

The Individuation Process Depicted in Matt Haig's *The Midnight Library* (2020)

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Abstrak

Pertumbuhan psikologis menjadi kebutuhan esensial untuk mencapai kualitas hidup yang lebih baik. Usaha untuk mencapai keutuhan dan keaslian adalah individuasi. Penelitian ini mengkaji proses individuasi yang digambarkan oleh Nora Seed di *The Midnight Library* (2020). Penelitian menggunakan konsep Carl Jung individuasi dengan menekankan pada peran personal unconscious dan arketipe. Permasalahan psikologis tokoh utama adalah keputusan. Individuasi memainkan tahapan integrasi dengan menjelajahi ketidaksadaran, menghapuskan persona, menerima shadow, dan mengakui animus. Pada akhirnya, temuan mengungkap bagaimana proses individuasi Nora Seed di *The Midnight Library* dapat menciptakan pertumbuhan psikologis dari keputusan hingga keutuhan dan keaslian.

Kata Kunci: *Individuasi, Pertumbuhan Psikologis, Keputusan, Keutuhan, Keaslian*

Abstract

Psychological growth becomes an essential need to achieve a better quality of life. The way to achieve wholeness and authenticity is individuation. This research examines the individuation process described by Nora Seed in *The Midnight Library* (2020). The study uses Carl Jung's concept of individuation by emphasizing the role of the personal unconscious and archetypes. The psychological problem of the protagonist's character is despair. Individuation plays the stages of integration by exploring the unconscious, unmasking the persona, accepting the shadow, and acknowledging the animus. Finally, the findings reveal how Nora Seed's individuation process in *The Midnight Library* can reveal psychological growth from despair to wholeness and authenticity.

Keywords: *Individuation, Psychological Growth, Despair, Wholeness, Authenticity*

INTRODUCTION

Individuation plays an important role in human development. During life, humans face various experiences that influence the formation of personality. Every human has unconscious or repressed problems that impact the quality of life. Human personalities, such as behavior, thoughts, and emotions, are the result of past events (Stein, 2012). The process of individuation can bring humans to achieve wholeness and authenticity. Individuals who experience wholeness will have harmony in their thoughts, feelings, and actions. Meanwhile, authenticity represents humans living with their identity (Papadopoulos, 2006). Unfortunately, not all individuals undergo self-realization. This condition affects individual instability, which underlies mental barriers and social interactions, such as desperation.

Despair is an emotional condition characterized by the inability to perceive life in the future (Grunthaler, 2013). It happens due to several factors, such as failure, loss, and dissatisfaction. According to (George et al., 2023), the US holds a high contribution to the increase in

despair due to poor community ties and social structures, increasing feelings of loneliness and isolation. Apart from that, the main cause of individuals experiencing despair is a lack of understanding of themselves, including who they are and what they want (Kwong, 2024). Thus, despair often accompanies a loss of control that can affect psychological well-being. Sadly, this condition drives individuals to attempt suicide. Therefore, the strategy for dealing with self-problems, including creating wholeness and authenticity, is the process of individuation.

Jung stated that uncovering human personality or individuation requires long stages. The goal of individuation is to achieve self-realization (Khadiri et al., 2022). In individuation, humans need to understand aspects of personality to achieve actual identity. The individuation process traces an individual's journey to understand various conflicting psychic contents and integrate them into a unity. Jung revealed the aspects of personality or psyche that contribute to the search for the meaning of life, namely conscious, personal unconscious, collective unconscious, and archetype (Schultz & Schultz, 2017, p.87). This process involves two opposing

personalities: conscious and unconscious. The conscious acts as psychic content that connects with the ego, while the unconscious contains personal experiences and archetypes (Feist & Feist, 2008). During individuation, humans explore hidden or forgotten parts of themselves and create harmony in their personalities. This involves discovering personal values, life purpose, and existential meaning that help the individual process toward wholeness.

The journey of the protagonist, Nora Seed, is portrayed in a complex manner. Nora's life is full of mental and emotional obstacles. The personal problem that affects Nora is despair, which leads to losing herself. Nora fails to understand who she is and what she wants, resulting in suicidal thoughts. As Jung stated, individual problems are caused by a lack of self-awareness and self-acceptance (Jung, 2014). In addition, the present picture of human personality is a collection of events from childhood (Stein, 2012). This can be seen from Nora's childhood experience of not having the opportunity to live according to her desires. Her life choices are based on others' desires in the hope of gaining recognition and love. Moreover, Nora tends to suppress emotions caused by failure and loss. The dissatisfaction in her life shapes Nora's psychological, which is full of despair.

Nora Seed's existence is characterized by despair, where her efforts are not recognized and affect her understanding of life. Nora's journey turns when she encounters the Midnight Library, a metaphorical place that offers an alternative life. Through this experience, Nora embarks on a journey of individuation, exploring her conscious and subconscious. The core of this process is the integration of archetypes such as persona, shadow, anima, and animus (Schultz & Schultz, 2017). The persona represents Nora's search for true identity (Jung, 2014, CW6), while the shadow reveals potential and desire (Jung, 2014, CW9). Animus reveals Nora's development of masculine side, which focuses on the man of meaning and word (Jung, 1988). As Nora navigates deeply, she gains clarity on who she is and what she wants. However, to achieve personal fulfillment, Nora requires integrating these conscious and unconscious aspects to achieve psychological wholeness.

Wholeness in human psychology signifies the harmonious integration of conflicting psychological content (Papadopoulos, 2006). Nora Seed's journey toward self-fulfillment involves integrating insights from different archetypes into a cohesive whole. This transformative process occurs through exploring the unconscious, unmasking the persona, embracing the shadow, and acknowledging the animus (Schultz & Schultz, 2017). This allows Nora to reconcile unconscious

and repressed aspects, encouraging profound psychological growth and development.

Several previous studies have examined related topics. (Akam & Yahya, 2018), examined *Shadow and Individuation in Tunku Halim's "A Sister's Tale"*. This study reveals the individuation process of the main character, Jessica, who tries to understand herself through the concept of shadow. Jessica experiences feelings of guilt due to an accidental event in the past that led to the death of her brother. According to Jungian psychology, the study found that Jessica failed to confront and integrate her shadow, hindering her individuation process and causing unresolved internal conflicts.

Secondly, (Depci & Erkin, 2021) explored *the process of individuation and the shadow in Murakami Haruki's "Dance Dance Dance."* This study investigated the evolution of individuation through a unique perspective. Drawing on Jungian and Lacanian psychoanalytic theories, the researchers utilized the concepts of petit object and shadow to illuminate the protagonist's quest for identity. Through a qualitative descriptive analysis, the study revealed that Lacan's concept assisted Kiki in recognizing the fragmented and missing aspects of petit objects. Additionally, Jung's framework guided Kiki in achieving integration by delving into the realm of the shadow. Finally, the main character's journey of individuation culminated in attaining completeness.

There is a gap between the previous two studies and the present study. The first previous study used Jungian theory to investigate the stages of individuation, focusing on the shadow archetype. Then, the second previous study applied Jungian and Lacan's theories to uncover the individuation process emphasizing the shadow and petit object. While the present study uses Jungian individuation through the contribution of all archetypes. Furthermore, the first previous study aimed to integrate feelings of guilt, whereas the present study addresses feelings of despair. Finally, the second previous study and the present study successfully integrated aspects of individuation, but the first previous study failed to achieve individuation.

This research discusses Nora Seed's self-realization in *The Midnight Library* novel to overcome despair. This research identifies Nora's problems through Jung's personality aspects, which include the personal unconscious, persona, and shadow. Furthermore, this study analyzes the process of integrating archetype findings through the stages of individuation. The object of this research is *The Midnight Library* novel. The researcher will focus on Nora Seed's communication, behavior, and thoughts, which show the phases of despair and acceptance in individuation. This research is limited to Jung's analytical psychology concept of individuation.

Therefore, this study examines how Nora Seed's individuation process achieves psychological growth from desperation to wholeness and authenticity.

METHODOLOGY

This study applied the Jungian individuation approach to examine Nora Seed's psychological growth from despair to wholeness and authenticity. The primary source of the research was Matt Haig's *The Midnight Library*. The researcher conducted an in-depth understanding of *The Midnight Library* novel, highlighting sentences related to Jung's concept of individuation, both from dialog and monologue. Additionally, the researcher included secondary data from books, scientific journals, and previous research to support the findings. These data were analyzed within the framework of individuation (2014) to examine the problem of protagonist character through the following stages: (1) identifying the role of the personal unconscious and archetypes in describing Nora Seed's despair, (2) uncovering the individuation process by integrating archetypal aspects to achieve wholeness and authenticity, (3) summarizing the findings to describe Nora Seed's psychological dynamics.

RESULT AND DISCUSSION

1. Nora Seed's despair through the role of the Unconscious

This section represents how the personal unconscious contributes to revealing Nora Seed's complexity in *The Midnight Library*. Human complexity contains unconscious emotions, memories, and thoughts that influence personality formation (Papadopoulos, 2006, p. 61). The personal unconscious describes Nora Seed's repetitive emotional experiences. Therefore, identifying the personal unconscious is an important step before beginning the individuation process, as it helps map Nora's traumatic experiences that shape despair.

Moreover, this analysis explores the role of archetypes that reflect Nora Seed's despair. These archetypes are represented in persona and shadow. The archetypal aspects play a major role in Nora's psychological journey to examine the hidden personality that inhibits individuation. Ultimately, this analysis guides the understanding of Nora's unconscious which shapes despair.

Personal Unconscious

The personal unconscious is the human experience that includes a complexity of unconscious content. This unconscious emerges from personal experiences that influence behavior, including traumas and emotions (Jung, 2014, CW7, p.101). In *The Midnight*

Library (2020), the personal unconscious reveals Nora Seed's experiences of incompleteness, loss, and failure. These conditions will underlie the formation of her psychological. Her main problem is despair because she does not know who she is and what she wants.

Nora's despair stems from her childhood of being emotionally incomplete. This experience resonates with Jung's unconscious, which highlights a collection of unwanted memories that affect her psychological well-being. Nora grew up in a disharmonious family and lacked affection from her parents. This disharmony caused Nora to internalize feelings of incompleteness. The situation is further apparent from her mother's attempt to correct Nora's ear imperfections, creating feelings of worthlessness.

"Nora dear, it's natural to worry about your future," said the librarian, Mrs. Elm, her eyes twinkling. "It was hard not to compare Mrs. Elm to her mother, who treated Nora like a mistake in need of correction. For example, when she was a baby mother had been so worried Nora's ear stuck out more than her right that she'd used sticky tape to address the situation, then disguised it beneath a woolen bonnet." (Haig, 2020:12)

Nora's mother tries to fix Nora's physical imperfections, such as using "sticky tape" to repair her asymmetrical ears, which represents a lack of acceptance. This behavior instills the perception of her flaws in Nora's subconscious. Conversely, Mrs. Elm offers emotional validation, providing the support that Nora lacks from her mother. When Nora feels anxious about her exams, Mrs. Elm reassures her, saying, "It is natural for you to worry about your future," giving Nora a sense of security and acceptance. The stark contrast between Mrs. Elm's support and her mother's rejection highlights the emotional impact on Nora's psyche. Consequently, the lack of acceptance from her mother causes an emotional void within Nora, fostering a feeling of incompleteness in her subconscious that leads to despair (Jung, 2014).

Then, life keeps bringing Nora to experiences of loss that shape her despair. One unexpected loss is the death of her beloved cat, Voltaire. Voltaire provides warmth and a sense of purpose amid her dark life. Nora's devastation is evident when her friend Ash informs her of Volt's death:

"Nora had a familiar sense of grief. Only the sertraline stopped her crying. Oh Volts. Oh no. Oh, God." (p.16)

Voltaire's death captures Nora's emotional suffering and severe mental health. The repetition of "Oh Volt. Oh no. Oh, God" emphasizes her shock and grief,

showing how deeply she is affected by the loss. Nora's mention of "*sertraline*," an antidepressant, reveals her struggle with depression and reliance on medication to manage her emotional responses. This reliance highlights how Nora represses emotional pain aligns with Jung's concept of the personal unconscious, which states that suppressing emotions inhibits psychological growth (Jung, 2014). Nora's acknowledgment of a "*familiar sense of grief*" suggests that her feelings of loss are recurrent and cumulative. Hence, Voltaire's death becomes a critical experience that creates Nora's despair, reflecting unresolved emotions in her unconscious and impacting her mental health.

Loss is always close to human life, and death is the most painful loss. Nora's grief is compounded by the death of her father, adding to her despair and complicating her search for stability. Nora's reaction to her father's sudden death highlights the impact of personal unconsciousness on her emotional state. Nora's initial shock and difficulty in processing the loss are captured in "*reality was too big to absorb*" (Haig, 2020:36). As she begins to come to terms with reality, she is overwhelmed by strong emotions, which are described as "*hitting hard and sideways*," indicating that her father's death has unearthed long-suppressed feelings in her unconscious. Conforming to Jung's concept of the personal unconscious, Nora's repressed memories and emotions create a dynamic interplay between the past and the present, resulting in complex emotions (Papadopoulos, 2006). Therefore, her father's death not only deepens Nora's grief but also brings unresolved emotions.

The personal unconscious is a reservoir that stores painful experiences, such as failures that influence Nora's despair (Jung, 2014, CW7). Nora initially planned to marry Dan, but her life changed after the death of her mother, plunging her into a psychological crisis that derailed her marriage. Nora describes her emotional state as "*chaotic*," highlighting her psychological instability and her struggle to regain control of her life. Nora attempts to alleviate her mental suffering by deciding to withdraw from the wedding. This action seeks to resolve the internal conflicts and repressed emotions in her subconscious. The wedding that initially symbolized happiness became uncertainty, making Nora "*loosen the ropes and free herself*." This action illustrates how the personal unconscious affects emotional responses (Jung, 2014, CW7). Nora's unresolved conflicts and repressed emotions shape her decisions. This vicious cycle highlights the profound influence of the personal unconscious on Nora's life, driving her further into despair.

Persona

According to Jungians, personas represent the social masks individuals adopt to conform to societal expectations and norms (Jung, 2014, CW6). Nora Seed reflects her persona through life choices that are influenced by the desires and expectations of others, masking her true self and leading to despair.

"The married life in the pub had been Dan's dream. The trip to Australia had been Izzy's dream, and her regret about not going had been a guilt for her best friend more than a sorrow for herself. The dream of her becoming a swimming champion belonged to her father. And okay, so it was true that she had been interested in the Arctic and being a glaciologist when she was younger, but that had been steered quite significantly by her chats with Mrs. Elm herself back in the school library. And The Labyrinths, well, that had always been her brother's dream." (p.137)

Nora prioritizes other people's wishes over her own, evident in her role as a loyal friend, "*The trip to Australia had been Izzy's dream*" (Haig, 2020:137), showing that the plan is essential to Izzy. Nora's regret is framed not in terms of missed opportunities or personal sorrow but rather as guilt for disappointing her best friend. This shows that Nora values Izzy's dreams and feels a great responsibility to her. Moreover, Nora's desire to become a glaciologist is shaped by her interactions with Mrs. Elm, as stated, "*but that had been steered quite significantly by her chats with Mrs. Elm*" (Haig, 2020:137), underlining that this role is shaped by external expectations rather than her true identity. These behaviors reflect Jung's idea that persona becomes a way of finding acceptance and validation from society (Jung, 2014, CW6).

Shadow

Nora Seed's shadow represents the unconscious personality as opposed to the persona (Jung, 2014, CW9). This archetype manifests Nora's repressed traits and deviates from societal expectations. Over her life, Nora experienced loss, failure, and feelings of incompleteness, which contributed to the creation of her shadow. Nora's shadow influencing despair is not understanding her identity, including who she is and what she wants.

"Nora was only able to think of herself in terms of the things she wasn't. The things she hadn't been able to become. And there were quite a lot of things she hadn't become. The regrets which were on permanent repeat in her mind. I haven't become an Olympic swimmer. I haven't become a glaciologist. I haven't become Dan's wife. I

haven't become a mother. I haven't become the lead singer of The Labyrinths..." (p.38-39)

Nora's dark side is seen in her limited understanding of herself, "*Nora can only think of herself in terms of things she wasn't,*" highlighting her dissatisfaction with herself. Moreover, Nora's problems with her identity are seen in how she perceives herself, especially in what she does not achieve, as seen in her regrets and unfulfilled aspirations. This self-perception is characterized by her focus on "*haven't*" roles, underscoring Nora's dissatisfaction and negative self-image, which shows her disconnection from her true desires. According to Jung, this misalignment between persona and shadow prevents Nora from integrating her unconscious desires into her conscious identity, perpetuating a sense of despair (Jung, 2014, CW9).

2. Nora Seed's Individuation Process

After examining Nora's despair through the unconscious and personal archetypes, this section explores her journey toward wholeness and authenticity through individuation. According to (Schultz and Schultz, 2017) and supported by the collected work (Jung, 2014), Nora reconciles her conscious and unconscious elements to create self-understanding and acceptance.

Exploring the Unconscious

The first stage of Nora Seed's individuation process involves exploring the unconscious through various alternative lives in the Midnight Library. Nora engages in active imagination by entering different lives (Jung, 2014, CW18). *Midnight Library* serves as a symbolic representation of Nora's unconscious. The library represents a realm where Nora can explore alternative existences, each offering a unique path toward achieving wholeness and authenticity.

"Between life and death there is a library," she said. 'And within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived. To see how things would be different if you had made other choices . . . Would you have done anything different, if you had the chance to undo your regrets?" (Haig, 2020:38)

Based on the evidence above, the midnight Library is a space where Nora explores various life scenarios, reflecting an active imagination process. As a projection of Nora's mind, the library allows her to interact with the possibilities hidden in her subconscious. The line "*Every book provides an opportunity to try another life you could live*" highlights the library's role as a tool for life experimentation. Each book serves as a portal to an

alternative life, allowing Nora to see how different choices may change her path. Thus, the library becomes a metaphorical place that connects the real world with alternative possibilities, reflecting the state between consciousness and unconsciousness. Through active imagination, Nora confronts her life choices, understands their consequences, and integrates these experiences into self-consciousness (Jung, 2014, CW18).

Within the library, Mrs. Elm plays an essential role as Nora's guide through her subconscious journey. Their interactions, such as Mrs. Elm's probing questions about Nora's identity and desires, such as "*Who is Nora Seed? And what does she want?"*" (Haig, 2020:203) encourage Nora to engage in deeper self-examination and personal growth.

Moreover, Nora's pleas to Mrs. Elm, "*Why can't you just give me a life you know is a good one?"*" underscores the library's function: "*The only way to learn is to live*" (Haig, 2020:203). This dialogue emphasizes the importance of experiential learning and self-discovery as the core of the active imagination, where individuals consciously explore their unconscious elements (Jung, 2014, CW18). Through Mrs. Elm's guidance at the Midnight Library, Nora navigates her existential exploration, integrating different aspects of her psyche and ultimately evolving toward psychological wholeness and authenticity.

Accepting The Dark Sides

Accepting the dark sides is an important stage in individuation because it depicts hidden aspects of the self (Jung, 2014, CW9, p.9). The shadow represents the unrecognized potential that is important to reveal as a sign of psychological growth. Nora Seed's journey involves accepting her dark side through the alternative lives she explores in the library. These lives come from choices she never made, which led her to moments of despair. Nora uses active imagination to embrace her shadow by exploring a life where she marries Dan and builds a pub.

"I regret being cruel to Dan.' 'I regret breaking up with Dan.' 'I regret not living in a country pub with Dan.'" (p.44)

"It was really happening. This was actually it. This was the pub life. This was the dream made reality." (p.51)

This life illustrates the dynamic between real and alternate lives in her relationship with Dan. In real life, Nora's decision not to marry Dan is a regret that haunts her as she says, "*I regret breaking up with Dan.*" This regret creates questions about her choices and fuels her imagination about what could have been. Constantly thinking about a happy marriage affects her decisions

because she wonders if she is missing out on true happiness. Meanwhile, in the alternative life, Nora gets a sense of the life she should have lived with Dan, *"This was the pub life."* This life leads Nora to confront her despair and see what her life would have been like if she had made different choices. Nora finds happiness in achieving her dreams with Dan, who helps her understand the part of her desires. Thus, the alternative life plays a role in helping Nora fulfil her desires.

Along the journey, Nora is faced with a different reality. Their life is entire of dissatisfaction. Nora finds that her marriage is not what she imagined. Dan has not changed from his habit of spending his days drinking alcohol. The life that they build together does not match Nora's expectations.

"You know, the pub. Before you had it. This is the life you dreamed of. You wanted me and you wanted this and yet you've been unfaithful and you drink like a fish and I think you only appreciate me when you don't have me, which is not a great trait to have. What about my dreams?" (p.63).

At this point, Nora goes through a realization process and begins to accept her dark side. There is a gap between her dreams and reality, as stated: *"You wanted me and you wanted this,"* which depicts Dan's wish for the life they planned together, including having a pub. However, Nora realizes the reality of her situation; she confronts Dan about his unfaithfulness and his excessive drinking. This confrontation reflects her recognition of the problem, contrasting with her initial dream. By voicing her dissatisfaction to Dan, *"I think you only appreciate me when you don't have me,"* Nora begins to appreciate her value. Then, she questions, *"What about my dreams?"* showing their relationship is not ideal. Nora recognizes that she does not prioritize her desires. Here, Nora faces her darker side: her frustrations, disappointments, and hidden needs, which help her recognize the value of her dreams.

"This was not the life she imagined it to be." (p.64)

Nora's acceptance that *"this is not the life she imagined"* marks a pivotal moment in her self-discovery. Her reflection on her marriage with Dan reveals that external circumstances, such as different life choices, do not always lead to the happiness she imagined. This realization resonates with Jung's concept of shadow as an archetype with negative effects, which creates a projection of the inner and outer worlds. In addition, Jung emphasized that confronting the shadow requires

awareness and courage, as it challenges the ego's desire to maintain a positive self-image (Jung, 2014, CW9, p. 8). Nora's journey mirrors this process as she uncovers her own shadow. By realizing that happiness is an individual responsibility, Nora begins to accept her shadow and integrate its hidden aspects. Accepting and harmonizing her shadow allows Nora to explore what she wants, an important step towards achieving wholeness and authenticity.

Unmasking The Persona

In achieving individuation, removing the persona is crucial to uncovering the authenticity of Nora Seed's role (Schultz & Schultz, 2017). Nora Seed experiences the transformative process of unmasking her persona through her role as Ash's wife and Molly's mother in *Midnight Library*. This role aligns with Nora's beliefs regarding society's perspective on the roles of mother and wife. Nora describes this life as *"It was an excess of good,"* where she finds fulfilment in her maternal and marital duties, accompanied by moments of *"joy, laughter, and love"* with Ash.

Despite the seeming perfection of this idealized life, Nora feels a deep sense of unoriginality and alienation, realizing that this life does not match her real life. She begins to see herself as an outsider observing rather than living her life to the fullest, a feeling reinforced by her metaphorical realizations of *"joining a movie halfway through"* and *"taking a book from the library"* (p. 233). This moment marks Nora's introspective journey, where she confronts the gap between society's expectations and her actual life, an essential step towards discovering her true self and reaching individuation.

A pivotal moment arrives when Nora discovers her true identity and experiences profound personal growth. Through transformative experiences, Nora changes her perspective and sees her past self as different from her present identity.

"And, for the first time, Nora worried about herself as if she was actually someone else. Not just another version of her but a different actual person. As though finally, through all the experiences of life she now had, she had become someone who pitied her former self. Not in self-pity because she was a different self now." (Haig, 2020:238).

This new perspective allows Nora to feel compassion towards her past self without resenting negative emotions. As expressed, *"for the first time, Nora worried about herself as if she were really someone else,"* marking a significant milestone where Nora sees herself not just as another version but as an individual who has

fundamentally changed. This transformation reflects Nora's journey towards self-understanding and acceptance. Nora's way of seeing herself externally underscores her growing awareness of the gap between her past and present selves. Nora's ability to empathize with her past struggles, described as *"someone who pities her former self,"* demonstrates her growth in embracing her past experiences with empathy and without self-judgment.

Finally, Nora Seed's journey in Midnight Library illustrates a pivotal realization that to achieve authenticity, she must let go of her persona. This decision marks an essential step in her individuation process, where she faces and embraces all aspects of herself, not just the idealized ones.

"She needed to see them. She knew she didn't have long. She could feel the Midnight Library waiting for her." (Haig, 2020:243).

Nora's determination to face her real life is summarized in her realization: *"She knew she didn't have long. She could feel the Midnight Library waiting for her."* This moving moment signifies her readiness to delve deeper into her authentic self. By choosing to leave her alternative life, Nora embarks on a quest to find what is truly important and fulfilling. Despite the emotional turmoil of separating from her family, this moment signifies Nora's profound evolution as she begins to pursue her authentic truth. Her transformative journey towards self-acceptance and understanding reflects Jung's principles, which emphasize the importance of letting go of persona to achieve psychological growth (Papadopoulos, 2006).

Acknowledging the Animus

Nora's journey in Midnight Library reaches the crucial individuation stage of recognizing animus, which Jung defined as the masculine aspect of women, including intellect, emotion, and spiritual power (Jung, 1988). In Nora's alternative life as a glaciologist, she embodies the integration of animus as a man of words and a man of meaning. The man-word aspect highlights Nora's intellectual prowess and effective communication skills.

"So, in this life, she was doing her bit to save the planet, or at least to monitor the steady devastation of the planet and alert people to the facts of the environmental crisis. That was potentially depressing but also a good and ultimately fulfilling thing to do, she imagined. There was purpose. There was meaning." (Haig, 2020:135)

Nora's commitment to her role as a glaciologist demonstrates intelligence in critical thinking and effective

communication. She engages in tasks demonstrating her intellectual prowess, such as *"monitor the steady devastation of the planet."* This role underscores Nora's proficiency in collecting and analyzing scientific data, allowing her to clearly articulate the *"facts of the environmental crisis"* to the public. Nora's ability to interpret complex information into understandable messages highlights her strong communication skills. Despite grappling with a troubling decline in environmental quality, Nora finds purpose and fulfilment in her endeavor. This action illustrates how Nora integrates her animus as a man of words, empowering her intellectually and communicatively, aligning with Jung's idea of animus development (Jung, 1988).

Moreover, Nora's journey towards an alternative life reaches a transformative point during her encounter with Bear, highlighting a significant change in her understanding of the value of life, aligning with Jung's idea of the man of meaning (Jung, 1988, p.191).

TAKE ME BACK! I DON'T WANT ADVENTURE! WHERE'S THE LIBRARY?! I WANT THE LIBRARY!"

"It wasn't the shock of having been close to death. It was the shock of realizing she actually wanted to live." (Haig, 2020:129)

Initially, Nora's desperation leads her to die, but facing a life-threatening situation with Bear prompts a change. Her instinctive reaction, *"BRING ME BACK!"* highlights her fear and aversion to danger. This moment transitions into a realization when she admits *"she actually wants to live."* This encounter marks Nora's emotional journey from a desire to escape life to understanding her worth and desire to live. Facing death gives her a new sense of the value of life, illustrating her movement from fear to a wise and thoughtful understanding of life's challenges. This transformation reflects Jungian principles, specifically meaningful human characteristics that embody spiritual wisdom and a deep understanding of life (Jung, 1988, p.191).

Becoming of The Self

The self signifies completing the individuation process, forming a complete individual (Schultz & Schultz, 2017). This journey involves integrating the conscious and unconscious aspects of one's personality. A true self marks successful individuation, which requires recognizing and integrating unconscious elements into conscious awareness. Jung described the self as a human formation characterized by wholeness and authenticity (Papadopoulos, 2006)

Wholeness results from individuation, integrating all aspects of personality into unity, representing the best development of human growth

(Papadopoulos, 2006). Nora Seed's journey in *The Midnight Library* involves failure and loss, leading to despair. Through individuation, she explores and confronts archetypes until she achieves wholeness characterized by a balance of thoughts, emotions, and desires (Papadopoulos, 2006)

"Yesterday I knew I had no future, and that it was impossible for me to accept my life as it is now. And yet today, that same messy life seems full of hope. Potential. The impossible, I suppose, happens via living." (p.260) *"Will my life be miraculously free from pain, despair, grief, heartbreak, hardship, loneliness, and depression? No. But do I want to live? Yes. Yes. A thousand times, yes."* (Haig, 2020:260)

This quote depicts Nora's transformation from despair to wholeness. Initially, she feels hopeless, *"Yesterday I knew I had no future,"* which indicates an imbalance between thoughts and reality. Nora's journey in the Midnight Library brings hope and potential, reflecting a balanced perspective on her future. Nora recognizes that her life will not be free of pain and challenges, but she affirms her desire to live: *"But do I want to live? Yes. Yes. A thousand times, yes."* This highlights her emotional growth and acceptance of reality. Nora discovers her true self through individuation, allowing her to face life equanimity.

Authenticity involves being true to oneself without seeking validation from others, fully embracing one's strengths, weaknesses, dreams, and personal values (Papadopoulos, 2006). In *The Midnight Library*, Nora Seed's journey illustrates her transformation into an authentic individual who understands and accepts herself, free from the expectations of others.

"And it was different because she no longer felt she was there simply to serve the dreams of other people. She no longer felt like she had to find some fulfillment as some imaginary perfect daughter or sister or partner or wife or mother or employee or anything other than a human being, orbiting her own purpose, and answerable to herself." (Haig, 2020:266)

Nora Seed gained a new understanding of life and her role. Previously, her identity was shaped by the roles and expectations of others-whether as a successful person, a perfect spouse, or a dedicated employee. Nora felt compelled to fulfil external demands that distanced her from her true desires and identity. However, after her journey through an alternative life, Nora experienced a significant change. *"she no longer felt she was there simply to serve the dreams of other people,"* which signaled her detachment from social roles. Nora realized that true

happiness comes from living authentically and pursuing her goals. This transformation is evident when Nora begins to be *"answerable to others,"* representing the individuation and integration of her entire personality. By *"orbiting on her purpose,"* she frees herself from the need for external validation and begins accepting her meaning and life path. This shift signifies her journey towards self-acceptance and authenticity.

CONCLUSION

Nora Seed's Individuation Process in *The Midnight Library* goes with Carl Jung's concept. The discussion analyzes how individuation develops her psychologically from despair to wholeness and authenticity. This research highlights the role of the personal unconscious, archetypes, and stages of individuation in achieving successful individuation.

The application of Carl Jung's concept identifies the personal unconscious and archetypes that shape Nora Seed's despair. Jung highlighted that the personal unconscious is a repressed painful experience that occurs repeatedly. The researcher found that the complexities contributing to Nora's despair were incompleteness, loss, and failure. Furthermore, archetypes explore the unconscious aspects that influence despair. Persona describes Nora's characteristic of prioritizing others and ignoring her desires. Shadow underscores Nora's loss of identity, evidenced by her confusion over who she is and what she wants. The personal unconscious and archetypes produce findings that help Nora integrate aspects of consciousness and unconsciousness through the stages of individuation.

The way to achieve wholeness and authenticity is to confront the archetypal aspects through the stages of individuation. Individuation is a long process as it balances both aspects of human personality: the conscious and the unconscious. The stages of individuation mark Nora Seed's psychological development. In the beginning, Nora explores the opportunities she does not have through an alternative life at *The Midnight Library*. The active imagination method helps Nora to explore life in multiple realities. The shadow acceptance stage reflects Nora's realization of her potential and desire for worthiness in life. At the persona elimination stage, through her role as a mother and wife, Nora fully accepts herself and releases her society-bound desires. Then, the stage of acknowledging animus helps Nora to create intellectual awareness and understanding of life decisions. The most crucial stage is The Self, which signifies the formation of wholeness and authenticity. Finally, Nora Seed successfully undergoes the individuation process.

Individuation develops Nora's personality into wholeness and authenticity. The transformation of wholeness manifests Nora's belief in hope in the future. Nora can have harmony between thoughts, emotions, and desires. Significant transformation creates acceptance and forgiveness of the past. Moreover, Authenticity also marks Nora's personality development. Nora comes with a new understanding of her identity. This growth underscores an awareness of value and sees happiness as her responsibility. The essential moment proves that Jung's individuation can produce human growth.

SUGGESTION

The researcher proposes future research interested in *The Midnight Library*. The researcher limits this discussion to the individuation process experienced by the protagonist character, Nora Seed, from despair to wholeness and authenticity. Future research can examine individuation by emphasizing the analysis of other characters with a problem focus, such as inner conflict. Besides, this study emphasizes on the contribution of personal unconscious and archetypes to identify despair and the integrating stage of individuation to create wholeness and authenticity. Thus, future research can focus on specific archetypes to reveal individuation. Furthermore, the researcher emphasized this analysis on human growth. The researcher provides recommendations for research that has the same focus on individual growth, further research can examine the development of individual personality through the lens of introverts and extroverts. These suggestions lead to the development of literature, especially on the novel *The Midnight Library* and individuation.

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