

The Development of Guildford Dudley's Self-Concept as an Ethian in *My Lady Jane* (2024)

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ABSTRACT

Self-concept refers to an individual's perceptions and beliefs about themselves. It has a significant influence on an individual's personality and behavior, which in turn affects the way they form social relationships. In *My Lady Jane* (2024), the people are divided into two groups: regular human beings called Verities and a group of people who can transform into animals called Ethians. This study aims to explore the portrayal of Guildford Dudley's self-concept development as an Ethian and how it affects his romantic relationship with a Verity named Jane Grey. By using a film analysis approach, this study utilizes subtitles as the main data and scenes screenshots as supporting data. This study employs Carl Rogers' theory of self-concept (1959) to reveal how *My Lady Jane* (2024) portrays Guildford Dudley's self-concept as a journey toward self-acceptance. This study also reveals how Guildford Dudley's self-concept as an Ethian leads his relationship with Jane Grey through every stage and at the same time is affected by it.

Keywords: My Lady Jane, Romantic Sensibility, Self-Concept, State of Incongruence, Unconditional Positive Regard

INTRODUCTION

The simple question of "who am I?" has countless possible answers. When an individual is faced by the question to describe themselves, they may answer the question physically, emotionally, spiritually, socially, or any category that can define who they are (Neill in Permatasari and Rosyidi 2020). Knowing the answer to a question as simple as "who am I?" is significant to the shaping of one's identity and personality (Ab Razak, 2020). Identity and personality are encompassed by a concept called self-concept, where the question of "who am I?" is the essence (Radha & Shiny in Mishra, 2020).

Self-concept can be defined as the way an individual perceives themselves (Ismail & Tekke, 2015). An individual shapes their self-concept through their thoughts, feelings, and beliefs, which will direct the way they behave (Schat, 2020). To understand self-concept, it is necessary to distinguish the terms that often being interchangeable in the discussion: self, self-concept, and identity (Oyserman et al. in Wehrle & Fasbender, 2019). Self is the mental state of an individual to perceive themselves as an object of "I" or "me". While self-concept is the aspects that form the "I" or "me" that may define them in the past, present, and future terms, and formed by multiple identities that are relevant to the self-concept, particularly personal identity and social identity (Wehrle & Fasbender, 2019).

The theme of self-concept can be found in *My Lady Jane* (2024), a series that retells the story of Lady Jane Grey, the Nine-Day Queen of England, with a twist of fictional elements that creates an alternative history of the Tudor era. In this series, the people are divided into two groups: Verities, regular human beings, and Ethians, human beings with ability to transform into animals. With their special ability, Ethians are constantly living under the discrimination of Verities.

The main characters in this series are Lady Jane Grey and her husband through an arranged marriage, Lord Guildford Dudley. Both of them are nobles, the only difference is that Jane Grey is a Verity while Guildford Dudley is an Ethian. As a nobleman, Guildford Dudley cannot risk himself to be sentenced to death because of his Ethianism. Therefore, through his arranged marriage, Guildford Dudley intends to ask Jane Grey to find the cure for his Ethianism. Considering the significant role of Guildford Dudley's self-concept for the whole series, exploring it can lead into a deeper understanding of Guildford Dudley's characterization and social relations.

Studies on self-concept in literature works have been conducted for several times. A study by M. Santosa in 2019 examines the self-concept and self-esteem of the bullying victims in the film *Koe No Katachi*. By using Roland Barthes' semiotic analysis, the characters' verbal and non-verbal acts are analyzed to reveal how their self-concept and self-esteem are formed by the acts of bullying they have received. This study reveals that the characters' low self-esteem is caused by the negative self-concept they hold for themselves (M. Santosa, 2019).

Self-concept studies are also conducted on characters with disorders in order to deepen the understanding of characters with disability. A study by Permatasari and Rosyidi in 2020 investigates how Borderline Personality Disorder could influence the shaping of an individual's self-concept. This study employs Sigmund Freud's psychoanalysis theory to analyze Naoko, a character from the novel *Norwegian Wood*. This study concludes that Naoko's self-concept is formed as the result of her disorder and it is revealed through her id, ego, and superego (Permatasari & Rosyidi, 2020).

Another literature study that applies Carl Rogers' theory is conducted by Yazdani and Ross in 2019, which examines the novel *A Portrait of the Artist as a Young Man* by Joyce to analyze the personality of the protagonist by using Carl Roger's self-actualization, particularly the state of incongruence between his real-self and ideal-self. This study concludes that the self-actualization of the character is achieved once he lost his faith and got disappointed by the world (Yazdani & Ross, 2019).

Interestingly, Carl Rogers' self-concept can also be applied into a fashion study within a literature work. A study conducted by Fan Hanyu and Wang Min in 2023 employs self-concept as a tool to analyze the garment of Elizabeth Bennett, a character from a series called *Pride and Prejudice* (1995), an adaptation of Jane Austen's novel under the same title. This study concludes that there is a connection between the characters' class culture and their costumes (Hanyu & Min, 2023).

Previous studies have shown that the topic of self-concept has been used multiple times in various literary works through the appliance of various approaches and theories. Seeing how none of the previous studies are aiming to explore the effect of self-concept of certain character toward other characters, this study intends to fill the gap by analyzing the self-concept of Guildford Dudley, a character from a fantasy world, and connecting it with his social relations, particularly his romantic relationship with Jane Grey through the use of Carl Roger's self-concept as the theoretical framework.

Carl Rogers is a psychologist who proposed the Humanistic Theory, in which also introduced a concept to explore personality and behavior called self-concept. Self-concept comprehends how an individual sees themselves, how highly they value themselves, and how they wish for themselves to be. Rogers believed that an individual's self-concept is highly influenced by their childhood experience and the way society treats and perceives them (McLeod, 2024). Self-concept is formed by three components: self-worth, self-image, and ideal-self.

Self-worth or self-esteem is how much an individual values themselves. Self-worth could be shown when an individual is asking themselves what they deserve or what they are worthy of. An individual with a high self-worth embraces, approves, and respects themselves and continuously believes the positive things about themselves even though the evidence may be contradictory (Mangtani in Mishra, 2020). The level of self-worth is highly influenced by childhood experience an individual received from their parents and environments. Rogers believed that an individual could achieve their goals and desires through a positive environment, where they are provided with genuineness, acceptance, and empathy by their surroundings (McLeod, 2024).

Self-image is how an individual sees themselves as a human being and a part of society. This mental picture of an individual could be in the form of physical appearance, abilities, and personality traits. Through self-image, an individual might perceive themselves positively, such as good, beautiful, and smart, or negatively, such as bad, ugly, and stupid. The way an individual feels, thinks, and acts is directly influenced by their own self-image (Ismail & Tekke, 2015). As a part of self-concept, self-image has an important role in shaping an individual's emotions, behavior, and relationship. Therefore, having a positive self-image is important for an individual's psychological health.

Ideal-self could be defined as the person an individual would like to become. Ideal-self consists of desires, goals, and ambitions, in which an individual puts the highest value for themselves (Rogers, 1974). It is developed when an individual is forced to live out of sync with their personal authenticity and only receive a conditional positive regard (Boeree in Ismail & Tekke, 2015). When an individual is forced to do or to be something in return of the affection or support from significant others, that individual is receiving a conditional positive regard. A conditional positive regard could be received from teachers, friends, superiors in work, and most commonly, from parents to children (Proctor et al., 2020). Carl Rogers also introduced the concept of congruence and incongruence to describe the state of individual's self-concept.

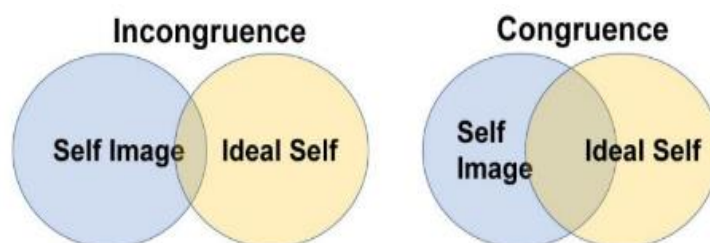


Figure 1. State of Congruence and Incongruence (McLeod, 2024)

For an individual to be psychologically healthy, they need to be in the state of congruence. It can be reached with unconditional positive regard, where an individual is not required to prove they are worthy of appreciation and affection (Ismail & Tekke, 2015). An

individual in a state of congruence is aware of what they desire, feel, think, and value. Therefore, they are not easily deceived or destructed by internal and external conflicts. However, even when the state of congruence is entirely exist, an individual still has the chance to experience incongruence (McLeod, 2024). An individual with incongruent self-concept would perform the acts of defense mechanism to deal with their true feelings and experience in order to free themselves from the negative notions that they perceive as threats (McLeod, 2024).

By applying Carl Rogers' self-concept, this study suggests that Guildford Dudley's self-concept as an Ethian is portrayed as a negative self-concept. His negative self-concept affects his relationship with Jane Grey throughout the series. At the same time, it is also being influenced by the affection given by Jane Grey which ultimately led him to develop a positive self-concept.

METHOD

This study is based on the 2024 television series called *My Lady Jane* where the setting of the story is an alternative history of the Tudor Era. This series retells the story of Lady Jane Grey, who is a Verity, and her husband through an arranged marriage, an Ethian named Lord Guildford Dudley. The conflict in this series occurred due the practice of social discrimination targeting Ethians, which inevitably affects Guildford Dudley's well-being as an Ethian.

This study of self-concept is conducted by using a psychological and a film analysis approach through the concept of self-concept proposed by Carl Rogers (1959). The main characters to be analyzed from this series are Guildford Dudley and Jane Grey.

The source of data is all of the episodes in the series, which is 8 episodes. There are two kinds of data used in this study. The first is the main data, which is a textual data taken from the subtitles. Second, the supporting data, which is a visual data taken from screenshots of the scenes.

The first step of the data analysis is to identify and classify the data according to the components of self-concept. This data is then reduced and selected to find the strongest ones that can support the analysis. The analysis is done by using the TEEL technique, where the topic or claim is stated and followed by the evidence and elaboration. After that, the conclusion is drawn to make sure that the analysis has met the objectives of the study.

FINDINGS AND DISCUSSION

Guildford's Self-Concept as An Ethian

The pressure given by society toward Ethians has forced Guildford to develop a negative self-concept. A negative self-concept could drive an individual to live their life without a sense of fulfilment that affects the way they present themselves, both personally and socially. The discussion below provides the elaboration of Guildford's initial self-concept.

Guildford's Initial Self-Concept

Carl Rogers has elaborated on the components of self-concept which include self-worth, self-image, and ideal-self. An individual with a negative self-concept is formed with a low level of self-worth, a negative view of self-image, and a sense of ideal-self that is far different from their real-self. In the series, the character of Guildford is introduced to the audience through his bad reputation. This bad reputation is linked to Guildford's negative self-concept in a way that it is a reflection of his low self-worth, negative self-image, and state of incongruence.

The discrimination targeting Ethians has a role in the development of Guildford's low self-worth. His low self-worth is visibly obvious during the scene where Guildford is forced to transform into a horse in front of Jane.

Guildford: Jane, I really need to be alone.

Jane: Oh, well, we're married now, so not being alone is part of the deal.

Guildford: Jane, please, just leave.

(Episode 2, 23:05 – 23:28)

In the dialogue above, Guildford is asking Jane to leave just before the sunrise hits his body and changes him into a horse. By declaring "*I really need to be alone*", Guildford is revealing his true feelings and beliefs about himself, which is a shameful being. Notice that Guildford uses the term "*need*" instead of "*want*" indicating that being alone is not simply a desire but it is essential for his well-being.

As an Ethian, Guildford is aware of how other Ethians are treated by Verities. This awareness causes him to develop a low self-worth which is shown through his desperation when he is no longer declaring his need but demanding for Jane to leave. Asking Jane to leave not only once but twice indicates that Guildford's low self-worth has prevented him from being at peace with himself, which leads him to greatly care about what Jane would think of him. The shame he feels for being an Ethian proves that he does not embrace and approve of who he is. Guildford's low self-appreciation as a result of his low self-worth confirms that the social environment has a role in the shaping of an individual's self-concept.

An individual's self-concept has a responsibility toward the development of personality and behavior. With a low self-worth that does not allow him to embrace or approve of himself, Guildford has to create a personality mask as a self-defense mechanism. A personality mask is a protection an individual may wear to conceal their real-self as a way to defend themselves from abusers, bullies, or in Guildford's case- societal rejection (Fletcher, 2022). His personality mask can be identified during his first interaction with Jane in a tavern where they did not yet know of each other.

Jane: You are the rudest man I have ever met.

Guildford: Well, the night is young. Mingle.

Jane: Oh, I intend to.

(Episode 1, 34:21 – 34:28)

Through the dialogue above, it is very obvious that Guildford has zero care of what others think of him. Instead of being offended by Jane's judgment, Guildford proudly gives her a suggestion to "*mingle*", implying that her judgment means nothing. Guildford's self-awareness as an Ethian has caused him to be anxious or ashamed of his real-self and he feels the need to conceal the dreadful part of himself through the creation of a careless personality. This careless personality is a result of the low self-worth he developed to entertain himself from a bitter truth.

The creation of a personality mask also confirms Guildford's negative self-image as a result of his Ethianism. Guildford's personality mask that allows him to hide himself from other people is a projection of the negative self-image he holds. As explained by (Ismail & Tekke, 2015), self-image is influencing the way an individual feels, thinks, and acts. Through the dialogue above, Guildford is showing that his negative self-image has influenced him to act arrogantly. However, his action as shown in the dialogue above does not represent what he

truly feels and thinks. Therefore, despite showing other people that he is careless, Guildford is struggling with his negative self-image.

The discussion of Guildford's low level of self-worth and negative self-image has confirmed that Guildford has a negative self-concept. Following Carl Roger's elaboration regarding the influence of environment in the formation of an individual's self-concept, Guildford's self-concept is also influenced by his environment, particularly his traumatic childhood experience. This claim is evidenced by the scene between Guildford and Jane where he decides to keep a promise by telling Jane about his past.

Guildford: Look, Jane. I don't want to be the kind of man that doesn't keep his word. You asked me about the first time I changed. It happened the day that my mother was murdered.

Jane: I'm so sorry.

(Episode 3, 35:33 – 35:50)

As an Ethian with low self-worth and a negative self-image, Guildford tends to conceal parts of himself that he considers too shameful or too hurtful to be talked about. However, in the dialogue above, Guildford slowly opens up to Jane as he finally reveals that his first change was when he lost his mother. Losing his mother can be assumed to be a very traumatic experience for him since he is having a difficult time to simply talk about it. The screenshot of the scene below is taken to support the discussion.



Figure 2. Guildford Telling Jane His Past Experience

Through the screenshot above, it can be seen that Guildford is gazing down to avoid a contact with Jane and his shoulders are slumped. His body language indicates that he is burdened with sadness as he feels ashamed and inferior when he talks about his past, which is the opposite of the social image he upholds. This can be concluded that however careless man he tries to become, by saying, *"I don't want to be the kind of man that doesn't keep his word"*, Guildford shows that he is a gentleman who values a promise. Therefore, even though traumatic childhood experiences have led him to have a negative self-concept, his real-self still holds him accountable in his moral values and belief system.

Guildford's State of Incongruence

Carl Rogers introduced a concept called a state of congruence and incongruence to determine the state of an individual's psychological health (Rogers, 1957). For an individual to be in a state of congruence, their self-image and ideal-self need to be closely intersected. The discussion of Guildford's negative self-concept reveals that he has not yet reached the state of congruence. In the previous discussion, Guildford reveals that his first change was when his

mother got murdered. Later, he reveals more detail that it happened when his family got attacked by a group of Ethians.

Guildford's traumatic childhood experience has influenced his perception of Ethians. For him, Ethianism is the source of all his unhappiness. Since there is no real sign of whether one is an Ethian until they hit puberty, to find out that he is an Ethian himself, Guildford develops a hatred of himself. Therefore, finding the cure to free himself from his Ethianism is the only way for him to achieve his ideal-self.

Although the ideal-self brings an advantage for an individual's life to keep them motivated and improve themselves, it may also bring a disadvantage if it is far too different from self- image or real-self. The idea of perfection contained by the ideal-self may cause an individual to develop an overly desired fixation which influences their psychological health (Rogers, 1957). In Guildford's case, his extreme state of incongruence has caused him to develop an extreme desire for the cure of Ethianism.

Jane: What if rather than trying to cure your condition, we find a way to control it.

Guildford: I'd still be Ethian.

Jane: Yes, but if you could hide it...

Guildford: Jane, try to understand. I want to be free of this curse, forever. Even if it kills me.

(Episode 3, 02:23 – 02:42)

Through the dialogue above, it can be seen that Guildford is already in a state of desperation as he keeps on emphasizing that he wants to be cured and not just be able to control his power. The way Guildford describes his Ethianism as a “*curse*” denotes that since he finds out that he is an Ethian, his life has been filled with misfortunes. Guildford has defined his effort in finding the cure as a “*hobby*” which implies the fact that he has been spending years trying to be free from the curse. Years of unachieved desire, which in this case is years of unreached ideal-self, brings a negative outcome toward Guildford's psychological health. By declaring, “*I want to be free of this curse forever. Even if it kills me,*” Guildford is demonstrating that his psychological health has been corrupted by his Ethianism.

According to Carl Rogers, an individual's psychological health can be achieved when they are in a state of congruence, which when displayed in a Venn diagram would show a big overlap between self-image and ideal self (Yazdani & Ross, 2019). The diagram below shows Guildford's state of incongruence.

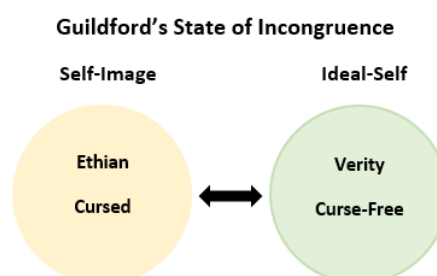


Figure 3. Diagram of Guildford's State of Incongruence

Since Guildford is in a state of incongruence, it can be seen in the diagram above that his self-image and ideal-self are not at all overlapping. This is caused by his ideal-self being the

exact opposite of his self-image. His state of incongruence also has a responsibility for the damage to his psychological health. Thus, it all comes back to the fact that Guildford is continuously performing a defense mechanism in the form of a masked personality to deal with his true feelings.

Guildford's Relationship with Jane

Guildford's self-concept as an Ethian inevitably affects his social interaction. Guildford's most important social interaction is his relationship with Jane. The discussion below explored Guildford's self-concept which affects his romantic relationship with Jane. This discussion also elaborates on an interesting finding of how Guildford's self-concept is, at the same time, affected by his romantic relationship with Jane.

Guildford's Self-Concept and Romantic Sensibility

Guildford's low self-worth and negative self-image leads him to develop an ideal-self that is being the exact opposite of his real-self, which is to be a Verity and curse-free. His desire to reach his ideal-self is demonstrated by his overly desire Ethianism cure. Guildford puts aside his romantic sensibility in order to achieve his ideal-self. However, after Guildford and Jane get closer to each other, a deeper understanding has grown between the two of them. Guildford's willingness to communicate and by the same time is being vulnerable and opened about his Ethianism has broken down the wall between him and Jane and guided them to start acknowledging each other. Their affection for each other grows bigger over time even though they always try to dismiss it.

Jane: I wish you could stay.

Guildford: Vulnerability from the indomitable Jane Grey?

Jane: Sensitivity from the unconscionable Guildford Dudley?

(Almost kissing)

Jane: We can't do this.

Guildford: I know.

(Episode 4, 08:20 – 08:45)

Through the dialogue above, it can be seen how the constant squabbling between Guildford and Jane has changed into a playful mockery. When Jane is forwardly declaring her wish for Guildford to stay, Jane is letting Guildford know that she has accepted and embraced him into her life. As an individual with a low self-worth, Guildford is not used to receiving such appreciation from others. Therefore, Guildford responds to Jane's sentiment by teasing her to let her know that he has acknowledged her attachment toward him. However, the fact that they have been interested in each other from the beginning still gives no assistance for their relationship as they keep on denying their affection for each other. The screenshot below shows the scene where they are longing for each other.



Figure 4. Jane and Guildford Longing for a Kiss

In the screenshot above, both Guildford and Jane are looking down while trying to avoid eye contact, yet their foreheads are closely touching to suggest that they have completely surrendered to each other. Their body language shows that they are very much drawn to each other as they are desperately longing for a kiss. However, they keep on finding themselves reminded by their consciousness about their agreement and quickly pull themselves away.

As elaborated in the previous discussion, Guildford's low self-worth and negative self-image have driven him to feel inferior. This inferiority affects his self-perception in a way that he does not believe he deserves good things for himself when he is not yet reaching his ideal-self. This scene is the evidence of Guildford's romantic sensibility which starts to change after he gets closer to Jane. After all, the one who first tries to stop the kiss by saying, "We can't do this," is Jane and not Guildford, which can be interpreted as Guildford's desire for romance starting to get a hold of his consciousness.

The developed affection between Guildford and Jane, no matter how much it draws them together, still does not have enough power to overthrow Guildford's obsession with the cure. When Jane finds the bitter truth that the cure for Ethianism simply does not exist, knowing how greatly Guildford desires the cure, she is reluctant to share her finding. The dialogue below is transcribed from the scene where Guildford and Jane have a big fight over the cure.

Jane: Guildford, you don't need a cure. You cannot change what you are and you shouldn't have to.

Guildford: Jane, please, shut up.

Jane: It is this Kingdom that needs to change, not you. I disbanded the Guards, I could end Division Law, I could heal England.

Guildford: Fuck England! Heal me!

(Episode 5, 41:23 – 42:18)

The dialogue above shows how Jane is very carefully trying to tell Guildford that the cure does not exist. By declaring, "*You cannot change what you are and you shouldn't have to,*" Jane is trying to encourage Guildford to make peace with his real-self and accept that his Ethianism is not a flaw. By doing so, Jane is providing Guildford with an unconditional positive regard, something that he never received since the occurrence of his Ethianism. However, Guildford's obsession over the cure does not allow him to accept Jane's encouragement kindly as he abruptly demands Jane to "*shut up.*"

Guildford's disregard for Jane's encouragement does not stop her from trying to persuade him to accept the truth. Jane keeps on trying to reason with Guildford. However, Guildford's obsession over the cure leads him to continuously lash out by screaming, "*Fuck England! Heal me!*" This line displays how selfish he can be when it comes to the cure. The dialogue above

also shows that even after being provided with unconditional positive regard from someone who truly cares for him, Guildford's extreme desire to be his ideal-self still manages to control his behavior.

Jane's Role on Guildford's Self-Concept Development

Guildford's negative self-concept is developed under some influences, one of them is the lack of unconditional positive regard he received from the people around him. By the time Jane discovers Guildford's Ethianism, she cannot help but feel deceived into marrying him. Therefore, she immediately asks for a divorce, which can be interpreted that she also cannot provide Guildford with unconditional positive regard. However, when Jane is finally aware of Guildford's actual situation, she eventually starts to acknowledge Guildford's true self, not only the image she has built in her mind as a result of Guildford's personality mask. Jane's shifted judgment over Guildford is shown during the dialogue below.

Lord Seymour: (To Guildford) You have a shit-faced, ale-soaked reputation to uphold.

Jane: A reputation that is greatly exaggerated.

(Episode 4, 33:04 - 33:13)

The dialogue above portrays how widely Guildford's ill reputation is acknowledged by other characters. Jane's quick comeback over Lord Seymour's intimidation that is targeted at Guildford denotes that Jane has acknowledged Guildford for who he truly is. Jane's line, "*a reputation that is greatly exaggerated,*" is the remark of the shifting of her judgment toward Guildford, noting that Guildford's reputation was once used by Jane as her argument to reject their marriage. By defending Guildford publicly, Jane has shown that she is willing to give Guildford an unconditional positive regard. As explained by (Ismail & Tekke, 2015), an unconditional positive regard has an important role in an individual's self-concept as it signifies that an individual is worthy of appreciation and affection. Therefore, by openly giving Guildford support, Jane is giving Guildford a chance to believe he is worthy of appreciation and affection.

Despite having numerous challenges in their relationship journey, Jane's affection toward Guildford acts as an unconditional positive regard eventually leads Guildford into a self-acceptance. As explained in the previous discussion, there is a time when Guildford is furious at Jane for declaring that the cure does not exist. Even after Jane tries to very carefully reassure Guildford to accept who he is and that he is worthy either way, Guildford's desire to be his ideal-self is still stronger than the unconditional positive regard he receives. However, after finding himself in a life-threatening situation, Guildford realizes that being an Ethian has a positive side sometimes. For example, the Narrator's line below shows how Guildford can free himself from an Ethian who wants to kill him by turning into a horse to run quickly back to Jane.

The Narrator: For the first time ever, Guildford is desperate for dawn to break. To change and to return to the Palace. To return to Jane.

(Episode 6, 40:35 – 40:52)

This scene happens after Guildford lashes out at Jane for giving up on his cure. The Narrator's line, "Guildford is desperate for dawn to break," can be interpreted that Guildford is finally able to accept who he is and even grateful for his ability given by his Ethianism. His

fulfilment over his Ethianism is portrayed by the screenshot below that shows how Guildford in his horse form is freely galloping into the sun.



Figure 5. Guildford Embracing His Ethianism

The screenshot above contains essential symbolization that represents the current circumstance of Guildford's self-concept. The fact that Guildford is running toward the sunrise this time and no longer away from it like he usually did symbolizes his self-fulfilment, as he is finally at peace with his Ethianism. The Narrator's line "*To return to Jane,*" adds to a further interpretation that the sun is the symbolization of Jane, as she is the one who keeps him safe, in light and in warmth. Therefore, even though there is a time where Guildford is in denial of the truth and rejects Jane's appreciation, the unconditional positive regard he receives from his loved one eventually leads him into self-acceptance.

The most important outcome of Jane's unconditional positive regard is when she manages to bring out Guildford's ability to control his Ethianism. During their execution as a punishment for their Ethian-Verity intermarriage, a flock of Ethian birds help Guildford and Jane escape by attacking everyone. This sudden assistance from the Ethians is materialized due to Jane's agenda to bring peace between Ethians and Verities by acknowledging their existence and their rights to live. The dialogue below shows the struggle of Jane to free Guildford from his tie.

Jane: (Struggling to cut the rope) I can't, I can't. I can't break them.

Guildford: Leave me.

Jane: Never. I'll never leave you. I love you.

Guildford: I love you too.

(Episode 8, 43:43 – 45:50)

During this moment, the long hard work of Jane and Guildford to find the cure for Ethianism is finally paid off. When Guildford sees Jane's struggle to cut the rope that ties him, he forces her to leave him to die. Through the line, "*Leave me,*" it is obvious that Guildford's romantic sensibility stands higher than his well-being this time. Now he is willing to die to save the lady he loves, marking a noticeable shift from his earlier willingness to die for his own concern. The dialogue above also denotes that Guildford's desire for the cure is no longer his priority, which can be further interpreted that Guildford's sense of ideal-self has changed. However, Jane's mutual affection for Guildford leads her to refuse his demand, and instead, they end up declaring their love for each other. Jane's affirmation somehow brings out Guildford's ability to control his power. Right after they make their love declaration, Guildford can feel something is happening and soon he changes into a horse with his own will.

Therefore, even though their search for a cure is a dead-end, Jane's appreciation and affection have led Guildford to find his power to control his ability. Guildford's ability to control his Ethianism signifies the improvement of his self-worth and self-image, as he is fully embracing his Ethian self and no longer stuck in his inferiority.

The discussion above has provided the evidence and the elaboration of how Jane has a very important influence towards Guildford's negative self-concept development. Jane's unconditional positive regard for Guildford has changed the way he perceives himself. Even though they had to go through numerous challenges, eventually Guildford's negative self-concept turned into a positive self-concept with the help of Jane's appreciation and affection for him. This way, it is clear that Guildford's self-concept is not only affecting his relationship with Jane but also being affected by it.

Taken together, these findings suggest that self-acceptance is a key factor in achieving self-concept congruence. Guildford's inner conflict, shaped by the tension between his perceived self and ideal-self is influenced by societal perception and closely related to the perceptions of his significant others. Guildford's struggle with his self-concept as an Ethian demonstrates the idea of Carl Rogers that the presence of social rejection complicates the achievement of self-actualization. This signifies the fact that an individual's identity and personality development are not only influenced by internal pressure but also external pressure through their environment.

Beyond the fictional context, Guildford's self-concept reflects broader psychological and social patterns experienced by an individual with a marginalized identity. *My Lady Jane* (2024) perfectly portrays the struggle of Guildford to maintain his well-being despite the oppression that happened to his people. This fictional work reflects the real-world struggles of marginalized identities in society. The viewers of this series may see themselves in Guildford's struggle to survive within a dehumanizing environment. They may also share empathy for others with the same struggle caused by internalized oppression.

This study contributes to the ongoing discussion about the formation of identity, personality, and overall, characterization in literature works. *My Lady Jane* (2024) highlights the importance of appreciation, affection, and empathy from surrounding, particularly from an individual's significant others. The available support from significant others holds an important role in the level of an individual's self-worth and self-image despite the challenges they may face from society. Therefore, identity and personality development are tightly connected with the presence of unconditional positive regard from significant others.

CONCLUSION

My Lady Jane (2024) portrays Guildford Dudley's self-concept as a journey toward self-acceptance. In the beginning, the series portrays Guildford as an Ethian with a negative self-concept who continuously lives in struggles to place himself in a society where it is an unsafe environment for Ethians. Guildford's low self-worth and negative self-image have driven him to create a personality mask as a defense mechanism. His sense of ideal-self which is the exact opposite of his real-self confirms that he is in a state of incongruence which signifies that Guildford is not psychologically healthy.

Guildford's negative self-concept continuously affects his romantic relationship with Jane by leading it into and through all stages. This discussion also discovers an interesting finding regarding Guildford's negative self-concept that is not only affecting his relationship but also being affected by it. By accepting Jane's unconditional positive regard, Guildford's

negative self-concept is shifting into a positive self-concept that is signified by his self-acceptance and accomplishment of an ability to control his Ethianism. Therefore, it is clear that Guildford's self-concept as an Ethian has been affected by his social life and at the same time is affecting his social life.

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