

Exploring Anne's Dual Personality in "The Diary of Anne Frank" under the Guidance of Freud's Theory of Personality Structure

Shaojun Duan

School of Foreign Languages
Kunming University
Kunming, China
duanshaojun2709@126.com

Abstract—"The Diary of Anne Frank" is a private diary written by a Jewish girl Anne Frank during World War II, recording the events in the two years when Franks and two other families hiding in "secret attachments" to avoid Nazi persecution. Anne Frank is the main character in the diary, so we can know more about her, especially what she thought and what she did etc. Under the guidance of Freud's theory of personality structure, this article will explore Anne's true identity, ego and superego to disclose "two Annes" and her dual personality. Furthermore, this article also discusses the social and family factors affecting Anne's personality, hoping to help readers to appreciate this book in a better way and realize the suffering of the common people in war, as a result, evoking their passion for peace.

Keywords—*The Diary of Anne Frank; Anne's id; Anne's ego; Anne's superego; Dual personality*

I. INTRODUCTION

Anne frequently expresses her conviction that there are "two Annes" the lively, jovial, public Anne whom people find amusing or exasperating; and the sentimental, private Anne whom only she truly knows. [1]150 "The Diary of Anne Frank" is a private diary written by a Jewish girl Anne Frank during World War II, which recorded the Franks and another two families' two years hiding life in "Secret Annex" in order to avoid the Nazi persecution. In Anne's diary, we can find that her inward and outward character is aggravating split. Throughout the diary she struggles with her two different selves. She says she doesn't have one person to whom she can really open up, she can't share her true self with her parents or friends. Under the guidance of Freud's theory of personality structure, this article will explore Anne's id, ego and superego to disclose "two Annes" and her dual personality. Furthermore, this article will also discuss the social and family factors affecting Anne's personality, hoping to help readers to appreciate this book in a better way and realize the suffering of the common people in war, as a result, evoking their passion for peace.

II. FREUD'S THEORY OF PERSONALITY STRUCTURE

In 1923 Freud described his Theory of Personality Structure in his book "The Ego and The Id" in detail. In his opinion the structure is made up of three parts: the Id, the Ego and the Superego [2]. Freud said that all these three components should be well-balanced in order to have reasonable mental health. According to his theory, functions of the Id are in the irrational and emotional part of the mind. And it is the primitive mind; it contains all the basic needs and feelings. But it has only one rule the "pleasure principle". In transactional analysis, Id equates to "Child". The Ego functions with the rational part of the mind. It relates to the real world and operates via the "reality principle". It meets the need for compromise and negotiation between the Id and the Superego. Its work is to make the Id's pleasure but to be reasonable and bear the long-term consequences in mind. And in transactional analysis it equates to "Adult". The last one is the Superego, It might be called the moral part of the mind, and it stores and enforces rules. It constantly strives for perfection, though this perfection ideal may be quite far from reality or possibility. The Superego has two subsystems: Ego Ideal and Conscience. The Ego Ideal provides rules for good behavior, and standards of excellence towards which the Ego must strive. The Ego ideal is basically what the child's parents approve of or value. The conscience is the rules about what constitutes bad behavior. The Conscience is basically all those things that the child feels mum or dad will disapprove of or punish.

According to Freud's theory, those three parts can decide a person's personality. In the following parts this paper will analyze Anne Frank's dual personality under the guide of Freud's Theory of Personality Structure.

III. ANNE'S ID, EGO AND SUPEREGO

A. Anne's identity

After the 1920s, Freud revised his early theory and proposed the theory of triple structural personality, the basic concept of which is that Human's character is made of id, ego and superego. The id has one rule the "pleasure principle". [3]8 Its trait is to find the momentary satisfaction regardless of the cost. So according to this rule and its trait, we can find out lots of proofs to show Anne's id in the book.

In her June 21, 1942 diary, she said "talking is female trait and that I will do my best to keep it under control, but that I would never be able to break myself of the habit, since my mother talk as much as I did, If not more, and that there's not much you can do about inherited traits." [4]19 when Mr. Keesing punished Anne to do writing because she was always talking in class, she did that. She is so intelligent and witty to revolt her teacher's opinion; and she showed her borings without any concealing. She is quite different with others. She also said at that time that "Keesing was trying to play a joke on me with this ridiculous subject, but I'd make sure the joke was on him." She is rebellious in her deep heart.

"Yesterday Mother and I had another run-in and she really kicked up a fuss. She told Father all my sins and started to cry, which made me cry too." "I finally told Father that I love "him" more than I do Mother." [4]79 Anne's Mother went on talking about Anne "When you're sewing, the entire floor is covered with pins, and look, you've left the manicure set lying around again." [4]79 She always talks about how messy Anne is. She is a careless girl of course. In her mother's eyes she always does what she wants. She is quite self-centered at sometimes.

April 2, 1943, when Anne sat on my bed, her mother came into the room and told her daddy was not available and suggested that her mother would listen to her prayers that night. Anne refused her mother's suggestion. In Anne's eyes, she thought that her Father is her guardian angel who can protect her whenever she needs him. He can answer so many problems that she doesn't know. But her mother is quite different in her eyes. She always quarrels with her mother, and Anne doesn't like her mother; she is always against her mother and says everything in her heart without concealing, which hurts her mother deeply. They are not close at all.

July 29, 1943, "Mrs. Van Daan, Dussel and I were doing the dishes, and I was extremely quiet. This is very unusual for me and they were sure to notice, so in order to avoid any question, I quickly racked my brains for a neutral topic." [4]185 She said that "during meals I talk more to myself than to the others, which has two advantages. First, they're glad they don't have to listen to my continuous chatter, and..." [4]185 Anne is a vigorous girl and she is absolutely a "chatterbox". She likes talking, so even her little quiet time would make others not used to her. In Mr. Dussel's eyes, Anne is naughty, shamefully self-centered. He says that Anne is a person that no one else matters, as long as she gets her way. This is an image of Anne in her roommate's eyes. She is a person who will do things according to her own "pleasure principle". She likes to talk others regardless of others' feelings.

She is not only lively and jovial but also quite naughty. She has many dreams like other girls. She is an innocent girl and she is mischievous sometimes. She always said most of what she said comes out very different from the way She'd planned. In her diary, we can find out many examples about her quite different parts. Sometimes, she is not being honest. She likes to discuss others, especially Mr. dussel. She is rebellious and always offends her mother. She doesn't like many people around her, just except her father. It's her who sometimes ignores others around her and says everything she wants to say without considering if it will hurts someone else. And she has just one rule: to be happy. All of the things reflect her id.

B. Anne's Ego

According to Freud's theory, The Ego functions with the rational part of the mind. It relates to the real world and operates via the "reality principle". [3]8 There are plenty of evidence in her dairy which showed this kind of characteristic of her.

"I hope I will be able to confide everything to you, as I have never been able to confide in anyone, and I hope you will be a great source of comfort and support." [4]2 The reason why she kept a diary is that "I do not have a friend." and her idea about it is that "paper has more patience than people". She felt she is completely alone in the world, though she has loving parents and sixteen year old sister, about thirty people she can call friends. She has loving aunts and a warm home, but she has no true friends. This is her true life and her world. She is joyful during the day. But when she is alone at night, many things come into her head. She couldn't tell anyone what she thought. So she has to come back to her diary. Because she finds that Kitty is always so patient. Living in the "secret annex", Anne becomes more sentimental. She missed so many things about the outside world. Although it lets her away from turmoil, this secret annex is quite like a Melancholy Annex. She felt deserted, and surrounded by too great a void. She always thought much about unhappy things or about herself. Even her father, no matter how kind he may be, can't take the place of her former world. She's always seething with rage because of her mother. She says that "I can't let them see my doubts, or the wounds they've inflicted on me. I couldn't bear their sympathy or their good-humored decision. It would only makes me want to scream even more". [4]130 She is tenacious in her heart; she keeps her pains in her heart. She has become more reasonable as time went by, she realized that she can't vent her boring to anyone else, so she wrote her loneliness in her dairy. Certainly, she is grown and developed. In January 2, 1944, after they moved into that Annex about half and one year, she began to read her dairy and think herself, she found that what she wrote about her mother before is really improper; she realized that her past self is too much innocent, insolent and beastly to her mother. She thought more about people outside who were not in hiding, she thought about many things she did. She concerned more about polity and paid attention to political affairs. This transition is not easy for a young girl, but she did that. Though maturing into a young woman, she still retains a measure of youthful innocence and idealism. She is different all in all. As she grew up, she began to see the world from the totally new vision. As she said in her dairy that "it's difficult in times like these: ideals, dreams, and cherished hopes rise

within us, only to be crushed by grim reality. It's a wonder I haven't abandoned all my ideals, they seem so absurd and impractical. Yet I cling to them because I still believe, in spite of everything, that people are truly good at heart. "[4] We can see from these words, Anne is a good person. And she still believes goodness in the world, and she thinks more about the world in an adult's eye. This is an obvious cooperation effect of her id and ego.

C. Anne's Superego

Superego might be called the moral part of the mind, and it stores and enforces rules. It constantly strives for perfection, though this perfection ideal may be quite far from reality or possibility, and it includes the Ego Ideal and Conscience. [3]8 In Anne's diary, we see her superego from her behavior and her thoughts.

In Anne's diary, when her sister told her that she has received a call-up notice, she was frightened to cry. Though she also had such a time that she was skittish, but she was kindhearted in her deep heart and she couldn't bear that she will lose her sister. She was still a little girl with a common thought, and couldn't pretend to be strong. In her deep heart, she felt guilty too, she showed guilt for having such a peaceful place to hide, but her friends and companions were tortured and murdered. Anne continuously struggles with the guilt that her friends were dead while she was still alive. She was growing more bored, anguished and smothered in the annex. She felt like a songbird whose wings had been ripped off, she's eager to out, where there's fresh air and laughter. She was tired of listening to the same stories over and over again. She felt that she couldn't count on anyone else to support her. She had an intense desire to be alone and wondered, "Why people go to such lengths to hide their real selves?" she felt horrible that we can't ever confide in anyone. Afterwards she found that hypocrisy rather honest was the only way to get along with people, so Anne becomes depressed and cynical, and she's no longer the once-lighthearted girl. As Anne became thoughtful, her diary was an important tool for Anne's self discovery and maturity.

In this part, we can see Anne changes so much. She wants to just be herself, showing her bad side. Sometimes she is kind but at another time, she becomes irating about her situation and many people as tensions in the annex run high with the break-ins; they are completely feared in their hearts. Though they are deeply affected by the confinement, fear, anger and sadness the war brings upon them. However, she is still with hope in her life and still keep optimistic under the suffering situation. She says that she still love life and will keep hoping, hoping for ...everything. These are her ego ideal and her conscience under such abnormal situation.

IV. ANNE'S DURAL PERSONALITY

After above proofs being analyzed under Freud's theory, we can find that Anne is a girl who is innocent, tempestuous, precocious, smart and perceptive. In her heart she has difficulty opening up to her friends, it could be said that she is an autistic person. Especially when she leaves her normal childhood behind and enters the dire and unusual circumstances of the Holocaust, she becomes more closing. On one hand, she is a playful and comical. But in that oppressed annex, she has to hide her own feelings in most times. She does not believe anyone in her heart. She feels insecure and afraid. Finding no one to whom she can open up also let her feel frustrated. Actually, she fears that she is vulnerable to attacks on her character. She thinks that paper is more patient than people so she writes diary to release her self in order to avoid hurting her family and her friends. She loves her father but she can't tell him everything in her heart. She is eager to have someone to share her heart. On the other hand, she feels extremely lonely, she needs kindness and affection, but almost no one can find her true self. She always worries about not having enough friends and not getting along well with her mother and other people around her, she is a typical adolescent who is facing danger at that time. To some degree, her self-closing made her have such dual personality. And it is herself who causes it. The period from her 13years birthday to her death, she changes so much in her personality. At the beginning of her diary, she is a completely innocent girl; she has much curiosity entering into the annex. She is mischievous and always offends her mother. All in all she is happy. As tensions run high, people around her become more and more sensitive, and she becomes sentimental too. Her personality is aggravating split as time goes by. At last she has become highly introspective and insightful about her own nature after she experiences the id and ego period in her life, she becomes more reasonable and mature.

V. FACTORS AFFECTING ANNE'S PERSONALITY

A. Social Environment

War is a very horrible thing for people, and at that time the war rages around them, all people around them suffer it. Their situation is precarious, and that kind of fear permeates in the "secret annex". This innocent girl needs to spend much time to distract herself from the frightening life. This is a large factor affecting Anne's personality changing which brings to Anne's later regretting for her doing. She once said "I was suffering then from moods and allowed me to see things only from my own perspectives without considering my hurting or offending others" [5]156 Under the war condition, people's personality changes much. People always go to such lengths to hide their real selves. In the annex, the relationship becomes worse day after day. They are interlaced by anxiety and depression. Under such pressing situation, the normal people become lonelier. They tend to think more about their "future". and in that closed annex, they are depressed and repressed. They become more selfish as time goes by. This terrible environment almost made them lose their breath.

B. Family Environment

Her family is harmonious outside. But just like Anne says that they don't really know each other well. She has loving parents and lovely sister. But Anne is lonely in her heart because her mother, her sister and her father can't know her well. And they care the girl less especially in that situation and that depressed annex. Her father is the one she loves most. He is a person who is smart, resourceful and a caring father in Anne's heart. He has a strong character; Anne has a connected relationship with her Father and she can derive strength and encouragement from her Father. He is always nice and she can understand Anne perfectly. But for Anne as a thirteen years old girl, after all he is not a proper friend and can't give Anne quite right help in her development. This is a great loss for Anne because her Father is the person she likes most. Anne thinks that she has a mother who is too sentimental and critical. Her mother doesn't know her at all. She doesn't like to share her feeling with her mother and even in her deep heart she doesn't like her mother. Though sometimes they can be friends but they are never close. This is quite different with other families in our life. Her mother has such an image that she always condemned Anne. Anne thinks that she almost can't find anything of the sort in her mother who as a mother and as a wife should be. So Anne thinks her mother should possess a great deal of tact, especially toward her adolescent children and not one like my mommy pokes fun at me when she cries. As for her sister, Anne doesn't like her because she is also a sentimental person. Her sister like her mother doesn't offer much to Anne in the way of emotional support. The three women in the family are not close as it should be.

VI. CONCLUSION

"The Diary of Anne Frank", one of the most influential Holocaust books around the world left by a Jewish girl Anne Frank during World War II.[6]35 The writer Anne got a diary in her thirteenth birthday, so she began to record her life in her diary at once. The diary began from June 12, 1942 to August 1, 1944. The Gestapo arrested Anne and her family on August 1, 1944 because of someone's betray. Then Anne died of typhus at the Bergen-Belsen concentration camp on March, 1945. After World War II, Anne's father survived and published her diary to realize her dream. This article applies Freud's concept about id, ego and superego to exploring Anne's id, ego and superego to reveal what kind of personality Anne has and find out her inward self and outward self. As a result we find that the social environment of World War II and the family environment during the special time have exerted great influence on the formation of Anne's personality, the result of which is her dual personality, or two Annes. The outward Anne is lively, jovial, amusing and naughty but the inward Anne is quite sentimental, she lives in her own world and doesn't confide to anyone and feels lonely in her deep heart. Whereas Anne is a strong girl and intelligent enough to find the way to vent her pains in that crazy circumstance, and writes down all her thoughts and feelings.

REFERENCES

- [1] A. Frank, *Today's Most Popular Study Guides: Diary of a Young Girl*. Y. Xin, Trans. Tianjin: Tianjin Technology Translation and Publication Company, 2010.
- [2] S. Freud, *the Ego and the Id*. New York: W. W. Norton & Company, 1962.
- [3] Z. Weixia, "A Study of Freud's Psychoanalytic Aesthetics," unpublished. (In Chinese)
- [4] A. Frank, *the Diary of Anne Frank*. H. Zhijun, Trans. Beijing: China Aerospace Publishing House, 2011.
- [5] A. Frank, *the Diary of a Young Girl: The Definitive Edition*. O. Frank and M. Dressler, Ed. New York: Bantam Books, 1997.
- [6] Z. Liang, "The Holocaust: History and Memory--An Analysis of The Diary of a Young Girl as a Historical Document," unpublished. (In Chinese)