

## CHAPTER 1

### INTRODUCTION

#### A. Background of the Problems

Everything that happens in the world has reason, and sometimes it can not be understood by other people even though how hard we are trying to make them understand. It is better to keep it to yourself, and once you have found a person that can understand you and accept you as you are, you want them to stay by our side until the end, but what if that person who you trusted the most, who you love the most become the one who stabbed you from the back? There are only two choices, leave them behind and start everything or to take any action of all cost. It happens to Theo Faber's Character in Alex Michaelides' Novel *The Silent Patient*, when you lost someone you love the most and become silent is the only thing you can do. The word love sometimes will become a nightmare for someone, when they are confusing between love and obsession.

According to John D Moore (2006:14) the cause of obsessive love can happen during childhood, when someone emotionally have been abandoned and may have been verbally, psychologically, or physically abused (or all three) during childhood and sometimes it is hard to accept the rejection from someone we loved. Obsessive love or Obsessive Love Disorder refers to a condition where you become obsessed with one person you think you may be in love with.

Alex Michaelides was born in Cyprus in 1977 to a Greek father and English mother. He studied English literature at Cambridge University and got his MA in screenwriting at the American Film Institute in Los Angeles. He writes the film *The Devil You Know* (2013), starring Rosamund Pike, and co-wrote *The Brits are Coming* (2018), starring Uma Thurman, Tim Roth, Parker Posey, and Sofia Vergara. *The Silent Patient* is his first novel. ([www. Macmillan.com](http://www.Macmillan.com))

Alex had his post-graduate in psychology and worked in the psychiatric unit for two years. Alex wrote his first novel *The Silent Patient*, based on his experiences in the psychology field. He starts writing the novel when He went to mental health to heal himself and has a lot of individual therapy for a long time, and then he

becomes interested in studying it. His sister is a psychiatrist, and she gets him a part-time job at a secure unit for teenagers, at first, he has no idea he will write that experiences through his novel. (celadonbooks.com)

*The Silent Patient* tells about Alicia Berenson, an ordinary woman who has a job as a painter. Her husband is a well-known fashion photography, but suddenly her life changed when she murdered her husband, Gabriel. No one knows what is the reason behind that action, and they seem pretty reasonable. The odd thing after she killed her husband is she remains silent and does not say even a single word. It makes Theo Faber obsessed with Alicia Berenson's case.

Theo Faber is a psychotherapist, and his wife is an actress, Kathy. Theo Faber loves Kathy so much, and he feels like Kathy is the only one who can make him pass the dark past. Quitting drugs and smoking are not difficult when Theo Faber has Kathy by his side. Theo's father abused him, and that makes him want to kill himself at the university, but fortunately, he can survive and get a good therapist and finally meet with Kathy. One night Theo Faber accidentally sees an email on Kathy's laptop; after that, Theo Faber becomes suspicious and thinks Kathy is having an affair. The fact that he loves Kathy makes him have an obsession with her because he does not want Kathy to leave him. He will make Kathy stay by his side forever whatever it takes.

Why she killed her husband, Why she remains silent, Was she kill him, A lot of unanswered questions on Theo's mind that needs an answer. Theo Faber feels maybe Alicia has a dark childhood, and abusive parents like Theo Faber had in the past with the same experience about the memory of being abused, perhaps Theo can help her. Theo Faber works at the Grove (a facility for the criminally insane). On his first day, it is not very easy talking to Alicia because the employee gives her medicine. She has tried multiple suicide attempts to prevent something terrible happen to her, and the employee gives her dose. After time goes by, the truth finally revealed little by little, the truth about Theo's life. The truth about Alicia Berenson's life and the reason why Alicia Berenson killed her husband, all of them are related to Theo. Theo's obsession with her wife, Kathy, is the reason why Alicia Berenson killed her husband. According to the background above, *The*

*Silent Patient* is about Theo Faber, who becomes the center of the problem, and his love obsession towards Kathy makes Alicia killed her husband. And how Theo's influenced Alicia and get the truth about her wife. In researching this issue, the writer will present evidence about the problems to be discussed.

### **B. Identification of the Problems**

Based on the limitation of the problems above, there are some problems in this novel such Traumatic childhood, Obsessive Love etc. The writer focuses on the problem which is identified based on Theo Faber obsession to Kathy affecting Alicia' action. Therefore, the writer assumes that there is the reflection of *obsessive love in Alex Michaelides' Novel The Silent Patient*.

### **C. Limitation of the Problems**

Based on the identification of the problem above, the writer limits the problem of *Obsessive love in the novel The Silent Patient* with theory and concepts that the writer will apply as follow:

1. Through intrinsic approaches: characterization – showing and telling methods, setting, plot and theme.
2. The extrinsic approaches which are psychology of literature and the psychology of personality: obsessive love.

### **D. Formulation of the Problems**

Based on limitation of the problem, the writer formulated the problem: whether my assumption is true that the novel of *The Silent Patient* by Alex Michaelides is the reflection of obsessive love. To answer this question the writer formulated the problem as follows:

1. What are the characterizations of this novel through showing and telling methods?
2. What are the setting and plot of this novel?
3. What are the concepts of obsessive love through the characterizations, setting, and plot?
4. What does the theme of this novel reinforce through the result of analysis of the intrinsic and extrinsic approaches?

### **E. Objectives of the Research**

Based on the formulation of the problem above, the writer aims to show that the theme of this research is the reflection of the concepts of obsessive love on character Theo Faber. In order to reach this aim, the witer makes several steps as follow:

1. To analyze the characterization of this novel through showing and telling methods.
2. To analyze the setting and plot of this novel
3. To analyze this novel by elaborating the concept of obsessive love Theory with the characterization, plot, and setting.
4. To reinforce the theme by using the result of analysis of the intrinsic and extrinsic approaches.

### **F. Methods of the Research**

Based on the objective of the research above, this research is conducted by using qualitative method, qualitative method such as observation to gather non-numerical data such as concepts, definitions, characteristic etc. Those are study of literature, and interpretative character of research or analysis by collecting data which is the literature text of the entitled *The Silent Patient* by Alex Michaelides as the primary source and other related and supportive literature as the secondary resources such as novel and E-book one of them are book by John D moore and book by Carigh Buck and Susan Forward.

The novel as main source and supported by some literature that is connected with suitable definition or approach. The approaches are intrinsic and extrinsic. The intrinsic approaches containing telling and showing method, plot, and setting. Meanwhile, obsessive love theory as the extrinsic approach.

### **G. Benefit of the Research**

This research is conducted to get more knowledge about the psychology theory of obsessive love in real life. This research is expected to be beneficial for students or researches who are interested and explore more deeply about Alex

Michaelides's novel *The Silent Patient*. This study is expected to be useful for the students of english department, for those who want to know more about the impact of obsessive love theory in real life because it is done through a new perspective by applying the concepts of obsessive love.

## **H. Systematic Organization of the Reasearch**

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

### **CHAPTER I: 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 THE THEORIES**

It consists of: explanation of the concepts and Theory. It includes intrinsic and extrinsic approach. Intrinsic approaches are characterization – showing and telling methods, setting, plot, and theme. Through extrinsic approach, the writer use Theoretical framework – psychological approach are obsessive love.

### **CHAPTER 3: THE NOVEL *THE SILENT PATIENT* THROUGH INTRINSIC APPROACHES**

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

### **CHAPTER 4: OBSESSIVE LOVE THEORY REFLECTED ON THEO FABER'S CHARACTER IN ALEX MICHAELIDES' NOVEL *SILENT THE SILENT PATIENT***

It consists of: a brief explanations of this chapter's content, analysis of the novel which reflects obsessive love 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.

