

Instrospection of Dual Personality in *Dr.Jekyll and Mr.Hyde*

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Abstract: The phenomenon of dual personality has attracted more and more attention. This article discusses this phenomenon with the help of Stevenson's *Dr.Jekyll and Mr.Hyde*, which intends to reveal the social problems of the Victorian era. Through pressure faced by the protagonists in the works, the thesis analyzes the situation of the mismatch between the material needs and the spirit of people. The essay aims to expose the dark side of the society at that time, and arouse people's deep thinking. Also, it aims to analyze how individuals can obtain an inner balance.

Keywords: Dual personality; Pressure; Instrospection

1. Introduction

Rob Louis Stevenson(1850-1894)was a famous writer of the Victorian period.*Dr.Jekyll and Mr.Hyde* mainly describes a generous noble gentleman and chemist named Dr.Jekyll.He enjoys a high reputation,but he desires to be a monster.As the opposite manifestation of Jekyll,Mr.Hyde tends to do evil things,which fully reveals the distortion of human heart.This work caused a huge response when it was first exposed to the public.Some people say that this kind of distortion is a punishment for God because of the evil thoughts in people's minds.The use of third-person narratives by *Dr.Jekyll and Mr.Hyde* can make the plot clearer.First of all,the definition of dual personality is crucial.Secondly,the characteristics of the characters can help us better understand the book itself.Thirdly,we can analyze the plot of the book and connect with contemporary society.Fourthly,we can discover the real cause of mental separation. Finally,it can give some tips of how to balance internal and external pressure.

2. Dr.Jekyll's dual personality

2.1 Dr.Jekyll

Dr.Jekyll is a generous and charming gentleman who always gives charity to the poor and the disabled.Because of his gentle manners,he enjoys great reputation and praise.As a chemist,Jekyll spares no effort in the development of various drugs.As a philanthropist,he never embezzles money and engages in corrupt practices.Under the careful management of the Dr.Jekyll,the old man's condition has been greatly improved,and he is completely cured later.Because of Jekyll's fame,he is invited to a feast held by all residents of the town.At the banquet,people toast him to express their heartfelt thanks for his kind action.From these two different perspectives,Jekyll's personality is fully displayed.This is in stark contrast to the way he changes into another person by drinking potions,and it also makes the plot of the novel fill more ups and downs.

2.2 Mr.Hyde(distorted Jekyll)

When the people in the town first see Hyde,they never thinks Hyde is the incarnation of Jekyll because their appearance is completely different.Until later,someone who lives in the town suspect they are the same people.He also hurts strangers living in the town and scars children and women with the purpose of mocking their frightened expression.Just as "In the street the newsboys were still shouting,Read about it! Terrible murder."(Robert • Louis • Stevenson,1886)^[1]The author describes him in detail from his appearance and behavior,and boldly expresses his inner distortions and ugly practices.And through the description of the fear of the town people's practices,Stevenson exposes his evil on a deeper level.

Through the analysis of Jekyll's character and his activities,it is not difficult to find that the shadow of dual personality exists in his body.The most prominent sign of dual personality of Jekyll is that he makes a qualitative change in his appearance by drinking a chemical liquid,then he turns himself into Hyde.(Sarah A. Winter,2015)^[2]By this identity,Jekyll does many evil things which have huge contrast with Jekyll himself.

3. Unbalanced psychology between inner and outsider stress---reasons for Dr Jekyll's dual personality

The work *Dr.Jekyll and Mr.Hyde* implies that internal and external pressure is the main reason for the dual personality.

3.1 Social pressure

During Victorian period(1819--1901),the charity organization was very popular among the upper class and wealthy businessmen.

However, this was only a superficial phenomenon. People who had rights or lived in the upper class were willing to do charity. Their goal was simple, just to establish an elegant role for the public. Charities are more like a bottomless hole, madly absorbing people's money, exploiting labor, and giving only spiritual comfort (Verena, Krause, 2010)^[3]

At that time, everyone wanted to enjoy material abundance, a successful career, a good reputation and a perfect family. Dual personality was gradually recognized. As a way to comfort and prevent violence, the pastor incorporated dual personality into the punishment of God. With more and more people during that period getting dual personality, the church used this statement to raise a lot of money, and cultivated many devout followers.

3.2 Excessive desire

The external pressure of Dr. Jekyll's is similar with a chain that overwhelms him. The power of public opinion is also frightening. Although he spares no effort to disperse his thoughts to do evil things, his inner pressure drives him to be persistent in venting the darkness of his heart. The pressure inside him forces him to take measures to eliminate this negative emotion. (Jeon Pureum, Lee Jin A., 2021)^[4] These two aspects of pressure disrupt Jekyll's mentality. To him, Mr. Hyde can help him to vent out evil ideas.

From the book, both Dr. Jekyll and Mr. Hyde face internal and external pressure. When we make comments on them, the first thing is to understand that pressure is an important clue throughout the book. In order to expand the intention of the work, why did the author choose to depict ordinary a famous people, what social phenomena he wanted to show us, and what theory the author wanted to tell us should be analyzes.

4. Lessons

4.1 Nowadays social stress

Nowadays, the distortion of their thoughts and hearts has also become more serious for their failure to adapt the speed of the development of society. At work, ability is the most important factor in determining a person's promotion or demotion. People with dual personality have one thing in common, that is, they all lack sufficient abilities to meet their needs. In particular, the external pressure of the rich has a huge and specific impact on it. Wealth is like a series of intangible chains, binding their actions and thoughts.

Mentality is a key factor affecting emotions. To some extent, a person's temperament is often a true expression of his thoughts. (Jessica Cook, 2020)^[5] Healthy psychology can play a vital role in people's daily life and can make them have a positive and optimistic attitude towards life. Both external and internal pressures become propellants and can help form psychological distortion problems.

From this perspective, the functions and characteristics of society account for a large proportion. In-depth study of these phenomena and study of this principle can fully reveal human nature.

4.2 How to keep a healthy psychology

The first is that the development of society, enough abilities make it difficult for human beings to adapt to the needs of today's society, especially those with weak energy and thinking. In order to strike a balance between internal and external pressures, capacity is essential. From this part, as Darwin said, the survival of the fittest is a natural choice. Therefore, mastering multiple abilities can help people adapt to stress and adapt to society. The reasons for this phenomenon, different growth conditions, different levels of education and differences in temperament have all contributed to this reality. (Petr Stourac, 2016)^[6] In order to take a step forward, their character has an important meaning.

As is mentioned above, especially in big cities, human life styles are getting faster and faster, and it is difficult for them to have enough time to relax. For today's people, when they are under pressure, they should provide appropriate space which can help them to get a balance point of the stress to slow down the busy world.

The last angle to resolve the imbalance between the two aspects of stress is to exercise to maintain a healthy attitude. Keep a healthy and positive attitude, which can guide people to build a more beautiful world.

5. Conclusion

All in all, when people are under stress and losing balance, they must maintain a positive attitude, then slow down to appreciate the scenery, and understand their own personality. At the same time, they must exercise to gain more abilities. Only in this way, talents can avoid losing themselves like Jekyll. From the personal point of view, internal and external pressures make people's hearts distorted and difficult to return to their previous state of health. Therefore, it is extremely important to have an optimistic attitude, sufficient ability, and strong physique.

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