

Resilience in Dave Pelzer’s *A Child Called “It”* (1995) and *The Lost Boy* (1997): A Psychological Analysis

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Article History

Submitted : April 6th, 2026
 Revised : April 30th, 2026
 Accepted : May 12th, 2026

KEYWORDS

Resilience,
 Novel Analysis,
 Carl Jung,
 Psychological Approach,
 Shadow and Individuation.

ABSTRACT

This study focuses on the representation of resilience in the autobiographical novels *A Child Called “It”* (1995) and *The Lost Boy* (1997), which portray the protagonist’s experiences of prolonged physical and emotional abuse. Although the narratives are based on real-life experiences, this study positions the protagonist as a literary character, clearly distinguishing between the author and the subject of analysis. Using a literary psychology approach and Carl Jung’s theory of shadow and individuation, this qualitative study analyzes narrative elements through close reading. The findings reveal that traumatic experiences significantly contribute to the formation of the shadow, manifested through dominant emotions such as shame, guilt, inferiority, anger, and self-loathing. These repressed emotions shape the protagonist’s internal conflict and influence the construction of self-perception. At the same time, resilience emerges as a gradual psychological response, initially reflected in survival strategies, emotional control, and a strong determination to endure suffering. Furthermore, in *The Lost Boy*, resilience develops into a more advanced stage, characterized by increasing self-awareness, emotional regulation, and the integration of past experiences. This process reflects individuation, in which unconscious elements are gradually integrated into a more cohesive and balanced identity.

INTRODUCTION

The novel *A Child Called “It”* (1995) is written as an autobiographical narrative using a first-person point of view, where the narrator employs “I” to recount his childhood experiences of severe physical and emotional abuse. Through this perspective, readers are drawn directly into the character’s inner world, allowing them to experience his thoughts, emotions, and psychological suffering in a more immediate and personal way. The narrative not only portrays physical violence but also reveals how repeated abuse gradually shapes the character’s self-perception and emotional state.

In contrast, *The Lost Boy* (1997) continues the story through the same first-person narration but shifts its focus toward the character’s life after being removed from the abusive environment. Rather than emphasizing survival alone, this novel explores the process of adjustment, emotional recovery, and the gradual reconstruction of identity within new social surroundings. Although both works are rooted in real-life experiences, literary analysis positions the narrative “I” as a constructed character within the text, allowing a clear distinction between the author and the subject of analysis. Taken together, these two novels not only depict the continuity of trauma but also illustrate a gradual psychological transformation, which becomes closely related to the development of resilience.

Resilience is generally understood as the ability to endure, adapt to, and recover from adversity. Luthar et al. (2000) define resilience as a dynamic process involving positive adaptation despite significant hardship. Similarly, Masten (2014) describes it as “ordinary magic,” emphasizing the natural human capacity to cope with difficulties. Richardson (2002) further explains that resilience involves cycles of disruption and reintegration, while Ungar (2012) highlights the importance of both internal strengths and external support systems. These perspectives suggest that resilience is not a fixed trait,

but an ongoing psychological transformation shaped by continuous interaction between individual capacities and environmental conditions.

In *A Child Called "It"* and *The Lost Boy*, resilience emerges as a central theme through the main character's ability to endure prolonged abuse while gradually developing adaptive responses. Previous studies have approached these works from different perspectives. Rosari et al. (2022) examined violations of children's rights, focusing on neglect and abuse through a legal framework based on the Convention on the Rights of the Child. Shree (2023) analyzed childhood trauma and its impact on mental health and identity formation using trauma studies and social learning theory, highlighting how early experiences shape psychological outcomes. Meanwhile, Pinasthika et al. (2023) explored resilience within the context of gender-based violence using a feminist perspective, emphasizing perseverance and self-awareness. Although these studies provide valuable insights into trauma and survival, they mainly focus on external conditions, social issues, and observable impacts rather than the internal psychological mechanisms underlying resilience. In short, existing research successfully explains what happens to the character, but offers limited explanation of how resilience develops as a psychological transformation.

This limitation indicates a clear research gap. Previous studies tend to treat resilience as an outcome or response to adversity, without examining it as a deeper psychological transformation. In particular, there is limited attention to the role of unconscious processes in shaping resilience over time. Carl Jung's analytical psychology especially the concepts of the shadow and individuation offers a framework to explore how suppressed emotions, internal conflicts, and unconscious elements contribute to this psychological transformation. However, this perspective has not been systematically applied to these novels. As a result, the interaction between trauma, the unconscious mind, and the formation of a more integrated identity remains insufficiently explored. This gap highlights the need for a more in-depth analysis that explains resilience as an internal and evolving psychological transformation.

Responding to this gap, this study offers a different approach by examining resilience explicitly as a form of psychological transformation through Jung's analytical psychology. Unlike previous studies that emphasize external or social dimensions, this research focuses on the internal dynamics of the psyche, particularly the interaction between the shadow and the process of individuation. Through this perspective, resilience is not merely viewed as survival or adaptation, but as a gradual psychological transformation involving the confrontation, integration, and reorganization of unconscious elements into a more cohesive self. Compared to earlier research, which highlights trauma and its external effects, this study contributes by explaining how resilience develops from within through structured psychological processes. Therefore, this research extends existing discussions by providing a deeper and more integrative understanding of resilience as a psychological transformation.

Therefore, this study aims to analyze how resilience is represented through the psychological transformation of the main character in *A Child Called "It"* and *The Lost Boy*. Although the novels are autobiographical, this study clearly distinguishes between the author and the character as the subject of analysis, positioning the narrative "I" as a literary construct. Theoretically, this study contributes to the application of Jungian analytical psychology in literary studies, particularly in understanding resilience as a dynamic psychological transformation. Practically, it offers insights into how individuals may transform traumatic experiences into personal growth, which can be relevant in educational and psychological contexts.

Jung's Analytical Psychology

Carl Jung's analytical psychology serves as the main theoretical framework in this study, providing a systematic perspective for understanding psychological development, particularly in relation to trauma and internal conflict. Jung emphasizes the dynamic relationship between the conscious and unconscious mind, in which human behavior and personality are shaped by the interaction of these two elements (Jung, 1959; Jung, 1966). Within this framework, psychological growth is viewed as a continuous process of confronting internal conflicts and integrating hidden aspects of the self. This perspective is relevant to literary analysis as it allows fictional characters to be examined in terms of their inner psychological processes and development.

One of the central concepts in analytical psychology is the shadow, which refers to the unconscious aspects of the personality that are repressed or rejected because they are considered unacceptable (Jung, 1959). These elements often include emotions such as shame, guilt, anger, inferiority, and self-loathing. Although hidden, the shadow continues to influence an individual's thoughts, behavior, and emotional responses. In the context of trauma, the shadow becomes more dominant as painful experiences are suppressed rather than consciously processed. Therefore, understanding the shadow

is essential for explaining how internal conflict develops and how it shapes the psychological condition of the main character.

Another important concept is individuation, defined as the process through which individuals integrate unconscious elements into consciousness in order to achieve a more balanced and complete identity (Jung, 1966). This process involves confronting the shadow, managing internal conflicts, and gradually developing self-awareness. Through individuation, individuals move beyond survival toward psychological growth and self-realization. In this study, individuation is used to explain how the main character's resilience develops as part of a broader psychological transformation, in which past trauma is gradually integrated into a more cohesive sense of self.

Resilience

Resilience refers to the ability to confront challenges, adapt to adversity, and recover from traumatic experiences while maintaining psychological stability. From a Jungian perspective, resilience is not merely understood as the capacity to *bounce back*, but as a transformative psychological process involving the interaction between conscious and unconscious elements of the psyche. Jung (1959, 1966) explains that individuals possess a shadow containing suppressed emotions such as shame, guilt, and anger, which significantly influence behavior and self-perception. In this context, resilience involves confronting and managing these unconscious elements rather than avoiding them. Furthermore, resilience is closely related to the process of individuation, in which individuals reconstruct meaning, develop self-awareness, and move toward psychological wholeness (Jung, 1958; Jung, 1968; Stein, 1998; Masten, 2014). Thus, resilience is viewed as a dynamic process of psychological growth that transforms traumatic experiences into inner strength.

The development of resilience occurs through several interconnected psychological processes. It begins with the awareness of the shadow, where individuals recognize previously suppressed emotions such as fear, shame, guilt, and anger (Jung, 1959). This awareness is essential, as denial of these emotions may lead to psychological imbalance. The next stage involves the integration of shadow elements, in which these repressed aspects are gradually brought into conscious awareness and managed in a more adaptive way, enhancing emotional regulation and coping ability (Jung, 1966). Finally, resilience develops into a process aligned with individuation, where individuals resolve internal conflicts, achieve psychological balance, and construct a more cohesive identity (Jung, 1958; Jung, 1968; Stein, 1998; Masten, 2014). Through these stages, resilience evolves from a basic survival mechanism into a deeper process of personal growth and self-fulfillment.

METHODOLOGY

This study applies a literary psychology approach as the main framework for analysis. In literary studies, this approach views characters not simply as fictional figures, but as representations of human psychological experiences. As stated by Wellek and Warren (1956), literary works can reflect real psychological conditions, allowing researchers to explore characters' inner conflicts, emotions, and personal development in a meaningful way. In line with this perspective, the present study draws on Carl Jung's analytical psychology, particularly the concepts of shadow and individuation, to examine the psychological transformation of the main character. This approach is appropriate because it offers a clear framework for understanding how unconscious elements, internal struggles, and personal growth contribute to the development of resilience.

The primary data sources of this study are two autobiographical novels written by Dave Pelzer: *A Child Called "It"* (1995) and *The Lost Boy* (1997). This study uses the commonly circulated editions published by Health Communications, Inc., which are widely recognized and used in academic research. *A Child Called "It"* consists of 184 pages, while *The Lost Boy* consists of 340 pages. Both novels are written in a first-person narrative and present a chronological account of the main character's experiences, including childhood abuse and subsequent life in foster care.

The data were collected using a close reading technique, which is a fundamental method in literary analysis. This technique involves a careful and repeated reading of the texts to identify significant passages related to the research focus. The researcher conducted multiple readings of both novels to gain a comprehensive understanding of the narrative. During the reading process, relevant data were systematically identified, highlighted, and categorized based on predetermined analytical indicators, including expressions of emotional conflict (fear, guilt, shame, anger, and inferiority), representations of survival strategies, and moments indicating psychological development. Each selected excerpt was then documented and organized into thematic categories related to shadow, individuation, and resilience.

This systematic process ensures that both explicit narrative events and implicit psychological meanings are accurately captured.

The data were analyzed using Carl Jung's analytical psychology, particularly the concepts of shadow and individuation (Jung, 1959; Jung, 1966). The analysis was conducted through several systematic steps to ensure a clear and theory-driven interpretation. First, the selected textual data were carefully examined to identify instances of repressed emotions and internal conflicts, which were categorized as manifestations of the shadow. These include emotions such as shame, guilt, anger, and inferiority experienced by the main character as a result of prolonged trauma. Second, the analysis focused on how these shadow elements are confronted and gradually integrated into conscious awareness. This stage involved examining the character's responses, coping strategies, and emotional regulation as indicators of psychological adaptation and internal development. Third, the study analyzed the progression toward individuation by identifying moments in which the main character demonstrates self-awareness, identity reconstruction, and the ability to make independent decisions. These developments were interpreted as indicators of the emergence and growth of resilience. Finally, the findings were interpreted holistically to explain how the interaction between shadow and individuation contributes to the formation of resilience as a dynamic and transformative psychological process. This analytical procedure ensures that the interpretation remains systematic, coherent, and aligned with the theoretical framework.

FINDINGS

This section presents the findings derived from the analysis of *A Child Called "It"* and *The Lost Boy*, focusing on the protagonist's psychological development under prolonged physical and emotional abuse. Grounded in Analytical Psychology, particularly the concepts of shadow and individuation, the findings reveal how traumatic experiences shape Dave's inner conflict and contribute to the gradual emergence of resilience and identity reconstruction.

The Emergence of Shadow and Inner Conflict

The findings reveal that prolonged physical and emotional abuse significantly contributes to the formation of the shadow, which consists of repressed emotions stored in the unconscious (Jung, 1959). In the novels, this is reflected through dominant emotional dimensions such as shame, guilt, inferiority, anger, and self-loathing. Shame appears as one of the earliest manifestations of the shadow. The main character is repeatedly humiliated and forced to internalize negative labels imposed by his mother:

"At first, my face was pressed against the mirror, and then my tear-soaked face was rubbed against the slippery surface of the mirror and reflected my face. Then mom forced me to say, I'm a bad boy! I'm a bad boy! I'm a bad boy! Over and over again." (Pelzer, 1995, p. 25)

This experience demonstrates how external abuse is internalized into self-perception. From a Jungian perspective, such repeated humiliation contributes to the formation of the shadow, as the ego absorbs and represses painful emotional experiences. This is further reinforced by extreme situations of degradation:

"When I drank the dishwashing soap, my stomach became very sick. I shouted to Mom, begging to be allowed to use the toilet upstairs. She wouldn't let me. I just stood there in the basement, afraid to move as liquid feces flowed out of my panties, down my legs and onto the floor. I felt so humiliated I cried like a baby. I felt I no longer had any self-respect." (Pelzer, 1995, p. 60)

These experiences indicate that shame becomes deeply embedded in the unconscious and shapes the character's identity. Guilt also emerges as a significant component of the shadow, particularly when the main character is blamed despite being a victim:

*"Mom told the principal that I was a child with a lot of imagination, how I often hurt myself to attract people's attention since my little brother Russell was born."
"Mom also added that the school could call her at any time whenever David was acting up. She said that even the school staff had been told to ignore my nonsense about the child being beaten by his mother and not being fed. Standing in the corner of the kitchen that day, listening to my mother talk to the principal made me feel broken and miserable."* (Pelzer, 1995, p. 41)

This manipulation leads the character to internalize blame and question his own reality. According to Jung (1959), such repressed guilt becomes part of the shadow and intensifies inner conflict. In addition, prolonged isolation and dehumanization lead to feelings of inferiority and worthlessness:

"From then on, I was no longer a family member, I wasn't allowed to use any of the facilities that the family used. I lived in the house, but I was considered nothing. Mother didn't even use my name anymore; she used the title "It". I wasn't allowed to eat with the family, not allowed to play with my siblings, not allowed to watch television. I wasn't allowed to enter the house unless I was told to. I wasn't allowed to look at or talk to anyone." (Pelzer, 1995, p. 38).

This statement reflects the loss of identity and the internalization of negative self-worth. Over time, these emotions develop into anger:

"My mother is the one I hate the most. I wish she would just die. But before she dies, I want her to feel many years." (Pelzer, 1995, p. 101)

However, due to the character's powerless position, this anger turns inward and evolves into self-loathing:

"What I hate the most is actually myself. More and more, I believe that everything that happens to me or happens around me is the result of my own mistakes because I let it all go on for so long." And "I never had the courage to fight that bitch, so I knew I should accept everything that happened to me." (Pelzer, 1995, p. 103)

These findings confirm Jung's (1959) argument that the shadow is formed through unresolved emotional conflict and becomes a dominant force shaping behavior and self-perception. The findings indicate that prolonged abuse significantly contributes to the formation of the shadow. According to Carl Jung (1959), the shadow consists of repressed emotions and experiences stored in the unconscious. In Dave's case, this is reflected through five dominant emotional dimensions: shame, guilt, inferiority, anger, and self-loathing.

Early Signs of Resilience in A Child Called "It"

Despite experiencing severe abuse, the findings reveal early signs of resilience as a survival mechanism. From a Jungian perspective, the ego may gradually strengthen through confrontation with the shadow (Jung, 1959). One of the clearest indicators of resilience is the main character's determination to survive:

"Mom can beat me all she wants, but I won't let her beat my will to survive." (Pelzer, 1995, p. 5)

This statement reflects the emergence of ego strength, where the character resists psychological collapse despite continuous trauma. Resilience is also evident in the character's cognitive and strategic adaptation:

"I took advantage of that narrow moment to grab my clothes and ran quickly to the basement where I quickly put my clothes back on. I stood leaning against the wall. I sobbed, but soon realized that I had defeated Mom. I had managed to buy myself some precious time. I had used my brain to survive. For the first time I had won!" (Pelzer, 1995, p. 34)

This demonstrates the ability to think critically and respond adaptively to danger. Furthermore, emotional regulation is shown when the character suppresses his reactions:

"In the cold atmosphere of the basement, my whole body shivered with anger as well as extreme fear. I licked my burns to ease the pain in my arm. I wanted to scream, but I was determined not to give Mom the pleasure of hearing my cries. I stood strong." (Pelzer, 1995, p. 35)

These findings indicate that resilience initially emerges as a survival strategy, characterized by determination, emotional control, and adaptive thinking. This stage reflects the early development of psychological strength in response to prolonged trauma.

The Role of Resilience in Dave's Individuation Process

The findings further show that resilience develops beyond survival and becomes part of the individuation process, particularly in *The Lost Boy*. From a Jungian perspective, individuation involves the integration of unconscious elements into consciousness, leading to psychological wholeness (Jung, 1958; 1968).

Awareness of the Shadow

The process begins with increased self-awareness, as the main character starts to reconstruct his identity:

"I started to feel confident. I am a person. I'm just like everyone else, I said to myself. Even my body started to feel more comfortable. I no longer felt afraid. That was the moment when I felt I could enjoy things naturally." (Pelzer, 1997, p. 49)

This reflects the recognition of self-worth and the beginning of psychological recovery. It indicates the early stage of individuation, where the individual becomes aware of previously repressed experiences.

Integration of Shadow Elements

The next stage involves managing and integrating past trauma as part of the psychological transformation process. From a Jungian perspective, this stage requires individuals to confront and acknowledge previously suppressed experiences rather than avoid them. Jung (1959/1969) explains that integrating the shadow means bringing hidden emotions and painful memories into conscious awareness, allowing individuals to better understand themselves. This process develops gradually, as individuals begin to regulate their emotions and reinterpret their past in a more constructive way. At this point, trauma is no longer seen only as a source of suffering, but as part of personal development. The ability to manage these experiences reflects the strengthening of the ego and the emergence of more adaptive coping strategies, which contribute to the formation of resilience. This condition can be seen in the following excerpt:

"Through the "miracle" of social services and the justice system I was given a new chance to move on with my life in a better way. As much as possible I tried to put a lid on my past, burying all the bad experiences-as if I had pressed the button to turn off my entire past." (Pelzer, 1997, p. 77)

This shows the character's effort to regulate emotions and cope with traumatic memories. Additionally, a supportive environment contributes to this process:

"The time I spent living in Duinsmoore was the best of my teenage years." (Pelzer, 1997, p. 273)

This statement suggests that resilience develops not only from inner strength, but also through the influence of external support. A safe and caring environment can provide emotional stability, a sense of acceptance, and opportunities for personal growth. Through supportive relationships, the individual gradually rebuilds self-confidence and begins to see themselves in a more positive way. In this way, external support does not replace internal strength, but rather strengthens it, helping the individual adapt more effectively and continue the process of psychological transformation.

Individuation and Wholeness

In the final stage, the process of individuation becomes more apparent as the character gradually develops a more integrated and stable sense of identity. From a Jungian perspective, this stage reflects the unification of previously fragmented aspects of the self, including the conscious and unconscious elements that have been shaped by past experiences. Rather than being dominated by trauma, the character begins to understand and accept these experiences as part of personal development. This integration allows the individual to move beyond inner conflict and develop a clearer sense of self-awareness and direction. This transformation is reflected in the following excerpt:

"I opened my eyes for the first time as a man named David." (Pelzer, 1997, p. 294)

This reflects a transformation from a victim identity into a self-aware individual. The character is no longer defined by trauma but is able to construct a new sense of self. These findings demonstrate that

resilience evolves from a survival mechanism into a process of psychological growth, where the interaction between shadow and individuation leads to identity reconstruction and self-realization.

DISCUSSION

The findings of this study show that the psychological transformation of the main character can be understood as a continuous interaction between trauma, the shadow, and the process of individuation, as explained in Carl Jung's analytical psychology. The prolonged experience of physical and emotional abuse plays an important role in shaping the shadow, which includes repressed emotions such as shame, guilt, anger, and feelings of inferiority (Jung, 1959). Because these emotions cannot be expressed openly, they are pushed into the unconscious and gradually influence how the character sees himself and responds to his environment. This condition supports Jung's view that the shadow represents hidden aspects of the personality that need to be acknowledged in order to reach deeper self-understanding.

In addition, the findings suggest that the emergence of resilience is closely connected to the interaction between the ego and the shadow. Although Jung does not directly define resilience, his concept of ego development helps explain this process. Jung (1959) argues that the ego can become stronger when individuals are forced to face internal conflicts. In this study, the main character's efforts to survive, regulate emotions, and think strategically indicate the early stages of this strengthening process. These responses show that resilience initially functions as a form of psychological protection, allowing the individual to endure prolonged trauma.

As the process continues, resilience develops beyond survival and becomes part of the individuation process. According to Jung (1966), individuation involves bringing unconscious elements into conscious awareness, leading to a more balanced and integrated personality. The transformation portrayed in *The Lost Boy* shows that the main character gradually reconstructs his identity, develops greater self-awareness, and learns to manage past emotional wounds more effectively. This shift reflects a movement from psychological fragmentation toward wholeness, where resilience acts as a bridge between traumatic experiences and personal growth.

Furthermore, the findings indicate that psychological transformation is influenced not only by internal processes but also by external conditions. While Jung mainly emphasizes inner transformation, this study shows that environmental support also plays an important role in shaping resilience and facilitating individuation. A safer and more supportive environment allows the main character to regulate emotions, rebuild self-worth, and develop a more stable identity. Therefore, resilience in this study can be understood as both an internal psychological process and a socially supported experience.

The findings of this study are in line with a number of previous studies that emphasize the significant impact of trauma and prolonged suffering on the psychological condition of the protagonist in the novels. Previous research has consistently shown that severe physical and emotional abuse may lead to deep psychological distress, identity disruption, and long-term emotional consequences. Studies on childhood trauma suggest that repeated exposure to violence can generate feelings such as fear, shame, and emotional instability, which gradually shape an individual's sense of self (Luthar et al., 2000; Masten, 2014). In literary contexts, trauma is also frequently positioned as a central element that influences character development and internal conflict.

However, rather than viewing trauma solely as a source of psychological damage, this study offers a different perspective by focusing on resilience as a process of psychological transformation. While previous studies tend to emphasize external dimensions such as social conditions or representations of suffering, the present study highlights the internal psychological mechanisms that enable the character to survive and develop. By applying Jung's analytical psychology, this study demonstrates that resilience emerges through the interaction between conscious awareness and unconscious elements, particularly through the processes of confronting the shadow and moving toward individuation (Jung, 1959, 1966). This perspective allows for a deeper understanding of resilience, not merely as a response to adversity, but as a continuous process of internal growth, emotional regulation, and identity reconstruction.

In addition to these points, a clearer distinction can be seen in how this study approaches resilience. While earlier studies tend to focus more on external aspects, such as social conditions, trauma representation, and their impact on identity (Luthar et al., 2000; Masten, 2014; Ungar, 2012), the present study shifts the attention toward the transformation of internal psychological processes. By applying Jungian theory, this study shows that resilience is not merely about surviving difficult experiences, but also involves a deeper process of confronting and integrating unconscious elements, which gradually leads to the development of self-awareness (Jung, 1959, 1966). In this way, the study extends previous

research by presenting resilience as a dynamic and transformative psychological process rather than a fixed outcome of adversity.

Despite its contributions, this study also has several limitations that need to be acknowledged. The analysis is limited to two autobiographical novels, which means the findings may not fully represent the broader variations of resilience portrayed in other literary works or genres. In addition, this study relies primarily on Carl Jung's analytical psychology, particularly the concepts of shadow and individuation, which may narrow the interpretation by not incorporating alternative theoretical perspectives that could offer different insights into resilience. The use of a qualitative, text-based approach also allows for in-depth interpretation, but at the same time opens the possibility of subjective bias in analyzing the character's psychological experiences. Considering these limitations, future research is encouraged to adopt a wider scope by exploring resilience through different theoretical frameworks, such as trauma theory, psychoanalysis, or social psychology, in order to provide more diverse and complementary perspectives. Further studies may also examine a broader range of literary texts or include comparisons across authors and contexts, which could enrich the understanding of how resilience is constructed and represented. Expanding both the theoretical and textual scope would ultimately contribute to a more comprehensive and balanced understanding of resilience in literary studies.

CONCLUSION

The findings of this study reveal that resilience is represented through the psychological development of the main character in *A Child Called "It"* and *The Lost Boy*, as shaped by the interaction between trauma, the shadow, and the process of individuation within Carl Jung's Analytical Psychology. The emergence of the shadow is reflected in dominant emotional experiences such as shame, guilt, inferiority, anger, and self-loathing, which are formed through prolonged abuse. In response to these internal conflicts, resilience initially appears as a survival mechanism, demonstrated through the character's determination to endure suffering, regulate emotions, and develop adaptive strategies. This indicates the strengthening of the ego in confronting the shadow.

Furthermore, resilience develops into a more advanced psychological process aligned with individuation, in which the main character gradually achieves self-awareness, emotional balance, and identity reconstruction. This transformation shows that resilience is not merely the ability to survive adversity, but a dynamic and transformative process that enables the integration of unconscious elements into a more complete and self-aware identity. Therefore, this study confirms that resilience is constructed through the interaction between internal psychological processes and traumatic experiences, contributing to both theoretical and practical understandings of psychological development in literary studies.

ACKNOWLEDGMENTS

The author would like to express sincere gratitude to all supervisors and academic contributors for their valuable guidance, constructive feedback, and continuous support throughout the completion of this study. Their insightful comments and encouragement have greatly contributed to the improvement of this research. The author also acknowledges all researchers and institutions whose previous works and academic resources have provided essential references for this study. Appreciation is further extended to those who offered technical assistance and scholarly suggestions that enhanced the clarity and quality of this manuscript.

COMPETING INTERESTS

The authors declare that they have no competing interests.

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