

CHAPTER I

INTRODUCTION

This chapter conducts the introduction of the study that includes background of the study, problem formulation, limitation of the study, objectives of the study, significance of the study, and organization of the study.

A. Background of the Study

The novel of *The Woman in the window* by A.J. Finn becomes Finn's debut novel. He presents an interesting story about the psychological thriller genre. The main character in this novel was Anna who portrayed many aspects of psychology about anxiety and defense mechanism. During the last 10 months, Anna stayed at home. She saw on her neighbors by camera from her house. She never went outside because the traumatic incident she experience and she never forgot about the past. This study will give some benefit to the study of human psychology, this study also will give a suggestion to readers to face the psychological problem in real life.

Anxiety is the total response of a human being to threat or danger. Each experience of anxiety involves a perception of danger, thoughts about harm, and a process of physiological alarm and activation (Moss, 1). Anxiety becomes a disturbance for a human's life because they can not live normally. The human may report their fears about work, marriage, family, and health when they cannot control the worry. Then, fatigue, irritability,

muscle tension, and sleep disturbance accompany the worry. The fear and worry are disproportionate to the actual problems reported. The anxiety takes a toll over time, impairing ability to function at home, work, and in social settings (Moss, 3).

This novel was also appointed to the big screen with an Oscar-pedigreed cast. The novel *The Woman in The Window* has a message from the author A. J. Finn tries to show about the psychological disorders suffered by the main character, Anna, because she can accept the psychological disorders and try to get up. The author wrote this novel after he found out lying to the public that he had cancer, even though he had a psychological disease. The author was ashamed to admit his psychological disorders. From this novel he wants to show that psychological disorders are not as bad as though.

In the National Institute of Mental Health's Epidemiological Catchment Area survey that the population groups most vulnerable to anxiety disorders include individuals 25 to 44 years old female. However, individuals from early childhood to old age are vulnerable to anxiety disorders (Moss, 2). This proves that humans must be aware about their worry and fear. When it comes to disproportionate humans, they must be reported to the psychologist. In each case, humans can not be aware of their worry and fear, this can disturb their life. Humans have psyche to control their action or behavior.

Sigmund Freud theory had related to the human psyche. Humans have behaviors, thoughts and actions as the product of the human psyche. In order to have an understanding of their behaviors, it is necessary to identify the formation and structure of the human psyche (Siegfried, 2014). Freud Analyzes the human psyche in terms of three elements, called the id, ego, and superego (Siegfried, 2014). According to Freud, "The id has no contact with reality. The function is just to seek pleasure, the id serves the pleasure principle "(Feist, 33). Id is the natural feeling which is discharged for satisfaction. Thus, The ego has contact with reality. It grows from the id during infancy and becomes a person's sole source of communication with the external world (Feist, 35). The superego represents moral and ideal aspects of personality and guided by moralistic and idealistic principles (Feist, 36). The id is contained with pleasure principle, The ego is connecting with reality principle and the superego is dealing with a moral principle. That is all the correlation among the id, ego and superego.

Humans always want to realize id as a pleasure, however it makes a conflict with the prevailing morality of the environmental. Anxiety is arising from the desire of the id which is not common with reality (Boeree, 7). There are three kinds of anxiety such as reality anxiety, neurotic anxiety and moral anxiety. The anxiety makes some natural defense reactions which can be shown by the individual (Schultz, Schultz, 60). Thus, when a person feels the threat, the ego will protect from an unpleasant feeling. Stated by Freud when the anxiety becomes overwhelming, the ego must defend itself. It does

by unconsciously blocking the impulses or distorting them into a more acceptable, less threatening form. The techniques are called ego defense mechanisms (Boeree, 7). The ego needs a defense mechanism to protect individuals. So, it will help the individual facing anxiety, people will naturally transform anxiety into something more acceptable to them. So, they can face their anxiety.

Freud's theory of psychoanalysis is the theory that studies about the human psyche. So, the main object used by Freud is human psychology. In literary works such as short stories, poems, novels, etc. there is a character of people who can be analyzed. Thus, this study will use one of the characters in the novel to be analyzed according to the theory of psychoanalysis of Sigmund Freud. The novel has a strong character to indicate anxiety and defense mechanisms.

B. Problem Formulation

This study analyzes Anna in *The Woman In The Window* novel by A.J. Finn. The specific problem raised in this research are:

1. What are the anxieties experienced by Anna in *The Woman in the Window*?
2. How are Anna's defense mechanisms in facing her anxieties in *The Woman in the Window* novel?

C. Limitation of the Study

The theory of psychoanalysis by Sigmund Freud will be used to analyze the novel *The Woman in the Window*. Anna will be the main object of discussion in this study, because of her anxiety and her defense mechanism. Other characters in this novel are included in the study since they have the characteristic features of the theory of psychoanalysis. Prologues, monologues, and dialogues in the novel as the data will be used to explain the analysis based on the theory of Sigmund Freud.

D. Objectives of the Study

Based on the previous problem formulations, the objectives of this study are as follows:

1. To portray the anxieties of Anna experienced in *The Woman in the Window* novel.
2. To explain Anna's defense mechanisms in her confront anxieties portrayed in *The Woman in the Window* novel.

E. Significance of the Study

This study will be helpful to other in following ways:

1. This study will provide knowledge about the psychoanalytic theory of Sigmund Freud on anxiety and defense mechanisms.
2. This study will provide an experience described by a character in *The Woman in the Window* novel.

3. This study will contribute in the form of a reference to the students of English Literature program of Sultan Agung Islamic University to their proposal writing or final project.

F. Organization of the Study

This study is divided into five chapters. Chapter I follows with the introduction that consists of Background of the Study, the Problem Formulation, Limitation of the Study, Objectives of the Study, Significance of the Study, and Organization of the Study. Chapter II, Reviews of Related Literature, consists of synopsis and related literature will be used in analyzing the novel. Chapter III deals with research method that consists of types of the research, the Data Organizing, and Analyzing the Data. Chapter IV Finding and Discussion presents the result of research about the anxiety and defense mechanism of Anna. Chapter V consists of Conclusion and Suggestion.