

# CHAPTER I

## INTRODUCTION

### A. Background of the Problem

Literature is one of a kind of expression from person's interests, thoughts, experiences or feelings. There are many kind of literature that created in the world, one of them is novel. From so many genres and theme, psychology became one of the famous and exciting things to explore and analyze. There are more than just a psychological problems but also have a provoking and deep meaning to raise the awareness from them.

According to *britannica.com*, Psychological novel is work of fiction in which the thoughts, feelings, and motivations of the characters are of equal or greater interest than in the external action of the narrative. In a psychological novel the emotional reactions and internal states of the characters are influenced by and in turn trigger external events in a meaningful symbiosis. (<http://www.britannica.com/art.psychological-novel>, accessed on 22 October 2019)

Sofka Zinovieff, the author of *Putney* spent most of her childhood living in London. After attending schools in London and Oxford, Sofka studied social anthropology at Cambridge. She carried out research for her PhD in Greece, which marked the beginning of a lifelong involvement with the country. She later lived in Moscow and Rome, where she worked as a freelance journalist. Sofka is the author of five books, the latest of which is *Putney* (hardback 2018, paperback 2019): 'Lolita in reverse: a novel for the #MeToo age which addresses the minefield of sexual consent.' She is married, has two daughters and lives between Athens and London. (<http://www.sofkazinovieff.com/biography/>, accessed on 22 October 2019)

*Putney* is a novel that show an explosion and thought-provoking of an illicit relationship between Daphne, a 9 year old girl with Ralph, a music composer who

20 years older from her. Putney named after district of south-west London, which become the setting of the story. Forty years later, after a decades of struggling over drug and alcohol abuse in life, Daphne remember and realize about the history of her childhood with Ralph and growing anxiety over her own daughter.(<http://www.sofkazinovieff.com/books/16-2/>, accessed on 22 October 2019)

This novel along with the research show how the sexual abuse victim, usually the children will have trauma and try to have defence mechanism to protect themselves from the traumatic event. A defence mechanism in which a drive or feeling is shifted to a substitute object, one that psychologically more available (Minderop, 2016:29). Most of the victims will use repression as defence mechanism to continue their struggling life after the event. Commonly, people will not use only one defence mechanism. They will use or have several defence mechanisms to pull out the unwanted impulses and replace it with a defence mechanism so they will feel safer. Like in this case, the characters also show they use many forms of defence mechanisms. The defence mechanism is first proposed by Sigmund Freud and, for sometimes occupied a special place in psychoanalytic theorizing, perhaps because it involves the most direct approach to avoiding the experience of anxiety. For example, as a result of repression, the person is not aware of his own anxiety-producing impulses or does not remember deeply emotional and traumatic past events (Minderop, 2016:33). One of the function of rationalization is to give a reasonable motive of their behavior. Rationalization occurs when the real motive of their behavior are not acceptable by ego (Minderop, 2016:26). When a person tries to protect themselves, they will have a defence mechanism and sometimes it will originated from severe anxiety, specifically in this case neurotic anxiety from unconscious mind. The anxiety will lasts for a long time even forever and affect their lives.

This research will also show how the person who suffered from a traumatic event such as sexual abuse, will have several issues related to this novel and the research. We need to realize, defence mechanism is something natural, which everyone will have this mechanism in conscious mind or not. Furthermore a

person who grew up with traumatic event more common to has psychological issues.

### **B. Identification of the Problem**

Based on the background of the problem above, I identify that the problem of the research is sexual abuse that caused Daphne has few changes in behavior and has a lot of conflicts in her life, including addiction to drugs and alcohol. Therefore, I assume the theme of this novel is anxiety and defence mechanism through Daphne character in Sofka Zinovieff's novel *Putney*.

### **C. Limitation of the Problem**

Based on the identification of the problem above, I limit on the problem of the novel as follows:

1. Through intrinsic approaches: characterization – telling, showing, , setting, and plot.
2. Through extrinsic approaches which are the psychology of literature and the psychology of personality: concept of anxiety and defence mechanism.

### **D. Formulation of the Problem**

Based on the background of the problem, I formulate the problem: whether my assumption is true that the novel *Putney* by Sofka Zinovieff is the reflection of repression and rationalization caused by neurotic anxiety of sexual abuse victim.

To answer this question I formulated the problem as follows:

1. What are characterizations of this novel through showing and telling methods?
2. What are the plot and setting in this novel?
3. What are the concepts of anxiety and defence mechanism through the characterization, setting, and plot?
4. What does the theme of this novel reinforce through the results of analysis of the intrinsic and extrinsic approaches?

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

Based on the formulation of the problem above, the purpose of research is to prove that the theme of this research is the Repression and Rationalization from Neurotic Anxiety on Sexual Abuse Victim Character in Sofka Zinovieff's novel *Putney*. In order to achieve those objectives, the steps which are supposed to be done in this research are as follows:

1. To analyze the characterization by using telling and showing method.
2. To analyze the plot and setting that can support the theme.
3. To analyze the character by using the anxiety and defence mechanism concept.
4. To develop the theme of this novel by using the intrinsic and extrinsic approaches.

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

In this research, I use a variety of qualitative research method, the kind of literature research, the nature of research in the form of analysis using the method of data collection in the form of text library works of Sofka Zinovieff's novel *Putney* as the primary resources and other related and supportive literature as the secondary resources.

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

Based on the above research methods, this research expected to provide benefit for them whom are interested in deepening the knowledge of "*Putney*". This study is expected to be useful because it is done through a new perspective by applying the concepts of anxiety and defence mechanism from sexual abuse that included in the field of psychology literature as to show something new for further research.

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

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

### **CHAPTER I: INTRODUCTION**

It consists of: background of the problems, identification of the problems, limitation of the problems, formulation of the problems, objectives of the research, framework of the theories, methods of the research, and systematic organization of the research.

### **CHAPTER II: FRAMEWORK OF THE THEORIES**

It consists of: The explanation of the concepts and theories. It includes intrinsic and extrinsic approaches. Intrinsic approaches are characterization – showing and telling methods, setting, plot, and theme. Through extrinsic approaches, the applied extrinsic approach is psychological approach which includes moral and neurotic anxiety, rationalization, displacement and sublimation as defence mechanism.

### **CHAPTER III: THE NOVEL *PUTNEY* THROUGH INTRINSIC APPROACHES**

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 IV: THE REFLECTION ANXIETY AND DEFENCE MECHANISM IN SOFKA ZINOVIEFF'S NOVEL *PUTNEY***

It consists of: a brief explanation of this chapter's content, analysis of the reflection of anxiety and defence mechanism and the relation with characterization, setting and plot. The concepts above must appear in the number of sub-chapters.

## **CHAPTER V: 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, curriculum vitae, research poster, and other required attachments.

