

A Jungian Psychological Study of Nora Seed's Introverted Personality in The Midnight Library: A Literary Analysis

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Received: August 2025; Revised: September 2025; Accepted: November 2025 Published: December 2025

Abstract

The phenomenon of introverted personality represents a significant area of inquiry in both psychology and literary studies, as it captures the complexity of individuals characterized by introspection and emotional sensitivity. In Matt Haig's *The Midnight Library*, the protagonist Nora Seed embodies introverted tendencies through her inner conflicts and existential pursuit of meaning. This study aims to examine the representation of Nora Seed's introverted personality by employing Carl Gustav Jung's psychological typology, with a specific focus on the four primary functions: thinking, feeling, sensing, and intuition. Jung's framework is employed in this analysis because it offers a comprehensive theoretical lens for understanding the internal dynamics of literary characters, in contrast to other psychological approaches that predominantly emphasize observable behavior. Methodologically, this research adopts a qualitative descriptive-analytical design, involving close reading, systematic note-taking, and thematic coding of relevant textual evidence from the novel. The findings demonstrate that Nora exhibits all four introverted functions: a proclivity for logical reflection prior to action (thinking), the deep and nuanced processing of emotions (feeling), heightened attentiveness to sensory detail (sensing), and the interpretation of lived experiences through symbolic and abstract possibilities (intuition). The study concludes that Nora Seed represents the individuation process of an introverted subject, a portrayal that not only advances psychological literary criticism but also contributes to broader scholarly discourse on mental health and self-acceptance within contemporary society.

Keywords: Introverted personality; Psychoanalysis; Carl Gustav Jung; Literary analysis

How to Cite: Siregar, N.A., & Zawawi, M. (2025). A Jungian Psychological Study of Nora Seed's Introverted Personality in The Midnight Library: A Literary Analysis. *Journal of Language and Literature Studies*, 5(4), 932-944. doi: <https://doi.org/10.36312/a8xx5n25>



<https://doi.org/10.36312/a8xx5n25>

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INTRODUCTION

The phenomenon of introverted personalities has become an interesting object of study in the fields of psychology, literature, and modern social life. This personality is often associated with a tendency to contemplate, high sensitivity, and the ability to think deeply. In this context, characterization of characters with introverted personalities is often found in modern literature as a representation of human complexity in facing various life challenges (Ahmadi, Artanti, and Baltazar 2024; Alaskar 2023).

The presence of introverted characters in modern literature can increase understanding of personality diversity and provide representation for those with similar tendencies. Such characters can also inspire introverted individuals to accept and utilize their personalities to face life's challenges, especially in terms of creativity, self-reflection, and deep problem-solving. On the other hand, stereotypes of introverts that are often portrayed as loners or difficult to adapt to social environments can reinforce negative

stigmas, potentially making individuals with these personalities feel alienated or undervalued in social life (Rahman 2021).

Psychoanalysts, such as Sigmund Freud, understand introverted personalities through the dynamics of ego, id, and superego. Introversion, according to Freud, is the individual's tendency to direct psychic energy inward, focusing on the inner world rather than the outer world (Kasemetan, Ranimpi, and Rungkat 2022; Rachman and Wahyuniarti 2021). He emphasized that superego dominance in introverted individuals reinforces self-reflection, introspection, and internal struggle. In this context, the conflict between id drive and superego control often leads to anxiety that affects their behavior and perspective (Freud 1923).

Carl Gustav Jung also argued that there are four psychological functions that individuals use to process information: thinking, feeling, sensing, and intuiting, which are then divided into introverted and extroverted preferences (Hafi and Rahmawati 2022; Sharp 1987). The character of Nora Seed reflects a tendency to use intuition and feeling in understanding the world around her, often transcending logic and objective perception. This process explains the complexity of Nora's personality, as she not only moves between reality and fiction but also exhibits tension between emotional and intellectual decisions.

The novel *The Midnight Library* makes a significant contribution in depicting the psychological dynamics of the main character, Nora Seed, who represents the introvert experience in dealing with existential struggles, depression, and the journey of finding meaning in life. With the growing public awareness of the importance of mental health and personality understanding, analyzing a character like Nora can open a broader discussion about the stigma surrounding introverted personalities. Furthermore, it reflects how self-awareness and reflection can be crucial elements in the healing and transformation process. The impact of this analysis extends beyond literature into real life, where introverts often face misconceptions that hinder their potential (Howe 2020; Ikkos 2024).

The relationship between introverted personality and character development in fiction has been the focus of various studies. Nora Seed embodies the experience of introverted individuals in facing social expectations and existential questions about the meaning of life. Her journey through the metaphorical world created by Matt Haig presents a psychological reality full of both challenges and beauty. The life she relives through various possibilities allows readers to grasp the complexity and depth of a mind oriented toward self-reflection. *The Midnight Library* by Matt Haig provides a profound depiction of Nora Seed's introspective journey—an introverted woman facing existential dilemmas through a metaphorical world that reflects different paths she has never taken. The analysis of Nora Seed is relevant because it represents the inner struggles often experienced by introverted individuals in real life (Matt Haig 2020).

The choice of Nora Seed as the subject of this study is based on the relevance of her unique introverted personality, which contrasts with modern social expectations that often highlight extroversion as the ideal norm. Unlike other characters who are externally oriented, Nora's journey through dimensions of time and life possibilities offers a redefinition of identity, introspection, and life choices. This strengthens the importance of Jungian psychology in literary analysis and personality studies.

Carl Gustav Jung's theory is employed to explore Nora Seed's personality due to its comprehensive approach in distinguishing human personality typologies based on dominant preferences and functions. In Jung's model, introversion is not perceived as a weakness but as a strength that enables deep inner exploration (Jung 1921). Jung stated that introverted individuals often seek greater understanding through their connection with themselves, symbolism, and the world of dreams. This process, known as individuation, aims to achieve a balance between conscious and unconscious elements

within a person, which is clearly reflected in Nora's journey. This process includes essential steps such as confronting the shadow self, mediating internal conflicts, and discovering authentic meaning in life.

Psychologists, including Carl Gustav Jung, classify personality types based on fundamental preferences in responding to external and internal worlds. According to Jung, the introverted personality type describes individuals who are more focused on their inner world, tend to be reflective, reserved, and often feel "recharged" through introspective and solitary activities (Jung 1964). Jung suggested that every individual possesses these inherent components, which influence their behavior and perception (Habsy et al. 2024).

Jung defined attitude as a tendency to act or react in a characteristic direction. He viewed that each person possesses both introverted and extroverted tendencies, with one being conscious while the other remains in the unconscious. According to Jung, introversion involves directing psychic energy inward, orienting oneself toward subjectivity. Conversely, extroversion is an attitude that directs psychic energy outward, leading an individual toward objectivity and away from subjectivity. Extroverted individuals are more influenced by their external environment than by their inner world (Kilhoffer 2020).

Several previous studies have discussed introverted personalities in the context of modern literature and psychology, including how these personalities contribute to narrative formation and fictional character development. Robinson, (2020) highlighted that the representation of introverted personalities in literature often reveals complex introspective themes, providing readers with opportunities to reflect on similar experiences in their own lives. Additionally, Ahmadi et al., (2024) analyzed the introverted nature of the character Amba in a novel using a literary psychology approach. Hancock, (2021) explored the complex development of trauma and the role of the transcendent function in healing and achieving self-wholeness according to Jung's theory.

Furthermore, Meryan, (2024) examined how Jungian concepts of the "anima" and "animus" are reflected in the lives of two inspirational characters in modern literature through archetypal psychological criticism. In Effendi et al., (2023) analyzed the extroverted personality of the main character in *Ganjil Genap*, a novel by Almira Bastari, using Carl Gustav Jung's psychoanalytic analysis. Lee, (2020) explored the application of Jungian psychohistorical theory by examining fundamental concepts of analytical psychology while introducing new ideas such as cultural unconsciousness and cultural complexes. Karimova & Goby, (2021) investigated how Jungian archetypes frequently used in marketing influence consumer perception of artificial intelligence (AI)-based products, focusing on trust and anthropomorphism.

Howe, (2020) adiscussed the potential application of Jung's analytical psychology concepts in modern therapeutic communities (TC) within national healthcare services. Pratama et al., (2021) examined how Jungian personality types influence managerial practices through the experiences of managers in a higher education institution in Indonesia. Miquel-Baldellou, (2023) studied the influence of Edgar Allan Poe's works on Stephen King, focusing on the concept of confronting the "shadow" through Jungian psychological analysis. Additionally, Miller & Pätzmann, (2023) explored the development of Jung's archetype theory and its practical applications in various modern fields. Lastly, Rachman & Wahyuniarti, (2021) analyzed the psychological condition of the character Lilian in the novel *Pink Cupcake* by Ramya Hayasrestha Sukardi, using Sigmund Freud's psychoanalytic approach to examine her personality structure.

This research shares similarities and differences with previous studies. The similarities lie in the common theme of introverted personality and the use of literary characters as subjects of analysis. However, this study differs in its approach, as it delves deeply into Carl Gustav Jung's psychological theory to analyze Nora Seed's character,

particularly focusing on the individuation process that reflects internal conflicts and self-transformation. While previous research has generally explored introverted personalities in literature, this study offers a more specific analysis directed toward individual character development, contributing new insights through an in-depth examination of the protagonist in *The Midnight Library*.

From the aforementioned studies, the researcher has identified similarities and differences between this research and prior studies. Differences are observed in the objects of study, such as in the research conducted by Effendi et al., (2023), Lee, (2020), and Miquel-Baldellou, (2023). Meanwhile, similarities can be found in the analytical framework used, as seen in the studies by Howe, (2020) and Miller & Pätzmann, (2023).

Based on these similarities and differences, the novelty of this research lies in its extensive application of Carl Gustav Jung's theoretical approach to the character of Nora Seed in *The Midnight Library*, in contrast to more general studies on introverted personalities. This study aims not only to expand the understanding of introverted personalities in literature but also to bridge gaps in existing research by analyzing Nora Seed's personality development as a symbolic representation of the individuation process described by Jung. The research is expected to contribute to the understanding of how personality representation in literature can shape richer and more complex narratives.

Based on the issues outlined, the focus of this study is to examine the representation of introverted personality in the character of Nora Seed in *The Midnight Library* through the perspective of Carl Gustav Jung's theory. This research is expected to offer a new perspective on the typology of introverted personality in literary works and how Jungian individuation theory helps us understand the complexity of personality within a literary context.

RESEARCH METHOD

This study employs a qualitative approach with a descriptive-analytical method (Mulyanti & Darmalaksana, 2021) aimed at understanding and explaining the introverted personality of the character Nora Seed in *The Midnight Library* by Matt Haig through the perspective of Carl Gustav Jung's theory. The primary data for this study is obtained from the English version of *The Midnight Library*, while secondary data consists of supporting literature such as journal articles, books, and scientific publications on Carl Gustav Jung's theory. Data collection was carried out through intensive reading, detailed note-taking, and the identification of quotations relevant to Jung's four psychological functions. The data were then coded using a thematic matrix, in which each quotation was categorized into one of the four functions: thinking, feeling, sensing, or intuition. The researcher repeatedly reads *The Midnight Library* and records relevant aspects related to the research questions.

The data analysis technique employed in this study is based on the model proposed by Miles, Huberman, and Saldana (Along, 2020), which outlines a systematic approach involving four main steps. The first step is data collection, where the researcher identifies and organizes relevant quotes, dialogues, and narratives from the novel. This process is focused specifically on those elements that illuminate Nora Seed's introverted personality. The goal of this step is to gather textual evidence that offers insights into Nora's inner world, behaviors, and interactions with others. These quotations provide the raw material needed for further analysis, forming the foundation upon which the subsequent stages are built.

The second step, data condensation, involves simplifying and focusing the collected data. During this phase, the researcher narrows down the extensive textual information into more manageable categories and themes related to Nora Seed's introversion. Data condensation ensures that only the most pertinent and meaningful data is retained for

deeper analysis. In this case, the researcher categorizes the data according to Carl Gustav Jung's psychological functions, particularly focusing on aspects such as intuition, thinking, feeling, and perceiving. By doing so, the researcher highlights the most relevant information that corresponds to Nora's introverted tendencies, creating a clear framework for interpretation.

Following data condensation is data presentation, where the organized data is structured in a format that facilitates analysis. This step typically involves presenting the data through matrices or thematic narratives. Matrices help in categorizing and visually organizing the information, allowing the researcher to spot patterns and relationships more easily. Thematic narratives, on the other hand, offer a more comprehensive story of Nora's journey, showcasing the themes and motifs that relate to her introverted nature. This phase is crucial for making the complex data more accessible and interpretable, offering clear insights into how Nora's personality develops throughout the novel.

Finally, the fourth step is conclusion drawing, where the researcher synthesizes the data and interprets the findings through the lens of Carl Gustav Jung's theory of introversion and individuation. This process involves reflecting on the evidence gathered in the previous stages and making connections between Nora's behavior and the psychological concepts outlined by Jung. The aim is to understand how Nora's introversion influences her actions and decisions, and how her journey in the novel represents her individuation process—her quest for self-awareness and integration of the unconscious aspects of her psyche. Through this final step, the researcher is able to arrive at a nuanced understanding of Nora Seed's character, grounded in Jungian psychological theory.

RESULTS AND DISCUSSION

Carl Gustav Jung based his theory on two main psychological attitudes: introverts and extroverts (Vibhute and SureshKumar 2024). Introvert refers to an individual's orientation that is more focused on the inner world, such as thoughts, feelings, and self-reflection. Introverts tend to enjoy solitude, are more cautious in making decisions, and often withdraw from excessive social stimulation. Extroverts, on the other hand, describe an orientation focused on the external world, such as other people, the social environment, or external activities. Extroverted individuals are more energetic when in social interactions, adaptable, and often action-oriented rather than reflective. These two attitudes are complementary and can appear variably in a person.

In addition to these two attitudes, Jung also identified four main psychological functions: thinking, feeling, sensing, and intuition (Jung 1921). Thoughts involve logical and rational analysis to make decisions, while feelings assess situations based on subjective values and emotions. Sensing relates to the way a person receives information concretely through the five senses. Intuition, on the other hand, is a way of understanding the world based on patterns, hidden meanings, or abstract visions. The combination of the two attitudes of introvert and extrovert with these four functions creates eight different personality types, each of which has unique behavioral patterns according to its psychological preferences (Sharp 1987).

In this section, researchers will present 60 data on each personality type. There are several characters in the novel *Midnight Library*, namely one main character and several supporting characters. However, the researcher limits the character who becomes the object of research, namely Nora Seed. Nora Seed is portrayed as a fragile woman who is filled with deep regret for her life choices, to the point where she feels her life is meaningless. In Matt Haig's *The Midnight Library*, Nora is faced with severe inner pressure, including feelings of failure in various aspects of life such as career, relationships, and family. As in the following quote: "*She was a burden to everyone. She was a waste of carbon,*

a stupid, ugly, pointless waste of carbon. She had come to believe there was no truly good outcome to any life." (Matt Haig, 2020, p.28). However, the journey through the magic library changed her outlook on life and provided a profound lesson about the meaning of life. The data that researchers have obtained are listed in the following table.

Table 1. Data of 4 Introverted Personalities

NO.	Introverted Thinking	Introverted Feelings	Introverted Sensing	introverted intuition
1.	She had never spoken to so many people simultaneously... Nora would worry about [presentations] for weeks in advance	Her mind felt loud, like a Sturm und Drang symphony, as if the ghost of a German composer was trapped inside her mind, conjuring chaos and intensity.	She stepped out onto the wet cracked paving slabs of Bancroft Avenue, hardly breathing, and saw the poor ginger-furred creature lying on the rain glossed tarmac beside the kerb.	It would have made things a lot easier if we understood there was no way of living that can immunise you against sadness.
2.	It's all about thinking keenly about where you want to be	Solitude took on a different character. It became in itself a kind of connection between herself and the world	The white dome of the O2 arena. She had never seen this precise view from this precise angle before.	A life is like that, but on a bigger scale. New branches are formed every second of every day. And from our perspective – from everyone's perspective – it feels like a . . . like a continuum. Each twig has travelled only one journey.
3.	Nora thought back. Her teenage combination of shyness and visibility had been a problematic mix	The glacial landscape reminded her that she was, first and foremost, a human living on a planet.	She stared at the clear sky full of stars.	When she thought about it and increasingly she had been thinking about it. Nora was only able to think of herself in terms of the things she wasn't.
4.	She just stood there and waited to disappear	A simple walk outside and she could feel a heavy sadness simply because the sun had slipped behind a cloud.	Earth and wood, she said to herself. She closed her eyes.	Nora came to understand something. Something Hugo had never fully explained to her in that kitchen in Svalbard. You didn't have to enjoy every aspect of each life to keep having the option of experiencing them.
5.	She felt inside her a craving for other things, other lives, other possibilities	In another life Nora was a sea of emotion. She felt everything deeply and directly. Every joy and every sorrow.	The glacial landscape reminded her that she was, first and foremost, a human living on a planet.	You are forgetting who you are. In becoming everyone, you are becoming no one.
6.	Maybe even suicide would have been too active. Maybe in some	The feeling of being incomplete in just about every sense. An	She went to the bathroom – beige tiles, large shower cubicle,	She imagined, for a moment, all the versions of herself she

NO.	Introverted Thinking	Introverted Feelings	Introverted Sensing	introverted intuition
	lives you just float around and expect nothing else	unfinished jigsaw of a human	fluffy white towels – and realised she didn't feel as bad as she usually did in the morning.	hadn't yet met. All those different lives she could have lived.
7.	“ It's hard to predict, isn't it?” she asked, looking blankly in front of her as she moved a black bishop across the board to take a white pawn.	She had thought, in her nocturnal and suicidal hours, that solitude was the problem. But that was because it hadn't been true solitude.	Nora thought of the polar bear as she stared down at the yellow-brown stone floor. 'I nearly died.	It wasn't that she wanted to die. She just didn't want to live the way she had been living.
8.	The regrets which were on permanent repeat in her mind	She remembered Mrs Elm's voice telling her at the time: 'Things will get better, Nora. It's going to be all right	She remembered rainy afternoons playing chess with Mrs. Elm. The room smelled of dust and damp, but it was also safe and quiet, a sanctuary from the world outside.	Every book was a life, a potential. Every choice led to a different story. And she could explore them all.
9.	She had associated swimming with her father's approval and enjoyed the wordlessness of being in the water	Even death was something Nora couldn't do properly, it seemed... Incomplete living and incomplete dying.	The polar bear had stared her down. She could still feel the cold air on her face, the terror in her chest.	She realized she was both the dreamer and the dream. That life wasn't something that happened to her, it was something she made happen.
10.	I may have not been sure about what really did interest me, but I was absolutely sure about what didn't	She stepped out onto the wet cracked paving slabs of Bancroft Avenue... his legs were back as if in mid-gallop, chasing some imaginary bird.	She kept thinking about what might have happened if she'd stayed in her band. The memories of late-night gigs and the adrenaline rush of performing flooded her mind.	Maybe that was the only meaning that mattered. To be the person she wanted to be.
11.	Even death was something Nora couldn't do properly, it seemed	It was one of the few things that had made him happy... because it was the opposite of her parents screaming at each other.	It was a familiar feeling. This feeling of being incomplete in just about every sense. An unfinished jigsaw of a human	Every regret became a stone. And she was carrying them all. She needed to let them go.
12.	Maybe in every life I am stuck. I mean, maybe that's just who I am	A connection between herself and the world. And between her and herself	When she thought about it – and increasingly she had been thinking about it – Nora was only able to think of herself in terms of the things she wasn't. The things she hadn't been able to become.	Nora saw how every small decision branched out into infinite possibilities, like a sprawling tree of her own making

NO.	Introverted Thinking	Introverted Feelings	Introverted Sensing	introverted intuition
13.	Every book provides a chance to try another life you could have lived	There was absolutely nothing wrong with this life, but she felt inside her a craving for other things, other lives, other possibilities.	The regrets which were on permanent repeat in her mind. I haven't become an Olympic swimmer.	"If you focus on the pain of what you have lost, you might never fully appreciate the joy of what you have."
14.	You don't regret how you were with your cat. And nor do you regret not going to Australia with Izzy.	She had known three types of silence in relationships... the silence of just being together, of together-being.	She remembered chatting late at night with Dan about his dream of owning a quaint little pub in the country.	She wondered if it was better to be a failure in a life you loved than a success in a life you didn't.
15.	This is it. I am going to die, whether I want to or not. I am going to die	It was as if she was wallowing in self-pity. She felt like a burden to herself	It was the same feeling she always got when she returned to her hometown. The streets felt smaller, and the people looked older, but the essence of it stayed the same."	She came to understand that no matter how many lives she tried, there would always be trade-offs. Perfection was an illusion.

The table above presents 60 data from four concepts of Carl Gustav Jung's introverted thinking. Researchers found 15 data from introverted thoughts, 15 data from introverted feelings, 15 data from introverted intuition, and 15 data from introverted sensing.

Introverted-Thingking Personality Type

Introverted thinkers are individuals who process information deeply and logically, focus more on internal thoughts than external matters, and tend to be analytical and critical of situations. They have a tendency to understand the world through personal reflection, so they often appear rigid and unconcerned about social norms or the emotions of others. The introverted-minded personality can be characterized by (1) the ability to think deeply and logically, (2) a focus on internal thinking, and (3) a tendency to be critical of oneself and the environment (Kilhoffer 2020).

Introverted-thinking can be found in The Midnight Library through Nora Seed's character who exhibits this trait. There are 15 data in this novel that indicate this personality, as in the following quote:

(1) *"She had never spoken to so many people simultaneously... Nora would worry about them for weeks in advance."*

Nora always feels anxious when she has to speak in front of people, whether she is performing with her band, working in a music store, or presenting at university.

Excerpt (1) shows that Nora tends to feel depressed in large social situations and broods more than she speaks. Nora's tendency to think about things deeply before interacting shows introversion of the mind type. This is in accordance with the opinion of Jung, (1921) saying that the introverted type of mind often prefers to analyze and prepare mentally before dealing with others, relying on deep thinking to overcome situations that may be intimidating. This finding is also in accordance with (Ahmadi et al. 2024) who say that people who experience introverted thoughts are usually not confident when appearing in front of many people. He will feel more comfortable in silence than being in the hustle and bustle of the crowd.

(2) “It’s hard to predict, isn’t it?” she asked, looking blankly in front of her as she moved a black bishop across the board to take a white pawn. “The things that will make us happy.”

Mrs. Elm has a dialogue with Nora Seed, and says that it is difficult to predict what will make us happy. As she says this, she is playing chess and moving the black pieces to eat the white pawns, illustrating the uncertainty of achieving happiness.

Excerpt (2) reflects Nora's tendency to constantly analyze her happiness and life choices. As an introverted mind, Nora often seeks to understand what decisions she should make for herself, using reflective time to muse about what could make her happy, even if the outcome remains uncertain or unacceptable to others. Habsy et al., (2024) said that introverts have a tendency to pay attention to abstract values compared to people in the surrounding environment. They prioritize their own thoughts without caring whether their ideas are accepted by others or not.

Introverted-Feelings Personality Type

Feeling-introverts are the type of individuals who delve into their emotional world, process feelings privately, and are often reluctant to show their emotions to others. They tend to be sensitive, intuitive to emotions, and often have strong personal values. This personality can be identified through (1) Deep emotional processing, (2) Intuition into one's own and others' feelings, and (3) a tendency to hide emotions from the social environment (Jung 1921).

(1) “Her mind felt loud, like a *Sturm und Drang* symphony, as if the ghost of a German composer was trapped inside her mind, conjuring chaos and intensity.”

Nora asked Ravi to convey her greetings to Joe as Ravi went out in the rain. She then saw the cover of Your Cat magazine featuring an orange tabby cat. Nora's mind is chaotic and tense, like a *Sturm und Drang* symphony, as if a German composer has created chaos in her mind.

Excerpt (1) shows that Nora feels emotions very deeply, like when she feels chaos in her mind. This sentence shows that she not only thinks deeply but also feels every experience emotionally and personally, a key characteristic of feeling-type introversion. This type often experiences intense emotions and tends to be with the external world. Alaskar, (2023) says that introverted students navigate the world in a quiet, thoughtful way, preferring to listen rather than speak, think before speaking, and observe rather than be the center of attention as well as a tendency to process emotions deeply before responding to something.

(2) “Solitude took on a different character. It became in itself a kind of connection between herself and the world.”

Nora once thought that the solitude of a city night was her problem, especially when she felt suicidal. But then, she realized that solitude in a bustling city is different from true solitude in nature. In nature, solitude becomes a deep connection between herself, the world, and herself.

Excerpt (2) shows when Nora realizes solitude as a form of connection between herself and the world, this reflects the deep feeling type. Introverted feeling types often find comfort in solitude which strengthens their emotional connection with the environment in a deeper and reflective way, which helps them feel “connected” to nature or the world around them even without direct social interaction. Hayati, (2021) says that someone who is introverted prefers solitude and tranquility. They like to do things alone such as reading books and writing.

Introverted-Intuition Personality Type

Introverted-Intuition is a personality type that tends to use unconscious perception and symbols to make sense of the world. Individuals with this type have a tendency to focus on abstract possibilities and ideas, thus ignoring objective reality. Introverted-

intuition traits include (1) focus on new ideas and possibilities, (2) rely on symbols or deep perception, and (3) ignore concrete and tangible things (Jung 1921).

The introverted-intuition personality can be found in Nora Seed's character in *The Midnight Library*. This personality is shown through the following quotes: The introverted-intuition personality can be found in Nora Seed's character in *The Midnight Library*. This personality is shown through the following quotes:

(1) *When she thought about it and increasingly she had been thinking about it Nora was only able to think of herself in terms of the things she wasn't. The things she hadn't been able to become."*

Nora constantly thinks about herself, especially about the things she hasn't managed to achieve. Many failures haunted her mind, making her feel unable to achieve what she wanted..

Excerpt (1) depicts Nora processing and reflecting on herself based on her regrets and perceived shortcomings. This shows introverted intuition that focuses more on abstract ideas and internal perceptions than on concrete things outside of themselves. Shehni & Khezrab, (2020) say that an introverted person is very interested in their internal ideas and impressions, and processes information deeply before acting.

(2) *"Nora came to understand something. Something Hugo had never fully explained to her in that kitchen in Svalbard. You didn't have to enjoy every aspect of each life to keep having the option of experiencing them. You just had to never give up on the idea that there would be a life somewhere that could be enjoyed".*

Nora realizes that even if she doesn't enjoy every aspect of every life, it's important not to give up hope that there is a life out there to enjoy. This is something that Hugo never fully explained to her.

Excerpt (2) shows Nora has an introverted intuitive personality through her understanding and appreciation of the alternate lives she experienced. Each experience expands her imagination, showing deep introspection and a tendency to seek broader meaning in life. In accordance with the findings of Shalevska, (2021) who said that introverted students enjoy expressing their ideas through media such as writing, which provides space for deep reflection.

Introverted-Sensing Personality Type

Introverted-Sensing is a personality type that focuses on internal sensory experiences and personal feelings. They tend to pay attention to the small details of their experiences, but are passive towards the outside world. The main traits of introverts can be (1) focus on sensory details, (2) internalize sensory experiences for personal satisfaction, (3) ignore external influences or opinions of others (Jung 1921).

The introverted-sensing personality can be found in the character Nora Seed in *The Midnight Library*. This personality is depicted in the following quotes:

(1) *"The glacial landscape reminded her that she was, first and foremost, a human living on a planet."*

For most of her life, Nora was at least physically comfortable. Here, however, she felt something new or something long buried. The sight of this glacier reminds her that she is, first and foremost, a human being living on earth. The many things she has done have made her further away from understanding that humans are just one of nine million species.

Excerpt (1) depicts Nora's appreciation of the beauty of this glacial landscape showing sensing introvert tendencies, where she observes and connects with her physical environment deeply. Sensing introverts pay close attention to sensory details and tend to enjoy concrete sensory experiences, such as feeling the beauty of nature or the serenity of the surroundings, which makes them feel more at one with the physical world. Mishu et

al., (2022) say that introverts have social skills, but often with smaller groups and for shorter durations. Introverts also tend to notice small things in terms of any situation.

(2) *"The white dome of the O2 arena. She had never seen this precise view from this precise angle before."*

She pressed a button and the curtains opened with a soft swish, revealing a view of the waterfront, skyscrapers, and the white dome of the O2 Arena from a high angle in London, about twenty floors up in Canary Wharf. It was a view he had never seen before.

Excerpt (4) shows that Nora notices every specific detail of this new scene with a sense of wonder, exhibiting the introverted tendency of sensing that values sensory experiences deeply and attentively. As well as sensing her physical environment. Mccord, (2024) in his research said that providing a quieter space and a work environment with minimal distractions can help introverted employees focus and feel more comfortable. Sensitivity to external stimuli and attention to the environment influence the preference for a quiet work environment.

CONCLUSION

This research discusses how the representation of the introverted personality of the character Nora Seed in the novel *The Midnight Library* by Matt Haig reflects the four types of personality according to Carl Gustav Jung's theory, namely introverted thoughts, introverted feelings, introverted sensing, and introverted intuition. The formulation of the problem includes how Nora Seed shows the individuation process as a personality transformation mechanism, as well as how introspection.

The results revealed that Nora Seed is a clear example of a complex introverted character, which reflects the main psychological functions according to Jung's theory. Her character portrays a deep inner struggle, a reliance on self-reflection, as well as a journey towards individuation that is key to healing and the search for the meaning of life. This novel shows that introverted personalities have the power to face life's challenges through introspection and the discovery of personal meaning. The shortcomings of this study lie in the limitations of the analysis, which only focuses on Carl Gustav Jung's theory without involving other psychological theory perspectives. In addition, the research data comes entirely from novels without involving empirical views or field data, so the results tend to be theoretical.

The contribution of this study not only enriches psychological literary analysis but also offers practical relevance to the understanding of mental health, particularly regarding self-acceptance and the positive potential of introverted individuals. This analysis can serve as a reference for character education as well as social discussions on introverted personality in real-life contexts. The limitation of this study lies in its exclusive reliance on Jung's theory without incorporating other psychological perspectives, and in its dependence on a single source, namely the novel text. Future research is expected to integrate alternative psychological theories or include empirical data from readers and introverted individuals, thereby providing a more comprehensive understanding.

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