

CHAPTER 1

INTRODUCTION

1. 1. Background of The Problems

For years, people live closely with literature; kids are introduced to fairy tales, and as they are growing up, they either look for knowledge, entertainment and consolation within various kinds of literature or let their ideas out into a literature. Pickering and Hoepfer says that the creation of literature is a human activity that is unique, as it is born from human's timeless desire to understand, express and share their experience. Literature is a form of translation of human consciousness and imagination by using language as a medium (Pickering and Hoepfer, 1981; 1). In short, the literature contains parts of human's mind and ideas about things people experience. It also exhibits human's behaviour. One of the example is Agoraphobia.

Agoraphobia refers to *abnormal fear of being helpless in a situation from which escape may be difficult or embarrassing that is characterized initially often by panic or anticipatory anxiety and finally by the avoidance of open or public places.* (agoraphobia, www.merriam-webster.com). The term is first coined by The Mental Health Service. Agoraphobia is an anxiety disorder characterised by an uneasiness, fear or dread about leaving familiar surroundings. This may include a reluctance to travel, particularly on public transport, or to be in crowded places. It is associated with severe physical symptoms of anxiety and panic attacks. It is a condition related to anxiety, depression, panic and other phobias.

(*whatisAgoraphobia?*, http://www.islhd.health.nsw.gov.au/Carer_Program/Mental_Health/Illness_and_Disorder/Agoraphobia.pdf, 2019). Lately, many theories about it appears. One of them is formulated by Westphal, He describes agoraphobia as a paralyzing fear of being suddenly incapacitated when exposed to crowds, empty streets, squares and other situations where escape to a safe place may be difficult or help unavailable. Cordes seemed to think that panic occurred less predictably.

The DSM-III-R goes beyond Westphal's definition of agoraphobia and distinguishes between agoraphobia and panic disorder. The DSM-IH-R defines

panic disorder as the presence of "unexpected panic attacks that do not occur immediately before or during exposure to a situation that always caused anxiety". The current definition of agoraphobia is generally accepted. However, a substantial minority of researchers who were surveyed recently felt that panic disorder as a clinical entity still requires clarification. The distinction between agoraphobia and panic has its origin in Klein's hypothesis of the development of agoraphobia. The hypothesis assumes a developmental sequence that leads from unexpected panic attacks to learned avoidance behaviour. Accordingly, more frequent and more severe panic attacks would result in more phobic avoidance. To some extent this is born out by empirical research (Kutch, et al. 2018 : 3-5) ; <https://www.researchgate.net/publication/21592686>; 2019). This expression of agoraphobia is reflected in various fictional literature. One of them is novel entitled *The Woman in The Window*.

As a fiction novel, *The Woman in The Window* provides both thriller and mystery story that bring its readers in its world. The word *The Woman in The Window* itself is reflected from Anna Fox's habits who always stalking on her neighbours through the window by using her Nikon Camera. performance that is mysterious as much as its magic. It is well known as a show that allows its audiences to participate in its performance. For them who participate in the performance, the show becomes a game.

For the past 10 months Anna has been trapped inside the four walls she calls home. She can't bring herself to take a single step outside. No grocery shopping, no walks through the park, not even to pick a package from the front stoop. Anna is an agoraphobic. Her days are filled with pills to control her anxiety and other ailments followed by a bottle or two (sometimes more) of wine to wash it all down. Her life outside her home is only viewed through her Nikon camera, where she watches her neighbours' daily routines. (Much to their chagrin).

When she witnesses an attack in the home across the street no one will believe her. Not the homeowners, not even the police! Anna begins to question if it's a side effect of her medication, or is there a reason no one wants to believe her.

Anna Fox lives alone in the New York City brownstone that once housed her happy family. Acutely agoraphobic and separated from her husband and daughter.

Then the Russells move in next door: a father, a mother, their teenaged son. At first, watching them makes her yearn even more keenly for the reunion of her own nuclear trio. Then Anna observes what seems to be a shocking act of violence, and her precariously constructed world begins to crumble. At a glance, it seems to reflect the Agoraphobia (Agoraphobia disorder). Yet, those parts of the story still need to be looked even deeper. It is interesting to analyze it. Therefore, this study will present deeper analysis about the reflection of agoraphobia in this novel.

1. 2. Identification of The Problems

Based on the background of the problems above, the problem is identified based on Westphal's agoraphobia that is reflected in the story. Therefore, I assume that Westphal's agoraphobia is reflected in A.J Finn's Novel *The Woman in The Window*.

1. 3. The Limitation of The Problems

According to the identification of the problems above, the problems of this research are limited to agoraphobia based on Westphal's theory. The applied concepts are through intrinsic approaches, such as showing and telling method, characterization, plot, and setting, as well as an extrinsic approach which is psychological, agoraphobia.

1. 4. The Formulation of The Problems

Based on the limitation of the problems above, the problems in this research can be formulated accordingly to prove the reflection of Westphal's agoraphobia in A.J Finn's novel *The Woman in The Window*, which become the assumption of this research. Therefore, the problems in this research are formulated as follows.

1. What are the characterizations through telling, showing and stream of conscious method?
2. What are the setting and plot of this novel?
3. What are the reflections of agoraphobia through characterizations, setting, and plot?

4. What is the theme that can be developed through intrinsic and extrinsic approaches?

1. 5. The Objectives of The Research

Based on the formulation of the problem above, the objective of this research is to prove the assumption Westphal's agoraphobi is reflected in A.J Finn's Novel *The Woman in The Window*. In order to achieve that objective, the steps which are supposed to be done in this research are as follows:

1. To analyze the characterizations through telling, showing, and stream of consciousness method.
2. To analyze the setting and plot of this novel.
3. To analyze the reflections of agoraphobia through characterizations, setting, and plot.
4. To develop the theme through intrinsic and extrinsic approaches.

1. 6. Methods of The Research

This research is conducted by using qualitative method, the kind of the literature research, the feature of interpretative research and analysis by using collecting datum which are in the form of novel entitled *The Woman in The Window* as the primary resource and other related and supportive literatures as the secondary resources.

1. 7. Benefit of the Research

This research is expected to provide benefits for them who are interested in learning and obtaining a deep understanding about the novel *The Woman in The Window*, because it is done through a new perspective, that is using psychology as the extrinsic approach, particularly based on theory about agoraphobia.

1. 8. The Systematic Organization of the Reasearch

In accordance to the title of the research above, the order of the presentation is written as follows:

CHAPTER 1: INTRODUCTION

It consists of : the background of the problems, identification of the problems, the limitation of the problems, the formulation of the problems, the objectives of the research, the framework of the research, The methods of the research, the Systematic organization of the research.

CHAPTER 2: FRAMEWORK OF THEORIES

It consists of: intrinsic and extrinsic approaches. Intrinsic approach includes characterization (showing and telling methods), setting and plot. The applied extrinsic approach is psychological approach which includes agoraphobia.

CHAPTER 3: ANALYSIS OF THE NOVEL *THE WOMAN IN THE WINDOW* THROUGH INTRINSIC APPROACH

It consists of: characterization of the characters, plot, and settings of the novel. The concepts above must appear in the number of sub-chapters.

CHAPTER 4: THE REFLECTION OF WESTPHAL'S AGORAPHOBIA

It consists of: a brief explanation of this chapter's content, analysis of the reflection of agoraphobia in A.J Finn, and the relation of agoraphobia with other characters, setting and plot. The concepts above must appear in the number of sub-chapters.

CHAPTER 5: CONCLUSION

It consists of: an evaluation from the previous chapters and the implication of the evaluated result.

The chapters above are followed by references, scheme of the research, research poster, curriculum vitae, and other required attachments.