

**LOVE AFFAIR REFLECTED AT HENRIK IBSEN'S *HEDDA GABLER* PLAY  
(1890); AN INDIVIDUAL PSYCHOLOGICAL APPROACH**

***Maya Berlian Primadani, Dewi Candraningrum, Titis Setyabudi***

Prodi Pendidikan Bahasa Inggris  
Universitas Muhammadiyah Surakarta

**Abstract**

*The present study investigates love affair in Henrik Ibsen's Hedda Gabler. This was library research of which primary data source was Hedda Gabler play supported by other resources such as the author's biography. The data were analyzed based on the individual psychology with a descriptive technique. The result showed that love affair was conducted by the major character, Hedda.*

***Keyword:*** *Love Affair, Hedda Gabler, Individual Psychological Approach.*

**Abstrak**

Penelitian ini mengkaji hubungan cinta terlarang yang terdapat dalam drama karya Henrik Ibsen yang berjudul Hedda Gabler. Tujuan dari penelitian ini adalah menganalisis drama tersebut dengan teori psikologi individual. Riset ini merupakan kajian pustaka dengan sumber data utama drama berjudul Hedda Gabler dan sumber data primer lain yang terkait dengan karya tersebut, misalnya biografi penulis, teori sastra dan teori psikologi individual. Hasil menunjukkan bahwa dalam karya tersebut terdapat hubungan cinta terlarang yang dilakukan oleh Hedda sebagai pelaku utama.

***Kata kunci:*** *hubungan cinta terlarang, Hedda Gabler, pendekatan Psikologi individual*

**1. Introduction**

All human beings in this world need love, which makes life more colorful. Love is something that everyone has an experience. Love is a feeling that is given by God to every person. According to Maslow (in Hall and Lindzey, 1985: 205), love is not synonymous with sex. He points out that sexual behavior is multi determined—by sexual needs, by love and affection needs, and other needs. Love cannot be enforced, because love comes naturally. Love can happen in anytime and anywhere.

People need love because they are social human being who need others to share life with. Love is needed in family life, opposite gender, friendship, and society. According to Adler (in Hall and Lindzey, 1985: 147), all of us begin life as small, weak creatures. Throughout life, feelings of inferiority arise constantly as we meet new and unfamiliar task that must be mastered. These feelings are the cause of all improvement in human behavior. Adler (1925) said that everybody has ambition passion or stimulate important to the society. Love affair as one of

psychological problems can occur in many ways. Everybody wants and dreams to have a perfect love story in his or her life. This dream may be fiction, which is an ideal that is possible to realize. So, usually everybody has ambition to make his or her perfect love story come true.

The need of love for every human is interesting to be analyzed; it is special in Hedda's character in Hedda Gabler play. Adler (in Hjelle and Ziegler, 1922: 146) averred that someone expresses a genuine concern for a communion with other people, he or she regards the three major tasks of work, friendship, and love as social problem. The desire of the main character, Hedda is so strong. She tries hard to get her perfect love story although she gets many problems. Except that, many love affairs between characters in Hedda Gabler play are also interesting to be analyzed.

*Hedda Gabler* is one of Henrik Ibsen's popular plays. It was firstly publish in Norway in 1890 and the premiered in Germany at 31 January 1891. It contains 164 pages and 4 acts. The play was written and first performed in Munich at the Königliches Residenz-Theater on 31 January 1891, with Clara Heese as Hedda. The first British performance was at the Vaudeville Theatre, London, on 20 April the same year, starring Elizabeth Robins, who directed it with Marion Lea, who played Thea. Robins also played Hedda in the first US production, which opened on March 30, 1898, at the Fifth Avenue Theatre, New York City. A 1902 production starring Minnie Maddern Fiske was a major sensation on Broadway, and following its initial limited run was revived with the same actress the next year (Locke, Gibson, and Arms: 1966: 551).

Henrik Ibsen was born in Skien, Grenland, United Kingdom of Sweden and Norway 20 March 1828 and was died in Christiania, Norway 23 May 1906. He is a major 19th-century Norwegian playwright,

theatre director, and poet. He is often referred to as "the father of realism" and is one of the founders of Modernism in theatre. His major works include *Brand*, *Peer Gynt*, *An Enemy of the People*, *Emperor and Galilean*, *A Doll's House*, *Hedda Gabler*, *Ghosts*, *The Wild Duck*, *Rosmersholm*, and *The Master Builder*.

Literary work has the same significance in meaning as understanding human's existence with this mental and inner-self problem. Since literature is the exposition of human mental life, it can be said that literary works has relationship to psychology. According to Adler (in Ryckman, 1985: 95), individual psychology is a science that attempts to understand the experience and behavior of each personality should be to serve as fruitful guide for therapist and ultimately for everyone, in affecting change toward more psychologically health behavior.

In the beginning of each act, there are the description of the setting and place. This tells about Hedda Gabler who is a daughter of General Gabler, the biggest general in the country. She was married with George Tesman a researcher about old history. They returned from their six months honeymoon to their new house in Secretary Falk's villa. Hedda was pregnant but she felt bored with their marriage although it had just a year, and she did not want if Tesman knew about it.

Tesman's aunt named Juliana Tesman came to their house to welcome their arrival. In here then Miss Tesman met Berta her old servant that worked at Tesman's house. But Hedda did not feel comfort with Miss Tesman's arrival so she did not welcome her arrival as good as possible. After Aunt Julia left, Thea Elvsted came to their house. Thea Elvsted was Sheriff Elvsted's wife and she was Tesman's ex-girlfriend and also Hedda's schoolfellows. Thea came there to know that Eilert Lovborg came back again to

the town. Eilert Lovborg was Hedda's ex-boyfriend and he was in relationship with Thea. He had returned to town after having fallen into alcoholism and taken two years to achieve sobriety and returned to society, but Thea felt afraid if he came back being an alcoholism because she truly loved Lovborg.

After Thea left, Judge Brack was coming. He was Tesman's fellow and had secret love with Hedda. He came to know that Eilert Lovborg in this town and was been greeted warmly, he also invited Tesman in his bachelor's party at his house and Tesman agreed to come.

In the next day Brack came to Hedda's house secretly without Tesman knew, and he had private conversation with Hedda. She told that she was not comfort with her marriage, and it made Brack closer with her. Now they had new secret relationship without knowing by Tesman and Hedda agree that Brack will be part of their triangulation in her marriage.

Then immediately Eilert Lovborg came too, he came to show his new book and explained the content of the book in manuscript. Brack also invited Lovborg to his party and he accepted it. Then Thea came again to meet Tesman but he already had appointment with Brack, so she stayed at Hedda's house for waiting they come back again from the party as soon as possible. Tesman, Lovborg, and Brack left home and went to Brack's house to get party.

Thea waited from night until morning since she lied sleeping upon the sofa but Lovborg did not come. She felt afraid something happened to Lovborg until he did not come. Then Tesman went back to his house, he told to Hedda that he found Lovborg's manuscript in the street when he was vomiting after to the party. Tesman would return the manuscript but he got call from Aunt Julia that Aunt Rina was dying

so he quickly went there and handed the manuscript to Hedda.

Then Brack coming, he told that Lovborg had trouble with the manuscript and he also got trouble with police because he assaulted a group of women whom he said took his manuscript. Immediately Lovborg arrived and told Hedda and Thea that he did not lose the manuscript, but rather tore it into a thousand pieces. After heard that Thea felt disappointed with him because she worked together to do the manuscript, then Thea left quickly. After had some conversations with Lovborg, then Hedda got her father's second pistol and asked him to use it to shoot at himself. Then Lovborg left and Hedda burned all of his manuscript.

Thea arrived that afternoon and told Tesman that Lovborg disappeared and supposed to be in hospital. Then Brack arrived to confirm the fact that Lovborg has died of a bullet wound to the chest, Thea was shocked to hear that. While Thea and Tesman sat in the back room, they tried to reconstruct the manuscript from the Thea's notes. In the living room Brack privately told Hedda that Lovborg did not kill himself, but rather died from a wound inflicted to the bowels either the result of an accident or someone else's fire. Brack told Hedda that when Lovborg was killed, he used pistol that given by Hedda. She must agree to follow all Brack's want because she was afraid of falling as only he can keep her from falling into the police's hands or suffering through a public scandal. Realizing that she was now in Brack's power, Hedda felt frustrated about it. So she left the living room and went to her room to play the piano for some moments, and finally she shot herself. All of people did not believe that Hedda end herself with this way.

There are some reasons why the writer is interested in analyzing this play. Firstly, Hedda Gabler play is a depiction of

the realities of life with kinds of problems. Secondly, this play tells about many ways used to manipulate other people. Thirdly, this play also tells about interesting love affair.

Based on the review above, the researcher is interested to identify the love affair that happened to Hedda Gabler from first act until the last act, the researcher will identify it by using individual psychological approach by Alfred Adler. Furthermore, the identification focuses only on Hedda's love to everyone that she meets. So, the researcher entitles her research "Love Affair Reflected at Henrik Ibsen's *Hedda Gabler* Play (1890); An Individual Psychological Approach".

The problem statement of this research is how love affair is reflected in *Hedda Gabler* (1890) directed by Henrik Ibsen. The objectives of study are mentioned as follow: a) To analyze Henrik Ibsen's *Hedda Gabler* play based on the structural elements of the play, b) To reveal love affair based on individual psychological approach.

The research on *Hedda Gabler* play has been conducted by some students. First, the study about *Hedda Gabler* play is conducted by Dr. Paonam Sudeep Mangang, the lecturer of English Department in Naorem Birahari Collage, Khundrakpam, Imphal East, Manipur, in his article published on December 2011 entitled "Ibsen and Freud: A Study of Hedda Gabler from a Psychoanalytical Perspective". The second study is conducted by Dedi Suhendi (UNY: 2012) entitled "Hedda's Struggles in Fighting Patriarchal Ideology as Reflected in Ibsen's *Hedda Gabler* (Radical Feminism Approach)". The third is the study conducted by Ali Muhdor Fatimah: 2010 entitled "The Idea of Jealousy as Seen in Henrik Ibsen's *Hedda Gabler*". This study describes the jealousy of Hedda's feeling with all people around her and how she defines herself negatively. The fourth is the study conducted by Prita Febriana

Hapsari (Udinus: 2012) entitled "Hedda's Depression Becomes a Motive to Commit Suicide in Henrik Ibsen's *Hedda Gabler*". This study describes Hedda's depression to commit suicide when she feels powerless. The fifth is the study conducted by Wiwik Suwitolaksono (UNEJ: 2014) entitled "The Causes of Mental Conflict of the Main Female Character in *Hedda Gabler* by Henrik Ibsen". Sixth is the study conducted by Sri Ana Widayati (UNESA: 2006) entitled "A Study of the Main Character's Self-Liberation in Henrik Ibsen's *Hedda Gabler*". Seventh is the study conducted by Endang Safitri (UGM: 2006) entitled "Hedda's Alienation as Seen in Ibsen's *Hedda Gabler*". This study describes how Hedda could alienate herself and why it happened in her life. The eighth is the study conducted by Dr. Joane E. Gates (University of Massachusetts, Amherst: 1991) entitled "Hedda Gabler, 1980: A Narrative of the Production". Ninth is the study conducted by Soegiarto (UNEJ: 1994) entitled "Thematic Symbols in *Hedda Gabler*". This study describes about symbols containing in *Hedda Gabler*, especially the thematic symbols. Tenth is the study conducted by Fatmawati (UNEJ: 2014) entitled "Envy and Self-Interest of the Major Characters in Ibsen's *Hedda Gabler*". This study describes Hedda's envy and self-interest to all kinds' stuff that she wants to get.

In this research, the writer employs the similar data source which is *Hedda Gabler* play, but applies different approach called Individual Psychological Approach focusing on the love affair of the major character (*Hedda Gabler*) in *Hedda Gabler* play.

## 2. Method

The writer employed the descriptive qualitative research. Moleong (1983: 3) affirms that qualitative research is a research which results in the descriptive

data in the form of observation people or behaviors. Then, the steps of conducting this qualitative study are: (a) determining the object of the study (b) determining the source of the data (c) determining the method of data collection (d) determining the techniques of data analysis. The object of the study is Hedda Gabler play by Henrik Ibsen which is published in 1890. It is analyzed by using individual psychological approach. They are two types of data namely primary data and secondary data that needed to do this research. The primary data are the main data obtained from all the words, dialogues, phrases and sentences in the play. The primary data sources of the study is Hedda Gabler play by Henrik Ibsen. The secondary data are the supporting data taken from literary books, criticism, and some articles related to the play. The secondary data of the study are taken from any information related to the play. In conducting the study, the writer uses the techniques in collecting the data as follows: (a) watching the play repeatedly and read the script play (b) taking notes of important part in the both of primary and secondary data (c) underlying the important dialogues which are related to the study (d) arranging the data into several parts based on its classification (e) selecting the data by rejecting the irrelevant information which does not support the topic of the study (f) drawing the conclusion of the analysis that has already done in the former chapter and formulating its pedagogical suggestion.

In analyzing data, the writer employs descriptive qualitative analysis of content. The steps of technique of the data analysis are compiled as follows: (a) analyzing the structural elements of the play. Focus will be paid on the structural analysis of the play (b) trying to decide the psychological analysis of the literary work. Focus will be paid on the meaning of love affair (c) making discussion of the finding and (d) making conclusion.

### **3. Findings and Discussion**

*Hedda Gabler* play is written by Henrik Ibsen. The major characters are Hedda Gabler, George Tesman, Thea Elvsted, and Judge Brack. Hedda Gabler is a female, daughter of the famous general names General Gabler. Her face and figure show refinement and distinction. Her complexion is pale and opaque. Her steel-grey eyes express a cold, unruffled repose. Her hair is of an agreeable brown, but not particularly abundant. As the play begins, she is returning from her honeymoon with Jorgen Tesman, a scholar with good prospects but not as much money as Hedda is accustomed to. Her married name is Hedda Tesman. Hedda is an intelligent, unpredictable, and somewhat dishonest young woman who is not afraid to manipulate her husband and friends. George Tesman is Hedda's husband. He is 33 years old. He is a middle-sized, young looking man, rather stout, with a round, open, cheerful face, fair hair and beard. His job is researching about old story and also he is a writer. Tesman is an amiable, intelligent young scholar. He tries very hard to please his young wife, Hedda, and often does not realize that she is manipulating him. In fact, he often seems foolish for his age, and when he annoys Hedda, the audience has reason to sympathize with her. Thea Elvsted is a meek but passionate woman. She is Tesman's ex girl friend, and Hedda already knows about it. She is also afraid with Hedda since they were studying in the school because Thea and Hedda are schoolfellows. Brack is a judge of relatively inferior rank. He is a friend of both Tesman and Hedda, and he visits their house regularly. He has connections with the government of the city and he is often be the first person who gives Tesman information about alterations in the possibility of his professorship. He likes meddling in other people's affairs. He is a worldly and cynical man. He also has a

love affair with Hedda without Tesman's know.

The minor characters are Miss Juliana Tesman, Eilert Lovborg, and Berta. Miss Tesman or Aunt Jullia, is the aunt of Jorgen Tesman. After Tesman's parents died, Aunt Julle raised him. She is well-meaning, and she is constantly hinting that Tesman and Hedda should have a baby. Aunt Jullia tries to get along with Hedda, but the difference in their class backgrounds is painfully apparent. Aunt Jullia lives with the ailing Aunt Rina, another aunt of Tesman's. Eilert Lovborg is Tesman's biggest competitor in the academic world. After a series of scandals related to drinking, he was once a public outcast but now has returned to the city and has published a book to rave reviews. Berta is George and Hedda Tesman's servant. Formerly, she was the servant in Juliana Tesman's household. She tries very hard to please Hedda, her new mistress, but Hedda is quite dissatisfied with her.

There are no years described in the setting of time in this play, but in each of act there are timing that mentions the situation in the play. In the act 1, the timing is at the morning, it describes when Aunt Julia accosts Hedda when she wakes up. In the act 2, the timing is at the afternoon. It is already described in the explanation in the beginning of act 2. It happens in the different day from act 1. In the act 3, the conversation happens in the morning. It describes from when Thea suddenly wakes up and is shocked knowing that Lovborg did not come. The last in the act 4, the situation happens in the evening. It is already described at the beginning explanation in the act.

The setting of place of this play is located in the *Secretary Falks's* villa. It is a new house that Tesman buys as a gift for Hedda of their wedding. As the fact Tesman buys the house using Aunt Julia's money.

The social setting of this play is begun with the portrayal of Hedda who is a daughter of General Gabler that has power. The life style that is described in this play is high life style, it shows from the character of each person.

There are many plots presented in Henrik Ibsen's *Hedda Gabler* play that can be divided into four sequential levels, exposition, complication, climax, and resolution. The exposition of the story begins with Aunt Julia that comes to Tesman's house who returned from their six months honeymoon to their new house in Secretary Falk's villa with his wife, Hedda. And also Tesman is going to get a post as a professor. When he was on honeymoon, he also did his jobs to produce a book. He really wants to finish his book and he gets payment from that. The complication of the story begins when Mrs. Elvsted is distraught and left her husband. In deepest of her heart, she still gets love with her past love, Eilert Lovborg. And in the same situation, Judge Brack wants Hedda in one way or another. Brack wants Hedda to make triangle love with him. Eilert Lovborg starts drinking again and he accepts Brack's invitation to get party in his house. After goes back from Brack's party, Eilert has lost his manuscript in the street. The lost manuscript really raises the stakes on everything. The story has climax when Hedda burns Eilert's manuscript without known by Tesman. Actually Tesman wants to return the manuscript but he entrustes it to Hedda for a moment. In other hand, Hedda also does not like with Lovborg and Thea's relationships, so she burns it all. Resolution in this story is when Hedda shoots herself in the temple. Brack privately tells Hedda that Lovborg does not kill himself, but he is killed accidentally using Hedda's pistol. She must agree to follow all Brack's want because she is afraid of arrested by the police and becoming a

public scandal. Realizing that she is now in Brack's power, Hedda feels frustrated about it. So she leaves the living room and goes to her room to play the piano for some moments, and finally she shoots herself.

The theme of Henrik Ibsen's *Hedda Gabler* play is "everyone has individual's conflict". This means that as the social individual each person absolutely has conflict between their self and the social environment. Within this play tells an effort of person who want to free from their problem of life. There are many styles presented in Henrik Ibsen's *Hedda Gabler* play that can be divided into diction, grammatical structure, rhetorical, and symbol. The elaboration above shows that the structure element in English is a good unity. It can be seen clearly from the structural elements of the play. It is namely character and characterization; setting, plot, theme, and style are interested together in building wholeness.

The individual psychological analysis of *Hedda Gabler* emphasizes in Hedda as the main character. It gives the overview about the influences of greed and conflict interest in Hedda personality under the six parts of individual psychological analysis. There are inferiority feeling, striving for superiority, fiction finalism, style of life, social interest, and creative power.

Inferiority feeling emerges from one's imperfection dealing with his or her imperfection to overcome the life problem. The researcher finds some inferiority feelings of Hedda Gabler. At least there are three inferiority feelings of Hedda Gabler. Hedda's first inferiority feeling occur when she is asked by Brack about Lovborg's lose manuscript and Brack threatens to disclose Hedda's secret that Lovborg is died by using pistol from Hedda. Hedda's second inferiority feeling occur when Brack knows all Hedda's secret and she has no power to resist his, so she really feels in Brack's power and cannot do anything then she

must agree to have secret love with him. And the last Hedda's inferiority feeling occurs when she really feels frustration about all situations that she has and she does not solve all her problems, so she decides to end her life with shooting herself in her temple using her father's pistol.

The researcher finds some striving of superiority of Hedda Gabler. Hedda's first striving of superiority occur when she insults Aunt Julia's parasol, she thinks that the parasol is Berta's but in fact it is Aunt Julia's. Hedda's second striving of superiority occurs when Thea tells to her that when they are in the school she pulls Thea's hair. Hedda's third striving of superiority occurs when she shoots judge Brack from her home when he wants to go to her home. Hedda's fourth striving of superiority occurs when he forbids Thea to go home and force Thea to stay in her house although she knows that Thea really wants to go from there. And Hedda's last striving of superiority occurs when she orders Lovborg to kill himself with her pistol.

Fiction finalism is individual's goal of life, which is unreal in nature or as a fiction. Hedda's first fiction finalism occurs when she makes some conversations with Thea when Thea goes to her home, in there she has goal to make their relationship closer. Hedda's second fiction finalism occurs when she looks for some information about Lovborg from Thea, her goal is that she wants to know what about Thea and Lovborg's relationship and also she wants to know whether Lovborg still loves her or not. And Hedda's last fiction finalism occurs when she prohibits Tesman when he wants to return Lovborg's lose manuscript.

The researcher finds some style of life of Hedda Gabler. Hedda's first style of life occurs when Aunt Julia shows to Berta how luxurious and beautiful Hedda is, she also shows that Hedda has high social life.

Hedda's second style of life occurs when she now lives in Secretary Falk's Villa, a place that is only rich people that can stay in there. Hedda's third style of life occurs when Hedda in her past often went to party with Lovborg. And Hedda's last style of life occurs when she asks Lovborg and Thea to have a glass of cold punch.

There are some indicators showing Hedda's social interest. At least Hedda has third social interests. Hedda's first social interest occurs when she wants Tesman to invite Lovborg to go to her house, at the fact the first person that asks Tesman to do it is Thea. Hedda's second social interest occurs when she and Thea have a conversation. In here, Hedda tries to be closer with Thea so she makes a simple conversation with her. Hedda's third social interest occurs when she listens Thea's story about her husband that does not respect to her again and then she decides to leave from her house and go to Hedda's town.

The creative self gives meaning to life; it creates the goal as well as the means to the goal. Hedda's first creative power occurs when Hedda burns Eilert's manuscript without being known by Tesman. Hedda's second creative power occurs when she realizes that she is now in Brack's power, Hedda feels frustrated about it. So she leaves the living room and goes to her room to play the piano for some moments, and finally she shoots herself.

Finally based on the discussion above, it made the general points that Hedda's love affair has changing her own personality. The researcher can see it from the analysis of six basic assumptions of individual psychological proposed by Alfred Adler's theory.

#### **4. Conclusion**

The writer draws two conclusions related to the result of the analysis. First, the structural analysis shows that the whole elements of the play present a solid unity. The main character in this play is Hedda Gabler, who has an important role throughout the story. She appears in the plot of the whole story. As a human being, she looks like kind to all people, respect with what people say to her, intelligent, unpredictable and try to be a good wife to her husband, Tesman. Besides that, she is a cruel woman, she has high temper, and then she also dislikes to all people in her past. She has goal to make herself happy without many conflict in her life.

Second, the individual psychological analysis, it could be seen that Hedda Gabler's inferiority feeling comes when she has no power to resist all Brack's want and then she agrees to make triangle love with him. It makes Hedda have striving for superiority in her life, that is she orders Lovborg to kill himself with her pistol. In other hand, Lovborg is Hedda's ex-boyfriend but she still dislikes with him. In Hedda's fictional finalism, she has goals to know whether Lovborg still loves her or not and she also wants to make herself free from all problem in her life. In her deepest heart she is still loving Lovborg but she has importance to make her husband more popular than him, so she decides to burn all Lovborg's manuscript. As she does burn the manuscript, she gets big problem in her life. And to solve the problem she decides to shoot herself with her pistol.

### **Bibliography**

- Adler, Alfred. 1956. *Superiority Interest by Alfred Adler*. Evanston, III : North Western University Press.
- Feist, Jess. 1985. *Theory of Personality*. New York: CBS College Publishing.
- Hjelle, Larry A and Zieger, Daniel J. 1982. *Personality Theories (Third Edition) Basic assumption, Research, and Application*. USA: Mc. Graw Hill International Edition.
- Hall, Calvin. S and Gardner, Lindzey. 1985. *Introduction to Theory of Personality*. New York: John Willey and Sonc inc.
- Hjelle, Larry A and Zieger, Daniel J. 1922. *Personality Theories: Basic Assumption, Research, and Application*. New York: Mc. Graw Hill, Inc.
- Locke, Louis G; Gibson, William G and Arms, George. 1966. *Introduction to Literature*. United State of America: Holt, Rinehart and Winston, Inc.

### **Virtual References**

- [http://en.wikipedia.org/wiki/Individual\\_psychology](http://en.wikipedia.org/wiki/Individual_psychology) accesses on Thursday, May 29nd 2014 at 07.45 p.m.
- [http://homepage.smc.edu/adair-lynch\\_terrin/ta%205/elements.htm](http://homepage.smc.edu/adair-lynch_terrin/ta%205/elements.htm) accesses on Sunday, June 1st 2014 at 10.23 a.m.
- <http://www.studymode.com/essays/Drama-Response-Of-Hedda-Gabler-1332082.html> accesses on Sunday, June 1st 2014 at 11.01 a.m.