

CHAPTER I

INTRODUCTION

This chapter consists of introduction of the study including 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

According to Keene, discrimination is the application of beliefs or stereotypes whereas stereotype is the applications of one's thoughts and beliefs to others without knowing them in deep first (2). "Discrimination, on the other hand, is the negative actions and behaviors that are directed at a person or group because of their marginal social status" (Pieterse. et al, 2). Discrimination may be caused by prejudice, stereotype or racism. The other researchers emphasize that "Discrimination is defined as denying equal treatment to individuals because of their group membership" (Triana, Jayasinghe, and Pieper, 491). Triana, Jayasinghe, and Pieper, also state that discrimination is divided into discrimination of race, color, sex, religion and national origin (491). In short, discrimination is an unfair treatment to a person based on her or his race, religion, social status, skin color and gender.

Clair and Denis argue that racial discrimination concerns the unequal treatment of races, whereas racial inequality concerns unequal outcomes (857).

Chng and Tan state that racial discrimination is judgment, negative attitudes, or unfair treatments from different race due to one's racial identity or skin color (462). For example, an unfair treatment or negative attitude from white people to African Americans which is different from white people to white people.

Racial discrimination is a biased action against someone because of his or her race (Yip, Gee, and Takeuchi, 788). "Racial discrimination includes making false accusations on member of races perceived to be inferior, limiting the access and quantity of resources for minorities, and dismissing contribution by minorities (Chng and Tan, 461). It is usually done by majorities to minorities in some places.

Racial discrimination may happen at workplace, school and social environment. "Discrimination leads to racial segregation and the resulting racial segregation contributes to negative outcomes for African-Americans" (Ross, par. 40). Segregation based on race or skin color called as racial segregation. Racial segregation is an attempt from white people toward African Americans to keep them in the lowest social status (Ornek and Ultan, 79). According to Professor Cecill J. Hunt, some of racial segregation forms are separate schools, separate churches, separate graveyards and separate public accommodations (19).

Segregation has become a serious problem in the United States. William Pickens argues that segregation is the source of problem in society (364). As William Pickens says "where there is no segregation, there is no problem; where there is less segregation, there is less problem; where there is more segregation there is more problem" (364). It shows that there is segregation in the United

States, so there are also some race problems. Research on racial segregation in the United States has long been the concern of academia worldwide. One of the previous studies on Racial Segregation in the South part of America was done by Nur Hajah Haningrum on her thesis in 2018. The thesis explains about racial segregation and inequality over Afro-American community in the South America. She also uses *The Help* by Kathryn Stockett as the object of analysis. The racial segregation which done by White American happen in many aspects, for example housing, public transportations, schools, hospitals, churches and the others. The racial segregation which happened to African American also created the problem of poverty, social economic and political phenomena. In this study, the writer gives a new case on psychological approach. Those are anger and aggression as psychological effects of racial discrimination in the novel.

Racial segregation can be seen in many forms. For example, there are differences in seating on public transportation like white people in front and African Americans in back side. The settlements between white and African Americans are also separated. Usually white residential areas are in the elite area while African Americans residential are far from them. There are also different churches between white and African Americans. The African Americans have a special church which is all congregations are African Americans. The other form of segregation is the separation of toilets between employers and maids or between whites and African Americans.

Discrimination in general will bring up some effects for its receiver. Discrimination itself makes someone get negative psychological outcomes such as

depression, psychological distress and also decrease self-esteem (Sellers. et al, 33). Discrimination experiences have to do with a person's level of psychological distress. The victims of discrimination treatment will have their own burden throughout their lives. The cause of decrease in their self-esteem is the negative stigma towards them from the people around.

Hartshorn, Whitbeck, and Hoyt argued that perceived racial discriminations are associated with anger (54). "Anger is defined as a person's response to a threat or the perception of a threat against an individual or group" (Lochman. et al, 115). That emotion is often difficult to control. Hartshorn, Whitbeck, and Hoyt also suggest that aggressive behavior has associated with perceived racial discrimination (54). It shows that perceived racial discrimination, anger and aggressive behavior has correlated each others. Although anger is associated with aggression, that is still different. Anger and aggressiveness are important causes of aggression. "Aggressiveness is defined as the readiness for aggression or acceptance of and tendency toward aggressive actions" (Ahmadi. et al, 248).

According to Hartshorn, Whitbeck, and Hoyt, anger is a natural emotional response toward discrimination experiences (55). They also agree that "Experiences with discrimination lead to feelings of anger" and anger itself has been identified as "an antecedent of aggression" (55). It means that anger could arise because of negative treatments such as racial discrimination. Racial discriminations are identified as a cause of anger. Then anger itself has been

identified as a cause of aggression. Indeed, both of anger and aggression are identified as the effects of racial discrimination.

The Help novel by Kathryn uncovers the issue of race problem particularly in the South area due to some racial segregation cases. *The Help* novel was released in 2009 by Penguin Books. The main idea of this novel is a story about the African-American maid's point of view on the white families where they work. The setting of this novel is in Mississippi, Jackson 1960s. At that time, African Americans had a job such as a maid for white families. Most of African Americans in Mississippi could not finish their education. "Socialites entrusted the raising of their children to the maids" (Laurier, par. 1). Thus, almost all white people handed their child care to the maids from African Americans. It makes African American teens unable to continue their studies because their Moms pursue them to be a maid at that time.

The problem arises when Hilly Holbrook has an idea to make a separate bathroom between white and African Americans. Hilly believes that African Americans bring a different disease with white people. She tells it to other white women in Mississippi, no exception Elizabeth Leefolt. She is a white woman whose daughter is taken care of by Aibileen. Aibileen hears about what they were talking about. Then the big problem arises when Hilly fires her maid named Minny and she makes a rumor that Minny is a thief. It gives a challenge for Minny to find a new job. The issue of the separation between blacks and white people in Jackson, Mississippi in *The Help* novel is not only shown through the separation

of toilets, but also the separation of churches, separation of public transportations and separation of settlements.

For African Americans, racial discrimination is not a minor problem in life. Otherwise, racial discrimination gives negative effects for African American's life, no exception in Aibileen and Minny's life which shown by the novel. The effects which showed in this novel are anger and aggression. Minny gives a pie for Hilly, but she makes the pie from human feces. It shows the expression of aggression as a result of racial discrimination in the form segregation. Thus, based on the explanation above this study is intended to analyze **“Anger and Aggression as Psychological Effects of Racial Discrimination in Kathryn Stockett's *The Help*.”**

B. Problem Formulation

In this final project, the study would like to analyze *The Help* novel by presenting and focusing the discussion on the following problem:

1. How is racial segregation as the result of racial discrimination reflected toward Aibileen and Minny in *The Help* novel?
2. How are anger and aggression as the effects of racial discrimination depicted toward Aibileen and Minny in *The Help* novel?

C. Limitation of the Study

This study focuses on the racial segregation happened to the African Americans characters in *The Help* novel, especially Aibileen and Minny as the main characters. Although there are many African Americans characters that could

be as the focus of the study, but this study chooses Aibileen and Minny because they show their response towards discrimination by anger and aggression.

D. Objectives of the Study

The objectives of this study are as follows:

1. To explain how racial segregation as the result of racial discrimination is reflected in *The Help* novel.
2. To describe how anger and aggression as the effects of racial discrimination are depicted in Aibileen and Minny in *The Help* novel.

E. Significance of the Study

The result of the study gives two benefits. First, this study can be the source of information and further research to understand racial segregation and how racial segregation effects which are experienced by African Americans. Second, this study has a good effect for the readers, to more appreciate and accept the existence of other races or ethnic, so we can live together safely and peacefully.

F. Organization of the Study

This final project is systematically organized in five chapters. Chapter one consists of introduction of the study including background of the study, problem formulation, limitation of the study, objectives of the study, significance of the study, and organization of the study. Chapter two consists of synopsis and review of related literature. It is divided into synopsis of *The Help* novel, definition of

racial discrimination, racial segregation, and anger and aggression as the effects of racial discrimination. Chapter three is about the research method in detail. It deals with the types of research, data organizing, and analyzing the data. Chapter four is talking about findings and discussions. It is divided into racial segregation reflected in *The Help* novel and anger and aggression as the effects of racial discrimination depicted in *The Help* novel. Chapter five consists of conclusion and suggestion. The last parts are references and appendices.