaining the practice of prioritising legal counsel before medical treatment. Her Superego is constantly reminded that Anna is an actual person.

She felt her behaviour was inappropriate. As Kate said, Anna must fight and hide if she wants to survive because she is carrying a girl. The battle for Anna's Id is difficult. But her superego has already gotten involved. Jesse went to each and every solicitor when he came to help her. "Silence!" Anna sought to yell at Jesse. Jesse too felt angry and needed to express it. Anna makes an effort to thwart Jesse's pursuit of her. Finally, Jesse asked the lawyer whether Kate wanted to pass away from weariness. Sara thought these claims to be implausible. Jesse told Anna of Kate's comments regarding the law. She wanted to terminate everything because she was worn out by life. Everyone in the area fled to Kate's hospital room in a state of disbelief. Kate gave the residents of the house instructions to thank Anna for helping to solve the matter by expressing their appreciation to her. In her room by herself, Kate is with her mother. For the rest of their lives, they slept together, and Kate died at the same time. When there is disagreement, the superego is the worst d's adversary. Kate satisfies Anna's id, which develops into an important yearning.

Kate's identity has been extinguished as a result of her loss. Anna decides to identify with the superego at the end of the story since Kate's horrible death has vanquished the Id. The passing of Kate serves as a metaphor for how things should be, giving Anna back her rightful place as a young woman and the daughter of Sara and Brian.

Conclusion

Anna and Sara's id, ego, and superego shaped their characters. Id, ego, and superego issues were stressing them. Both suffer psychologically when forced to choose. The idea of pleasure drives Anna's id, which finds it challenging to justify her sister's kidney donation. She wants her sister to live, but she also has to protect herself. Never before has she felt as conflicted as she does right now. Therefore, in spite of her id impulses and superego's objections, her ego, driven by the reality principle, compels her to sue her mother, Sara, for medical emancipation.

To escape suffering and gain control over her body, Anna is driven by her id. Anna hires a lawyer

and files a lawsuit against her parents to have the freedom to make her own medical decisions because she wants autonomy over her body. Anna's mother, Sara, had a big influence on who she was. Anna's superego emerges when Kate's health deteriorates.

Sara argues that Anna's actions have the potential to take Kate's life, they are ethically wrong. But they genetically altered the child to make a fantastic organ donor for Kate since Sara's maternal instincts (id drives) are motivated by a desire to do what is best for her daughter. The development of Sara's psychiatric disorders and personality is heavily influenced by her id and superego, which are concerned with the things she considers while making decisions. In both literature and daily life, a writer may comprehend and communicate human nature with the aid of the psychoanalytic method's core concept. Additionally, the findings demonstrate that both conscious and unconscious factors contribute to the development of human personality (behaviour, cognition, action, soul, etc.).

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