

Forger Family's Double Lives in Spy x Family (2022): A Psychoanalytic Approach

 <https://doi.org/10.31004/jele.v11i3.2351>

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ABSTRACT

This study explores the psychological dynamics of double lives as depicted in the Forger family in *Spy x Family* (2022). Using a descriptive qualitative approach and applying Sigmund Freud's psychoanalytic theory of id, ego, and superego, this research analyses how the characters of the Forger Family (Loid, Yor, and Anya) construct and negotiate their identities while maintaining concealed roles. Data were collected from selected scenes, dialogues, and character interactions in the first season of the series. The analyses reveal that Loid is driven by ego and rationality; Yor reflects the struggle between id and social morality; and Anya represents the tension between desire, self-control, and moral development, while their concealed identities simultaneously generate psychological tensions that shape and influence their interpersonal relationships. This study highlights the relevance of psychoanalytic perspectives in understanding how concealed identities influence emotional dynamics in fictional family structures.

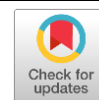
Keywords: *Double Life, Psychoanalysis, Id-Ego-Superego, Interpersonal Dynamics, Spy X Family*

Article History:

Received 07th April 2026

Accepted 10th May 2026

Published 19th May 2026



INTRODUCTION

The concept of “double life” refers to a situation in which a person has two or more identities that must be kept separate from one another in order to function in different social contexts. In literary and media narratives, this concept is often used to explore the psychological tension between public roles and hidden identities, as characters strive to balance personal desires, social expectations, and moral obligations (Goffman, 2023). Living a double life frequently produces internal tension, cognitive dissonance, and identity fragmentation, as individuals must suppress certain impulses while amplifying others depending on the situation. From a psychoanalytic perspective, this ongoing negotiation reflects the interaction between instinctual desires, moral regulation, and reality-based decision-making (Levin, 2021). In the modern era, this phenomenon has intensified with the emergence of digital platforms, where individuals curate various versions of themselves in professional, personal, and anonymous spaces. (Rosana & Fauzi, 2024) argue that the digital environment does not merely reflect pre-existing identities but actively fosters identity fragmentation, forcing users to balance authenticity with social expectations. Therefore, one narrative medium well-suited to exploring this psychological tension is anime. (Skorodumov & Kuzmin, 2025) explained that anime has a unique ability to portray a person's inner state through visual metaphors, exaggerated expressions, and symbols that are difficult to realize in live-action films. This advantage allows anime to discuss profound issues such as identity, trauma, morality, and human relationships in an emotional and meaningful way.

The challenges of life in the modern era are clearly reflected in the anime *Spy x Family* (2022). Created by Tatsuya Endo, it was first published as a manga in 2019 and became a global phenomenon after being adapted into an anime in 2022 by Wit Studio and Cloverworks. This series not only serves as entertainment but also presents a deeper meaning about identity and belonging. The story centers on a family that was artificially created: Loid Forger, a spy who



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needs a fake family for the success of his mission; Yor Forger, an assassin who tries to hide her identity behind a normal life; and Anya, a child with mind-reading abilities who knows her parents' secrets but still longs for the warmth and wholeness of a real family. According to (Pineda, 2023; Eisenbeis, 2023; Lazic, 2023) This anime series also won multiple awards, including "Animation of the Year" at the Tokyo Anime Awards Festival in 2023, "Best Comedy" and "Best New Series" at the Crunchyroll Anime Awards in 2023, and "Best Mascot Character" for Anya at the Newtype Anime Awards 2022.

To analyze the psychological complexity of the characters in *Spy x Family* and their double lives, this study uses Sigmund Freud's structural model of personality as its main theoretical framework. Developed in his work, *The Ego and the Id* (1989), Freud's tripartite model divides the human personality into three interacting systems: the id, the ego, and the superego. According to (Jamal & JaF, 2023), the id in Freud's theory represents the primitive and instinctual part of the personality, which operates based on the pleasure principle, seeking instant gratification of biological drives and unconscious desires without regard for social norms or consequences. (Sari et al., 2019) also explained that the superego is the moral component, which internalizes social values, parental expectations, and cultural ideals; it functions as a critical conscience, punishing individuals with guilt and anxiety when they violate norms. Meanwhile, (Dochnahl, 2018) states that the ego acts as a realistic mediator between these two conflicting forces, working according to the reality principle to balance the demands of the id with the socially acceptable limitations of the superego.

A number of previous studies have examined the psychological and social dimensions of leading a double life within the various narrative contexts. (Levin, 2021), in particular, analysed how individuals involved in gang activities balance the dual roles of criminal involvement and community life by employing sociological perspectives such as cognitive dissonance and neutralisation theory. This study suggests that maintaining multiple identities often gives rise to moral conflicts that individuals attempt to rationalise internally. (Lewkowich, 2024) applied a psychoanalytic reading to superhero narratives and demonstrated how characters such as Spider-Man symbolically represent psychological fragmentation through their dual identities. Similarly, (Nugraha, 2025) analyses Bruce Wayne's dual identity using Jungian psychoanalysis and finds that the character's transformation into Batman reflects a struggle between his public persona and his hidden self. Although these studies highlight the psychological dimensions of dual identity, most of them rely on sociological or Jungian perspectives rather than Freud's structural model of the psyche.

In film studies, dual identity has been discussed as a narrative strategy that enhances characterization and emotional depth (Wardani & Irwandika, 2024). In the context of *Spy x Family*, existing studies have mainly focused on family dynamics, deception, language use, gender representation, and identity performance (Chan, 2025; Choirul et al., 2025; Jagadhita et al., 2024; Mawsali & Amalia, 2024; Mukherjee, 2025). Based on these studies, double lives have been widely discussed. However, no one has yet integrated Freud's structural model comprehensively to analyze how the double lives of the characters in *Spy x Family* represent the interaction between the id, ego, and superego.

Based on this gap, this study aims to analyse the double lives of the characters Loid, Yor, and Anya Forger in *Spy x Family* using Freud's psychoanalytic theory of id, ego, and superego. It examines how their double lives express inner conflicts and how the dynamics of the Forger family reflect human efforts to achieve psychological balance between impulses, morality, and social reality. Thus, this study not only expands the understanding of *Spy x Family* from a psychoanalytic perspective but also reinforces the relevance of Freud's theory in interpreting phenomena of identity and relationships in modern popular culture.

METHOD

This study employs a qualitative descriptive method to analyse the psychological dynamics of the Forger family's double life in Tatsuya Endo's anime *Spy x Family* (2022). A qualitative approach was adopted as the study focuses on interpreting the characters' psychological motivations, internal conflicts, and interpersonal relationships as depicted through narrative scenes and dialogue. The primary data for the study consists of selected scenes and dialogues from the first season of *Spy x Family*, which introduces the formation of the Forger family and the development of each character's double life. The analysis will focus solely on eight episodes and three main characters – Loid, Yor, and Anya – whose secret roles form the central conflict of the story. The selected data includes verbal interactions, character expressions, and selected visual scenes that reveal psychological tension related to their hidden identities and their roles within the family.

Scenes and dialogues were selected based on several criteria: scenes that reveal or imply a character's hidden identity, and dialogues that demonstrate internal conflict, emotional tension, or moral dilemmas. Furthermore, interactions between Loid, Yor, and Anya that illustrate how secret roles influence family relationships, as well as narrative moments where characters must balance personal missions and family roles, were also selected for analysis. The analysed data then undergoes several stages. First, the researcher watches the eight selected episodes of the first season repeatedly to identify relevant scenes and dialogue. Second, the identified data is then transcribed and categorised according to thematic patterns related to the concealment of identity and interpersonal dynamics. Third, the data is coded using psychological categories derived from Sigmund Freud's psychoanalytic theory. Finally, the data is interpreted to explain how the psychological structures of the id, ego, and superego manifest in the characters' behaviour and decision-making processes.

In applying Freud's psychoanalytic framework, the analysis identifies the "id" in scenes depicting instinctual desires or emotional reactions seeking gratification. The "superego" is reflected in moments demonstrating moral considerations, social expectations, and ethical constraints that guide the characters. Meanwhile, the "ego" is interpreted as an intermediary structure that balances instinctual drives, moral values, and external reality. Through this analytical framework, this study examines how the interaction between the id, ego, and superego generates psychological tension and shapes the evolving emotional bonds within the Forger family.

FINDINGS AND DISCUSSION

The findings and discussion will present the results of a study, displayed in tables to highlight selected scenes and dialogue revealing the manifestation of psychological structures and internal psychological dynamics that influence the development of interpersonal relationships within the Forger family.

Psychoanalytic Analysis of Loid Forger

Table 1. Manifestations of the Ego Loid

Dialogue	Scene	Description
Loid: "What a fearsome intellect!" (Episode 1, 06:10)		Loid rationally decided to adopt Anya as a strategic move to fulfil the mission's requirements and maintain his cover.

This scene illustrates the function of the Ego when Loid's Superego demands that a child carry out Strix's mission. The Ego neither makes impulsive decisions (Id) nor rejects all candidates due to excessively high standards (Superego). Ego Loid rationally assessed each candidate, using criteria that struck a balance between the mission's requirements and practical suitability. When Anya demonstrated exceptional intelligence, Ego Loid immediately

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recognised her strategic value. His monologue, 'What a fearsome intellect!' is not an expression of emotional joy (Id), but rather a goal-oriented cognitive judgement. Instead, the Ego evaluates each child rationally and selects Anya for her strategic value. This decision embodies the reality principle in action: choosing the solution that is most adaptive to the demands of external reality whilst simultaneously meeting the demands of the Superego.

Table 2. Manifestation of the Ego Loid

Dialogue	Scene	Description
- (Episode 2, 22:38)		Loid proposes a practical marriage arrangement with Yor to complete the family structure

The contractual marriage between Loid and Yor in Figure 2 is the clearest manifestation of the Ego's function as a pragmatic problem-solver. Loid faces a complex situation: the mission requires a wife to complete the image of a perfect family, but finding a real wife through a romantic relationship would be time-consuming, risky, and potentially jeopardise his secret identity. Here, the Id might urge Loid to seek a genuine emotional connection – a desire that is beginning to emerge within him. The Superego, on the other hand, would demand that Loid remain focused on the mission without being distracted by unnecessary personal relationships. Loid's ego finds a clever way out: a contractual agreement that satisfies the Superego's demands (the mission continues) whilst acknowledging, in a controlled form, the Id's possible need for a companion. This marriage is an ego compromise – a solution in which no party is entirely satisfied, but all parties can function.

Table 3. Manifestation of the Id Loid

Dialogue	Scene	Description
- (Episode 4, 19:03)		Loid becomes visibly angry when the interviewer insults Anya during the interview, causing her to cry.

This scene depicts the Id breaking through the ego's control. Up until now, Loid's Ego has worked with discipline to suppress emotions and remain focused on the mission. However, when Anya is insulted by an interviewer, Loid's expression changed dramatically: his face tensed, his eyes widened, his body leaned forward, and his fists clenched, as if he were about to strike the interviewer on the scene in table 3. This is a manifestation of the Id – the primal urge to protect someone whom he has unconsciously begun to regard as part of himself. Loid did not have time to 'think' about his reaction; he simply felt and reacted. The fact that this anger emerged despite being strategically disadvantageous (it could have derailed the interview) suggests that his Ego momentarily lost control. However, Loid's ability to quickly quell that anger and return to the role of the 'calm father' is evidence that the Ego swiftly regained control, suppressing the Id's overly explosive impulses.

Table 4. Manifestation of the Superego Loid

Dialogue	Scene	Description
Loid: "I lost my name and face to become Twilight." Loid: "I'll play the part of a father." Loid: "If that's what it takes to build a better world." (Episode 1, 04:07)		Loid's characteristics reflect the influence of the superego through the internalisation of professional duties and moral responsibilities.

Loid Forger's superego was formed through the internalisation of professional values as a Twilight spy, which demanded the sacrifice of personal identity, perfection in carrying out missions, and absolute commitment to world peace as the highest moral goal. In the opening dialogue of Operation Strix, Loid states, "I lost my name and face to become Twilight" – a statement revealing how his Superego has erased his personal identity for the sake of a greater duty. When he says, "I'll play the part of a father," the Superego commands Loid to draw a clear distinction between "role" and "true self," rendering the role of father merely a strategy. Throughout the series, Loid's Superego functions as a conscience that punishes any deviation from duty with guilt, whilst also serving as an ego-ideal that grants him pride when the mission proceeds smoothly. However, constant exposure to Anya and Yor gradually undermines this Superego's dominance. Loid's spontaneous outburst of anger when Anya was insulted during the Eden Academy interview (Episode 4) was the moment when the Id began to breach the Superego's control, signalling that genuine affection was beginning to shift his psychological balance. Ultimately, Loid's Superego no longer functions as a rigid tyrant but begins to accommodate human values – love, a sense of belonging, and the protection of family – as part of the 'good' he strives for, proving that being a Twilight and being Loid need not be mutually exclusive.

Psychoanalytic Analysis of Yor Forger

Table 5. Manifestation of the Id Yor

Dialogue	Scene	Description
- (Episode 2, 06:25)		Yor is introduced as a professional assassin who has proven herself capable of taking out a group of enemy agents with swift and deadly moves.

This scene perfectly illustrates Yor's Id in its purest form. The Id, according to Freud, operates on the pleasure principle – seeking immediate release of instinctual drives without regard for morality or social consequences. Yor's id can be traced back to his childhood, where exposure to violence and the need to protect herself and his younger brother gradually developed into a powerful killing instinct as part of her role as a professional assassin. This instinctual drive represents a primitive psychic energy operating without moral consideration. This aggression reflects an inner impulse ingrained since childhood, when he had to kill to protect his younger sibling. For him, violence is not a rational decision, but an automatic, instinctive expression – his body moves faster than his mind.

Table 6. Manifestation of the Ego Yor

Dialogue	Scene	Description
Yor: "I mean... I'm just extending our terms..." Yor: "Um... A single woman like me is already considered suspicious as it is. So for camouflage..." Yor: "And for me to continue being an assassin..."		Yor's decision to enter into a contract marriage with Loid was a rational compromise designed to avoid the social stigma attached to single women in society and to conceal her true identity.

Yor: "If you'd like, why don't we stay together? Even after that one interview? For our mutual benefit?"
(Episode 2, 22:30)

This scene demonstrates Yor's Ego functioning as a rational mediator. The Ego, according to Freud, operates according to the reality principle—it mediates between the impulsive demands of the Id, the rigid prohibitions of the Superego, and the complex external reality. Yor's decision to enter into a contractual marriage with Loid is a clever ego compromise. She faces three pressures simultaneously: First, social pressure: as a single woman aged 27, she is viewed with suspicion by society and her colleagues. Second, professional pressure: as an assassin, she needs a legitimate cover to continue her work without arousing suspicion. Third, internal pressure: her Id may yearn for a genuine relationship and a sense of belonging, whilst her Superego demands that she become a 'normal woman'. Yor's ego finds a solution that satisfies all parties (albeit not entirely): a contractual marriage. In this way, she satisfies the demands of external reality (being a "normal" woman), protects her secret identity (remaining able to work as an assassin), and leaves room for the possibility of a genuine relationship in the future. The dialogue "For our mutual benefit" shows that Yor's Ego functions pragmatically—she understands that this marriage benefits both parties without the need to involve complicated romantic emotions.

Table 7. Manifestation of the Superego in Yor

Dialogue	Scene	Description
Yor: "I mustn't have these thoughts, or somebody will find out that I'm an assassin!" Yor: "I need to act more normally..." (Episode 2, 11:19)		This scene depicts Yor's through the inner conflict that compels her to act in accordance with social norms.

The Superego, according to Freud, is a moral structure that internalises the values, rules, and ideals of society and authority figures. The Superego has two functions: the conscience, which punishes transgressions with guilt, and the ego-ideal, which rewards good behaviour with pride. In this scene, Yor's Superego is 'speaking' loudly. Yor is overcome by moral anxiety—a fear that originates from within, not from external threats. She is not afraid of physical danger; she fears being discovered and socially punished. The command "I mustn't have these thoughts" indicates that her superego is attempting to suppress thoughts deemed dangerous. The command "I need to act more normally" is the voice of his conscience dictating the standards of "normality" she has internalised from society. Ironically, Yor is a professional assassin, yet her Superego never takes issue with that—the source of her anxiety is not the fact that she kills, but that she appears abnormal. This demonstrates that Yor's Superego has been selectively internalised: she absorbs values regarding 'how a woman ought to be' but never questions the morality of her work as an assassin. It is this conflict that makes Yor a psychologically tragic character: she never feels guilty about killing, but she feels deeply guilty about not being able to be a 'normal wife'.

Psychoanalytic Analysis of Anya Forger

Table 8. Manifestations of the Id in Anya

Dialogue	Scene	Description
Anya: "Spy...Mission... So exciting!" (Episode 1, 06:45)		After reading Loid's mind and discovering that he was a spy, Anya became excited and wanted him to adopt her. Shows how Anya's id understands the situation, feels emotions, and acts without rational consideration.

The Id, according to Freud, operates on the pleasure principle—seeking immediate gratification of instinctual drives without regard for reality, morality, or long-term consequences. Anya's reaction to the revelation of Loid's identity demonstrates how her Id perceives the situation, feels emotions, and acts without rational consideration. When she reads Loid's mind and discovers the words "spy" and "mission", her Id immediately makes a positive association: in Anya's world, shaped by her love of the anime *Spy Wars*, "spy" equates to "exciting", "adventure", and "future dad". The exclamation "So exciting!" is not a considered judgement, but a spontaneous burst of Id energy. Anya does not ask herself whether being the child of a spy is dangerous, whether Loid is a good person, or whether she should be honest about her telepathic abilities. Such considerations are the domain of the Ego and Superego, which are inactive at this moment. There is only raw desire: "I want this man to be my father. I will do anything to make him choose me." Her subsequent actions, displaying cleverness, are the instrumental logic of the Id: use the tools at hand to achieve an immediate goal. The orphanage is a symbol of the unhappiness she wishes to avoid; Loid is a symbol of the happiness she wishes to attain. Anya teaches us that the Id, in its most honest form, never hesitates—it simply desires, with its entire being, to be loved.

Table 9. Manifestation of the Ego in Anya

Dialogue	Scene	Description
Anya: "If he finds out that I'm telepath..." Anya: "I'll have to go out too..." (Episode 1, 13:57)		Anya chose to keep her telepathic abilities hidden. Her decision highlights the role of the ego in mediating between desire and reality, as she realised that revealing her secret could threaten her position within the family.

This scene demonstrates the developing mediating function of Anya's Ego. The Ego, according to Freud, operates according to the reality principle—it mediates between the impulsive demands of the Id, the prohibitions of the Superego, and external reality. Here, Anya faces a serious internal conflict. Her Id is desperate to reveal everything—she wants Loid to know who she really is, perhaps because she is tired of hiding her secret or because she wants to be fully accepted. However, her Ego immediately performs a reality check: if Loid discovers that she can read minds, he might become frightened, suspicious, or even send her back to the children's home. The line "I'll have to go out too" indicates that Anya has understood the consequences of total openness. This is a form of reality testing—the Ego's ability to predict the consequences of an action before carrying it out. Anya's decision to conceal her telepathy is an ego compromise: she does not gain full satisfaction from her Id (she cannot be completely honest), but she also does not lose her family (the Id's greatest goal). Anya's Ego chooses a middle ground: keeping the secret to protect her position.

Table 10. Manifestation of the Superego in Anya

Dialogue	Scene	Description
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Anya: "I have to go to school, Anya: " or the mission will fail... And you'll leave me."

(Episode 4, 21:07)



Anya felt guilty for failing the interview. Her fear showed that she had internalised her parents' expectations, particularly their desire for her to meet Loid's standards and maintain family stability.

Anya's superego is illustrated in this scene. Anya is overcome by moral anxiety – a fear that originates from within, not from an external threat. She is not afraid of physical punishment; she is afraid of disappointing Loid and losing her family. The thought "or the mission will fail... And you'll leave me" shows that Anya has internalised Loid's mission as her own. She is no longer merely "helping father" because she has been told to; she feels responsible for the mission's success. This is evidence that Loid's values regarding responsibility and sacrifice have begun to take root in Anya's Superego. What is most intriguing is the link between "mission failure" and "being abandoned." Anya has made a cognitive connection: if she fails to meet the standard (getting into the right school), then she will lose the love and security she has found. This is the most basic mechanism of the Superego: good behaviour is rewarded with love; bad behaviour is punished with rejection. Anya's fear is not a rational one (Loid will not actually abandon her), but a deep emotional fear rooted in her past trauma as an orphan. Her Superego has exploited this trauma to motivate her to meet Loid's standards.

The Impact of Double Lives on the Interpersonal Dynamics of The Forger Family

Loid and Yor: Contractual Marriage and Emotional Transformation

The relationship between Loid Forger and Yor Briar was initially built on practical, instrumental needs. Loid needed a wife for the success of Operation Strix, while Yor needed a partner to avoid social suspicion of her single status. In the early stages, this relationship was dominated by Ego work oriented towards the principle of reality, where marriage was understood as a rational solution to external pressures. However, their double lives – Loid as a spy and Yor as a hired assassin – created complex relational dynamics as each hid their true identity. The relationship became performative: they played the roles of husband and wife without fully opening up to each other, so domestic intimacy was not always accompanied by psychological honesty.

Table 11. Loid's Forced Declaration of Love to Yuri

Dialogue	Scene	Description
<p>Yuri: "Can you take on that role, Lottie?!"</p> <p>Loid: "I'll have you know... that my love for Yor is as big as yours."</p> <p>Yor: [blushing]</p> <p>Yor: "Wait, wait! This is just an act to fool my brother!"</p> <p>(Episode 8, 20:10)</p>	 	<p>Loid answers Yuri's question—Yor's younger sister about the sincerity of his feelings for Yor. Loid answers so earnestly that Yor reflexively blushes. However, Yor soon realise that he was just trying to fool her sister.</p>

In episode 8, when Yuri Briar, Yor's younger brother, visits their home and questions Loid's sincerity as a husband, the dynamics of their relationship are clearly evident in that scene. Loid responds to the question with a serious and sincere expression, replying, 'I'll have you know that my love for Yor is as big as yours.' This answer is both a response to social pressure from Yuri and an attempt to maintain the marriage he has built. From a

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psychoanalytical perspective, Loid's response shows the work of the ego, which tries to adjust behaviour to the demands of social reality in order to maintain stability and disguise. Meanwhile, Yor's reaction upon hearing Loid's answer was one of surprise and embarrassment, showing a natural emotional response, but she immediately rationalised the situation as part of acting due to social pressure from her brother. That reaction is the uncontrolled Id, a spontaneous reaction that arises before the Superego has a chance to intervene, because the relationship she has built is based on the Ego. Thus, the closeness displayed cannot yet be called an emotional transformation but represents a performative intimacy. Loid and Yor must display a romantic and convincing relationship in front of external parties in order to maintain social stability and protect each other's secret identities. However, as Loid and Yor spend more time living this double life as a fake family, it may cause them to develop an emotional bond that gradually transforms their contractual relationship into a more genuine one.

Loid and Anya: Instrumental Fatherhood and Emotional Attachment


Loid and Anya's relationship was initially built on strategic necessity for the success of Operation Strix. For Loid, Anya was part of a cover-up scheme that had to be fulfilled administratively, so their relationship in the early stages was instrumental and dominated by rational and controlled professional ego. Personal emotions were suppressed so as not to interfere with objectivity as secret agents. However, this dynamic became complex because Anya knew Loid's true identity through telepathy, while Loid was unaware of this. This imbalance of knowledge created an unequal relationship: Loid performed the role of father, while Anya understood the inner conflict and pressure of the mission hidden behind his cold demeanour.

Table 12. Loid Rescue Anya from Kidnappers

Dialogue	Scene	Description
Loid: "If the police get this message, she'll be able to live in a better orphanage." Loid: "I'll just figure out another plan that doesn't involve children." (Episode 1, 17:42)		Loid decided to return Anya to the children's home because he didn't want to involve the children in his mission.

The transformation in their relationship is clearly seen in episode 1, in the scene where Anya is kidnapped and Loid decides to save her by disguising himself as an enemy in order to enter the enemy's headquarters, even though it puts the mission at risk. Rationally, Loid could have replaced Anya with another child or come up with a new plan, but his choice to risk his own safety shows a shift from the dominance of his professional ego to deeper emotional involvement. However, this action signifies the emergence of an affective impulse that had been suppressed by Loid's Superego, which is oriented towards the mission of world peace. For the first time, his decision was not entirely subject to strategic calculations for the sake of the mission, but was influenced by his emotional involvement with Anya.

Table 13. Anya's Fear of Abandonment and Desire for Security

Dialogue	Scene	Description
Anya: "Anya wants to go home. To Father and Anya's home." Loid: "Are you sure?" Anya: "Anya will cry if you leave Anya behind." Loid: "Okay then. Let's go home now." (Episode 1, 19:58)		Loid decided to return Anya to the children's home because he didn't want to involve the children in his mission.

When Loid finished fighting his enemy and was about to go home, he found Anya waiting for him outside. For Anya, the rescue strengthened her sense of security and


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attachment to Loid. Anya chose to wait for Loid because she was afraid of losing the father figure and affection she desired. As seen in the dialogue, even though Anya already knew Loid's identity, she chose to stay with him. Thus, the double life that initially built an instrumental relationship became a medium for internalising the role of a father and forming a more authentic emotional bond within the Forger family.

Yor and Anya: Maternal Anxiety and Unconditional Acceptance

Yor and Anya's relationship develops in an asymmetrical dual life. Yor does not know that Anya is a telepath, while Anya is fully aware of Yor's identity as a hitman through her ability to read minds. This imbalance of knowledge creates a unique dynamic: Yor plays the role of mother with anxiety and insecurity, while Anya accepts her dual identity without fear or judgment. As an assassin, Yor is accustomed to violence and aggressive actions, but in the domestic sphere, she tries to separate her professional identity from her role as a mother. Thus, Yor and Anya's relationship becomes a space of negotiation between the aggressive Id formed in Yor's work world and the domestic Superego that directs her to be a gentle and protective maternal figure.

Table 14. Yor Saves Anya from a Kidnapping Attempt

Dialogue	Scene	Description
<p>Yor: "I'm sorry. It's all because I took my eyes off you..." Yor: "I've messed up our groceries too..." Yor: "I'm really a bad mother..." Anya: "Anya loves a strong and cool mother!" (Episode 6, 10:48)</p>		<p>Yor rescued Anya from her kidnappers using her martial arts skills, but she felt guilty for failing to be a good mother. Anya, who was highly sensitive due to her telepathic abilities, comforted Yor and was proud of her mother, even though she knew that Yor was an assassin.</p>

The conflict is clearly evident in Episode 6 when Anya is almost kidnapped while Yor is shopping, and Yor spontaneously uses his strength and aggression to save Anya. At that moment, Yor's protective Id instinctively manifested itself in the form of violence against the threat. However, once the situation was under control, her domestic superego immediately kicked in, making her feel guilty for failing in her role as a mother. She judged that her failure to protect Anya demonstrated her unfitness for the maternal role.

Interestingly, Anya's response was quite the opposite: instead of being afraid of this aggressive side, she felt proud and secure to have such a strong mother. This can be seen in the little girl's dialogue, where she says, 'Anya loves a strong and cool mother!' This difference in perception shows that Yor's double life did not create emotional distance, but rather strengthened their bond because Anya accepted Yor's entire identity unconditionally. Thus, this scene confirms that the conflict between Yor's professional Id and domestic Superego actually forms the basis for a deeper sense of mutual protection in the mother-child relationship.

CONCLUSIONS

This study examines the phenomenon of double lives within the Forger family in *Spy x Family* (2022) by applying Sigmund Freud's psychoanalytic framework (id, ego, and superego) to analyse the psychological dynamics of Loid, Yor, and Anya. The results of the analysis indicate that each character's hidden identity significantly shapes their psychological structure as well as their interpersonal relationships within the family unit. Loid's role as a spy reflects the dominance of the ego, as he constantly balances professional rationality with the emotional bonds beginning to form with his family. Yor's identity as a professional assassin and civil servant reveals a tension between instinctual drives (id) and moral pressures

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(superego), whilst her ego strives to balance these conflicting forces through her efforts to fulfil the roles of wife and mother. Meanwhile, Anya, as a child with telepathic abilities, demonstrates her instinctual drive for pleasure (id), her adaptation to conceal her abilities for the sake of acceptance (ego), and the moral expectations she has internalised from her adoptive parents (superego). Overall, this study found that although the Forger family was initially formed through strategic and artificial circumstances, the shared experience of leading a double life gradually fostered emotional bonds, empathy, and mutual dependence amongst its members. Beyond the narrative context, this portrayal also reflects a broader social reality in which individuals often navigate multiple identities across various social roles, highlighting how identity negotiation can influence psychological development and interpersonal relationships in contemporary life.

ACKNOWLEDGEMENTS

The researcher would like to express sincere gratitude to all those who have provided guidance, support, and encouragement throughout the completion of this research. Deep appreciation is extended to Mrs. Dwi Nur Cahyani Sri Kusumaningtyas, S.S., M.Hum., whose insightful guidance, constructive feedback, and ongoing motivation have been invaluable in shaping the direction and quality of this research. The researcher would also like to thank the Department of English Literature at Universitas Negeri Surabaya for the inspiring environment that enabled this research to be carried out. A word of thanks is also extended to the researcher herself for her perseverance, dedication, and efforts in completing this work despite facing various challenges along the way.

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