

Sandaang Damit (Hundred Clothes): The Psychological Tendencies of the Main Character

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Abstract: Literature serves as a mirror reflecting real-life situations, enabling authors to craft characters that embody diverse perspectives and experiences. Fanny Garcia's short story, *Sandaang Damit*, serves as a lens into psychological tendencies. This paper delves into an examination of the main character in Garcia's work, employing qualitative discourse analysis to unveil the psychological tendencies depicted through the plot, dialogues, and symbols. The acquired data are examined and supported by Albert Bandura's Social Cognitive Theory, Sigmund Freud's Psychological Theory, and Henry Tajfel and John Turner's Social Identity Theory. The findings of the study shows that Fanny Garcia's *Sandaang Damit* reveals psychological tendencies. The study emphasizes that psychological tendencies are the result of a person's life experiences and have a broad impact on an individual, and therefore, should not be ignored. This study can be useful for students, scholars, and society to understand and prevent these tendencies. The study recommends conducting further research on the main character's behavior and personality in Fanny Garcia's *Sandaang Damit*. One approach could be to apply Aristotelian plot structure to the story. Additionally, researchers may explore other symbols that are not immediately obvious but hold significance in the short tale.

Keywords: short story, sandaang damit, psychological tendencies, Fanny Garcia.

1. Introduction

Philippine Literature is a representation of what Filipino practiced and considered as a human being and compromises what the colonizers influence the Filipino people (Ortega, 2015). Short stories are a popular form in contemporary Philippine literature, offering a platform to explore societal issues, human experiences, and cultural intricacies. Authors create diverse characters, providing readers with insights into human nature and the world. An online article written by Beemgee about character and plot shape readers' perceptions and offer meaning to the story, shedding light on the main character's psychological tendencies as they enact and experience the sequence of events (Beemgee, 2023).

Short stories are just one of the numerous types of fiction. Fiction is a narrative prose based on the writer's creative mind that includes the narrative structure, settings, character types, conflict, climax, and resolution. Masterclass states How to Write Story Plot: Tips, Tricks, and Margaret Atwood's Writing Prompts how plot contains the important events that transpire

in the storyline. The plot encompasses key storyline events, following Freytag's Pyramid structure: exposition sets the tone, inciting action kicks things off, rising action builds to the peak, climax is the highest point, and falling action resolves the conflict (MasterClass, 2021).

Sandaang Damit (Hundred Clothes) by Fanny Garcia, a collection of 16 short stories published in 2007, portrays the challenges of a girl living in poverty, facing teasing and bullying for her clothing and food. To cope, she resorts to telling lies, but her classmates eventually discover the truth. Krisley Iris R. Canillas and Michell Acala's study on the work emphasizes the societal issues of poverty, abuse, and injustice in the Philippines, showcasing how Garcia's literary elements effectively reflect the harsh reality of these issues, making *Sandaang Damit* a poignant commentary on social issues (Canillas & Acala, 2022).

This study is beneficial to students, lecturers, and scholars who study literature can also benefit from the findings of this study. The scope of this study focuses on the psychological tendencies of the main character in the short story as the study abides to the psychological tendencies of the main character.

This study is an exploration of the Psychological Tendencies exhibited by the main character in Fanny Garcia's *Sandaang Damit*. It scrutinizes three key elements within the narrative: the plot, dialogue, and symbols. The study is supported by Albert Bandura's Social Cognitive Theory, Sigmund Freud's Psychological Theory and Henri Tajfel and John Turner's Social Identity Theory.

The first theory is Albert Bandura's social cognitive theory posits that individuals shape their psychological tendencies and future behaviors through observation, self-efficacy, modeling, and self-regulation. It offers a framework for understanding how cognitive processes influence behavior, enabling individuals to actively modify actions and attitudes for personal growth and change (Bandura, 2003). The theory is an expansion of social learning that takes into account how conceptions, judgments, and motivations affect a person's behavior and how their environment affects them (Nickerson, 2023).

The second theory is Sigmund Freud's psychological theory, known as psychoanalysis, suggests that unconscious conflicts and desires shape human behavior and influence personality development (Cherry, 2022). In the study psychological theory

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dives into characters' hidden motivations and conflicts, revealing how the unconscious mind, childhood experiences, and desires intricately shape their behavior and personalities.

The last theory Henri Tajfel and John Turner's social identity theory highlights how individuals' actions and attitudes are influenced by their identification with particular social groups (Tajfel & Turner, 2004). This theory can be applied in literature to portray characters who grapple with their group identities, leading to changes in behavior and psychological tendencies (Leaper, 2011). Social Identity Theory is used to look into how characters' psychological development and how their sense of belonging or exclusion from various groups shapes their actions and choices throughout the narrative, offering rich opportunities for character evolution and plot dynamics.

In summary, Philippine literature, including Fanny Garcia's "*Sandaang Damit*," mirrors Filipino society, addressing colonization, societal problems, and human experiences. Analyzing psychological aspects like plot, dialogue, and symbols through theories such as Bandura's Social Cognitive Theory, Freud's Psychoanalysis, and Tajfel and Turner's Social Identity Theory provides profound insights. Literature, viewed through these lenses, becomes a potent tool for critiquing and understanding human behavior.

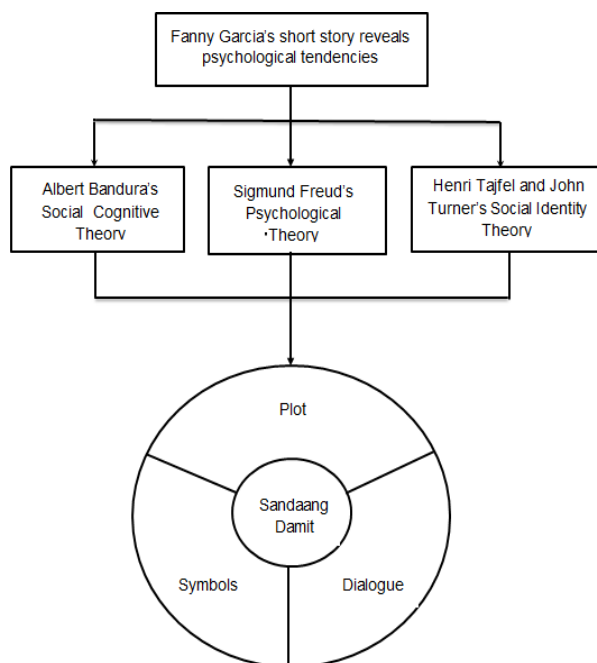


Fig. 1. Schematic presentation of the theoretical and conceptual framework of the study

2. Methodology

This study employs qualitative method, specifically a discourse analysis approach that comprehends various experiences and viewpoints of different behaviors in society (Jena et. al., n.d.). It analyzes the underlying meaning of the written text in relation to socio-cultural situations (Luo, 2019).

The data source is *Sandaang Damit: 16 na Maikling Kwento* in PDF copy, published by the University of the Philippines Press in 2007, a book copy collection from the Internet Archive.

The study follows three phases: Phase 1. Plot, Phase 2. Dialogue, and Phase 3 Symbols.

A. Phase 1 analyzes the plot using Henri Tajfel and John Turner's Social Identity Theory and Freytag's Pyramid. It examines the causes of the main character's psychological tendencies in different plot stages.

B. Phase 2 focuses on dialogue, examined through Albert Bandura's Social Cognitive Theory. It presents the main character's psychological tendencies by analyzing significant paragraphs from the dialogue.

C. Phase 3 analyzes symbols in the short story through Sigmund Freud's Psychological Theory. It scrutinizes the meaning of symbols to reveal the main character's altering behavior and psychological tendencies.

The study adheres to ethical guidelines against deception and research exaggeration. It maintains transparency by presenting original data impartially and acknowledges literary materials and other researchers. Publicly available data is used in compliance with intellectual property laws.

This analysis of Fanny Garcia's *Sandaang Damit* uses a multi-phased approach, incorporating Social Identity Theory, Psychological theory and Social Cognitive Theory. The study reveals the psychological tendencies of the main character through a detailed examination of plot, dialogue, and symbols, offering valuable insights into the interplay of societal influences on individual behavior in Philippine literature.

3. Results and Discussion

In this section, the data is presented to address the sub-problems posed in the study, as facilitated by the literary method employed.

Table 1 shows the evaluation of the plot through Henri Tajfel and John Turner's Social Identity Theory.

In the exposition, the main character's initial psychological struggles are rooted in bullying and discrimination due to social status, leading to social anxiety and a lack of confidence. The character also feels like an outcast due to economic factors. Acalla and Canillas' study mirrors these tendencies in poor Filipinos facing issues like unemployment, health problems, and social discrimination (Canillas & Acala, 2022). These traits significantly impact the main character's life, emphasizing the influence of social status on personality, though the exposition lacks sufficient data for a conclusive analysis.

In the inciting incident, the character exhibits social phobia due to bullying, leading to avoidance and loneliness. Persistent bullying causes depression.

In the rising action, the character suppresses emotions to appear unaffected by insults, gaining some confidence. However, classmates' behavior remains hurtful. Disparities in relative status, whether stemming from lower educational achievements or diminished wealth, have the potential to evoke emotions such as anger, envy, or stress (Muennig, 2010).

In the climax, the main character confronts the bullies, showing newfound self-esteem but resorts to dishonesty to fit in.

In the falling action, the character's storytelling connects her with classmates, even former bullies. Her deceitful actions are

Table 1
Plot analysis

Elements of Plot	Paragraphs	Psychological Tendencies
Exposition	Walang imik... malimit siyang nag-iisa...laging nasa isang sulok...nakayuko...Naging mahiyain...Malimit nila siyang tuksuhin...(P1)	Social anxiety Lack of self-confidence Outcast
Inciting Incident	Kaya lumayo siya sa kanila... Naging walang kibo... Mapag-isa... (P4) Umuuwing umiiyak dahil sa panunukso...(P5)	Social phobia loneliness Depression
Rising Action	Natutuhan niyang sarilinin ang pagdaramdam sa panunukso... Hindi na siya umuwing umiiyak... Sa kaniyang pagiging tahimik siya'y kanilang talun-talunan...(P6)	Psychological bravery Confident Distress
Climax	Natuto siyang lumaban... bigla na lamang nagkatinig ang mahirap na batang babaeng laging kupasin...(P7)	Boost self-esteem Assertive Brag
Falling Action	Naging kaibigan niya ang mga kaklase... Ngayong siya ang naging tagapagsalita at sila naman ang kaniyang tagapakinig...(P10)	Build Social relation Build trust Communicate in a clear and confident way
Resolution	Nawala ang kaniyang pagkamahiyain. Naging masayahin...(P11)	Gained self-confidence Optimistic
Denouement	Nakarayat ang batang babaeng may sakit pala...(P13) Sandaang damit na pawang iginuhit lamang...(P14)	Daydreaming Lying Sick/bedridden

Table 2
Dialogue analysis

Dialogue	Paragraph Number	Psychological Tendencies
"Alam n'yo," aniya sa malakas at nagmamalaking tinig, "ako'y may sandaang damit ..."	Paragraph No. 7	Boost Self-Esteem Brag Lie to oneself and others
"Dahil iniingatan ko ang aking sandaang damit. Ayokong maluma ..."	Paragraph No. 8	Denial Self-deception Defense mechanism
"Hindi ko madadala rito. Baka mapagalitan ako ni Nanay. Kung gusto nyo'y sasabihin ko na lang kung ano ang tabas ..."	Paragraph No. 8	Self-praise Insecurity Self-deception

driven by a harsh environment and upbringing, pushing her towards unethical behavior. Examining behavioral issues through a trauma-focused perspective encourages school staff to consider trauma as a possible cause for specific behaviors. This shift in viewpoint steers educators away from attributing blame and instigating shame, fostering an atmosphere of understanding and teamwork (Mirlis, 2022).

In the resolution, the character's self-confidence improves as she builds friendships through her storytelling.

In the denouement, a twist occurs as the character falls ill due to poverty, aligning with Canillas and Acala's study, highlighting the harsh realities faced by impoverished individuals in Filipino society. Poverty is a central factor impacting the character's life challenges. (Canillas & Acala, 2022). Social Identity Theory by Tajfel and Turner helps illuminate how social factors influence behaviors. In the plot's context, this theory reveals how the main character's social status as a low-class individual leads to a challenging life marked by discrimination and bullying. These experiences significantly impact her emotions, feelings, and attitude, shaping her overall outlook on life (Tajfel & Turner, 2004).

Table 2 displays the examination of the dialogue using Albert Banduras' Social Cognitive Theory.

Dialogues are important in the structure of short stories because they help readers understand characters by revealing their actions and emotions (Obaid, 2020). Effective dialogue in

the short story *Sandaang Damit* reveals the main character's evolving psychological tendencies. In the first dialogue (p7), the character gains self-esteem by confidently claiming to own a hundred clothes, even if it's not true.

The second dialogue (p7) demonstrates bragging as a response to the character's past experiences and the desire to construct a positive self-image. This leads to the third psychological tendency: self-deception, where the character lies to herself and others.

In the first psychological tendency of the second dialogue (p8), the character displays denial and continues to lie about her clothes to avoid facing painful feelings and experiences.

Self-deception is the second psychological tendency, as the character consciously hides the truth while providing false information to others and herself.

The character's use of bragging also serves as a defense mechanism, distorting reality to cope with her situation and gain a sense of belonging while avoiding bullying.

Self-praise is another psychological tendency, as the character elaborately describes her clothes to boost her self-esteem and fit in with her classmates.

Insecurity is a common outcome of past traumas, discrimination, and social status, as seen in the main character's experiences.

Lastly, the character engages in self-deception by presenting the world the way she wishes it to be, as she fabricates excuses

Table 3
Symbol analysis

Symbol	Meaning	Psychological Tendencies
Kupasin at punong-puno ng sulsi (faded and lots of stitches)	Poor appearance	Superficiality
Mansanas (apple)	Good health	Strong-being
Sandwich	Independence	Independent
Kendi (candy)	Pleasure	Pleasure
Tinapay na walang laman (plain sandwich)	Gift from God	Outcast
Lumang damit (old clothing)	Expression of character, position and status of life	Isolation
di-masarap na pagkain (distasteful food)	No choice	Schizoid personality disorder
Sandaang damit (hundred clothes)	Shows equality	Delusional disorder
Paghaplos ng kanyang buhok (stroking her hair)	Comfort	Dependent personality disorder
Lumang teheras (old mattress)	Bad situation	Depression

about her clothes and their details. This dialogue highlights how the character's experiences shape her psychological tendencies, whether positively or negatively, in accordance with social cognitive theory. Personal growth and change are possible through external support and self-improvement (Bandura, 2003).

Table 3 exhibits the Symbol Analysis with the use of Psychological Theory of Sigmund Freud.

Symbols play a significant role in *Sandaang Damit*, each carrying deeper meanings beyond their literal representation (Gauding, 2009). Mansanas (apples), symbolizing good health, and the sandwich, representing independence, reflect the socioeconomic disparities between the main character and her classmates. The antagonist's snacks, including candy, symbolize pleasure and emphasize the protagonist's financial struggles.

The act of stroking the main character's hair (Paghaplos ng kanyang buhok) symbolizes maternal comfort and fosters the psychological tendency of dependence. The plain sandwich (Tinapay na walang laman) becomes a symbol of class distinctions, leading to the protagonist's sense of being an outcast, intensified by the symbolism of Lumang Damit (old clothing). Teasing extends to the protagonist's meal, representing Distasteful Food, reinforcing the idea of having no choice in life. The delusional concept of *Sandaang Damit*, or a hundred clothes, becomes a coping mechanism and symbolizes equality, temporarily halting bullying as the protagonist embraces a delusional disorder.

However, the narrative takes a somber turn with the revelation of the protagonist's true situation. The symbol of Lumang Teheras (old bed) reflects the harsh reality of bad circumstances, embodying the psychological tendency of depression. The story serves as a poignant exploration of societal issues, class dynamics, and the impact of delusions on an individual's psychological well-being. These symbols reveal the main character's psychological tendencies. Drawing on Sigmund Freud's theory, we understand how her delusions contribute to depression. The symbols highlight the contrast between her possessions and others' privileges, leading her to imagine and fabricate stories, like falsely claiming to have a hundred clothes, to impress her classmates.

4. Conclusion

With the findings of the study the following conclusion is offered that Fanny Garcia's *Sandaang Damit (Hundred Clothes)* reveals psychological tendencies.

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