

PSYCHODRAMA ANALYSIS OF CHARACTER “JIM” IN NOVEL “INTO THE MAGIC SHOP” BY DR. JAMES R. DOTY

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Abstract

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This research is the result of research on the type of psychodrama experienced by Jim, the compassion shown by Jim and the purpose of psychodrama to others as introduced by Jim in the novel *Into the Magic Shop* by DR. James R. Doty. This research used qualitative research methods in research design, data collection and data analysis to describe, summarize and recap, and evaluate data from literature studies of several journals, books, blogs and others related to existing psychological studies and psychoanalytic therapy, which are the essence of this research. The results of the research conducted found that Jim's experience was a spiritual experience intended for meditation and visualization, the affection shown by Jim was to teach psychodrama to others and the purpose of introducing psychodrama was to make others feel the spiritual experience itself. Based on the research results, the researcher concludes that Psychodrama is an action technique in changing our views for the better. Meditation and Visualization are used in psychodrama techniques, the goal of which is to gain awareness of oneself. The power of heart and mind will create our desires. the relationship of heart and mind can make us change our perception of ourselves to create our desire for Self-Improvement..

Keywords: personality, psychodrama, meditation, self-improvement, life-changing

1. INTRODUCTION

Literature is writing whose expressions and forms are related to ideas that are permanent and universal, such as poetry, novels, history, biographies, and essays. Literature can be defined as a collection of works of art consisting of words. Most of these have been written, but some have been passed on by word of mouth. Literature usually means well-written works of poetry and prose. Literature is a term used describe written and sometimes oral material such as representing the culture and traditions of language or society. ‘Folklore’ or ‘Folk song’. Even though they have all become printed works, they are still called ‘oral literature’.

Saputra et. al. (2022) say that literally means not only what is written but what is voiced, what is expressed, what is invented, in whatever form. This is difficult to define precisely, although many have tried, it is clear that accepted literary definitions are constantly changing and evolving. Literature suggests a higher art form, just putting words on a page is not always the same as making literary works.

According to Turnip et. al. (2021), the literary work is as the picture of the world and human life, the main criteria that is putted on the literary work is 'truth', or everything that wants to be pictured by the author. Literary work is a way for a person to express his experiences, thoughts, feelings, ideas, enthusiasm, beliefs into a form of life image, which can evoke fascination with language tools and is depicted in written form. Prose is one of the parts in literary works.

Prose a form of language that has no formal structure. it applies a natural flow to speech and ordinary grammatical structures, rather than rhythmic structures, as in traditional poetry. Normal everyday speech is spoken in prose, and most people think and write in prose. Prose is a literary work in the form of a story conveyed through a free narrative that is not tied to rhyme and rhythm.

According to Gross (1998), prose is the ordinary form of spoken or written language. Therefore, it fulfills innumerable functions, and it can attain many different kinds of excellence. Prose has two types, they are old prose and new prose. The types of prose they are non-fictional prose, fictional prose,



heroic prose, prose poetry. Fictional prose is a literary work that is wholly or partly imagined or theoretical. Examples are novels

Novel is one of the new prose in literary works. Prose in novels is usually written in a narrative form, and may be entirely a delusion from the author's imagination. Novels are literary works of prose in a long narrative that tell the characters, life stories, conflicts and other things in the story. Some type of novel is a biographical novel.

Biographical novel is a novel genre that provides a fictional story about a person's contemporary or historical life. This type of novel concentrates on a person's experiences during his life, the people they meet and the events that occur. Like other forms of biographical fiction, details are often trimmed or reorganized to meet the artistic needs of the fiction genre, the novel. The characters in the novel are the main focus when we read.

The researcher interested when read a novel entitled "Into the Magic Shop" known as biographical novel. Into the Magic Shop has been popular since publication. Reported by grid.id from Sompi, the book was not only a weekly best seller but also a monthly best seller no. 2. Jim's story really inspires people for the things 'we can change lives through the power of heart and mind'. This novel teaches us about love ourselves and be able to develop ourselves.

Psychodrama in Into the Magic Shop by DR. James R. Doty novel are told as a neurosurgeon's true story the life-changing magic of compassion and mindfulness. Where Jim begins his story takes us to see how he got through a difficult life as a person with a poor family background and his experience as a surgeon. How Jim changed his life with something called a 'Magic Trick' as Ruth said it. Magic here is not real magic but a therapy or method of action which can be called psychodrama.

Corey (2008:190), psychodrama is an action technique in group therapy which allows clients to explore their problems through role playing and other dramatic devices to gain behavioral skills and insights. Developed by Jacob L. Moreno, psychodrama includes elements of theater, often conducted on a stage, or a space that serves as a stage area, where props can be used. But in this case, psychodrama not literary means.

2. METHOD

2.1 Research Design

According to Suparyanto, research design is a plan on how to collect and process data so that it can be implement to achieve research objectives. In determining the research design in this research, the researcher uses a qualitative research design that try to analyze more deeply about Psychodrama. By collecting data from library research such as books, journals, blogs, etc.

According to Ary et. al. (2010), qualitative research that aims to understand the phenomena experienced by research subject. It is more suitable to be used for researching matters relating to research on the behavior, attitudes, motivations, perceptions and actions of the subject. Qualitative research is a type of research that collects and works with non-numerical data from written sources such as books, magazines, internet, journals, articles and others, with the aim of interpreting the meaning of the data to help us understand the research problem.

The purpose of this research is to review the case of Jim, the character in Into the Magic Shop novel written by DR. James R. Doty from Psychological perspective, and also from psychoanalysis therapy aspect. The researcher intends to make the reader more aware of how important the power of mind and heart is in our life.

2.2 Data collection.

In collecting the data needed for writing this research, the researcher has done the library research, which is a study conducted by reading and finding some information from several journals, books, blogs and others related to existing psychological studies and psychoanalytic therapy, which is the essence of this research.

According to Simaremare, Nainggolan and Herman (2021), Library research is a study that is used to collect information and data with the help of various materials in the library such as documents, magazines, historical stories, etc. This data collection method is mainly used when we are doing



research that does not include real problems or field studies. The researcher will only collect data that has to do with her research, which is primarily a problem of psychoanalysis.

In addition, the researcher also include several psychological studies that are related in the analysis process, but still focus on the study of psychoanalytic therapy. The researcher decided to use this method because it does not do field research that requires real time problems and subjects. The research mainly focuses on historical records and books.

2.3 Data Analysis Procedure

Data Analysis is the process of systematically applying statistical and or logical techniques to describe and illustrate, condense and recap, and evaluate data. According to Herman, van Thao and Purba (2021), various analytic procedures provide a way of drawing inductive inferences from data and distinguishing the signal (the phenomenon of interest) from the noise (statistical fluctuations) present in the data.

Pardede, Herman and Silalahi (2021) explained that data analysis in qualitative research can include statistical procedures, often analysis being a continuous iterative process in which data is continuously collected and analyze pattern in observations through all phases of data collection.

In data analysis, these are some of the procedures that the researcher will do:

- 1) Collect the data that has been obtained and then take the parts needed.
- 2) Read the novel which is the object of research thoroughly and then mark the important part.
- 3) Analyze each part to be studied and find the results of the problems obtained.
- 4) Describing the conclusions

3. RESULTS AND DISCUSSION

A. Spiritual Experience in Jim's personality

Into the magic shop is a novel by Dr. James Robert Doty who made himself as the main character. Where he makes a story based on his own life experiences. He made a novel with a biographical genre to provide an extraordinary life experience, born from a poor family background where his father was an alcoholic and his mother was depressed while his brother was away from home. His life was so difficult in his childhood, he even often starved. People did not like him.

He even tries to implement things that make people like him. Even to try small things like smiling, he could not open his mouth because his teeth were broken when he was a baby and his parents did not fix them because the poor they are. But as Jim's difficult life slowly improves, he finds a magic shop while he rides his bicycle. At that time he was looking for a magic thumb that his father had given him as a gift. His magic thumb is missing, he intends to find a replacement because he really likes his thumb.

However, Ruth, the mother of the magic shop owner, said that the magic she believed in was not just gimmicks and tricks and sleights of hands. Jim was intrigued by it. Ruth said she loved Jim so much, said Jim was special and promised to teach him something that would change his life. The magic that Ruth taught was something called Psychodrama.

1) Meditation

Since the day Jim met Ruth, Jim often visited the magic shop to meet Ruth who wanted to teach him a magic trick. The magic trick that Ruth teaches is intended as meditation to open the mind and heart in Jim's personality. The purpose of meditation is not to stop you from thinking, but to free you from intrusive thoughts that take control over you and generate stress.

Mediation is so powerful that it can transform your life and help you become more efficient. This can be achieved through its two main techniques: quieting the mind and relaxing the body. This process begins every time you sit down, either on the floor or in a chair, and start to relax each part of your body, from your toes to the hairs on your scalp. Concentrating on your breathing and slowly inhaling and exhaling helps you stay focused on your body and into the now, without being distracted by your thoughts. Don't ever start if your body hasn't relaxed. Once calm enough, close your eyes, inhale and breathe comfortably (Into the magic shop, Ruth's Trick#1 : 55). This is Jim and Ruth's position which is explained on page 41:



“Ruth sat in one of the metal chairs and I sat down in the other one. We were face to face and our knees were almost touching” (Into the magic shop: 41).

The sentence above, it is clear how Ruth and Jim's mediation position is. Once your body is relaxed, it's time to tame your mind. Come back with breathing to calm the mind the goal is to get clarity of mind (Into the magic shop, Ruth Trick#2: 73).

During this meditation, you will find that all your uncomfortable feelings and thoughts eventually change or simply pass. Some people find it easier if they focus on an object, such as a candle's flame, or by repeating a certain mantra. Using a mantra helps you to focus on the sound and avoid any other thoughts that may be running through your mind. You have to treat negative thoughts like positive experiences. Mantra is a word or group of words that you can repeat aloud or in your mind to deepen your focus. This is clearly state about mantra to meditation in page 84:

“I am worthy. I am loved. I am cared for. I care for others. I choose only good for myself. I choose only good for others. I love myself. I open my heart. My heart is open” (Into the magic shop: 84).

At that time Jim said all his problems and feelings in a memory of the past. It is very easy for you to cling to feelings of happiness and joy.

2) Visualization

Mediation takes some time and practice to master, like any other skill. Do not get discouraged if you need a while before being able to peacefully be in the moment, without engaging with any intrusive thoughts. Making meditation a regular practice will improve its effectiveness, so in the begging try to do it at least twice a day. In no time, you will start noticing its beneficial effects on your daily life. Eventually, you will reach that point when a disruptive, negative thought will arise and quickly fade away, while you keep your mind calm and clear.

Once you have reached this stage and you have no trouble to remain clear-headed and relaxed, you can start learning about visualization. Opening your heart to connect with others will change everything (Into the Magic shop, Ruth's Trick#3: 91-92).

Visualization is another aspect of mediation which allows you to imagine your ideal future self so that it increases the likelihood of it becoming reality. This skill will also take practice. In the beginning, picturing your future self can feel like trying to look through a foggy window. Ruth asks Jim to think of a goal in his life to get positive feelings and come true (Into the magic shop, Ruth's Trick#4: 108-109). The intend of Jim is clearly on page 102:

“I closed my eyes again and thought, I intend to be a doctor. I clearly intend to be a doctor. I am intending to be a doctor, clearly.” (Into the magic shop: 102).

The more you try it, the better you will be able to see, until the image is engraved on your brain. The newly achieved clarity will make it feel more real and attainable. The book has received praise from many different sources because it can be seen as something that appeals to everyone. It offers scientific information while also being inspirational and motivational.

B. The Effect from Spiritual Experience of Psychodrama in Jim's personality

The purpose of the psychodrama in this Into the magic shop novel is to teach us to see ourselves for a better state. Do not look down on ourselves but see the advantages of us. For this Jim was not able to do it before he met Ruth. Ruth promised him to change his life by himself. In this case Ruth only helped pave the way for him to see a different world than he currently thinks.

1) Life-Changing Intentions

Meditation that Ruth taught Jim was meant to bring about a life-changing intention in Jim's personality. It can be seen after Jim followed everything Ruth taught him, he practiced everything Ruth taught him every day of his daily life. And he was really confident to move on with his life, he believed that he would become a doctor and it came true. This clearly state on page 107:

“After Ruth, I saw the world differently. I saw myself differently. I believe in a world of unlimited possibilities. I could create anything I wanted, and this gave me a sense of



power and a sense of purpose. Ultimately, we all have the ability to learn the same magic. I had tapped into the power of my mind, and I was ready to use that power and not let anyone or anything to stop me.” (Into the magic shop: 107)

After that, Jim lived his life with positive thoughts. Passed his days with his dream of having money, a car, and being successful as a doctor. Even though the trick that Ruth gave not work for his family, he was sure could change his life. He studied hard for it even though, obstacles sometimes arise but he returned to apply the magic trick that Ruth gave until he became a surgeon. Even after he succeeded in changing his life, he didn't want to feel the change in himself alone. Jim intends to keep his promise to Ruth that he will share the same things that Ruth did to him. This clearly state on page 42:

“You need to promise me that you will teach someone else what I’m teaching you this summer. And you have to get that person to promise they will teach someone. And so on. Can you do that?” (Into the Magic Shop: 42)

Jim still remembers, he made that promise and he did it to his patients when he was a neurosurgeon.

“I had always cared about others and as a Physician I care deeply for my patients.” (Into the Magic Shop: 193)

Jim learned to change his relationship Ruth with his patients where he gave more time to listen his patients and open his heart to listen all their feel. Jim felt that what he did could make his patients feel better. Listening to them is better than any medicine, teaching what teaches to his patients for the purpose of life-changing intentions as the way he did. Jim believes maybe he cannot change someone's destiny but he believes that person is able to find awareness of himself, his weaknesses, his strengths from what he is taught.

2) Self-Improvement

Meditation and visualization were very useful for Jim. He knows after he experienced it himself, what Ruth taught made him think of a different future. Jim determined to change himself for the better. That is clearly state in page 182:

“This is what Ruth warned me about before she taught me to visualize. Yes, we can create anything we want, but only the intelligence of the heart that can tell us what’s worth creating.” (Into the Magic Shop: 182)

Jim realized the strength of his heart and mind could make him a better person. Jim continues to visualize himself trying to find self-awareness, talent, ability to get a person who has qualities. Magic shop, the place where he met Ruth gave him a lot of experience. He can understand the mystery of the brain and the heart in Magic shop. He can change his life through changing his view of himself, finding his other self for the better.

Magic shop is not what we should look for to improve ourselves but more understanding, looking into our own minds and our own hearts.

“The brain and the heart, working together, can make the most extraordinary magic there is.” (Into the magic shop: 211)

After understanding myself and doing self-improvement, Jim's life changed. Jim tries to find happiness through teaching him what Ruth taught him. Listening to his patients and paying more attention like showing his affection for his patients makes him happier. he managed to become a neurosurgeon as well as a Physician.

4. CONCLUSIONS

The researchers have finished their analysis and the research can conclude about the psychodrama contained in the novel into the magic shop novel by Dr. James R. Doty, they are:

- a. Psychodrama is an action technique in changing our views for the better.
- b. Meditation and visualization are used in psychodrama techniques, the goal is to gain awareness of oneself.



- c. The power of heart and mind will create our desires. the connection of heart and mind can make us change our perception of ourselves to create our desire for self-improvement.
- d. Finally, Psychodrama can change a person's personality to be more self-loving and shown compassion to people around to get more happiness.

It is important to see how the world is but more important is how the world sees us. It means we can improve ourselves to be confident but don't forget about the world view of us. we must continue to show our compassion with the people around us.

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