

attempts to find out the causes of Esther Greenwood distaste of life which is influenced by her unconscious mind. Esther Greenwood's distaste of life and the causes are explained as follow:

3.1.1 Esther Greenwood's feelings to man

One thing that happened on Esther's past which gives a lot influences to her current life was when some men in her life make her disappointed. Esther had a very high expectation towards man. She always dreams of a man she wants, "I felt the first man I slept with must be intelligent, so I would respect him...I wanted somebody I didn't know..." (119). Esther's sentences implies that she wants a man who is intelligent and experienced. She wants a man that she does not know well to have such relationship with. So that, she would have a respect for him.

In fact, the opposite thing happened when she has sex with a man named Irwin who is the one she knows. Moreover, Esther also thinks that Irwin already has an affair with another woman named Olga. Irwin admits it (119). This situation disappoints Esther because this means that she does not get what she wants from Irwin.

Irwin's affair then unconsciously drags Esther to her memories when she had a boyfriend named Buddy Willard. Esther adored Buddy very much, "I thought he was the most wonderful boy I'd ever seen. I'd adored him from a distance for five years..." (28). Esther Greenwood had been adoring Buddy for a long time. She was thinking that Buddy might be the most wonderful boy she had ever seen. Buddy was very intelligent. Buddy knows a lot of things such as when Esther asked Buddy about what poem means to him, Buddy answered that a poem

Buddy Willard also disappoints Esther when he kissed her for the first time, “While he kissed me I kept my eyes open...so I would never forget them... “Wow, it makes me feel terrific to kiss you.” I modestly didn't say anything. “I guess you go out with a lot of boys,” Buddy said then.” (33). The sentences explain Buddy’s unexpected reaction after he kissed Esther for the first time. Buddy explained how terrific it was to kiss Esther. Buddy also judged Esther as a girl who had been out with many boys before him while in fact Esther was a girl who kept her virginity and Buddy was the first boy she kissed. Buddy’s comment on their first kiss disappointed Esther a lot.

Esther’s high expectation towards men might be due to the fact that she grows up without her father who died when she was nine years old. Esther Greenwood has been losing an affection from a figure of father. When she was a child, Esther had a dream that one day she will know a lot of things from her father, since Esther’s father was a man with a lot of knowledge such as about insects, German, Greek, and Latin (87). Yet the fact that her father died when she had not even know about those things makes her disappointed and put a high expectation for a man who comes to her life.

Besides that, her father’s death force her to witness how her mother struggled for their life. However, she also realizes how much actually her mother hated what she was doing. Esther’s mother teaches the shorthand and typing forcefully, because she has no choice. Esther’s mother also hated her husband for not leaving them money till she has to work hard for raising Esther (21). This could also make Esther blames her father for dying.

All the things happened on Esther's past life influence the way Esther sees a man. She seems like always having problems with every man she gets to meet. Without being realized by Esther, the things happened on her past influence her. The first thing happened was when she met some boys on street. Those men turns out to be Lenny Shepherd and Frankie.

Even before knowing Lenny and Frankie deeply, Esther has already made an anticipation, "The laughter should have warned me. It was a kind of low, know-it-all snicker..." (06). Esther's words implies Esther Greenwood's distrust to men as the part of her distaste of life. Without knowing more about the men, she has already thought that she should have been warned even by the way those men laughed.

This kinds of anticipation is resulted from her unconscious mind. The thing triggered on her mind was that when she was with Buddy Willard. Ever since she was feeling fooled by Buddy, Esther feels like she should be more careful towards men. Esther Greenwood is like having a trauma and everything on her past was stored on her mind, so unconsciously, she got the distaste of her own life.

Esther Greenwood also was being judgmental towards men, "He was the type of fellow I can't stand. I'm five feet ten in my stocking feet... so I'll look shorter, and I feel gawky and morbid as somebody in a sideshow." (06). She judged a man based on what she sees. She hates someone who is shorter than her because it will make her lower her position that she will look shorter. Esther

(56)

“Marco's small, flickering smile reminded me of a snake I'd teased in the Bronx Zoo. When I tapped my finger on the stout cage glass the snake had opened its clockwork jaws and seemed to smile. Then it struck and struck and struck at the invisible pane till I moved off...” (56)

[illegible]

eyes like transparent agate marbles, hard and polished and just about indestructible, and a mouth set in a sort of perpetual sneer...She could tell some good jokes on them if she wanted to.” (04)

Doreen’s physical appearance is even disturbing for Esther Greenwood. She is described as a girl who comes from a college in the South. She has eyes like transparent agate marbles. She smiles as if she is mocking on someone. Esther could not stand with it. In Esther’s perspective, Doreen is a very silly girl who will tell a joke to everyone she wants. Doreen always gives more attention to Esther. It is done by Doreen when she only talks to Esther and whispers a witty sarcastic remarks to Esther under her breath. This makes Esther feels like she is much more superior than anyone else, “Doreen singled me out right away. She made me feel I was that much sharper than the others...” (04).

Esther Greenwood is holding everything she dislikes about Doreen in her heart, but this grows more and more, that day by day Doreen is seen as a bad girl in Esther’s eyes. Esther becomes someone who has no more feeling to Doreen who was very close with her and even becoming her one and only friend in New York.

“Doreen looked terrific. She was wearing a strapless white lace dress zipped up over a snug corset affair that curved her in at the middle and bulged her out again spectacularly above and below, and her skin had a bronzy polish under the pale dusting powder. She smelled strong as a whole perfume store...” (06)

Slowly, everything about Doreen seems wrong in Esther's perspective. When Esther Greenwood and Doreen go to a party, they are stuck in the theater – hour rush. Their cab sat wedged in back of Betsy's cab and in front of a cab with four of the other girls, and nothing moves. At that time, Esther realizes how terrific Doreen is as a girl. Doreen is indeed a type of a girl who is acting out differently from the other girls even in her way she dresses up. This is more like a very nauseating thing for Esther Greenwood because at that time Doreen was too much in her dressing while Esther just wore forty dollars dress she bought before going to New York.

Another friend of Esther Greenwood who also lives with her in New York is a girl named Betsy who comes from Kansas. This is not very different from the way Doreen treats Esther Greenwood. Betsy always wants to do a lot of things with Esther, "Betsy was always asking me to do things with her and the other girls as if she were trying to save me in some way..." (05). From Esther's sentences, Betsy is a type of friend who acts out as if she will always be there for Esther and do everything for her.

Esther Greenwood recalls her memories when both Betsy and her were called over to the office of a TV producer. At the time, Betsy enthusiastically told the producer about male and female corn in Kansas (04). In Esther's eyes, Betsy got too excited only because of a corn which is not even fun for her. That thing makes Betsy did looks silly to Esther. Later, on the Beauty Editor, Betsy even cut her hair and became a cover girl. This makes Esther feels jealous.

Then, another distaste of Esther also shows up because of one of her friends named Joan Gilling. Joan stole Buddy from Esther because Buddy said that he would go to prom with Joan. “Oh, I can't do that. I'm up here for the Sophomore Prom with Joan...” (31). At that time, Buddy met Esther and talked to her, but Esther was disappointed when Buddy said that actually he went to meet Joan so that was why he was there. This then could result in Esther's distaste towards Joan Gilling.

Those kinds of situation of Esther and her friends including Doreen and Betsy and also Joan lead her to distasteful feeling to her friends. In Doreen's case, Esther was close with her but then things about Doreen make her sick. At that night, she realizes how actually she dislikes Doreen as a friend. When Doreen got back home in a drunken condition, Esther wanted to avoid her but she could not help but bringing Doreen back to her room. Doreen turns out into a troublesome girl for Esther until she decides that she has no more feeling to Doreen as a friend. At the same time, Esther thinks that has more similarity to her than Doreen (13). Esther mind goes back to the time when Doreen made her feeling superior then day by day, Doreen always makes Esther feeling disappointed. Slowly she hates Doreen.

The things that happened to Esther Greenwood every time she spends her time with her friends are unexpected for her. She dislikes that fact that her friends have so many things which she does not have. She also dislikes that a man she adored was turning into her friend than her. Esther Greenwood's jealousy influences her that she shows up her distaste to them.

had just smiled and said what a merciful thing it was for him he had died...” (88). In Esther’s eyes, her mother was not even feeling sad when her father was dead. She even smiled at that time.

It contrasts with Esther Greenwood who grows with her hopes for her life that one day her father would teach her all about insects since it was his specialty when he was on university (87). Esther Greenwood wanted her father to teach her about German, Greek, and Latin. Those wishes suddenly disappeared when her father died. And the fact that her mother did not even feel sad may also disappoints her.

One day, Esther Greenwood wanted to go to the Catholic Church herself. She knows that committing suicide is a great sin for a Catholic so she hopes that the Catholic Church will help her find way to do redemption. She went to her mother asking how to be a nun. But her mother’s answer seems so disappointed for her, “My mother had laughed at me, “Do you think they'll take somebody like you, right off the bat?” (87). her mother laughed at her. She wanted her mother’s support but the fact that her mother laughed at her caught her off guard. Her answer seems to place Esther in a very low condition.

All of the things relating to Esther Greenwood’s mother then grow in Esther’s mind as a distaste. The things she has been holding up about her mother started from how her mother never understands her well as a daughter until how her mother reacted towards her father’s dead blow up in a form of distaste. The peak was that when Esther was on shock treatment. Slowly, she hates her mother. Her unconscious mind plays the role.

While she is still in the treatments, Esther Greenwood hates her mother's visits. She wants to be alone while having her treatments, "I hated these visits." (107). From her sentence, Esther dislikes her mother and the time her mother visits her. Even though her mother is the only one to come at that time, "That afternoon my mother had come to visit me. My mother was only one in a long stream of visitors..." (106), Esther Greenwood never likes those visits at all.

Esther Greenwood thinks that her mother is the worst. As being explained before that Esther's mother is a type of mother who always talks sweetly to her daughter, "My mother was the worst. She never scolded me, but kept begging me, with a sorrowful face, to tell her what she had done wrong..." (107). She hates her mother for always begging and saying everything to her with a sorrowful face. She always asks Esther to tell her what she has done wrong. Esther dislikes her mother for many things. She hates her mother for not understanding her feelings well and also for acting out as a very good mother when she does not even know what her daughter wants.

"That was a silly thing for her to do," I said to Doctor Nolan. Doctor Nolan nodded. She seemed to know what I meant. "I hate her," I said, and waited for the blow to fall. But Doctor Nolan only smiled at me as if something had pleased her very, very much, and said, "I suppose you do." (107)

One day, Esther Greenwood's mother brought her roses. Esther asked her to save the roses for Esther's funeral. But then, her mother's face puckered and she was about to cry. Esther was thinking that what has been done by her mom

Willard was responsible for this situation, “I started out by dressing in a white coat and sitting on a tall stool in a room with four cadavers, while Buddy and his friends cut them up... These cadavers were so unhuman...” (33). Ever since she saw the cadaver, she always feels as if she is carrying that cadaver’s head around. She also has a feeling as if there is a cadaver in her breakfast menu. This is very disturbing for her.

The thing happened on her past with Buddy then makes Esther Greenwood feels bothered by the fact that she has to be surrounded by the news about the electrocution of Rosenbergs. She does not know why but every time she hears about the Rosenbergs, she feels sick of it. Actually, Esther's distaste is caused by her unconscious mind which she could not express it when she was with Buddy Willard. Buddy showed her a cadaver. Esther's mind goes back to her past unconsciously. At that time, Esther could not express her disgusted feeling towards a cadaver because she was with Buddy then it is stored in her unconscious mind.

Another thing that opposes her view is when Buddy Willard was inviting Esther Greenwood to go to hospital because Esther kept begging him to show her the interesting sights of hospital. In the hospital, he showed Esther how a baby was born by the mother.

“I was so struck by the sight of the table where they were lifting the woman I didn't say a word. It looked like some awful torture table, with these metal stirrups sticking up in mid-air at one end and all sorts of instruments and wires and tubes I couldn't make out properly at the

When Esther's mental condition gets worse, Esther Greenwood receives a treatments and she has to stay in the hospital until the treatments done. Some people even go visiting her including her mother, her brother, and some people on her past including a man named George Bakewell. Deeply on her heart, Esther does not want to stay at the hospital, "I felt silly in my sage-green volunteer's uniform, and superfluous, unlike the white-uniformed doctors and nurses..." (85). Esther does not want to be staying at the hospital because the uniform which she wears looks so silly on her. Her clothes are green and it makes her look stupid.

“Esther: Why can’t I see a mirror? (I had been dressed in a sheath, striped gray and white, like mattress ticking, with a wide, shiny red belt, and they had propped me up in an armchair.)

Esther: Why can't I?

The nurse: Because you better not. (The nurse shut the lid of the overnight case with a little snap.)

Esther: Why?

The nurse: Because you don't look very pretty.

Esther: Oh, just let me see.” (92)

Those are the conversations between Esther Greenwood and one of the nurses on the hospital, the place she has to be staying in for getting the treatments. After being visited by a man named George Bakewell who has known her since a long time then now he is working in the hospital, Esther asks the nurse to give her a mirror. She wants to know her reflection through the mirror. But then, the nurse says to Esther Greenwood not to look into the mirror because she looks so bad.

Actually, one of the causes of Esther's mental illness is her past experience with Buddy Willard. This influences later Esther in seeing something relating to virginity. Esther was being overhyped towards Buddy Willard. Till then, Buddy makes her disappointed. In Esther's eyes, Buddy has lost his virginity and it was unexpected for her, "And that's how Buddy had lost his pureness and his virginity... At first I thought he must have slept with the waitress only the once, but when I asked how many times, just to make sure, he said he couldn't remember" (37). Esther feels more disappointed when Buddy did not even remember how many times he slept with other women. Something about it makes Esther sick since Buddy was pretending as a very pure man while in fact, he is not even able to keep his virginity.

[illegible]

struggling to defend her pureness or virginity, but it turns out that the man she is marrying with has been doing sex with another women, it will be unfair for the woman. This is why she does not agree with the general opinion about the purity of a woman.

At that time, Esther Greenwood was reading an article “In Defense of Chastity”. The article was written by a married woman lawyer with children. The article was talking about the reasons why a girl should not sleep with anybody before her husband and this could be only after getting married. The article tried to persuade people how a man always wants a pure woman to be his wife. Men want their wives to have sex for the first time with them (42-43).

Esther shows her disagreement with the article she read. Everything sounds so skeptical. She does not agree that a woman should be virgin before their married because it will be ridiculous if one day after married, the one who is not virgin is the man, just like what happened to Esther and Buddy, “It might be nice to be pure and then to marry a pure man, but what if he suddenly confessed he wasn't pure after we were married, the way Buddy Willard had?...” (43). Buddy was acting out as an innocent man until Esther finds him ever slept with some women. This will make the woman disappointed and this is absolutely unfair for woman.

Esther Greenwood also hates the situation she is currently living in. In the first chapter of the novel, it explains how Esther feels uncomfortable towards the electrocution of the Rosenbergs, “the summer they electrocuted the Rosenbergs, and I didn't know what I was doing in New York. I'm stupid about executions.

The last thing that is a little bit bothering for Esther Greenwood is the world itself. This summarizes the whole thing above as her distaste to the society or the situation around her. As being entitled the Bell Jar, Esther also thinks her world as being isolated in the bell jar. Everything is a bad dream for her.

As someone who feels like being trapped in the bell jar, Esther Greenwood explains this world as a bad dream. She hates everything as the whole of it. And all of Esther's distasteful feeling is caused by her unconscious mind which she is unaware of (Cloninger 35).

Esther Greenwood lives her life with a lot of distaste. Those distasteful feelings are caused by her unconscious mind which is influenced by Esther's disappointment towards many kinds of thing in her life, such as her disappointment to some men coming to her life, to her friends, to her mother and

3.2.1 Repression

Then, as a part of her distaste to her friends around her, Esther then throws a repression towards her feeling for Joan Gilling. This could be resulted by her

Then, as being explained before that Esther Greenwood also has distaste to the visits she received when she is on her treatment at hospital. Esther was visited often by her mother and even other people she does not want to meet. Unexpectedly, she was also visited by a man named George Bakewell. As the effect of this distaste, Esther projects her uncomfortable feelings to the nurse of the hospital. She did something rudely to the hospital's nurse (96-97). She did it on purpose because she did not like being in the hospital and got visited by many people.

Esther Greenwood sometimes denies the reality happened in her life. She mostly performs denial when her distasteful feelings to men show up. The example of it was when she met Lenny Shepherd and Frankie on her way to the party with Doreen. Full of anticipation, Esther feels that she has to be careful with those two men only by looking at the way they laughed (06). But then, a moment after that, Esther also denies her own feeling and reduces her distaste by stating

Another thing done by Esther because of her denial in reality happened in her life relating to her disappointment with Buddy is when she lets everything being forgot about Buddy Willard forgotten. “Before I came to New York I'd never eaten out in a proper restaurant. I don't count Howard Johnson's, where I only had French fries and cheeseburgers and vanilla frappes with people like Buddy Willard...” (14).

[illegible]

mix between her distaste towards Buddy because he could not afford Esther's favorite dishes and her distaste to Buddy for whatever he has done to her.

Esther Greenwood's denial that also shows up is when she told her friends that her name is Elly Higginbottom. "My name's Elly Higginbottom," I said. "I come from Chicago." After that I felt safer. I didn't want anything I said or did that night to be associated with me and my real name and coming from Boston..." (08).

Esther met Lenny Shepherd and Frankie for the first time. As a result of her distaste to men, Esther covers herself safely by denying her own identity. She said that her name is Elly Higginbottom and she comes from Chicago not Boston. She denies the fact about herself because it can make her feel insecure as she is a girl full of achievement in her academic life. So, Esther does denial to make herself feels safer. She does not want others to know about her real identity.

3.2.5 Fantasy

In dealing with her distaste of life, Esther Greenwood also tries to gratify her unfulfilled needs by imagining the things that make her feeling satisfied. Relating to her distaste to men, Esther ever imagined that her love story with Buddy would be like a love story between a Jewish man and a nun.

“It seemed to me Buddy Willard and I were like that Jewish man and that nun, although of course we weren't Jewish or Catholic but Unitarian. We had met together under our own imaginary fig tree, and what we had seen wasn't a bird coming out of an egg but a baby coming out of a woman, and then something awful happened and we went our separate ways.” (30)

When she broke up with Buddy, Esther covered her feeling by working so hard. “When I stayed in to study on Saturday nights they were extremely kind to me because they thought I was so brave, working the way I did just to hide a broken heart...” (39). Here, Esther Greenwood changes her distasteful feelings by working hard till others think that Esther is indeed a hard – working girl while in Esther’s mind, she does it because she wanted to hide her broken heart.

In conclusion, Esther Greenwood’s distaste of life is caused by her unconscious mind in which she got influenced by things happened on her past. This relates to her disappointment towards man, friends, mother and the general social perspectives. Even when her experiences happened on her past, Esther is still affected by those things. She gets disturbed easily, even by a small thin. Esther also shows a lot of anticipation in her life. She is really prepared for what is likely to be happened next. Esther’s distaste then results in some defense mechanisms she uses every time her distasteful feelings show up. Esther uses defense mechanisms because she knows that if she expresses her distaste, it will make her relationship with others in danger and also result in her insecurities.