

COMMITTING SUICIDE AS THE SOLUTION OF PROBLEMS IN HENRIK IBSEN ROSMERSHOLM

BUNUH DIRI SEBAGAI SOLUSI PERMASALAHAN DALAM DRAMA ROSMERSHOLM KARYA HENRIK IBSEN

Ayu Pujiatiningsih, Hj. Meili Adiana, Hat Pujiati

English Department, Faculty of Letters, University of Jember (UNEJ)

Jln. Kalimantan 37 Jember 68121

E-Mail: learner10@hotmail.com

Abstrak

Karya sastra memiliki hubungan yang sangat terkait dengan pengarang. Secara tidak sadar pengarang akan menuliskan pengalaman pribadinya atau keadaan sosial mempengaruhi penciptaan karya sastranya. Rosmersholm adalah salah satu karya yang diangkat berdasarkan pengalaman buruk pengarang. Rasa gelisah, putus asa, dan takut membuat pengarang frustrasi dan depresi. Konflik keluarga dan karir merupakan sumber dari munculnya insting thanatos pada diri pengarang. Hal tersebut telah mendorong dia untuk mencoba mengahiri hidupnya dalam menyelesaikan masalah. Penciptaan Rosmersholm juga dipengaruhi oleh kondisi Norwegia pada masa itu ketika gejolak politik sangat mempengaruhi kehidupan masyarakat. Tokoh utama didalam drama dalam menyelesaikan masalah mereka melakukan tindakan agresif. Mereka mengakhiri hidup mereka dengan cara terjun dari sebuah gudang penggilingan beras. Tokoh dalam drama Rosmersholm memiliki kemiripan dengan pengarang dalam menyelesaikan masalah yaitu dengan cara bunuh diri.

Tujuan peneliti kualitatif ini adalah untuk mengetahui proses kreatif dari Henrik Ibsen dengan mengaplikasikan teori psikoanalisis karya Sigmund Freud khususnya thanatos, kecemasan dan interpretasi mimpi. Hasil dari penelitian ini menunjukkan bahwa proses kreatif dari Henrik Ibsen dipengaruhi oleh alam bawah sadarnya yang terbentuk oleh pengalaman buruk didalam menyelesaikan masalahnya.

Kata Kunci : thanatos, kecemasan, Kreatif Proses.

Abstract

Literary work has very close relation with the author. Unconsciously, the author will write his experience or the social condition at that time influences his creating literary work. *Rosmersholm* is one of his literary works that is created based on the author's bad experience. Anxiety, hopeless, and fear has made him frustrated and depressed. Family's problems and career are source of turning up his thanatos instinct. It pushes him to end his life to solve his problems. Creating *Rosmersholm* is influenced by the condition of Norwegia at that time when flaming of politics influences society's life. The main characters solve their problems by aggressive action. They end their life by throwing their body into the mill – rice. The characters in the drama and the author have the same way in solving the problems. It is by committing suicide.

This qualitative research is done to know Henrik Ibsen's creative process by applying Sigmund Freud psychoanalysis theory specially thanathos anxiety, and Interpretation of Dream. The result of the research shows that Henrik Ibsen's creative process is influenced by his unconscious mind which is shaped by his bad experiences in solving his problems.

Keywords : Thanathos, Anxiety, Creative Process.

Introduction

Rosmersholm is a drama by Henrik Ibsen that portrays his last experience and the condition of Norway society. It is a tragedy play. Tragedy play is a play that the main character makes blunder or gets tragic events in his / her life. *Rosmersholm* is a play that describes the tragic life. This

play describes a symbolic tragedy of the three lovers who end their problems by the same way. John Rosmer, Beate and Rebekka end their life into the mill - rice as their punishment for their wrongness at past time. John Rosmer does not keep his family tradition. He becomes a free-thinker and a liberal man after Rebekka takes control in his life. His wife does not agree with her husband's decision. Rosmer's attitude makes his wife disappointed and she

decides to end her life by throwing her body into the mill-rice. John Rosmer is hopeless when he knows his wife's death is caused by his behavior. He blames himself because he is the part of the cause of Beate's death. These problems make him decide to commit suicide as the way to solve his problems. He commits suicide like his wife's death. Rebekka does what John does because she loves him very much and to atone her mistakes at the last time.

Based on the fact above, it is interesting to analyze Thanatos that happens to the character of John Rosmer, Beate, and Rebekka that are influenced by their anxieties, frustration, and depression. The family and individual factors push them to solve their problems by a bad way. According to Emilie's theory: There are some factors that influence to commit suicide. The factors come from individual's and society; they decide to end their life with aggressive action because they want to escape from their problems. They cannot manage their thanatos instinct. So thanatos is more dominant in their mind.

There are three reasons in choosing *Rosmersholm* as the object of this study. Firstly, this drama talks about the influence of the author's bad experience that was so long repressed in the unconscious mind expressed in the drama. How the last experience of the author is reflected in his literary work. An experiment of committing suicide is one of Ibsen's past experiences. He ever tried to commit suicide. Secondly, it is interesting to discuss and the drama is the suitable topic of thanatos perspective and interpretation of dream. This study will explain the psychological aspects about thanatos, that are done by John Rosmersholm, Beate, and Rebekka in Henrik Ibsen's *Rosmersholm*, and how the committing suicide is a solution to solve their problems.

Research Methodology

The type of research in this study is qualitative research. In this case the data will be in the written yet verbal form. The qualitative data are gathered taken from *Rosmersholm play* written by Henrik Ibsen and any supportive literary criticism books, especially the ones that are related to the theory of thanatos and interpretation of dream by Sigmund Freud.

Descriptive method is used to analyze the data of this thesis. The descriptive method is used in this research to find the description of Henrik Ibsen's creative process in creating *Rosmersholm play* and descriptive explanation to analyze John Rosmer's, Beate's, and Rebekka's psychological experiences. The library research is used to collect data. The data collection of this study is included in documentary research for the reason that the data of this thesis are taken from several books, articles, dialogues, direct and indirect quotations, and grouping the relevant data that are found in the drama and dictionaries that are relevant

to the topic of discussion. In addition, a number of data are taken from internet resources to support the analysis of this thesis.

The thesis is composed in some ways. First, the writer collects, classifies, close reading and make some notes to give a code and sorting for the important information related to the topic. In this thesis documentary research is applied as the technique of the data collection

This research is indeed inductive one. This method collects some appropriate data concerning with the topic and the general conclusion is reached after interpreting the specific data. This research begins with the analysis of the play and concerns with psychology analysis of *Rosmersholm* play. Firstly, the analysis particularly starts from the view of the author about suicide in the play. Secondly, the analysis about how anxiety can influence the thanatos instinct of the characters John, Rebekka, Beate. The third is the characters decide to commit suicide the same way as Beate to solve their problems. In this thesis, the data will be interpreted using psychology theory especially thanatos and interpretation of dream perspective by Sigmund Freud.

Result

From the analysis of the data, the committing suicide is part of Henrik Ibsen's bad experience. He ever tried to commit suicide. He said that the person who is under mental sickness for example anxiety, frustration and depression will lean to do committing suicide. The people who get big problems and they cannot control their instinct, their mind will be dominated by thanatos instinct. The thanatos instinct influences their behavior. They will do abnormal behavior and aggressive actions as the result of their instinct. They think by committing suicide is the best solution to solve their problems. The characters in *Rosmersholm* play end their life by the same way. They throw their body into the mill - rice as a solution to solve their problems. The problems make them anxious, frustrated and depressed. They made thanatos instinct more dominant than eros instinct. So, they think the best solution to solve their problems is committing suicide.

Discussion

There are many problems and cases in the world that make characters different. Every person has different way to solve the problems of life. It depends on their characters how they face their problems. The character of *Rosmersholm* play is one of examples that the human chooses wrong solution. The character's thanatos occurs because their conflicts that make them anxious, frustrated and depressed. People who is under mental sickness such as anxiety, frustration and depression lean to do abnormal behavior. The characters in the play, ending their life is a solution to solve their problems. They commit suicide by throwing their body into the mill- rice. Committing suicide is a form of abnormal behavior.

Rosmersholm is a play that reflects a part of Henrik Ibsen's last experience. Ibsen was a noble generation. However, his life was unlucky. He got difficult life until he was dead. He had a bad experience that made him try to commit suicide.

Early in 1856, Ibsen and Suzannah Thoresen married. He became a new manager of Norwegian Theater. The author got many difficult conditions. He was depressed because he could not find solutions to overcome his financial difficulties to make a condition of the the author better. Ibsen suffered and had great depression during this part of his life. Under his anxiety, he becomes frustrated and depressed. When Ibsen is under bad condition, he ever tries to commit suicide. However, Ibsen does not end his life because his wife and family always support him to become better. His next works are more dominated by killing the characters like *Rosmersholm* where the characters in the play got deeply suffer and deep depression. The characters in his plays ended by death. A committing suicide is a compensation sins and wrongness that the person does. He thinks that death is a solution to solve his problems and a good way to free from the pain (www.med.uio.no/klinmed/english/.../Ystad.pdf).

Creative process also means the preparation and the creation of the work that are influenced by the unconscious mind of the author. Creative process also means what influences Ibsen in creating the play. Therefore, committing suicide that was experienced by Ibsen were repressed in his unconscious mind and expressed freely in the play. Unconscious mind is the storehouse of the painful experiences and emotion such as wound, anxiety, depression, frustration, guilty, desire, and unresolved conflicts which are repressed. Writing this play is a therapy for him. The way Ibsen's telling his bad experiences is called creative process.

According to Ibsen opinions: death and suicide are as an end or "solution" to human conflicts. Suicide was a compensation wrongness of life in the last time. The death is described as human defeat to face pressing the conflicts. Committing suicide is described as a person's depression that is incapable to face crisis of life. Deaths of Ibsen's characters are motivated by the desire for expiation for the mistakes www.med.uio.no/klinmed/english/.../Ystad.pdf. In the play, he is depicted by a brave character to decide how the characters of John Rosmer, Beate and Rebekka solve their problems by committing suicide. Ibsen wants to indicate that human who gets mentally sick because of anxiety, deep frustration and depression, solve their problems by suicide in *Rosmersholm* play Ibsen conveys the death clearly by describing a symbol of the white horse. The death is not the final phase in their life but it is the beginning

of the immortal life. The white horse is told as an incarnation of the deaths of Rosmersholm family who cling in the house and always live around the house. The characters in *Rosmersholm* solve their problems by the same committing suicide with the same way. John Rosmer is the last generation of Rosmer 's Family. John's thanatos is influenced by his anxiety and family's conflicts. Anxiety means the emotional disorder and it belongs to neurotic symptom. The symptom of neurotic can be changeable; they are affects of thought, character, emotion and behavior. Anxiety is related to neurosis and psychosis . The sources of anxiety are conflict, forms of frustration and physical threats, threat to self-esteem and pressure to do something beyond the capability. Anxiety is an unpleasant emotion that is signed with the terms such as worry, concern, and fear in different levels. The continues anxiety leads the anxious person to do abnormal behavior such as an aggressive action.

There are many reasons cause John Rosmer committing suicide. The failure in the party is the first factor and the second is the death of his wife.

There are two important political developments in Norway. They are Liberal Party and Conservatives Parliament. John Rosmer and his family are followers of Conservatives Parliament. He and his family have honorable name during two centuries. John has to continue his father's faith that must be endured. He must be responsible to his inheritance's family and always keep the tradition of Rosmer's family. However, he gives up his faith as an apostate. He has adopted a liberal viewpoint and he becomes to be active in politic. By changing his point of life, he will make all of people and any rate in the country become a nobleman and chasten their desire.

Mr. Kroll, his brother - in- law never gives up to make Rosmer come back to his faith. Mr. Kroll believes that there is someone who has influenced him. After his wife's death, Rebekka manages all of things in *Rosmersholm*. She accompanies him to stand in the same politic and becomes a famous leader in the party. It makes John Rosmer believe her so much.

Mr. Kroll thinks that Rebekka is a dangerous person. He accuses her that Rebekka is the central of the game in Rosmersholm. Rebekka comes to Rosmersholm by bringing a hidden motivation, Rebekka wants to get the Master of Rosmersholm under her control and power. She has a cold heart. The condition is very easy for Rebekka to influence a person who is in the weak condition. She gives big influences toward Rosmer to go out from his being a conservative man with the concept of tradition.

Rebekka always helps him to reach his ambition. One of Rebekka's attentions is she calls Mortensgaard. By wishing, he can help Rosmer. Mortensgaard advises Rosmer that he

must be careful because his future will not immune. Something will happen if he loses his faith. He says that Rosmer will be known as a marked man like him .

After meeting Mortensgaard, Rosmer's position in the party begins weak. In fact, Mortensgaard does not help him. When Rosmer takes and reads the newspaper, he reads about a coward and a deserted man. He is offended with the deserted word. He thinks the news tells about himself. Rosmer starts to be anxious and always thinks of his party. Rosmer begins to be afraid about his position. Rosmer begins to doubt with his future plan. Rebekka always supports him. He realizes that he is under Rebekka's power. Rebekka only uses his potential, his greatest name as a weapon to reach her dream. Rosmer is very angry with Rebekka. He blames Rebekka that his failure as a leader is her false. Rosmer has failed. He does not succeed to bring his expectation.

The second factor John Rosmer's death is his wife's shadow. The death of Rosmer's wife makes him sad. The fact makes him painful. He feels, his wife is still as a part of Rosmersholm. They believe that souls of Rosmersholm still lives at Rosmersholm. They call it "white horse".

After many months of Beate's death, Mr. Kroll visits Rosmer. Her death is caused by her unhappy life, childless, ill and not responsible. Mr. Kroll tells Rosmer that it hinders from her before she committed suicide. She ever came and met him twice. She talked some reasons why she wanted to end her life. She said that she had read a book about the purpose of marriage. She got it from Miss West. Mr. Kroll says that Beate decided to end her life because her husband had broken his faith. The second is she often talked about "The White Horse". It would come soon in Rosmersholm. She did not have much time. She said that John would marry Rebekka. She did not disturb their relation. She did not want to hear a sinful relation rumor from Rosmersholm. Rosmer is very surprised when he hears Mr. Kroll's information .

Mr. Kroll's opinion is supported by Mortensgaard's opinion. Mortensgaard denies that Rosmer's wife is not insane as Rebekka says Mortensgaard says that Rosmer's wife ever sent a letter. She said that The Rector had fallen away from his childhood. The next letter said that there was a rumor about sinful relationship going on at Rosmersholm. She requested him not to touch on it in *Lighthouse*. After hearing the news, Rosmer becomes worried. He does not accept about his wife decision to end her life. He is confused. Rosmer becomes more and more believes that his wife's death is caused by him. He feels that all of the tragedy is his fault. Rosmer is very sad to realize that he is the person to blame Beate's suicide. At last, because of her despair, she suicided herself into the mill - rice.

One day, Rosmer invites her to become his wife. Rosmer thinks by marrying with Rebekka he will free from Beate's

shadow. They will be one and live in Rosmersholm together. He begs Rebekka to become his wife to be successful to escape from his problems. He hopes Rebekka can help him from his problems. However, Rebekka rejects Rosmer's proposal. She confesses that she is the person who must be blamed in Beate's suicide. She cries out his proposal because she feels shame for having done wrong to Beate at the past time. She is a person who causes Beate ends her life in the mill - rice. Because of her tricks, Beate wanted to go away from Rosmer's life. Rosmer is very shocked to hear Rebekka's confession. He is very angry and sad. The woman whom he loves very much has betrayed him.

His feeling is more uncertain and doubt. All the events in Rosmersholm cause Rosmer into dilemma and very undergo his inner conflict. He gets guilty feeling, and depression. Rosmer frustrates when he knows that the two parties denounce him and do not want to cooperate with him. After knowing all of the events in Rosmersholm, he begins to get anxious. Rosmer frustrates and depresses in facing his problems.

According the facts above that there are three kinds of anxiety that Rosmer feels in his life. The first, he experiences realistic anxiety. Realistic anxiety is a fear or real danger in the external world. Rosmer disbelieves Rebekka again after she confesses all the events. Even thought, she says that she still supports him to become a leader. He gets trauma after hearing Rebekka's confession. According to Narramore (1977:42) There are causes of anxiety. They are feeling guilty and feeling traumatic event in the past(cited in Diah Nuraini, 2010: 18). Day by day, the bad condition causes him frustrated. He thinks his life is already hopeless .

Rosmer's neurotic anxiety happens when he blames himself. Because of his attitude, his wife ended her life. Neurotic anxiety is the fear that the instinct will get out of control and cause the person do something for which he will be punished. Rosmer's neurotic anxiety happens when he worries about his position in the party. He is very anxious when he waits the decision about who is to become the leader in the party. He slowly loses all the necessary confidence in himself and his goal. He worries, he will not win the competition and a battle, by all of cases that happened in the last time. He is afraid, it will influence his position as a candidate in the party. Rosmer is depressed. He blames himself. He realizes that his relation with Rebekka is one motivation of Beate to end her life. When he thinks back about his wife, he regrets. He feels anxious because he is late to understand all. Rosmer does not want to go on his life with the shadow of his wife in every of his single step. He thinks he cannot shake his gloomy thought of his part in Beate's suicide. He wants to die as white horse of Rosmersholm. By becoming a white horse, he thinks that he

can go out from the problems like rushing out of the darkness in the silence.

Moral anxiety is a fear of conscience. The person with a well – developed superego tends to feel guilty when someone does something or even thinks doing something that is contrary to the moral code which he has been raised.

Rosmer gets moral anxiety when he is afraid to confess his status. He is afraid to confess his apostasy to the public. He doesn't have a bravery to say to Mr. Kroll that he has changed his point of life. The second Rosmer's moral anxiety is about his sinful relation rumor. After his wife's death, Rosmer lives with his maid in one roof. They love each other. They live together without a marriage. If society hears the rumor, he is afraid that the society will hate him and they do not choose him as a leader. He knows that the relationship with Rebekka is a dangerous secret.

The problems makes his thanatos instinct appear and more dominant. Thanatos is an abnormal behavior. It deliberates destruction or aggression primarily toward her or him and other. Thanatos can occur in human being because they can not control their feeling as anxiety and so on. Rosmer's conflicts makes his thanatos instinct more dominant because he can not control his anxiety. He must end his conflict. So, in uncontrollable feeling, he asks Rebekka to prove her faithful love by committing suicide to the same way as his past wife did. He is useless. He thinks that his life is not useful again. He wants to end his life. His desire is a finish from his miserable life (Ibsen,1886: 111).

His deep depression, frustration, and shame have made him weak. Finally, Rosmer kills himself by jumping into the mill – rice over the bridge with his lover Rebekka in order to escape from the problems (Ibsen,1886: 117-18). They think that by ending their life, they escape from their problems. The death is a way to solve his problems. They think by ending their life they can free from their problems. Their suicide becomes their punishment of their past mistakes.

There are two causes of Beate's anxiety. It causes her committing suicide. The first factor is her disappointment of John's attitude. Beate is described as an unreasonable woman and a traditional woman. She is a woman that always holds a family's tradition.

The death of Beate is revealed when Mr. Kroll comes in the first time to visit Rosmer. He believes that there are some reasons that make her end her life. Her husband thinks his wife's suicide is caused by her self- reproach of being childless. Her mental disturbance drove her so desperately astray then she committed suicide. Mr. Kroll asks him to make an investigation and reveals the Beate's death.

Before she jumped into the mill- rice, she came and visited Kroll twice. She was very suffered. She told him that Rosmer became an apostate. Rosmer had changed his

childhood faith. He broke his father's faith. She was very fear and worried about her husband's political change .

Rosmer did not realize what Beate said at that time is a hint her death. He only remembers that her wife always said about "*The White Horse*". It will happen a death in Rosmersholm.

Mr. Kroll's explanation is supported by Monrtengaard's information. He says that he received a curious letter from Rosmersholm eighteen months ago. Mortensgaard explains that there are rumors that happen in the Rosmersholm. It is about her husband's childhood faith childhood has changed(Ibsen,1886:71). She felt failed and disappointed. She could save her husband's family's tradition from a change. She always guessed that something would happen in Rosmersholm after her husband's faith rumor was known by society. She begged to him. In her order, she required him in order to write the news at his newspaper.

Beate feels neurotic anxiety. Neurotic anxiety is the fear that instincts will get out of control and cause the person do something for which he will be punished. Neurotic anxiety is surfaced by an observation of danger from instinct. Anxiety can arise from an unconscious fear that the libidinal of the id will take control at important time.

The second factor in Beate's death is the failure to build a harmonious family. Coming to Rebekka in Rosmersholm gives big influence to people in around her. Not only John Rosmer is influenced by Rebekka but also his wife too. Beate is a victim from Rebekka's target wickedness. The next contain of the letter is Beate had known her husband sinful relation with the maid of Rosmersholm. Beate was very jealous toward the close attachment between her husband and Rebekka. She repeated that her husband had to marry Rebekka. She said that all the people in the Rosmersholm would see an exception the white horse at Rosmersholm. She did not have much time. John had to marry Rebekka. Beate was afraid that the rumors would spread. If the rumors had spread, she didn't want Mortengaard to write the rumor in his newspaper "*The LightHouse*". She had begged and implored Mortensgaard to be magnanimous. She forbited him to believe anything about the rumors. She did not want to live under a society pressure from the rumor.

After reading the book, Beate changed her attitude. Beate was very sad when she knew about the contain of the book. She was confused about her position in the marriage. She guessed and felt that she had failed to build her family in a harmony. She was anxious to think her future family. She thought, she was a useless woman. Beate was depressed and frustrated to face her problems. She had blamed herself. She thought that her husband did not love her again .

All of Beate's conflicts made her weak. Her feeling of guilt and anxiety raised up when she thought all of the

problems that had happened in her family. She was very hopeless and helpless. She supposed the change of family situation would make her life no meaning. Her family had broken and her family name in society was blackened. Beate decided to kill herself by jumping into the mill – rice as the way to solve her problems. All of the problems that she faced, it made her instinct thanatos raise up more dominant. Committing suicide and death were the attempt to solve the problems in her life. She thought that committing suicide could release from the pain. She retreated from annoying situation and released the pain. She believed that her suffer would continue or intensified if she did not lose her soul.

Beate gets a neurotic anxiety. It is the fear that the instinct will get out of control and cause the person to do something. Anxiety can arise from an unconscious fear that the libidinal of the id will take control at important time. The fear is an irrational condition. It will attribute to the body that is nervous and worried.

Beate's worry and her anxiety about her family future made her neurotic anxiety raise up. After getting bad experience in her family made her guess what would happen in her future family. Her anxiety, depression and frustration made her to do aggressive action by throwing her body into the mill - rice.

Rebekka ends her life because of her fault in the past time. She had become a victim of her idea. She lived and regarded Dr. West as her stepfather. Dr. West taught her rather erratically and harshly. Her stepfather did not inherit her a penny only careful of books. She realized that she must make a decision to her choice of life better. She always hopes to reap a happiness in material and social. Rebekka's desire had encouraged herself to make a brave action.

The death of Beate's shadow is the first factor in Rebekka's death. To reach her ambition, she wants to remove Beate because she thinks that Beate is an enemy and barrier for her plans. Rebekka believes that to get happiness, she follows a liberal party. So, she will become a noble woman by influencing John Rosmer. The other reason is she wants to take Beate's position and struggle her love.

She has been successful to remove and make Beate shocked then gets under mental ill. After Beate's death, she stays and gets the power in Rosmersholm. She wants to stay in Rosmersholm permanently. As long as Rosmer believes her, she convinces that she can stay at Rosmersholm.

Mr. Kroll accuses her and she realizes that the death of Beate is her hidden action. Rebekka needs time to face her inner conflicts. She can not concern any more about something. She realizes and tries to settle her problems by herself. Finally, she confesses her secret. She receives the consequences with what she has done to Beate. She does not enjoy her victory because Beate's death always shadows her. She is very frightened. She thinks she has seen something

like a glimpse of white horse in daylight. She wants to leave Rosmersholm immediately.

Rebekka gets a pressure when she realizes she is not only failed to remove Beate, but she also undergoes guilt to Beate. She is depressed and frustrated because she leads her into her suffer.

The failure of her love is the cause of her causing of committing suicide. Sharing Rebekka's life and Rosmer's life in the Rosmersholm bit by bit almost imperceptible make them fall in love. Love begins to grow up in her heart. She always hopes to become Rosmer's wife. She is very happy when she hears Rosmer's request to become his second wife. However, she cries. She says that for a moment Rosmer's love makes her happy. Rebekka's dream has changed. Something makes her will have broken and makes her a miserable coward for the rest of her life. Because of love, her ambition has broken. Her effort is wasted away. Only her free feeling fearless in herself she has (Ibsen, 1886:81).

Rebekka refuses Rosmer's request. As punishment, she must leave and end all things that happen in Rosmersholm. Rebekka still thinks about her mistakes that she had done at the last time. She wants to free from her problems. She confuses how she solves her problems. She asks Rosmer to end all things and Rosmer insists Rebekka to prove her love.

Rebekka's condition is worse after hearing Brandel's information about Peter Mortensgaard. He is a master of the future. Rebekka and Rosmer know that Mortensgaard has betrayed them. Before going out, Rosmer asks her to prove her love. They look at each other. They want to prove their love together and Rebekka proves her love. Rosmer asks Rebekka if she has the courage and willing gladly to go the same way like her wife. She must do it to atone for her mistakes at the last time. Finally, they think that a committing suicide is only the way to solve their problems.

Committing suicide is also for their self – judgment. They think that fetching the death together will clean their sin. The death is the best judgment for their action that is causing the death of his beloved wife.

Rebekka gets neurotic anxiety. She must take the responsibility to atone her sinning action. Because of her frustration and depression, she becomes a hopeless woman. She thinks that committing suicide is the best way to free from the shadow of her sin.

Rebekka experiences moral anxiety. Moral anxiety is the result of the conflict between Id and superego. She is very guilty and frightened when she thinks her future life. She is afraid of her sinful relation rumor with Rosmer will be uncovered. She and Rosmer love each other and stay together under one roof without a legal marriage. The society will insult them. They will get deep shame.

Rebekka can not control her feeling, so her anxious, frustrated and depressed feeling have pushed her to do aggressive action. She decides to throw her body with Rosmer into the mill – rice. It proves that her thanatos instinct is more dominant than eros instinct. Finally, She does aggressive action by throwing her body and her love into the mill-rice.

Committing Suicide as the Solution of the Problems in Henrik Ibsen

Suicide is a relatively rare event. Most of people who consider suicide do not want to die. They think that a suicide is a solution of their problems and away to end their pain. They are a hopeless, helpless and worthless. They are anxiety, frustration, and depression. Conflict is a big source. People who end their life by committing suicide because they fail to realize their passion for love, power, fame and revenge.

Rosmersholm play is a form of Ibsen creative process. It is inspired by the author's life. The condition of his family life has influenced him in creating *Rosmersholm* play. Ibsen cannot express what he feels, his suffer, frustration and his depression in his real life. He just represses his feeling in his own then it is buried in his unconscious mind. Then he finds an escape of his repressed feeling in writing. His unconscious mind is expressed in the play through the main characters. He expresses that a person who is under deep anxiety, depression, frustration, and suffer will solve their problems by committing suicide, but not all person will do it. All of the characters in *Rosmersholm* play solve their problems by committing suicide with the same way. They throw their body into the mill - rice .

The characters in the play get anxiety feeling. The conflicts make them get anxiety, frustration and depression. They are hopeless. They think to atone their mistakes. They can not manage their feeling. They allow their thanatos instinct stronger. By doing the same way with Beate, they think they are able to atone their mistakes and the best way to lose their pain. The death is also an evidence of their love. They can not live together in the real life but after their death, they can live immortally together. Rosmer proves his love to his wife and Rebekka. Beate ended her life because she wants to prove her love to her husband and then Rebekka proves her love to Rosmer.

People who can manage their feeling especially thanatos and eros instinct, they can choose their life well. If thanatos instinct is more dominant than eros instinct, they will destroy some other things and do abnormal behavior. Frued claims that the displacement of negative energy of thanatos onto other is the the basis of aggression and aggression is the result of frustration and then frustration is the cause of aggression.

Conclusion and Suggestion

Unconscious mind is the storehouse of the painful experiences desire which are repressed. The way of Henrik

Ibsen enters his part of bad experience in the play is called creative process. The creativity is the escape from the reality that is experienced by the author.

His experiences of committing suicide happen as the solution to solve the problems is an aggressive action that is done some one under frustration, depression, anxiety and hopeless. People who under mental illness are influenced by abnormal behavior. An abnormal behavior can happen because of the person cannot control their thanatos instinct.

Applying the theory of interpretation of dream to analyze Ibsen's creative process. Ibsen describes the characters in the play have the same way to solve the problems. Rosmer commits suicide because he gets realistic anxiety. He is afraid to confess himself as an apostate. Moral anxiety he gets because he has sinful relationship with his maid. Neurotic anxiety he gets because he feels and blames himself toward Beate's death.

Beate gets neurotic anxiety because she feels that she is not a good wife after reading a book from Rebekka. She can not keep the tradition of her family too from a change. Then, she feels deep depression when she knows her husband has changed his faith and has sinful relation with his maid.

Rebekka gets neurotic anxiety when she knows that she is failed with her ambition and she is the person who causes Beate die. She feels to regret and wants to end her game in Rosmersholm. She must prove her love to Rosmer by taking the way as Beate's way ending her life. Rebekka's moral anxiety feels when she is afraid about her relation with Rosmer is uncovered in public.

All of the characters get mental illness. They decide to end their life by throwing their body into the mill – rice. Their feeling makes their thanathos instinct is more dominant. They think ending their life is the best way to atone their mistakes in the last time. Throwing their body is a proof that their anxiety, frustration and depression influence their thanathos instinct more dominant.

Acknowledgements

My sincere affection to the following people who always in favor for giving hands until this thesis is completed: Dr. Hairus Salikin, M.Ed, The Dean of Faculty of Letters, Jember University and Dra. Supiastutik, M.pd, The Head of English Department who has given me a chance to start writing this thesis. My mother, Sukarni who always encourage me in every step of my study; mentally, financially and always pray for my success.

References

Books

Ibsen, Henrik. 1958. *The Master Builder and Other Plays*. New York: Penguin Books Ltd.

Nuraini, Diyah. 2010. *Thanatos in Suzanne O'Malley's the Unspeakable Crime of Andrea Yates "Are You There Alone?"*. Jember: Faculty of Letters Jember University.

www.med.uio.no/klinmed/english/.../Ystad.pdfHYPERL

["http://www.med.uio.no/klinmed/english/.../Ystad.pdf"](http://www.med.uio.no/klinmed/english/.../Ystad.pdf)).

[accessed on Friday, August 8th , 2014 at 12:55 AM].

[http://www.ynot.com.au/...EROS %20AND%20
THANATOS%20TAT. Pdf](http://www.ynot.com.au/...EROS%20AND%20THANATOS%20TAT.Pdf)

[accessed on Sunday, October 4th 2014 at 11:55 AM]

