

## **CHAPTER I**

### **INTRODUCTION**

This chapter consists of introduction which consists of background of the study, the problems formulation, the objectives of the study, the limitation of the study, the significance of the study and the outline of the study.

#### **A. Background of the Study**

There are various definitions of the literature. Sometimes it defined as 'something written'. However we can certainly distinguish between the literature in terms of writing and verbal artworks. Robert Frost said, "Literature is a show with words" Another view holds that literature is in it, a comforting feeling display and give pleasure in addition to the elements of 'truth' involved (Fagan 391). Mario Klarer said that in many cases, "literature is referred to as an entire written expression, with boundaries not as accurate as literature in a more precise sense of the word" (Klarer 1).

According to Wilhelm Wundt, psychology is a study about experiences that exist in human beings, such as five senses, feeling, thought, and desire (Wundt 3). According to Charles E. Skinner, psychology addresses the responses to every situation. By response or behavior it means all forms of processes, adjustments, activities and experiences of the organism. Behaviour generally means overt activities which can observed and measured scientifically. However someone's behaviour is always effected by their experiences. That is why, when we study someone's behaviour we have to

study their experiences also. Psychology should, therefore, be defined as a “science of behaviour and experiences on human beings” (O'Donohue & Ferguson 320).

The relation between literature and psychology is a bilateral relation. The human soul makes literature and literature nourish the human soul. Literature and psychology both, pay attention to fancy, thinks, sensation of feelings and psyche problems (Dastmart, Razmjoo, & Salehi 9420). Literature and psychology are two branches of science that study human soul. Psychology researches human behaviors and their causes while literature depicts human behavior through fiction. These two branches of social science studying human behavior are interrelated and mutually beneficial. However, the basic building block of the correlation between literature and psychology is a literary work. Literary works study human beings and describe their inner world with all its aspects. A literary work supports psychology in terms of depicting human psychological conditions, psychology also provides insights into literature by exploring mental processes. A literary work benefits from psychology in terms of successfully presenting characters, expressing their moods, and bringing the reader into the psychological dimension of human reality. Psychology and study of literature meet in their focus on phantasies, emotions and human soul (Emir 1).

Psychological aspects will be present in literary works as long as human is the theme of the text. The psychological approach most rely on psychoanalysis developed by Freud after doing research, that is people are

dominated by their own inner state (Emir 1). There are id, ego and superego in people's soul that causing people are always in a state of war, restless, anxious, depresses. Yet, if all these three elements working in a balanced way, it will show a proper character. Characters are the life of literature, they are the objects of our curiosity and fascination, affection, and dislike, admiration and condemnation (Bennett & Royle 1). Most main characters will experience conflict throughout the course of a story. Some conflicts are external (brought about by forces outside of his or her control, or by their environment and the people around them), while other conflicts are internal (personal struggles the character deals with about their own feelings or actions). The main character has a big influence in a story. Presenting the story in psychology aspects of the main character is inseparable from the theory of psychology.

People live in this world with many problems that they have to face. The problems that they have to face include problems with our self, with others or the environment, and problems with the God. The problem may cause psyche conflicts that can be experienced by anyone without concerning the age and background. When the problem comes, they have our own way to solve. However, before they solve, they have to deal with the feeling of anxiety in their mind.

The environment people are living in is physically, mentally, emotionally, socially and morally dynamic and challenging. People possess effective mechanisms to meet every day stress. Sometimes, normal adaptive

mechanisms can be over-activated and, thus, become maladaptive. A common outcome of such over-activation is anxiety (Shri 100).

Freud described anxiety as an objectless fear; often, they cannot point to its source, to a specific object that induced it (Schultz & Schultz 59). Anxiety is unpleasant feeling because individual experiences frustration and uncertainty about what will occur in the future, and also the existence of a threat of failure and pain that will affect them (Branca, 4). Anxiety is an unpleasant emotional condition, marked by subjective feelings such as tension, fears, worries and also characterized by central nervous system active (Bower 47).

People sometimes feel anxious due to a several things. For example, before or after doing something, people sometimes will definitely think about the impact or consequence that will happen after doing those things (Whitehead 102). They will think that maybe the things which they have done are wrong. These feeling and thinking is called a sense of worry and anxiety that will arise within the people themselves. All of the people indeed will face the anxiety. However, when the anxiety appears, it will block people to lead a daily activity. Anxiety can arise when individuals face new experiences, for instance entering the school, starting a new job or giving birth to babies (Stuart & Sundeen 9).

The anxiety and defense mechanism can be found in the main character of *The Memory Keeper's Daughter's. The Memory Keeper's*

*Daughter* is a novel telling about the life of a young couple that had been married for a year. The husband is an orthopedic surgeon, dr. David Henry. His wife's name is Norah. She was pregnant. In the night when dr. David delivered his wife helped by his nurse named Caroline Gill. Norah delivered twin, their son was healthy boy and unfortunately their daughter had down syndrome as predicted by dr. David. He recalled to his past when he also had a younger sister suffering heart defect and died at an early age and resulted in prolonged sadness of his mother. Because of it, he was afraid that his wife would feel the same grief, so he decided to ask the nurse to take his daughter away to a place of treatment outside the city, and then when his wife awoke he told his wife that their daughter died.

However, Caroline did not do as dr. David asked her to do because she felt pity to the baby if she leaved the baby in that place of treatment, moreover that place was not good enough to let the baby live there. There was a lot of anxiety in the way of dr. David lived because of the secret that he kept. Then, dr. David did some defense mechanisms to reduce his anxiety. Thus, *The Memory Keeper's Daughter* is one of literary work that can be analyzed by psychoanalytic approach from Sigmund Freud's Theory.

Thus, from the explanation above, this study analyzes anxiety and defense mechanism based on Sigmund Freud's Theory in the main character of *The Memory Keeper's Daughter*.

## **B. Limitation of the Study**

The study limitation is finding the anxiety and the defense mechanism in the main character, dr. David, through psychoanalytic theory by Sigmund Freud.

### **C. Problem Formulation**

This study discusses two important problems, they are:

1. How is anxiety shown in dr. David according to Sigmund Freud's Theory?
2. How does dr. David do the defense mechanism according to Sigmund Freud's Theory as described in the novel *The Memory Keeper's Daughter*?

### **D. Objectives of the study**

The objectives of the study are:

1. To describe anxiety of dr. David based on Sigmund Freud's Theory in the story of *The Memory Keeper's Daughter*.
2. To discuss the defense mechanism done by dr. David to reduce his anxiety.

### **E. Significance of the Study**

The result of this study is expected to give some benefits to the student of literature in College of Language and Communication Science of Sultan Agung Islamic University Semarang. It may become a reference to the next studies to find out the anxiety and defense mechanism in any kind

of literary works, especially in novel. Moreover, it can also be beneficial to the people who want to understand more deeply about correlation between literary work and psychology field by reading the novel and this research.

## **F. Outline of the Study**

This final project consists of five chapters. Chapter I consists of the introduction that explains the background of the study in general, the problem formulation, the objectives of the study, the limitation of the study, the significance of the study and the outline of the study.

Chapter II refers to reviews of related literature including the synopsis and the discussion of the theory which is used in this study that is anxiety and defense mechanism by Sigmund Freud.

Chapter III consists of research method which discusses the types of the research, the data organizing which consists of the data collecting method and the types of the data, and analyzing the data.

Chapter IV is Findings and Discussion which contains the analysis of anxiety and defense mechanism in the main character

Chapter V consists of Conclusion and Suggestion. Conclusion is the the brief explanation concluded from the analysis of anxiety and defense mechanism and suggestion is the advice to the readers after reading the study.