

SUE BRIDEHEAD'S GUILTY FEELING IN THOMAS HARDY'S *JUDE THE OBSCURE*

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Abstrak. Artikel mendiskusikan rasa bersalah yang dialami tokoh utama Sue Bridehead dalam novel *Jude the Obscure* karya Thomas Hardy dengan fokus diskusi penyebab dari perasaan bersalah dan akibatnya. Dari analisa ditemukan bahwa penyebab munculnya perasaan bersalah Sue adalah pengianatan yang dia lakukan terhadap Richard Phillotson. Kepada Philottson, Sue berjanji menikahinya tetapi dia malah terlibat kisah cinta dengan Jude. Hubungan persintaan Sue dan Jude terus berlanjut meskipun Sue sudah menikah dengan Philottson. Sue juga memanfaatkan kebaikan hati Philottson untuk kepentingan dirinya sendiri meskipun hal itu menyakiti Philottson. Hal ini menjadi penyebab rasa bersalah dalam diri Sue saat dia sadar kemudian. Akibat dari rasa bersalah Sue adalah munculnya depresi dalam dirinya. Dia menjadi terlalu sensitif dengan lingkungan sekitar. Akibat lain dia menyebabkan penderitaan bagi Jude hingga Jude sakit dan meninggal.

Kata kunci: emotion, guilty feeling, betrayal

Introduction

Emotions are at the core of human nature. They are universal and part of human evolutionary heritage, hence shared with higher animals, but they are also shaped by culture in ways that are distinctively human. Emotions play a crucial role in motivating and guiding the thoughts and actions of human, and their facial and bodily expressions communicate someone's inner feelings to others (Katchadourian, 2010:4). One aspect in emotion is guilty feeling. Guilty feeling is a common emotion and everyone ever felt guilty. Moreover, one study claims that people spend about two hours each day 'feeling guilty' (Katchadourian, 2010:22).

The concept of guilty feeling also can be found in literary works since people write literature because they want to say something about life. In other words, literature helps people to think about themselves and understand about their own lives. Since literature is the exposition of man's mental life, it can be said that literature has a tight relationship to psychology. Literature and psychology have the same object of research that is human being (Wellek & Warren, 1956:91).

This articles tries to the guilty feeling in Thomas Hardy's works entitled *Jude the Obscure*. Thomas Hardy is also known as a brave novelist. He discusses openly facts that happened at his time that marriage was not always happy. Especially in his novel *Jude the Obscure*, he writes that sometimes marriage is a mistake that can cause someone's life miserable, and surely it is the opposite of the Victorian idea that respected the institution of marriage very much.

Jude the Obscure is a novel that tells about love and marriage between Jude Fawley, a stone-mason, and Sue Bridehead who is his cousin. Jude meets Sue and is

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attracted to her after his marriage with Arabella Donn breaks up. Jude deeply falls in love with Sue, but she gets engaged to the other man, Phillotson, and marries him. Jude is dejected at Sue's marriage. When Sue's marriage is in trouble, she asks Phillotson for her freedom and goes back to Jude. Sue finally agrees to live with Jude on intimate terms. At the end Sue marries to Phillotson after some unfortunate events come over her life with Jude.

Method

This research was a qualitative research since it was to explore the behavior, perspectives, and experiences of the people that were studied. It also focused on everyday life, interaction, and language of people (Holloway, 1997:1&5). The data source for this research was the novel of *Jude the Obscure*. The data consisted of the sentences narration and dialogues in the novel.

This research applied psychological approach since guilty feeling was one of the psychological treats. Through psychological approach it could be understood the behavior of realistically drawn characters in the same way that one understood the behavior of real people (Paris, 1997:xi).

In the data collection, the method used was library research and documentation. There were six steps of data collecting to apply: reading the novel *Jude the Obscure*; reading some related references to observe theory, data, and information; taking notes of the important part of the novel; arranging the data into several parts based on classification; analyzing the data based on character, conflict, and psychology theory; drawing conclusion based on analyzed data; and reporting in a written form.

To analyze the data is descriptive analysis, in which the writer identifies guilty feeling of Sue Bridehead in *Jude the Obscure* using theory of character, conflict, and psychological approach. The primary purpose of descriptive research was to provide an accurate description or picture of the status or characteristics of a situation or phenomenon. (Johnson & Christensen, 1941:366).

Result

The Concept of Guilty Feeling at a Glance

Oxford Advanced Learner's Dictionary states that guilt is blame or responsibility for wrong doing; anxiety or unhappy feelings caused by the knowledge of having done wrong. Guilt is more so than shame, may be retrospective-felt after having done wrong, or it can be prospective in contemplating doing what would be wrong. It may result from acts or commission (doing the wrong thing) or omission (failing to do the right thing). Either way, guilt is part of the 'currency' people use carrying out their personal transactions with others (Katchadourian, 2010:22).

As long as there are people, there will always be ideas on how people should live their lives. Everyone has their own standards and values. A moral, attitudes or personal opinion on what is 'good' or 'bad' will usually offer clear guidelines to stick to (Sterk & Swan, 2009:5). The feeling of being 'bad' is central when someone feels guilty. Someone who feels guilty thinks, 'I have done something wrong and therefore I am no good. I am impure.' (Sterk & Swan, 2009:8).

Feeling of guilt can be temporary or present as a kind of underlying feeling. As soon as something goes wrong, some people immediately take all responsibility. After an alleged 'violation', these people are literally tormented by feelings of guilt. They condemn themselves completely and become entangled in a web of self-reproach. Feeling so guilty that breaks someone down leads nowhere and certainly does not help him in any way. An exaggerated feeling of guilt is discouraging. The things someone did wrong keep haunting him. By constantly reliving the mistakes in head, they take on disproportionate forms (Sterk & Swan, 2009:11). Therefore, guilty feeling is a damaging emotion when it remains unresolved.

Moreover, guilt is an emotion that rises after a wrongdoing. It is pegged to one's feeling of responsibility in the individual's general day to day life. Guilt also appears when a person fails to meet his own standards. Guilt is considered to be a painful feeling, a feeling sorry for what one has done, and wishing it does not happen again (Brennecke, 1978:138). However, some arguments say that guilt is not always the result of doing something inconsiderate or immoral. Often it is just not doing what people think they should do. For example, a man who says, "I should have never let her drive" after his sister dies in a car accident, shows that he feels guilty of letting her drive the car. Sometimes people in the position of authority use guilt as a way of controlling undesired behavior of their subjects. For this and other reasons, some of people end up feeling a lot of unnecessary or invalid guilt (Brennecke, 1978:138). Guilty feeling is relatively depending on each individual because everyone has their own perception about the moral right or wrong. It is the individual's responsibility to develop a clear and realistic definition of the moral right and wrong.

Hurting someone intentionally and without justification is much more likely to result in feeling guilty than merely causing damage. Most everyday experiences of guilt are mild and transient. They result from the feeling that people have hurt someone, which they can do in countless ways: someone takes advantage of others; someone neglects his responsibilities; someone acts in ways that are selfish and allow him to reap disproportionate benefits; someone aspires to wield power over others or fails to provide assistance to those in need (Katchadourian, 2010:23).

Actually, guilty feeling is a normal thing for everybody. Everybody often feels guilty. People who often feel guilty suffer from an exaggerated feeling of responsibility. They overestimate their own accountability for things that happen. From pure insecurity, they walk alone with 'guilt switches' on their backs. Everyone can activate these switches to their heart content. But someone who feels guilty forgets that there are many things you cannot control and that no one is solely responsible for everything that goes wrong. Mostly, there must also be other contributing factors (Sterk & Swan, 2009:13).

Fred Sterk and Sjoerd Swaen (2009:6) say that the extent to which someone feels guilty may vary. If the consequences of the mistakes are more serious for himself than others, his feeling of guilt may even increase. It is often true that the closer someone to others the guiltier he will feel when something goes wrong. For instance, people can feel very guilty towards their parents, partner or children but feel far less guilty towards people who are not so close to them. Feelings of guilt can be temporary or present as a kind of underlying feeling. As soon as something goes wrong, some people immediately take all responsibility. After an alleged 'violation', these people are literally tormented by feelings of guilt. They condemn themselves completely and become entangled in a web of self-reproach.

There are two kinds of guilty feeling. First, it is self-inflicted guilt. Second, it is guilt inflicted by others. Self-inflicted guilt happens “if one is not as understanding of one’s own mistakes, flaws, misdeeds, or inadequacies as one might be about anyone else with the same flaws (Garlikov, 2000:4). This is actually unwarranted and unfair. Some people hold themselves more accountable to a higher standard than they would anyone else. There are probably many reasons why some people expect more of themselves than they do to others, and certainly more than others expect of them, but it is helpful for them at least to realize they do that. So, some of the guilty feelings may then ease or disappear. Logic may help resolve a different, rather typical, kind of case of self-inflicted guilt. For example, parents who are yelling at, spanking or otherwise punishing a willfully disobedient child may not have guilty feeling because they think that punishment is sometimes needed to help the child develop proper characters. However, it is difficult for parents to inflict punishment; and they often feel guilty for doing it. “People inflicts guilty feelings on others usually by pointing to mistakes or wrongs as some sort of character flaw” (Garlikov, 2000:5). Guilt inflicted by others happens when someone inflicts guilt on other persons that those persons would otherwise have not felt (Garlikov 2000:5).

Discussion

The Causes of Sue Bridehead’s Guilty Feeling

Sue Bridehead is one of the main characters in the story. She is completely rounded individual. In the interaction with other characters, Sue Bridehead gets some problems that actually come from her own self. The mistakes that she has done then drive her to a deep guilty feeling.

The first mistake is Sue’s betrayal toward Richard Phillotson, an honest, decent, good-hearted, loyal, and respectable man and the schoolmaster of Christminster where Sue works. Sue knows Phillotson because of Jude, Sue’s cousin who deep his heart falls in love to Sue and so does Sue. It seems that Phillotson is also attracted in Sue and Sue gives a signal of a return toward Phillotson’s being attracted in her. Even she promises him that she is willing to marry him after her completing her school. To show how deep his love is, Phillotson pays all the expanses that Sue needs to accomplish her school.

However, the business does not go as smooth as it should be. Sue sees Phillotson as a friend only even though she marries him later. Sue always gets support from Phillotson for what she does and it is because of Phillotson’s deep love. He accepts everything done by Sue to him. However, Sue betrays Phillotson’s deep love. For example, when Phillotson asks Sue to marry him after she finishes her school, Sue agrees and promises to marry him. However, Sue seems not to keep her promise. She keeps going out with Jude Fawley, another man that she falls in love with, when they have time to be together and they do it just like lovers. She knows that they are cousins, but she seems not to think much about it and forgets that she has a promise to marry another man. Sue still keeps going out with Jude as lovers while she is engaged to Phillotson.

Moreover, it is Sue who promotes the idea of their meeting by sending Jude a letter, asking him to meet her between her free times at Training College. Sue comes out

into the town with Jude, and stays together in an inn. Sue acts like she has engaged with no one, and she is free to be with anyone. She never acts to Phillotson like what she does to Jude. Sue feels comfort when she is with Jude and it is more because Jude gives her pleasure in sexual relationship.

Although Sue knows pretty much that what she does will hurt Phillotson, she still does it. On other side, Phillotson knows that Sue has an affair with another man. However, this affair does not bother Phillotson since he loves Sue very much. He knows that there are so many issues about their affair and people keep talking about them, but he never minds them and he trusts Sue. Sue's betrayal toward Phillotson happens over and over again. After marrying Phillotson, Sue continuously betray Phillotson. Sue's betrayal against Phillotson can be concluded as follows:

"I sinned against you this afternoon!"

"How?"

"I kissed him and let him kissed me."

"O – the old story!"

"Richard, I didn't know we were going to kiss each other till we did!"

"How many times?"

"A good many. I don't know. I am horrified to look back on it, and the least I can do after it is to come to you like this."

"Come – this is pretty bad, after what I've done! Anything else to confess?"

(Thomas Hardy, 1998:418)

The second mistake is that Sue misuses Phillotson's kindness. For example, when Sue and Jude walk together one day, Jude tells her about his past life, that he has married once, with Arabella. Knowing about it, Sue is very shocked and disappointed. She feels that she is not the only one who Jude loves. She is mad with Jude and directly breaks up their relationship. In this condition, Sue remembers about her engagement with Phillotson. It seems that Sue, who does not remember or even care about her engagement before, after being disappointed by her lover, Jude, remembers her engagement with Phillotson. Sue only remembers Phillotson when she needs him, then she soon forgets him.

Soon, after being disappointed by Jude, Sue goes back to Phillotson to keep her promise. She sends a letter to Jude announcing that she will be married to Phillotson in three or four weeks. However, Sue seems still to be in love with Jude. She cannot stop loving him and thinking about him. Several days before marriage, Sue asks Jude to accompany her to the church where she will get married for the preparation of the wedding. They arrange the appointment and meet on that day. When they walk together, they still walk like lovers. As it is that "(h)e passively acquiesced in her wish to go in, and they entered by the western door. The only person inside the gloomy building was a charwoman cleaning. Sue still held Jude's arm, almost as if she loved him." (Thomas Hardy, 1998:179)

As her betrayal continues, Sue's making use of Phillotson also still continues. After getting permission from Phillotson, Sue soon goes to live together with Jude, as her wish. She remembers Phillotson when something bad comes to her life. For example, after her children die, Sue remembers about Phillotson.

In their life of being together, Jude and Sue face many problems such as financial problem, banishment from society, and the hardest part for Sue is losing her children.

Sue and Jude have to move from one place to another to avoid people talking about them that they are an unmarried couple. In some places they are avoided by society.

It is so hard for them to find a job and they are often unaccepted in some places because of their marriage status. People feel unpleasant with their presence. Moreover, every time she faces problems, Sue remembers about Phillotson and she feels guilty because she has betrayed Phillotson and she makes use of him. Sue often feels guilty although when she has apologized to Phillotson she then comes back again to Jude. However, she never forgets about Phillotson's kindness toward her and about her betrayal toward him. She tells Jude that she feels guilty to Phillotson, who loves her very much.

“Oh I seem so bad – upsetting men's courses like this!” said she, taking up in her voice the emotion that had begun in his”... “But I am so cold, or devoid of gratitude, or so something, that even generosity hasn't made me love him, or repent, or want to stay with him as wife; although I do feel like his large-mindedness, and respect him more than ever.” (Thomas Hardy, 1998:249)

Sue feels so bad since she always hurts Phillotson. On the other hand, Phillotson is always kind and does good things to her so that she respects him more.

The Impacts of Sue's Guilty Feeling

Guilty feeling is a painful feeling and it is a normal thing that happens to someone's life. In addition, the way to react to guilty feeling is different from one to another. Sue's guilty feeling gives some effects to her life. Sue, who has a serious guilty feeling, has difficulties in dealing with her guilty feeling. This guilty feeling effect her life very much. She blames herself, she is angry with herself, and soon this kind of feeling leads her to get deep depression. This depression also makes her become an over-sensitive woman that soon leads her to lose her control.

Again Sue looked at the hanging little frock, and at the socks and shoes; and her figure quivered like a string. “I am a pitiable creature,” she said, “good neither for earth nor heaven anymore! I am driven out of my mind by things! What ought to be done?” (Thomas Hardy, 1998:358)

The statement above proves that Sue is very sad after losing her children. Every time she looks at her children's stuff, she remembers about them, feels shaken and quivered. She feels as if she is the most unlucky person in this world and she feels nothing as she looks at herself as “a pitiable creature”. She thinks that nothing else she can do in this world if she has to live without her children.

Because of her depression, Sue becomes an over sensitive woman and she thinks too much of little things. She feels as if they become of the object of others as she thinks if they “are made spectacle unto the world, and to angles, and to men!” (Thomas Hardy, 1998:356) In addition, she thinks that their lives has been cursed, a curse that has been burdened on Adam's shoulders. In her Sue's words, she and Jude have been “selfish, careless, even impious.” To overcome this she and Jude “should mortify the—the terrible flesh—the curse of Adam!” (Thomas Hardy, 1998:363)

Apart of the bad effects, the tragedy gives Sue a new insight that the death of her children is good in sense, that it makes her realize her mistakes. She thinks that her two

real children with Jude are the result of sin that they make. They are born by forbidden love between Jude and herself. It is because Sue and Jude are cousins so they should not fall in love with each other. Moreover, Sue has betrayed Phillotson to live with Jude and they never get married though they have had two children. These all make Sue think that she has done many mistakes and she has to be punished, and the death of her children is the punishment for her.

After realizing about her wrong love, Sue then decides not to be Jude's wife anymore. Her guilty feeling about her wrong love becomes greater than her love to Jude. She thinks that leaving with Jude as his wife will only be continuing her mistakes. Her status of being Jude's wife is only a status that created by their own selves but not in the law. From that moment, Sue often refuses to be called as Mrs. Fawley, Jude's wife. For example, when Arabella talking with Jude, and considers Sue as his wife, Sue directly rejects it.

Sue's guilty feeling not only affects herself but also other people, Richard Phillotson and Jude Fawley. Because of her guilty feeling, Sue who loves Jude very much decides to go back to Phillotson, the one whom she does not love. This decision affects both of them. Richard Phillotson is very happy since the woman that he loves is coming back to him. On the other hand, Jude who is left behind by Sue is very shocked and depressed. After the death of her children, Sue's guilty feeling becomes worse. She remembers about Phillotson always. She considers that she still belongs to him. For this reason, Sue decides to apologize to Phillotson and return to him as his wife. Phillotson who still loves her very much, forgives her and accepts her in his saying "(e)verything, darling Susanna." (Thomas Hardy, 1998:383)

The opposite happens to Jude. Jude who loves Sue very much is very shocked by Sue's decision and very frustrated, and even he wants to commit suicide as he tells Arabella, but he declines his will then. However, Jude is not able to get rid of his condition. Even it is getting worse and Jude is death because of his grief as the effect of being left by Sue.

Conclusion

After analyzing the data, it can be concluded that there are two causes of Sue Bridehead's guilty feeling. The first cause is because she has disappointed and betrayed her real husband, Richard Phillotson. Phillotson loves Sue very much and he is very kind to her even when he knows that she has betrayed him. He forgives Sue many times because of his deep love toward her. Phillotson is always hurt by Sue since she never loves him, but his forgiveness and love stay abundant for her. Sue betrays Phillotson by going and living with another man whom she loves very much, Jude Fawley, who is also her cousin. The second is that Sue misuses Richard Phillotson's kindness. Every time Sue gets trouble, she always goes to Phillotson for help because she knows that Phillotson will not reject what she wants and will always forgive her.

Sue's guilty feeling affects herself a lot and also other people. Sue then becomes very distressed and depressed. She becomes a very sensitive woman and she also loses her control that leads her to think in distorted ways. Sue soon loses her unborn child because of her serious depression, and it makes her live in miserable life. Sue's guilty feeling leads her to come back to Phillotson, her legal husband, for she thinks that she has to do a penance for the wrong doings that she has done. Sue then becomes closer to God. She considers that her marriage with Jude is not legal and not proper in the name

of heaven. Her husband that is proper in heaven and in the law is Phillotson. Thus she decides to leave Jude, whom she loves much, and goes back to Phillotson whom she does not love at all. Sue even promises that she will not see Jude again, as the penance of her guilty feeling to Phillotson.

Moreover, Sue's guilty feeling indirectly affects people around her such as Phillotson and Jude. Phillotson is very happy to get Sue back. He becomes a man in better dedication and he gets his honor back from society. Jude, however, becomes alcoholic and does not want to work. Finally, because of his deep depression and frustration, Jude suffers from a serious illness that leads him to his death.

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