

**The Role of Family in
Schizophrenia Relapse Reflected
in ‘Everything Here Is Beautiful’**

P-ISSN 2721-1096

E-ISSN 2721-1916

Firza Tegar Febrian

Universitas Negeri Semarang, Semarang, Indonesia

Thohiriyah

Universitas Negeri Semarang, Semarang, Indonesia

Abstract

Everything Here is beautiful is a novel by Mira T. Lee, which portrays Lucia, a Chinese – American who struggles with schizophrenia. Through this novel, Mira T. Lee vividly portray the immense struggle of living with schizophrenia and the challenges of leading an everyday life. Schizophrenia is a complex mental disorder that requires the family's role in providing support and treatment. By using Sigmund Freud's theory of the unconscious mind, this study aims to emphasize the crucial role of family dynamics in shaping the condition of individuals with schizophrenia. The article employs a qualitative approach to conduct an in-depth analysis of the dynamics of the id, Ego, and Superego in order to reveal the relapse of the schizophrenia condition experienced by Lucia. The findings show that dysfunctional family dynamics can trigger an identity crisis, which in turn exacerbates schizophrenia symptoms such as hallucinations, delusions, abnormal behavior, disorganized thinking, and emotional disturbances. The study provides a novel perspective on familial impact through literary character analysis.

Keywords

Chinese - American, Family Role, Identity Crisis, Schizophrenia, Unconscious Mind

Corresponding author:

Firza Tegar Febrian, Universitas Negeri Semarang, Semarang, Indonesia

Email: frztegar@gmail.com

INTRODUCTION

Social interaction is essential for every individual, as it fulfills social needs and supports overall growth and development. As inherently social beings, individuals need interaction with others to fulfill individual and collective needs (Prasetya & Thohiriyah, 2024; Putri Rachma & Alfina, 2023). Significant roles in life, such as family, friends, and partners, influence an individual's growth and development. As the first environmental factor in shaping human character from birth, family plays an important role (An et al., 2020; Sugiarti et al., 2022).

Subjective well-being (SWB) is a multifaceted psychological construct that encapsulates an individual's overall evaluation of their life quality, grounded fundamentally in their personal perceptions, emotions, and cognitive judgments. Unlike objective measures of well-being that rely on external indicators such as income, employment status, or physical health, SWB emphasizes the internal experience of life dissatisfaction and emotional balance, reflecting how people feel about their lives as a whole rather than just specific aspects. Consequently, SWB serves as a critical lens for understanding human happiness and mental health, offering valuable insights into how individuals interpret and react to their life conditions, which can vary widely even among people with similar external situations (Diener et al., 2018). Life dissatisfaction is one of the components of subjective well-being that aligns with Sigmund Freud's theory, particularly concerning thoughts, memories, and emotions that are disturbing or traumatic, which contribute to the formation of the unconscious mind. In many cases, traumatic experiences cause wounds that are not limited to the physical dimension but also leave lasting impacts on memory and the unconscious mind (Ningsih et al., 2023).

Sigmund Freud's theory of psychoanalysis (1920) is a cornerstone in psychology, highlighting how early childhood experiences and the unconscious mind play a crucial role in influencing a person's behavior. According to Freud, The id is the primal, unconscious part, driven by desires and impulses to satisfy oneself instantly based on the pleasure principle. The Ego acts as a rational aspect that mediates between the desires of the Id, the demands of external reality, and pressure from the Super-Ego, operating based on the reality principle. Meanwhile, the Super-Ego represents the internalized voice of parental values, caregivers, and social norms, functioning as a moral guardian that guides individual behavior (Kenny, 2016; Ramis et al., 2015).

The novel *Everything Here Is Beautiful* portray Lucia, a Chinese-American woman and the main character who struggles with schizophrenia. The novel highlights the internal conflicts between Lucia and her family. Through this narrative, the researcher will focus on Lucia's relationship with her family and the symptoms of her schizophrenia, aiming to demonstrate that Lucia's identity crisis contributes to the relapse of her mental illness. The researcher selected the novel *Everything Here Is Beautiful* as the research subject because schizophrenia and its familial implications have been explored in psychological and literary studies, while *Everything Here Is Beautiful* remains underexamined in academic discourse. Additionally, only one identified study

(Fattamubina & Prastiwi, 2022) employing Adler's Individual Psychological Approach to analyze Miranda's struggles. Notably, no studies have investigated the novel through Freud's unconscious mind theory to interrogate how familial dynamics contribute to schizophrenia relapse. Critical gap given the novel's emphasis on Lucia's deteriorating mental state amid strained family relationships.

This study pioneers a Freudian psychoanalytic reading of *Everything Here Is Beautiful*, dissecting Lucia's relapse through the dynamics of the id, ego, and superego to reveal how dysfunctional family interactions exacerbate her symptoms (e.g., hallucinations, emotional disturbances). By linking literary analysis to clinical insights on schizophrenia relapse, the study underscores literature's capacity to illuminate real-world mental health challenges, offering a framework for future research on familial impacts in psychiatric narratives.

This study aims to (1.) Examine how familial relationships in the novel trigger Lucia's schizophrenia relapse, as reflected in her unconscious conflicts. (2.) Analyze the role of family support (or its absence) in treatment adherence and mental health stability, using Freud's model to decode Lucia's behavioral relapse. The findings of this study provide a novel perspective on examining the familial influence on schizophrenia through the lens of literary character analysis.

LITERATURE REVIEW

In literature, psychology serves as a distinct genre known as psychological fiction. This genre focuses on portraying the mental and emotional development of characters within a literary work, particularly in novels. According to Ratna, N. K. (2011) the focus of literary psychology lies in the psychological aspects of fictional characters within literary works (Sekarsari, 2022). *Everything Here is Beautiful* is one of the novels in the psychological fiction genre. Focusing on Lucia, one of the main characters who suffers from schizophrenia, the novel primarily explores how family role affect the relapse of schizophrenia she experiences throughout her life. The rise of psychological fiction as a literary genre has influenced the use of psychological theories as a lens to analyze the psychological elements present in literary works. This approach is no longer limited to psychological fiction but extends to nearly all genres of literature.

The most renowned and frequently used psychological theory for analyzing psychological aspects in literary works is Sigmund Freud's psychoanalytic theory. Sigmund Freud's theory is considered highly revolutionary and has been widely accepted as a foundational framework (Suntoro et al., 2024). This theory proposed that the unconscious mind acts as a "repository" for psychological conflicts, unresolved emotions, and repressed memories, which, though hidden, continually shape an individual's thoughts, feelings, and actions in daily life. Freud revealed that the unconscious mind is a place where we store emotions, thoughts, impulses, and memories that we are unaware of, including elements that are difficult to bring into conscious awareness, such as instincts, desires, emotions, and traumatic memories (Jelena Jening & Ediyono, 2023; Suntoro et al., 2024).

Within the framework of this article, the family serves as an independent variable (predictor), impacting Lucia's schizophrenia, which functions as the dependent variable (response), ultimately contributing to her deterioration.

Various factors, including external aspects such as family environment and internal elements, influence an individual's behavior. In their study, Fattamubina and Prastiwi (2022) applied Alfred Adler's theory to identify six factors affecting human behavior, one of which is the individual's style of life (Fattamubina & Prastiwi, 2022). The research used the novel *Everything Here is Beautiful* as its subject, analyzing Miranda's perspective, particularly her efforts to support Lucia, who has a mental illness. However, the study did not investigate how Miranda's lifestyle was shaped, leading to her observed behavior. Therefore, this study aims to further explore the formative factors of lifestyle, particularly the role of family, especially in individuals with mental disorders, by analyzing the perspective of the character Lucia in the same novel.

This study reveals that family dynamics can significantly influence relapse of schizophrenia condition. In the novel *Everything Here is Beautiful*, the protagonist Lucia experiences an identity crisis rooted in the conflict between her family's values (superego) and her desire for personal freedom (id). This internal struggle contributes to the worsening of her schizophrenic condition. Therefore, a psychoanalytic approach is essential in understanding the complex interplay between the id, ego, and superego, offering valuable insights into the unconscious mind and enriching the broader theoretical framework.

RESEARCH METHOD

This study employs a qualitative research method to explore the id, Ego, and Superego of the main character through family relationships and the identity crisis they experience, which ultimately leads to regression in schizophrenia.

In qualitative research, the process involves making systematic observations, followed by explaining, summarizing, analyzing, and interpreting the underlying meanings of the data (Mwansa et al., 2022). This research utilizes both primary and secondary data. The primary data is derived from the novel *Everything Here Is Beautiful* in phrases or sentences related to the psychological issues experienced by the main character. Secondary data is obtained from journal articles and books.

The data collection method involves: 1.) Conducting a close reading of the novel *Everything Here Is Beautiful*, 2.) Highlighting quotations that will be used as data, 3.) Presented in a table format to facilitate the data collection process. 4.) Analyze further using Sigmund Freud's psychoanalytic theory, particularly the concept of the unconscious mind, to explore the influence of family dynamics on the regression of schizophrenia through the lens of the id, Ego, and Superego.

The analysis focuses on interpreting the collected data to gain a deeper understanding of Lucia's mental illness and the role of her family as a contributing factor to the regression of her schizophrenia. The findings of this study are presented descriptively, reflecting the use of a qualitative approach.

FINDINGS AND DISCUSSION

The findings of this study underscore that family plays a central role in maintaining the mental health stability of individuals living with schizophrenia. Family plays a crucial role in preventing relapse among individuals with schizophrenia (Naeim & Rezaeisharif, 2021). This study reveals: 1.) Lucia's relationship with her family reflects complex dynamics that influence her emotional and psychological well-being 2.) Lucia's struggle with identity crisis stems from her unresolved search for self-identity and the weight of unmet expectations 3.) Lucia's schizophrenia symptoms exhibit signs of relapse, indicating a deterioration in her psychological state 4.) Lucia's characteristics demonstrate Subjective Well-Being (SWB) despite challenges.

Family Background: Relationship between Lucia and Family

Based on Sunshine Behavioral Health (2020), the term 'culture clash' was employed by a Chinese-American woman to describe the generational divide between herself and her China-raised parents. In a 2008 Journal of Ethnicity in Substance Use Disorder article, she articulated how her parents' traditional expectations, such as filial obedience and academic excellence, conflicted with her Westernized upbringing, creating tension between her Chinese heritage and American lifestyle (Sunshine Behavioral Health, 2020). Lucia, born into a Chinese immigrant family in America, faced cultural identity challenges from an early age. Her desire for freedom (id) often clashed with the traditional values instilled by her family (Superego).

In Chinese culture, deeply rooted values are passed down through generations, one of which is the concept of *Xiao* value. According to TAOTSM (2025), *Xiao* emphasizes a child's obligation to respect and care for aging parents and uphold the family's honor. Lucia's mother firmly upholds the value of *Xiao*, which often makes Lucia feel constrained and pressured by familial expectations (TAOTSM, 2025).

The family plays a crucial role as the primary foundation for shaping an individual's morals. A person's moral and psychological development is rooted in family, as parental upbringing profoundly shapes their character (Zola, 2018). Lucia's family parenting style falls under the Authoritarian type, a child-rearing approach that tends to restrict children's freedom in the expectation of ensuring absolute obedience to established rules. Authoritarian parenting is a child-rearing style that establishes clear boundaries and guidelines for children while demanding strict adherence to the established rules (Sari, 2019). Therefore, Lucia's relationship with her family, particularly with her mother, is often strained due to conflicting perspectives. Her mother expects Lucia to be an obedient child who upholds family values, while Lucia, who constantly yearns for freedom, tends to resist conforming to her "*mother's dismay*" (Lee, 2019, p. 5). Lucia desires to live on her terms, especially when making decisions and choosing partners without family interference. Although she is aware that her choices contradict her family's values, Lucia persists in pursuing them to achieve personal satisfaction and happiness.

The id operates according to the pleasure principle, compelling individuals to constantly seek pleasure and avoid pain. The existence of the id means every human being naturally strives to fulfill their desires, which can be understood as fundamental instinctual drives within human nature (Krisnanto et al., 2024). Lucia's actions indicate the dominance of her id, which drives her to seek freedom and instant gratification. Her efforts to break free from her family, such as disregarding family values, marrying and living far from home, and rejecting her sister's concern about her schizophrenia, demonstrate her desire to prove her independence. This aligns with Freud's view that the id is the source of selfish desires and impulsive actions to achieve immediate and uncompromising satisfaction. On the other hand, the cultural values and family expectations imposed on Lucia represent the Superego, which seeks to regulate and restrain her behavior. The primary function of the Superego is to regulate and restrain impulses from both the id and Ego that conflict with moral principles and prevailing societal norms (Very Angga et al., 2024).

In striving to achieve life goals, every individual develops a lifestyle. According to Alfred Adler's theory, lifestyle is one of the primary factors that shape and influence an individual's behavior (Fattamubina & Prastiwi, 2022; Maulani et al., 2019; Yulilla, 2017). Lucia's American lifestyle and her mother's Chinese values also contribute to their clashes. Her mother said, "*Lucia was different—restless, wild, born on American soil*" (Lee, 2019, p. 29) because she constantly disregards family values. Lucia is viewed as a failure by her mother because she could not live up to the family's expectations. Consequently, Lucia now holds a critical attitude toward her mother. The clash creates a serious dilemma for her, particularly because her cultural identity as an American complicates her willingness to follow her family's traditional expectations. The phrase 'American soil' uttered by Lucia's mother serves as a figurative expression, emphasizing how Lucia has fully assimilated into the American lifestyle to the point of neglecting her Chinese heritage. The author uses the phrase 'American soil' as a metaphor to highlight Lucia's cultural disconnect and inner conflict as she embraces an American lifestyle while drifting away from her roots. The conflict between Lucia's Id and her mother's Superego aligns with Sigmund Freud's theory, which states that the Id and Superego are in constant opposition as they represent two conflicting psychological forces within the human psyche. The pleasure principle drives the Id, while the Superego operates based on the morality principle (Aritonang & Heriyati, 2022). This conflict arises because the two have different goals, values, and mechanisms.

The Ego acts as a mediator, striving to balance the id and Superego. Individuals with strong egos who can balance the demands of the id and Superego demonstrate good psychological health by harmoniously integrating pleasure and morality principles (Waslam, 2017). Lucia's relationship with her mother is strained, and she desires the freedom to break away from her family by marrying and starting her own household. Even though Lucia still tries to meet her family's expectations by introducing her fiancé to "*mother, who was dying*" (Lee, 2019, p. 2). Lucia's Ego acts as a mediator between the demands of the id and the Superego. Lucia hopes that her fiancé will be accepted by her

mother, even though “*she did not seem quite satisfied*” (Lee, 2019, p. 3). Lucia's choice ultimately does not fully align with her family's expectations. Her prospective partner, Yonah, is Jewish and a divorcee with two children from his previous marriage. Lucia's mother holds the belief that Jewish people are aggressive and considers Yonah an unsuitable match due to his divorced status.

Identity Crisis: Lucia's Search for Self-Identity and Unmet Expectations

Self-identity is a form of self-understanding that defines one's true self through perspectives on orientation, personality, characteristics, roles, and life goals. Self-identity represents a conscious and consistent awareness of one's existence, encompassing recognizing and accepting personality traits, social roles, core values, and life aspirations (Renaninggalih et al., 2014). Individuals still in the process of finding their true selves can be described as experiencing an identity crisis. Individuals restricted from exploring different identities may experience role confusion, leading to uncertainty about their identity and sense of belonging, causing them to drift without purpose (Aziiz & Thohiriyah, 2024). According to Erikson, an identity crisis is a critical phase where individuals face the challenge of "Identity vs. Role Confusion." During this stage, resolving an identity crisis is essential for healthy development, as failing to establish a coherent sense of self can lead to confusion and hinder progression into later life stages (Salsabila, 2025).

The concept of identity crisis is closely linked to Sigmund Freud's theory of the Ego, a component that functions as the conscious mediator, responsible for reasoning, self-awareness, and adaptation to reality. The term 'identity' refers to ego identity. In simpler terms, individuals must seek rational answers to fundamental questions such as "Who am I?" and "What will I become?" as part of their identity formation process (Hidayah, 2016).

One of the causes of an identity crisis is environmental influence, particularly family dynamics, which can either shape or disrupt the formation of a person's self-identity. An individual's identity can develop through interactions and experiences within family and societal environments, where values, norms, and social relationships play a crucial role in shaping one's sense of self (Widodo & Putri, 2025). Family values are the primary factor behind Lucia's identity crisis. Her ego-driven attempt to balance the demands of the id and Superego failed, leaving her adrift in uncertainty about her self-identity. Lucia faces two forms of identity crisis: confusion over cultural identity and a struggle to find happiness in life. Lucia questions whether she should “*conduct one's life as a Chinese life instead of just a life?*” (Lee, 2019, p. 166). The excerpt shows that Lucia is experiencing an identity crisis over her cultural identity. Lucia's Ego attempts to mediate the conflict between her id and Superego. Her Superego asserts her identity as a Chinese descendant, while her id rebels against the enforced cultural performativity, craving the freedom to define herself beyond external constraints. Consequently, Lucia's Ego emerges by rationalizing that a universal human identity transcends cultural identity.

Through the Ego, Lucia experiences an identity crisis regarding her cultural identity background. Additionally, Lucia's identity crisis can be explored through the ID.

Happiness is a fundamental pursuit and the ultimate goal for everyone. Happiness is the goal of every individual's life, as it inherently arises when their desires are fulfilled (Ariska et al., 2020). Lucia's Id reflects a profound desire for freedom in living her life and triggers an identity crisis, leaving her perpetually confused in her attempt to define the true meaning of happiness by asking, "*Do you believe in happily ever after?*" (Lee, 2019, p. 7). Lucia, who always yearned for freedom, merely hoped to find happiness. However, her expectations starkly contrasted with the reality she faced. Lucia was perpetually plagued by misfortune and a life far removed from her dreams. Clear examples of the disparity between her hopes and reality include her desire for freedom, which her mother opposed as it clashed with family values. Though she eventually broke free by marrying Manny, their marriage was troubled and ended in divorce. Lucia later remarried Yonah, but this relationship was again met with family disapproval. Amidst all these life struggles, Lucia also had to battle the schizophrenia she suffered from. All of those signs in Lucia's life indicate that she is experiencing an existential crisis, which triggers relapse in her schizophrenic condition. A crisis can cause disorganization with the potential for either positive or negative outcomes, with the negative outcome leaving individuals in a worse state after the crisis (Fauziah & Hartanto, 2020). The identity crisis experienced by Lucia stems from her inner conflict, as she becomes a victim of her Ego.

Symptoms of Schizophrenia: Evidence of Relapse in Lucia's Condition

Schizophrenia is a mental disorder that causes disturbances in thought patterns, significantly affecting the sufferer's behavior. Schizophrenia is a chronic mental disorder characterized by cognitive and perceptual dysfunction, which significantly affects the thought patterns and psychological condition of sufferers (Mardiati et al., 2018; Tris et al., 2023; Indriani A et al., 2020). The most common symptoms experienced by people living with schizophrenia are hallucinations and holding false beliefs (delusions). Furthermore, schizophrenia is also characterized by other symptoms, such as disorganized thinking, abnormal motor behavior, and negative symptoms. Common symptoms of schizophrenia include: 1) hallucinations—perceiving non-existent sounds, sights, or sensations; 2) delusions, which are strong beliefs contradicting reality; 3) abnormal behavior; 4) disorganized speech marked by incoherence or irrelevance; and/or 5) emotional disturbances manifested through apathy or a mismatch between feelings and nonverbal cues like facial expressions or body language (Landra & Anggelina, 2022; Paramita dan Setyani Alfinuha et al., 2021; WHO 2019)

Hallucination is a psychiatric symptom characterized by false perceptions, causing sufferers to hear, see, smell, or experience sensations that have no basis in reality. Hallucination is a symptom of a mental disorder characterized by false sensory perceptions, where an individual experiences unreal sensations, such as hearing voices, seeing visions, or feeling touches, without any actual external stimuli (Mardiati et al.,

2018; Sutejo, 2018; Keliat, 2019). Lucia is experiencing schizophrenia symptoms, "*the serpents invaded my head after Essy was born*" (Lee, 2019, p. 155). exhibited as an auditory hallucination. The appearance of the Serpent after Lucia gives birth to Esperanza can be interpreted as a manifestation of the Superego, since "*the serpents whispered*" (Lee, 2019, p. 180) to Lucia, which constantly restricts Lucia's freedom. Previously, Lucia lived as an independent woman who deeply valued liberty (Id). Though she desired to build a family, the birth of her child revealed her unpreparedness to embrace maternal responsibilities. It triggers a conflict between her Id and Superego, resulting in profound anxiety. Within this psychological struggle, Lucia's anxiety reinforces the dominance of her Superego over her Id and Ego.

Delusion is a firmly held belief by individuals with mental disorders, even though the belief is clearly irrational or contradicts reality. Delusion is a firm belief held by a person with schizophrenia despite being contrary to reality or widely accepted societal norms (Dewi & Sukmayanti, 2020). The serpents push Lucia to strive for perfection as a mother by whispering to her, "*If you touch your baby, she will die*" (Lee, 2019, p. 150), triggering irrational and excessive guilt and fear, causing Lucia to develop delusions, believing that her touch could kill her baby. Based on Alistair Munro's (1999) theory of delusions, Lucia's condition falls under persecutory delusion, a type of delusion where the sufferer believes they or their loved ones are being persecuted or targeted for harm. Key manifestations include panic-driven behavior, excessive anxiety, deep-seated paranoia, and even irrational or anarchic actions taken in the name of self-preservation or protecting others (Verens Jonathan, 2022; Munro, 1999). This occurs because Lucia's Superego has become overly dominant, causing her Ego to lose the ability to distinguish between reality and fantasy.

The id, Ego, and Superego must be balanced so that a person can effectively confront and resolve problems. If the id, Ego, and Superego do not function harmoniously, the main character will experience a psychological imbalance that hinders their ability to resolve conflicts (Mauludya et al., 2019). The imbalance between Lucia's id, Ego, and Superego worsened her condition, leading to abnormal behavior. Lucia's abnormal behavior was driven by her belief that she was a failure. As self-punishment, she "*gulped down half a bottle of laxative*" (Lee, 2019, p. 156). Her actions reflect the severity of her deteriorating mental state, as she consciously engaged in self-harm, a deliberate act of injuring oneself to cope with emotional distress without suicidal intent. Self-injury or self-harm refers to the deliberate act of hurting oneself without suicidal intent but rather as a coping mechanism to release overwhelming emotional pain when verbal expression feels impossible. (Zahro Romas, 2010; Hartanto 2010). Lucia experiences excessive anxiety due to an uncontrolled dominance of the Superego. As a result, her Ego fails to balance the id's impulsive demands, the Superego's moral constraints, and external reality. If the id, Ego, and Superego do not function harmoniously, the main character will experience internal conflict that hinders their ability to resolve problems (Mauludya et al., 2019). Therefore, the id drives Lucia to

escape her anxiety through self-harm as an instant solution. The magical belief stemming from her delusion leads her to act impulsively and irrationally.

Disorganized thinking and emotional disturbances are also among the symptoms of schizophrenia. Schizophrenia is a complex mental disorder marked by a range of symptoms, such as reduced emotional expression and cognitive impairments (Verma, 2023). Lucia's schizophrenia has worsened, leading to thought disorganization, where she believes she “*needs to devise a telepathic code*” (Lee, 2019, p. 159). This delusional conviction stems from her fantasy of possessing magical powers, including the ability to communicate mentally. The symptom arises from the dominance of the id—the primal instinct that seeks self-preservation through primitive defense mechanisms, such as constructing an imaginary coding system. Beyond cognitive impairments, Lucia displays significant emotional disturbances, most notably when she leaves her “*baby lying on the floor, naked and covered in shit*” (Lee, 2019, p. 70). Lucia's apathy reflects her inability to engage with her surroundings, while her extreme anxiety leaves her emotionally numb. Lucia's apathy is a response to the id's anxiety under pressure from the Superego.

Furthermore, the unchecked id drives Lucia to prioritize instinctual gratification, disregarding reality or moral obligations, including her role as a mother. The id is characterized by a lack of morality (amoral), as it cannot distinguish between good and evil. It is primitive, and all its energy is solely devoted to seeking pleasure without considering appropriateness or consequences (Semiun, 2006; Windasari, 2018).

The condition of individuals with schizophrenia can improve or worsen depending on their surrounding environment. This is because schizophrenia is a mental health disorder that requires strong support from close individuals, especially family members. In the context of mental illness, schizophrenia is one of the conditions that require active family involvement in the care and recovery process of the affected individual (Fattamubina & Prastiwi, 2022). Lucia's schizophrenia worsened due to her inability to accept and internalize the *Xiao* values instilled by her family. The family's expectations of Lucia were not reflected in her life, further straining their relationship. It triggers an internal conflict within her, leading to an identity crisis that causes relapse in her schizophrenic condition.

Lucia's Traits Reflecting Subjective Well-Being Amidst Struggles

Subjective Well-Being refers to an individual's assessment of their life satisfaction and perceived happiness, reflecting the extent to which their life is viewed positively from an emotional and psychological standpoint. Subjective well-being reflects an individual's holistic evaluation of their life, encompassing two key dimensions: (1) happiness, which involves positive emotional experiences and personal perceptions of one's life, and (2) life satisfaction, referring to a cognitive assessment of fulfilled expectations and acceptance of one's overall life circumstances (Compton, 2006; Mujamiasih et al., 2013; Diener et al., 2018).

According to Weinberger and Harrison (2011), people with mental disorders often experience a worse quality of life compared to those without mental health issues. Their condition may be more severe than patients suffering from physical illnesses (Daulay et al., 2021). Throughout her life, Lucia never experienced complete fulfillment due to her mental illness. Nevertheless, Lucia still finds happiness within herself and the support of those around her. Lucia experienced the family's satisfaction for successfully raising and nurturing her child, Esperanza, who *"just turned three years old"* (Lee, 2019, p. 204). Lucia's joy stems from the harmony between Lucia's id, Ego, and Superego. Her id is satisfied, and one of her deepest desires, building her own family, has been fulfilled. Meanwhile, her Superego takes pride in fulfilling a mother's responsibilities well. The alignment between the id's impulses and the Superego's moral standards allows her Ego to experience genuine happiness.

Lucia's pursuit of happiness reflects a psychological struggle deeply rooted in her unconscious desires. According to Freud, the id—as the most instinctual part of the psyche—seeks immediate gratification, and in Lucia's case, it relentlessly craved autonomy. Her decision to move to Ecuador, far from familial obligations, represents a moment of fulfillment: *"new breath, new earth, new air, new life"* (Lee, 2019, p. 202). This escape marked the temporary satisfaction of her id-driven desire for freedom. However, this fulfillment was not lasting; without the ego's mediating force, her liberation unraveled into instability. While her happiness aligns with the fulfillment-based model of subjective well-being (Ariska et al., 2020). Lucia's relapse suggests that unbalanced gratification—without regulation from the ego and superego—can undermine long-term well-being. Freud's structural model thus offers insight into how her unmanaged inner conflicts, shaped by strained family ties and suppressed trauma, eventually resurfaced as psychotic symptoms. Lucia's journey illustrates that sustainable well-being depends not just on fulfilling desires but on the ego's ability to harmonize competing psychic demands (Indira A'isyah & Agus, 2022).

CONCLUSION

In conclusion, this study reveals the dynamics of conflict within the familial relationships of Lucia, the protagonist of *Everything Here Is Beautiful*. By analyzing Lucia through the lens of Sigmund Freud's unconscious mind theory, the study identifies the central conflict stemming from the clash between Lucia's desire for freedom (id) and her family's restrictive values (Superego). Lucia's Ego fails to mediate this reality, triggering an identity crisis that exacerbates her schizophrenic symptoms, including hallucinations, delusions, abnormal behavior, disorganized thinking, and emotional instability. Despite her deteriorating condition, Lucia strives for Subjective Well-Being, reflecting her resilience in seeking meaning amid life's struggles.

Beyond its literary focus, this analysis underscores the potential of literature as a valuable lens for understanding mental health, particularly the psychosocial triggers of disorders like schizophrenia. It highlights how fictional narratives can mirror real-life psychological complexities, thereby enriching clinical perspectives and informing

therapeutic approaches. Furthermore, the study demonstrates how literature can be pedagogically integrated into psychology and counseling education, offering students a humanistic and empathetic framework for analyzing mental illness and the role of family dynamics in psychological resilience and relapse.

REFERENCES

- Akdeniz, C., Tost, H., & Meyer-Lindenberg, A. (2014). The neurobiology of social environmental risk for schizophrenia: An evolving research field. *Social Psychiatry and Psychiatric Epidemiology*, 49(4), 507–517. <https://doi.org/10.1007/s00127-014-0858-4>
- Ali, P., & Younas, A. (2021). Understanding and interpreting regression analysis. *Evidence-Based Nursing*, 24(4), 116–118. <https://doi.org/10.1136/ebnurs-2021-103425>
- An, E. M., Lee, S. J., & Chung, I. J. (2020). The effects of the stigma trajectory of adolescents in out-of-home care on self-esteem and antisocial behavior. *Children and Youth Services Review*, 116(June), 105167. <https://doi.org/10.1016/j.childyouth.2020.105167>
- Ariska, D., Situmorang, N. Z., Hanif, M., & Sulistiawan, A. (2020). Makna Kebahagiaan Pada Mahasiswa Perempuan Di Era Millennials. *Psikoislamedia : Jurnal Psikologi*, 5(1), 66. <https://doi.org/10.22373/psikoislamedia.v5i1.6290>
- Aritonang, A., & Heriyati, N. (2022). Pertentangan Id, Ego Dan Superego Dalam Pembentukan Karakter Tokoh Edmund Pada Film the Chronicles of Narnia: the Witch, the Lion and the Wardrobe. *MAHADAYA: Jurnal Bahasa, Sastra, Dan Budaya*, 2(1), 17–24. <https://doi.org/10.34010/mhd.v2i1.5412>
- Aziiz, P., & Thohiriyah. (2024). THE DEVELOPMENT OF PSYCHOSOCIAL CHARACTERISTICS IN JOHN STEINBECK'S "THE PEARL." *Philosophica: Jurnal Bahasa, Sastra, Dan Budaya*, 5(2), 99. <https://doi.org/10.35473/po.v5i2.1878>
- Citrasari, A. (2024). Manipulative and Possessive : Exposing Jacqueline de Bellefort ' s Character. *Journal of English Language Teaching and Literature (JELITA)*, 5(2), 346–363.
- Dani, M. (2024). Analisis Id Ego dan Super Ego pada Iklan Televisi Gojek Mempersalahkan: Cerdikiawan. *Abstrak : Jurnal Kajian Ilmu Seni, Media Dan Desain*, 1(3), 44–56. <https://doi.org/10.62383/abstrak.v1i3.272>
- Daulay, W., Wahyuni, S. E., & Nasution, M. L. (2021). Kualitas Hidup Orang dengan Gangguan Jiwa: Systematic Review. *Jurnal Keperawatan Jiwa (JIK): Persatuan Perawatan Nasional Indonesia*, 9(1), 187–196.
- Dewi, M. A. K., & Sukmayanti, L. M. K. (2020). Dukungan Sosial Dan Skizofrenia. *Psikobuletin: Buletin Ilmiah Psikologi*, 1(3), 178. <https://doi.org/10.24014/pib.v1i3.9919>
- Diener, E., Lucas, R. E., & Oishi, S. (2018). Advances and open questions in the science of subjective well-being. *Collabra: Psychology*, 4(1), 1–49. <https://doi.org/10.1525/collabra.115>
- Fattamubina, A., & Prastiwi, Y. (2022). Depiction Of Struggle By Miranda To Reach Lucia Against Mental Illness In Everything Here Is Beautiful. *Llt Journal: A Journal On Language And Language Learning*, 25(1), 132–148. [Http://E-Journal.Usd.Ac.Id/Index.Php/Llt](http://E-Journal.Usd.Ac.Id/Index.Php/Llt)
- Fauziah, M., & Hartanto, D. (2020). Profil Pengalaman Situasi Krisis Pada Mahasiswa.

- Prosiding Seminar & Lokakarya Nasional Bimbingan Dan Konseling*, 84–90.
- Getmanenko, I. A., & Trusova, A. V. (2019). Evolution of representations regarding family relations in the development and course of schizophrenia. *Counseling Psychology and Psychotherapy*, 27(1), 48–63. <https://doi.org/10.17759/cpp.2019270104>
- Goswami, A. (2018). Utilization of regression analysis in clinical research. *International Journal of Unani and Integrative Medicine*, 2(1), 01–05. <https://doi.org/10.33545/2616454x.2018.v2.i1a.15>
- Hartanto, N. W. (2010). Self injury ditinjau dari komunikasi interpersonal remaja dan orangtua.
- Hidayah, N. H. (2016). Krisis Identitas Diri Pada Remaja “Identity Crisis of Adolescents.” *Sulesana Volume*, 10, 49–62.
- Indira A’isyah, P., & Agus, R. (2022). Konflik Batin Tokoh Utama Dalam Novel Siddharta karya Hermann Hesse. *E-Journal Identitaet*, 11(2), 1–10.
- Jelena Jening, A., & Ediyono, S. (2023). PSIKOANALISIS; PIKIRAN BAWAH SADAR MANUSIA MENURUT FILSAFAT. *Asosiasi Hipnoterapi Klinis Indonesia*, January, 0–9. https://ahki.or.id/news/shownews/80_konseptualisasi_pikiran_bawah_sadar
- Kenny, D. (2016). *A brief history of psychoanalysis: From Freud to fantasy to folly*. pacja.org.au/2016/09/a-brief-history-of-psychoanalysis-from-freud-to-fantasy-to-folly-2 Return to Journal Articles. 1908, 1–38.
- Krisnanto, A., Sadewa, B. S., & Kurniawan, E. D. (2024). Analisis Id, Ego, dan Supergo pada Tokoh Lolita dalam Novel Secret Obsession Karya Anggarani. *Jurnal Publikasi Ilmu Psikologi*, 2(1), 62–69. <https://doi.org/10.61132/observasi.v2i1.117>
- Landra, I. K. G., & Angelina, K. D. I. (2022). Skizofrenia Paranoid Paranoid Schizophrenia. *Ganesha Medicina Journal*, 2(1), 66–71.
- Mardiati, S., Elita, V., & Sabrian, F. (2018). *Pengaruh terapi psikoreligius: membaca al fatihah terhadap skor halusinasi pasien skizofrenia*. 8(2).
- Maulani, A., Rusdiawan, R., & Gunayasa, I. B. K. (2019). Karakter Tokoh Fahri Dalam Novel Ayat-Ayat Cinta Karya Habiburrahman El Shirazy: Kajian Psikologi Individual Alfred Adler. *Basastra*, 8(3), 253. <https://doi.org/10.24114/bss.v8i3.15876>
- Mauludya, F., Sumartini, S., & Mulyono, M. (2019). Pertahanan Diri Tokoh Utama Dalam Novel Perempuan Kembang Jepun Karya Lan Fang. *Jurnal Sastra Indonesia*, 7(1), 32–40. <https://doi.org/10.15294/jsi.v7i1.29814>
- Mujamiasih, M., Prihastuty, R., & Hariyadi, S. (2013). Subjective Well-Being (SWB): Studi Indigenous Karyawan Bersuku Jawa. *Journal Of Social and Industrial Psychology*, 2(2), 36–42. <http://journal.unnes.ac.id/sju/index.php/sip>
- Munro, A. (1999). Delusional disorder: Paranoia and related illnesses.
- Mwansa, B., Mwange, A., Matoka, W., I, J. C., & Ph, D. (2022). Research Methodological Choice: Explaining Research Designs; Qualitative and Quantitative Sample Size Determination, Sampling, Data Collection, and Analysis Techniques. *Journal of Marketing and Consumer Research*, 87(2014), 55–71. <https://doi.org/10.7176/jmcr/87-06>
- Naeim, M., & Rezaeisharif, A. (2021). The Role of the Family in Preventing Addiction. *Addictive Disorders and Their Treatment*, 20(4), 479–485. <https://doi.org/10.1097/ADT.0000000000000277>
- Narváez, P. C. (2016). *Doctoral Thesis Impact of Gene-Environment Interaction on the*

Real-World Expression of Psychosis Risk : Linking Genetic Variation , Childhood Adversity and Daily-Life Experiences across the Extended Psychosis Phenotype by : Paula Cristóbal Narváez Supervi.

- Ningsih, K. P., Putri, C. R., & Lubis, S. K. S. (2023). Pengaruh Trauma Masa Lalu terhadap Kesehatan Mental Seseorang. *Tsaqofah*, 4(2), 614–622. <https://doi.org/10.58578/tsaqofah.v4i2.2337>
- Paramita dan Setyani Alfinuha, T., Paramita, T., Setyani Alfinuha, dan, & Studi Magister Profesi Psikologi, P. (2021). Dinamika Pasien dengan Gangguan Skizofrenia. *Jurnal Psikologi*, 17(1), 12–19.
- Povedano-Diaz, A., Muñiz-Rivas, M., & Vera-Perea, M. (2020). Adolescents' life satisfaction: The role of classroom, family, self-concept and gender. *International Journal of Environmental Research and Public Health*, 17(1). <https://doi.org/10.3390/ijerph17010019>
- Prasetya, A. Z., & Thohiriyah. (2024). Social Identity And Its Impacts On Yozo Oba ' S Alienation In “No Longer Human .” *Basis: Jurnal Bahasa Dan Sastra Inggris*, 161–172.
- Putri Rachma, M., & Alfina, Y. (2023). Humans As Social Beings In The Community. *International Journal Of Students Education*, 3(2), 186. <https://doi.org/10.32529/Glasser.V3i2.338>
- Ramis, H., Tolan, P., & Lonergan, K. (2015). Freud and psychoanalysis. In *Communication Studies: The Essential Resource*. <https://doi.org/10.4324/9780203870372-30>
- Ratna, N. K. (2011). Antropologi sastra: Peranan unsur-unsur kebudayaan dalam proses kreatif. Pustaka Pelajar.
- Renaninggalih, R., Si, K. M. Y. M., Sadiyah, E. R., & Si, M. (2014). *Menemukan Identitas Diri Pada Anak Remaja*. 5305(2002), 483–490.
- Salsabila, R. S. (2025). Exploring Self-Identity in Are You There God? It ' s Me , Margaret : A Psychosocial Perspective. *Journal of English Language Teaching and Literature (JELITA)*, 6(1), 255–266.
- Sari, P. (2019). *DINAMIKA PSIKOLOGI PENDERITA SKIZOFRENIA PARANOID YANG SERING MENGALAMI RELAPSE*. 4, 124–136.
- Sekarsari, I. M. (2022). Konflik Batin Tokoh Utama Dalam Novel Nona Teh Dan Tuan Kopi Konflik Batin Tokoh Dalam Novel Nona Teh Dan Tuan Kopi Karya Crowdstroia :Kajian Psikologi Alfred Adler. *Bapala*, 9(7), 41–49. https://scholar.google.com/scholar?hl=id&as_sdt=0%2c5&q=+Konflik+Batin+Tokoh+Utama+Dalam+Novel+Nona+Teh+Dan+Tuan+Kopi+Konflik+Batin+Tokoh+Dalam+Novel+Nona+Teh+Dan+Tuan+Kopi+Karya+Crowdstroia+%3AKAJIAN+PSIKOLOGI+ALFRED+ADLER&btnG=
- Sugiarti, R., Erlangga, E., Suhariadi, F., Winta, M. V. I., & Pribadi, A. S. (2022). The influence of parenting on building character in adolescents. *Heliyon*, 8(5). <https://doi.org/10.1016/j.heliyon.2022.e09349>
- Sunshine Behavioral Health. (2020.). Mental health issues facing the Asian American community. <https://sunshinebehavioralhealth.com/resources/mental-health-issues-facing-the-asian-american-community/>
- Suntoro, A. F., Amala, S. K., & Muhyiddin, L. (2024). *Implementasi Gagasan Islamisasi Ilmu Pengetahuan Kontemporer SMN al-Attas terhadap Teori Psikoanalisis Sigmund Freud*. 2(2), 151–175. <https://doi.org/10.21111/jios.v2i2.47>
- Sutejo, S. (2018). Keperawatan jiwa: konsep dan praktik asuhan keperawatan kesehatan

- jiwa: gangguan jiwa dan psikososial.
- TAOTSM. (2025). Nilai-nilai keluarga dalam budaya Tionghoa [Family values in Chinese culture]. <https://taotsm.org/nilai-nilai-keluarga-dalam-budaya-tionghoa/>
- Tris, U., Ningsih, S., Syamsuddin, S., Jalil, W., Santy, I., Erwin, M., Kedokteran, F., Muslim, U., Kedokteran, F., & Indonesia, U. M. (2023). *Fakumi medical journal*. 3(11), 843–852.
- Verens Jonathan, L. (2022). *Analisis Gangguan Delusi Pada Tokoh Utama yang Tercermin Dalam Film Fractured Karya Brad Anderson*. 9, 356–363.
- Verma, K. K. (2023). Understanding and Managing Cognitive Distortions in Individuals With Schizophrenia. *Cureus*, 15(9), 5–11. <https://doi.org/10.7759/cureus.45268>
- Very Angga, S., Ikhwan Muhammad, F., & Eva Dwi, K. (2024). Universitas Teknologi Yogyakarta. *Jurnal Sains Student Research*, 2(1), 516–522. <https://doi.org/10.61722/jssr.v2i1.699>
- Waslam, W.-. (2017). Kepribadian Dalam Teks Sastra: Suatu Tinjauan Teori Sigmund Freud. *Pujangga*, 1(2), 17. <https://doi.org/10.47313/pujangga.v1i2.323>
- Widodo, S. F., & Putri, S. A. (2025). *Faktor perilaku krisis identitas kalangan remaja*. 6(1), 1046–1055.
- Winasari. (2018). Analisis Tokoh Utama dalam Novel Dua Tanda Kurung Karya Handoko F Zainsam: Kajian Psikoanalisis Sigmund Freud. *Universitas Negeri Makasar*, 1–16. <http://eprints.unm.ac.id/7018/1/ArtikelWinasari.pdf>
- World Health Organization. (2022,). Schizophrenia. <https://www.who.int/news-room/fact-sheets/detail/schizophrenia>
- Yulilla, D. (2017). Prinsip Individual Adler Pada Atlet Tuna Daksa. *Psikoborneo: Jurnal Ilmiah Psikologi*, 5(4), 590–597. <https://doi.org/10.30872/psikoborneo.v5i4.4479>
- Zahro Romas, M. (2010). Self-injury remaja ditinjau dari konsep dirinya. In *Jurnal Psikologi* (Vol. 8, pp. 40–51). <https://ejournal.up45.ac.id/index.php/psikologi/article/view/123>
- Zola, É. (2018). *Impact de la Relation Familiale sur le Comportement des Individus dans Thérèse Raquin (1867) d'Émile Zola**. 12, 35–49.