



Light and Dark Realm Phenomenon: Analysis of Persona and Shadow in Hermann Hesse's *Demian*

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Abstract

This study analyzes psychological duality in Hermann Hesse's novel *Demian* through the lens of Jungian psychoanalytic theory, focusing on the concepts of persona and shadow in relation to the light and dark realms phenomenon. Employing qualitative textual analysis, this study delves into Sinclair's psychological development and self-integration as portrayed in the symbolic assertion between the dichotomy. Discussions and findings reveal that this dichotomy is not an absolute opposite but a highly dynamic reality that helps Sinclair get to know himself, the process of understanding himself in the chaotic event of psychological conflict. Sinclair's contemplation of the sparrow hawk painting and his conversation with Demian and Pistorius serve as important moments in this internal turmoil. This research contributes to the fields of literature and psychology by presenting Demian's novel as a view that the light and dark realms are a highly dynamic phenomenon that influences the emergence of persona and shadow in a person. However, there are still limitations in contextualizing the novel's pre-World War I socio-historical influences. Future research could explore how historical tensions shaped Sinclair's journey, deepening the analysis of personal transformation within broader societal changes.

Keywords: *light realm, dark realm, persona, shadow, psychoanalysis*

Introduction

Emil Sinclair is the main character in this 1919 book by Hermann Hesse. The main character narrates his journey of self-realization, starting when he was a ten-year-old child until he became an adult and participated in the war. Therefore, the novel tells a lot about how the main character faces various experiences that affect his psychological transformation. The dichotomy of light and dark realms has become an important issue in the interdisciplinary field of psychology and

literature.

Closely related to everyday life, this phenomenon will be discussed in more depth in this research. These two worlds represent the main character's moral and psychological conflicts as he tries to balance self-discovery and conformity in the novel. Jungian psychoanalysis is an in-depth study developed by Carl Gustav Jung that emphasizes the integration of the conscious and unconscious mind to gain a deeper understanding of oneself. The theoretical problem of this research underlines understanding how this world dichotomy relates to the psychoanalytic concept of Jungian archetypes of persona and shadow, and how the dichotomy affects the development of the main character's psychological side regarding the socio-historical context of pre-World War I in Germany. This research is aim to analyze the phenomenon of light and dark realms in the novel *Demian* and examine their broader cultural and psychological implications.

Recent studies have explored *Demian* through various theoretical frameworks, including Jungian individuation (Shah & Rahat, 2024b), existentialism (Mardiani et al., 2021), and archetypal analysis (XIONG Shu-lin, 2022). For instance, (Khyat et al., 2022) analyzed the symbolism of light and darkness, while (Nurhayati et al., 2022) focused on Sinclair's shadow archetype. Although these works offer insightful perspectives, they frequently regard persona and shadow, as well as the light and dark realms, as distinct concepts rather than the interrelated forces that shaped Sinclair's transformation. Furthermore, hardly any studies place Hesse's story in the historical context of the years following World War I, when social divisions reflected Sinclair's inner conflicts.

Despite the previous work, a critical gap remains in the lack of an integrated analysis that connects Sinclair's persona and shadow dynamics to the light and dark phenomenon shown in the novel. Saikia & Handique (2022) in *Transcending the Concept of Light and Darkness in Hermann Hesse's Demian*, the focus is on the duality of light and darkness, analyzing Sinclair's self-exploration and psychological journey. They use comprehensive analysis to highlight the importance of accepting one's shadow and the role of other characters in Sinclair's self-discovery, though they primarily explore persona and shadow. Das (2019) in *The Voyage to the Self: The Coexistence of the Opposites in Hesse's Abraxas* explores the coexistence of good and evil and their impact on the 'self' using close reading and fragmentation methodology, concluding that true self-awareness comes from understanding and balancing both aspects.

This research presents a novel perspective that focuses on the influence of the light and dark realms in shaping Sinclair's persona and shadow. Unlike previous studies that explored various aspects of individuation and archetype analysis, this research aims to explore more deeply how this dichotomy affects Sinclair's psychological development and the deepening of themes in the novel. This focus

provides insight into Sinclair's journey, enriches the literary discourse on Demian's novel and underscores the significance of balancing dichotomies within oneself. Previous research either prioritizes psychological theory over literary nuance or overlooks how Hesse's setting amplifies the protagonist's duality. While this study bridges these gaps by finding how Sinclair's path of light and dark realms reflects the Jungian archetype's persona and shadow, it offers a more nuanced reading of Demian's depth theme.

The gap in the existing literature is in need of an in-depth analysis that clearly relates Jungian psychoanalytic notions of persona and shadow to the dualism of light and dark realms, as well as how this duality influences Sinclair's transformation throughout the entirety of the novel. The dynamic interplay between these fields is often overlooked in current research as a continuous psychological process as opposed to distinct states. Furthermore, little attention is paid to how this duality adds to the novel's message of individual and societal development and reflects larger sociocultural issues of the time. By proposing a nuanced view of Demian that highlights the integrative journey between light and dark, persona and shadow, this study aims to expand on earlier findings and provide a deeper understanding of Sinclair's journey to self-awareness.

This study aims to answer (1) What is the phenomenon of light and dark realms portrayed in the novel Demian? (2) How do light and dark realms represent the persona and shadow of the main character in the novel? While the objectives are to (1) Discover the phenomenon of light and dark realms portrayed in the novel Demian (2) Determine whether light and dark realms represent the persona and shadow of the main character in the novel.

Method

This study will use a qualitative research design, especially literary analysis, to explore the phenomenon of light and dark realms as represented in the persona and shadow of the main character in Hermann Hesse's Demian. Qualitative research refers to a set of methodologies that emphasize interpretation, description, and context over quantification. Such a design allows the researcher to uncover the layered meanings that are in the literary work, especially those that refer to the deepening of psychology and the structural symbolism. The focus of this study is the novel Demian, which was first published in 1919 and contains 152 pages that have been translated into English. The text centers on the themes of morality, duality, and individual self-discovery within a shifting cultural milieu.

The researcher serves as the main instrument in classifying the data, using close reading techniques and sourcing materials from journal articles and academic books as supporting sources. All these materials will be examined for their relevance to the psychological content and symbols in the novel. The data

classification is divided into four steps:

- a. Reading
- b. Identifying
- c. Interpreting
- d. Triangulation

Each stage contributes to a deeper understanding of Jungian theory. The interpretation process is guided by symbol sensitivity, archetypal patterns, and linguistic preference in accordance with the research questions.

Jungian psychoanalytic theory is used as the main analytical framework, focusing specifically on the persona and shadow archetypes as central to the psychological development of the main character. The theory is used and applied to explore how Sinclair's outward social identity contradicts with his repressed desires and unconscious self. This dynamic will be explored through character development, symbol imagery, and recurring motifs from the light and dark realms. By applying Jung's concept, this research aims to reveal how Hesse constructs psychological depth and tension from a historically charged setting. This framework supports a textured reading of personal conflict and existential transformation in the aftermath of war.

Relevant data refer to textual elements that directly or indirectly signify duality, repression, or psychological conflict. This includes narrative descriptions, internal monologues, symbolic references, dialogue exchanges, and contrasting situations that develop Sinclair's divided self. The selected criteria then identify passages that illustrate the negotiation between conformity and authenticity, or between conscious choice and impulsive unconscious. The emphasis is placed on metaphorical language and narrative shifts that signal psychological change. Each data point is considered in relation to the broader framework of Jungian archetypes and the socio-historical context of pre-World War I in Germany.

Triangulation was used to strengthen the credibility and validity of the interpretive data found. This process integrated primary analysis of literary works using insights drawn from secondary scholarly sources, including peer-reviewed journal articles, Jungian commentaries, and critical essays. Interpretive claims are evaluated through cross-referencing multiple academic perspectives to assert consistency and theoretical alignment. Triangulation helps guard against personal bias and provides a multidimensional basis for analysis. Through this method, the research maintains interpretive rigor while drawing on a rich variety of intellectual sources.

A qualitative research approach based on Jungian theory is the most appropriate theory for this study, based on the symbolic density and psychological complexity of the novel. The introspective tone of the novel and the thematic focus

on the psychological formation of oneself foregrounds nuance, ambiguity, and subtext. Jung's theory facilitates a flexible structure in analyzing internal conflict, archetypal resonance, and cultural anxiety. This study allowed the researcher to examine how narrative and psychological structures influence each other. As a result, the analysis of this study meaningfully addresses how a persona and shadow arise in the light and dark realm phenomenon, as well as how self-identity is formed through internal conflict and environmental influences.

To ensure the reliability of this study, the researcher will apply Jungian concepts consistently through analysis and document the interpretive procedures in a transparent way. The validity of this research is supported by methodological triangulation, critical engagement with scholarly sources, and reflectivity in the analysis process. This research will also define clear criteria for data selection to facilitate replication or extension for future research. Acknowledging the interpretative role of the researcher in developing credibility and mitigating the influence of subjective bias. Altogether, these methodological strategies contribute to a rigorous and trustworthy examination of psychological and literary dimensions in novels.

Results

In this novel, the light realm is shown as a vision, a path, and a destiny that includes all virtues. These virtuous acts follow biblical teachings, social norms, and common values, making them widely accepted as worthy life goals. By staying on this path without straying, one can turn it into a lasting destiny carried through life. Additionally, such virtue reveals another world beyond the straightforward path of fate. Thus, the story presents morality as both a personal journey and a connection to something greater.

"In that world of straight lines and paths leading into the future, there was duty and obligation, bad conscience and confessions, forgiveness and good resolutions, love and respect, wisdom and Biblical proverbs. You had to keep this world for your life to be clear and pure, beautiful and harmonious."
(Hesse, 2022)

Franz Kromer, a boy three years older than the main character, Emil Sinclair, who attends public school, and his entire family have a bad reputation. Through his interaction with Kromer, Sinclair endures manipulation, bullying, and psychological enslavement, which ultimately leads to his eventual liberation. During this period, Kromer forces Sinclair to engage in actions that clash with the values of his upbringing—the light realm. Once freed from Kromer's influence,

Sinclair experiences profound relief, allowing him to return to his family and their morally upright way of life.

This event mirrors the purity of Abel, symbolizing a return to virtue and the divine path. After being freed from Kromer's control, Sinclair tries to replace his dependence on Kromer with a new one as he feels he has lost his sense of self and lacks the ability to be independent. Despite returning to the light realm, he continues to feel that he has lost his character and is not able to stand on his own. This lingering instability leads him to seek external support to maintain his connection to the light realm and resist slipping back into darkness. Ultimately, he turned to his parents as his savior, relying on them as a stabilizing force within the virtuous world he strives to preserve. Their presence becomes his refuge, allowing him to gradually rebuild his identity and moral grounding.

"I was fleeing, with all the force and might of my damaged soul, from my vale of tears and damnation, from Kromer's terrible enslavement, back to the where I had opened its gate to me once more, the bright world of Father and Mother, of my sisters—back to the scent of purity; to Abel pleasing in the sight of God." (Hesse, 2022)

Sinclair went through several experiences that led him to another world, and after all those events, he returns to find people who can replace his dependence on the light realm. At this time, Sinclair has been separated from his parents' light realm for a long time and wandered in search of a life purpose in the dark realm, then tried to build his own version of the light realm with Beatrice—his love at first sight—as a figure he respected and loved. He has met Beatrice, a figure that he makes the subject for his transformation, where he begins to feel comfortable with himself, even though this change of course gets mockery.

This figure of Beatrice greatly influenced and completely changed his life, as Sinclair wanted to become a saint by bringing purity, nobility, and dignity to everything he would do through the influence of love and respect for Beatrice. This quote can be interpreted that Sinclair still has the hope and or desire to return to the light realm. The things that happened during Sinclair's meeting with Beatrice can also be classified as traits or actions that exist in the light realm, including affection, nobility, dignity, purity, love, and earnestness for something positive can also be classified as one of the virtuous acts in the light realm.

"This cult of Beatrice completely changed my life. From one day to the next, the premature cynic had become an acolyte with only one goal: to become a saint ... I want to bring purity, nobility, and dignity into everything I did" (Hesse, 2022)

Sinclair's journey through light and dark realms makes him realize that he feels better when he starts to forgive himself and starts to believe in his dreams, thoughts, intuition, and the new knowledge of power that is starting to develop within him. These things can be seen as good things because they are in accordance with the perceptions and moral norms of the society that belongs to the light realm. Sinclair's condition can be seen as an action that reflects the change of a person who begins to break away from the dark realm and return to the straight path. The actions that support this change start from forgiving oneself and believing in oneself that good things start from one's own desire and small steps toward the milestone.

"What did me good was my forgiving ahead inside myself, the growing trust I had in my own dream, thoughts, and intuitions, and my increasing knowledge of the power I carried within me."
(Hesse, 2022)

Sinclair starts to embrace a vision of personal growth rooted in authenticity, unlike the dark realm where uncertainty and inner conflict dominate. The idea of becoming oneself and nurturing the "seed of nature" suggests an organic, positive evolution, where identity is not something to battle against but something to cultivate with intention. Moreover, the notion of preparing for the future reflects a mindset of readiness rather than resistance. Instead of being consumed by fear or existential doubt, meet life's uncertainties with confidence. This quotation represents a profound shift toward light—where understanding one's essence is not a struggle but a guiding force toward fulfillment and resonates deeply with the light realm as it conveys a sense of purpose, self-actualization, and harmony with one's innate nature.

"We recognized only one thing as our duty and destiny: every one of us had to become himself, had to be true to and live for the sake of the seed of nature at work in himself, so completely that the uncertain future would find us ready for anything and everything it might bring." (Hesse, 2022)

As the quote below illustrates, the dark realm in the novel is frequently associated, though not exclusively, with odd things, behaviors, and activities that diverge from social standards and raise doubts about their path. According to Sinclair, the other world, which refers to the dark realm, is a place of unsettling terror and guilt. Even though he does not yet live in this world, Sinclair already feels and believes that there are two very different realms in it, and he already gives

attention to the dark realm.

"... and I lived in the other world too, even though it often felt like I didn't belong there, in the spooky realm of fear and bad conscience." (Hesse, 2022)

He only did and obeyed his parents' instructions and behaved in ways that complied with socially acceptable moral standards as long as he was in the light realm. Because he let the darkness rule over him, he feels powerless right now. He is sinking further into the dark realm, and there is nothing he can do that will help him get out. According to this quote, the dark realm is a place where people will struggle to escape because of their addiction to and participation in various negative actions. As Sinclair discovers that he is no longer a part of the bright and clear world that he once identified with the character of Abel, the quote below illustrates the sudden transition from the light realm to the dark realm.

The light realm in this context represents morality, innocence, and a life that complies with social norms. But now he finds himself imprisoned in the dark realm, a place of insecurity and internal conflict. The line "there was basically nothing I could do about it" highlights his powerlessness in the face of the changes occurring within him, while the statement "I had fallen so far, sunk so deep" shows how far he has strayed from his ideal life. This quotation also illustrates Sinclair's internal struggle. In addition to moving between worlds, he also feels alienated and is unable to return to the realm of light. He starts to comprehend the secret parts of himself that he cannot completely control on this voyage into the dark realm, which is more than just a moral decline. As a result, this quotation highlights the shadow's supremacy in his psyche while also reflecting a time of change and uncertainty.

"I had lived in a bright, clean world of light, I was a kind of Abel myself, and now here I was, stuck fast in the "pothole" world—I had fallen so far, sunk so deep, and at the same time there was basically nothing I could do about it!" (Hesse, 2022)

The quotation that follows represents an important transition in Sinclair's psychological and emotional growth from the light to the dark realm. The idea of youth "falling to pieces" implies that the orderly, safe, and morally pure world he was accustomed to—the light realm—has started to come apart. His sister's transformation into something odd and his parents' ashamed expressions reveal an increasing sense of separation, as though the people in his life who used to be familiar no longer share the same reality. This supports Sinclair's shift toward the dark realm by illustrating his growing disconnection from traditional morals and societal conventions.

Additionally, the regret that comes from seeing old pleasures diminish and seem unreal emphasizes the loss of stability and innocence. The distinctions between light and dark, as well as between good and evil, have become less distinct, leading Sinclair to delve deeper into philosophical reflection. He can never go back to his former state because he is now attracted into the more profound and mysterious facets of life that are connected to the dark realm. This moment is not just about change, but irrevocable transformation.

"Then everything changed. Childhood fell to pieces around me. My parents looked at me with a certain embarrassment. My sister had turned into totally alien creatures. A kind of disillusionment made all the feelings and joys I was used to seem faded and unreal." (Hesse, 2022)

The final quote below highlights Sinclair's total absorption into the dark world, where his carelessness and decadence serve as identifiers. He no longer sees himself as merely dabbling with disobedience; he fully embraces the chaos and defiance that characterize this domain, as seen by his assertion that he "belonged entirely to the dark world—to the devil". The expression "I was considered as a splendid fellow" exposes the exterior approval he obtains from this world, where his deeds, which were before regarded as improper in the light realm, now bring him praise.

"Once again I belonged entirely to the dark world—to the devil—and in that world I was considered a splendid fellow" (Hesse, 2022)

When Sinclair first meets Franz Kromer, a troublesome public-school student, he is ten years old. Sinclair's transition from innocence into a darker world is symbolized by his lies about stealing apples in an effort to fit in and avoid looking weak. Stein (2019) cites Jung's theory, which states that the persona is a social and psychological construct that is embraced for particular objectives. By adopting this image, Sinclair separates himself from who he really is and battles to fit in with a society of lies and terror. He is blackmailed by Kromer, who turns into a mirror of Sinclair's own suppressed guilt and anxieties, a darkness he has to face.

This reveals how identity can be affected by social pressure, trapping people between the person they pretend to be and the person they truly are. According to Stein (2019), Jung's idea of the shadow characterizes it as the unconscious aspect of the ego that harbors characteristics at odds with morality and social conventions. Sinclair's shadow separates him from his old world of brightness via deceit, theft, and crippling remorse. His identity is taken over by his repressed darkness, revealing the destructive force of his inner conflict.

Sinclair meets Max Demian, a person who questions the common view of the biblical tale of Cain and interprets the self in his view as signifying distinction, signifying someone who dares to act beyond the cultural and social norms of the culture, in addition to the fact that it is often associated with divine punishment. Demian's point of view then changes Sinclair's perception of his shadow; rather than just living and accepting the consequences of his mistakes, he begins to see and explore his dark side as an essence of his life, as to who he really is. This metaphor of Cain's story becomes the main point in the novel's examination of self-discovery, emphasizing that realizing and accepting the dark side of oneself rather than ignoring it is the path to true maturity.

Although Sinclair feels uncomfortable with Demian's interpretation and point of view on this matter because he feels alienated and unprepared to deal with Demian's free-thinking pattern, he is too rebellious for his family's world of religious environment. Sinclair understands that he is differentiating from his conformist peers because of his desire to find purpose in life. Sinclair explores and discovers new personalities during his conversations with Demian and his moral conflicts with Kromer. The beginning of his spiritual journey is characterized by his difficulty in embracing basic societal conventions and his continued weariness between the two sides of the world.

Sinclair goes through life undergoing various periods of transformation and development; his involvement with Kromer shatters the innocence of his natural boyhood, ensnaring him in guilt and separating him from his former light world. his encounter with Demian adds to his outlook, especially when reshaping his perception of Cain's mark as distinguishing him from most other humans rather than reflecting the shame of being different from other humans. he now fully realizes that there is a complexity to the realm of life that is not limited to the dichotomy of good and bad.

Instead of explicitly directing Sinclair to the dark realm, Demian helps Sinclair integrate light and dark. Sinclair's psychological development is eventually influenced by this glimmer of thought, and she begins to question moral intertexts, starts to develop critical thinking patterns, and searches for her true identity. At the same time, his shadow also emerges, not through an extreme act, but through an increasing disconnection from his family's moral values and a fascination with life's secrets. this illustrates Jung's theory of, in search of the wholeness of identity comes from balancing internal conflicts from within, which is depicted through Sinclair's struggle to find a balance between developing his identity as an independent thinker and his shadow of uncertainty and loneliness.

When Demian leaves Sinclair because he moves with his mother to a different city, Sinclair meets his senior, Alfons Beck, and his path takes a different direction.

Sinclair develops a wild persona that embraces alcohol and rebellion while being influenced by Beck. Although this way of living seems freeing, it simply makes his internal conflict worse. He realizes that genuine self-discovery necessitates an honest confrontation with his shadows rather than mindless conformity or reckless abandonment, and the more he engages in excess, the more he feels like an outsider.

Through disillusionment, Sinclair discovers that the dark world is about required self-exploration as much as transgression, which makes this dark phase essential. In the end, his shadow—which takes the form of shame and discontent—becomes his compass for balance. According to Stein (2019), the shadow has depth that is not acknowledged. For Sinclair, merging both facets of his identity are necessary for true wholeness, which the dark realm exposes that the light alone could not.

Sinclair's encounter with Beatrice is a key moment in his personal growth, shaping both his ideal self and his hidden struggles. Beatrice represents purity, beauty, and spirituality—qualities that Sinclair deeply admires and wants to develop within himself. Inspired by her, he moves away from his reckless past, becoming more thoughtful, disciplined, and committed to intellectual and spiritual growth. However, this admiration also creates inner conflict. Sinclair came to understand that what he felt for Beatrice wasn't really love, not in a romantic way, but more like a mirror that reflected his deep longing to become a better person.

This realization did not come easily; it unsettled him planting seeds of doubt and frustration as he wrestled with the space between who he was and who he wanted to be. Over time pass by, he began to see that the essence of self-discovery does not come from the outside factors but rather from within, the inner desire. His journey, marked by the light and dark realms phenomenon, shaped the way he saw the world and helped him confront the inner problem in his own self. In the end, all of the struggle and event he experienced, led him to a deeper and more honest understanding about who truly he was.

Sinclair's dreams became windows into his inner world, each one revealing glimpses of his spiritual growth and the fears he had buried from a long time. As he began to move beyond the limits of rational thought, he came to realize that true self-discovery is a delicate balance between the pull of external influences and the turbulence of inner conflict. After Demian moved out of town, he felt disoriented and turned into the dark realms with his reckless behavior in an attempt to escape his confusion, but the emptiness is still in his heart. A brief encounter with Demian during the holidays stirred something within him, reminding him of a deeper path he hadn't fully embraced.

One night, he dreamt of Demian holding a shiny bird symbol above Sinclair's house, a striking image that seemed to symbolize Demian as the key to Sinclair's

self-understanding. That vision urged him to confront the parts of himself he had long ignored, including his doubts, fears, and hidden desires. His shadow emerged in the form of inner problems and hesitation, yet instead of retreating, Sinclair chose to face it, abandoning his former life and stepping into a more honest, better version of himself.

Sinclair's journey continues to unfold as he grapples with darkness and gradually moves toward inner balance. His dream of a hawk breaking free from its shell becomes a powerful metaphor for his struggle for transformation and liberation, signaling his desire to break away from a strict social norm. By sending this image of his dream to Demian, Sinclair shows his readiness to embrace the unknown, even as fear and uncertainty, which is his shadow, linger and challenge him with each unfamiliar step.

Demian's response introduces him to the concept of Abraxas, the union of good and evil, which affirms the need to integrate every facet of the self-awakening but also intensifies his inner conflict as he fears the consequences of leaving behind the worldview he once clung to. The idea of Abraxas is later explained by his professor, validating its significance and reinforcing Sinclair's path toward wholeness. Though he is still haunted by doubts, this encounter strengthens his resolve to pursue a more authentic self, one that embraces both the light and the dark within. Sinclair's transition confirms that the world of darkness is not an endpoint, but rather an important phase of growth, leading him towards self-integration and a fuller understanding of his identity.

Pistorius became a person whom Sinclair met with and began to be his mentor. This meeting with Pistorius brings Sinclair to the turning point of his spiritual journey, helping Sinclair to better understand Abraxas, a God who represents virtue and evil at the same time. Through their meetings and discussions about dreams and self-exploration, Sinclair establishes the role of a truth-seeker who leads to philosophical and spiritual meaning. However, he later realized that Pistorius lacked the understanding to continue guiding him in his mission of self-discovery, which made Sinclair frustrated with Pistorius' abstract knowledge and understanding, which instead made him fail to recognize his own self-development.

This disillusionment then developed into Sinclair's shadow and became a manifestation of dissatisfaction with external influences; other figures whom he considered mentors turned into self-directed exploration, which became an important milestone in his development. Sinclair's encompassment in the dark realm reflects a rejection of societal norms and values, as well as a deep introspection to confront hidden parts of himself. This phase is not only about rebellion, but also a step towards deep transformation, an essential process of understanding and integrating all aspects of oneself.

At the end of the part of the novel, it showed Sinclair's participation in the war marked the final stage of his transformation, compelling him to confront death and chaos beyond his control. This experience led him to develop another persona, which is a person who embraced fate instead of fighting it, shifting from intellectual pursuit to living wisdom. The battlefield of war became the ultimate test where he finally realized the self-realization he had long strived for. At the same time, his shadow reaches its final form through the terror of battle he experienced, demanding that he permanently integrate these darker aspects. Although war is part of the dark world, it paradoxically leads to enlightenment.

In the novel's ending, Sinclair does not subjugate one realm but instead gains a wholeness of both realms, merging his dark trials with his moments of clarity. True wisdom, he learns, does not come from escaping contradictions but from embracing them. His journey reached the highest point in existential acceptance, proving that meaning is not found in absolute answers but in the courage to fully engage with life's uncertainties. Despite its horror, war becomes the final catalyst for his self-realization.

Discussion

Light and dark realms in this novel portrayed as physical and symbolic phenomena, are deeply embedded in social structures and cannot be separated from their cultural associations. As time goes on, these associations have shaped a binary moral understanding in which light represents virtues and darkness evokes notions of deviance or transgression (Bach & Degenring, 2015). As Bach and Degenring said that the perception of light and dark is neither inherent nor fixed, but rather socially constructed and influenced by evolving cultural narratives. Kimishima (2024) further contextualizes this perspective by arguing that duality is an essential feature of human cognition and societal organization. These polar forces coexist in continuous tension, simultaneously dividing and defining the experiences of individuals.

The light and dark realms phenomenon found in many literary works appeared as thematic oppositions that reflect broader psychological and ethical struggles. Other literary works such as *The Hound of the Baskervilles*, *Dr. Jekyll and Mr. Hyde*, and *The Devil and Miss Prym* show how the dichotomy contrasts of light and dark phenomena often serve as metaphors for human complexity. In real life, individuals face issues between competing values, such as honesty and fact, or conformity and authenticity, reflecting deep psychological negotiations. This upbringing issue was not simply a literary construct, but also reflects the broader sociocultural framework that shapes behavior, identity, and morality. As such, the light and dark realms are not only aesthetically pleasing but also depict a nuanced

spectrum of lived experience.

Hermann Hesse, in the novel *Demian*, uses the dichotomy of light and dark phenomena to explore the psychological development of his character, Sinclair. Set in the pre-World War I era, the novel reflects on the collapse of traditional moral frameworks and the psychological disorientation they faced. This historical view provides fertile ground for examining how external chaos shapes inner transformation. The disintegration of war values provides space for Sinclair to question conventional morality and seek his psychological integration. Thus, the novel contains a strong connection between socio-historical events and identity formation.

This research uses Carl Jung's psychoanalysis theory, specifically the archetypes, persona and shadow, as an interpretation framework to understand Sinclair's character development, especially his persona and shadow throughout the influence of the light and dark realm phenomenon. Jung gives a perspective that the persona is an outwardly directed identity shaped by social expectations, while the shadow includes repressed drives and desires (Stein, 2019). In the novel *Demian*, these archetypes arise through Sinclair's changing orientation towards characters and his internal conflicts, especially as he confronts his dark side. The novel suggests that when an individual faces the shadow, it is not a form of surrender to immorality, but rather an important step towards psychological wholeness. As Stein notes, the shadow is not as evil as we think it is, but rather a repository of unrecognized potential.

The findings of this study contribute to existing studies by deepening and highlighting the discourse on how persona and shadow are shown in the light and dark realms phenomenon in modern literature. Unlike studies that only focus on individuation, symbolic analysis, or historical context, this study emphasizes the dynamic interaction between individual psychology and external forces. However, one of this study's limitations lies in the subjective nature of Jungian interpretation, which can leave certain elements of the text open to various interpretations. For example, Sinclair's fluctuation between obedience and rebellion can be seen not as archetypal tension, but rather as moral ambiguity. Future studies could consider psychoanalytic approaches or alternative cultural frameworks to offer comparative insights.

Moreover, the implications of this analysis can also be seen in Hesse's other works, particularly *Steppenwolf* (Danylova, 2015) and *Siddharta* (Shrestha, 2022), which both grapple with inner divisions and spiritual transformation. Understanding *Demian* through the lens of Jungian psychoanalysis allows readers to reconsider how psychological struggles and problems are represented through the works of Hermann Hesse and similar modern texts. More broadly, this analysis shows how literature can serve as a reflective mirror for readers facing the turmoil

between public identity and private reality. Practically, these insights can be useful in inter-disciplines such as psychology, literature therapy, education, or cultural studies, where archetypal analysis can be helpful in facilitating self-awareness and ethical reflection. Ultimately, Sinclair's exploration of the realms of light and darkness reveals the way in which psychological development is both an individual and collective effort, shaped by personal choices as well as historical and/or environmental conditions.

Conclusion

This research aims to find the correlation between light and dark realms in *Demian*, aligning them with Jungian archetypes of persona and shadow. Sinclair's psychological development unfolds through phases of self-exploration, where his persona shifts across different realms while his shadow remains deeply rooted in the dark. His journey reveals that identity is not an absolute thing, but rather a dynamic condition that is highly volatile—shaped by external influences and inner struggles—culminating in existential acceptance during the war, where he fully inhabits both realms.

Rather than opposing forces, the light and dark realms act as a dynamic continuum guiding Sinclair toward his self-realization. Through figures like Demian, Pistorius, and Frau Eve, he integrates his fragmented self, demonstrating that true self-awareness emerges from embracing contradictions. Finally, through the analysis of persona and shadow influenced by the light and dark realm, this research shows that persona can appear in the light and dark realms while shadow tends to appear only in the dark realm, the form of shadow not appearing in the light realm shows a strong connection that shadow is part of the dark world although not all bad actions are shadow, shadow can also be a journey and a way of how a person faces and accepts the other side of himself, which is not accepted by the norms of society.

While this study contributes to literary and psychological discourse, future research could explore how historical tensions pre-World War I further shape Sinclair's psychological journey, offering deeper insights into the novel's socio-cultural significance.

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