

# CHAPTER I INTRODUCTION

## 1.1 Background of the Research

*The Best Lies* by Sarah Lyu is the thrillers and suspense genre that tells a friendship between Remy and Elise. The novel has a short chapter, dual-timeline format, strong characters, and strong emotions. In this novel the author of the book wants to represent that trauma affects a person's behavior in the future.

The author presents a dual-timeline as supporting the story in the character so that the trauma experienced by the characters can be conveyed properly. In addition, this story also represents how friendships where they actually need each other and feel happy if together but on the other hand there are problems that make show their egos to defense.

In this story, it is told that Remy considers Elise more than friends, "soulmate". Elise can understand Remy more than her own family which actually gives her the impression of being unhappy. But, the obsessive friendship they had immediately changed when Remy met her lover, Jack. Elise felt that Jack had snatched Remy from her, until finally Jack was shot by Elise after they argued. Elise is obsessed with 'justification' by having prank to repay people who have done bad things to people around her.

This raises various problems that finally show how their friendship really is, how they still need each other despite of the problem that hurt each other. The emotions displayed by the characters in this novel are strong enough to show their respective characters, so they can represented the themes of obsession and self defense in a toxic friendship experienced by them.

So, in this research, the writer will take the side of psychology of literature: obsession, self defense, and toxic relationship. According to (Psychology Dictionary),

obsession is a continual thought, concept, picture, or urge which is experienced as invasive and not proper, and results in significant fear, distress, or discomfort. In this story the characters repress obsession in their behavior which is done to maintain their friendship.

Self defense is the defense process, defense mechanisms, neurotic psychological defense, and psychotic defense have been identified in addition to the classic set of defense mechanisms (repression, denial, rationalization, projection. (V.I., 2014)

When a relationship become toxic, every interaction in the relationship can feel wrong or out of place, brimming with negative energy that makes both partners uncomfortable, angry, and disappointed. (Brown, 2020)

So, the obsession and self defense will lead them to a toxic relationship. Where a relationship usually occurs because they are mutually beneficial to each other, but in this toxic relationship is the opposite.

## **1.2 Identification of the Problem**

In this research, the topic is “Obsession and Self Defense in a Toxic Relationship of Sarah Lyu’s Novel *The Best Lies*.”

Based on the background of the problem above, the writer identifies the problem by the characters, Remy and Elise. The characters have an obsession that makes them represented self defense which make their friendship can be called a good friendship as well as a toxic friendship. The assumption of the theme of this novel is obsession, self defense, and toxic relationship that can be investigated through literary and psychological approaches.

### **1.3 Limitation of the Problem**

Based on the identification of the problem above, the writer limits the research problem to the study of obsession, self defense, and toxic relationship which will be presented by the character, Remy and Elise. Theories and concepts used are through literary approaches – character and characterization, plot, and setting. The psychological approaches that used are obsession, self defense, and toxic relationship.

### **1.4 Formulation of the Research**

Based on the limitation of the problem, the problem in this novel can be formulated to prove the obsession and self defense in a toxic relationship of Sarah Lyu's novel *The Best Lies*. To achieve this goal, the writer did several research stages as follows:

1. What are the character and characterization, plot, and setting in the novel *The Best Lies* by Sarah Lyu?
2. Does the character in the novel *The Best Lies* by Sarah Lyu reflect the obsession, self defense, and toxic relationship?
3. Does the psychological approach supports the topic "Obsession and Self Defense in a Toxic Relationship of Sarah Lyu's Novel *The Best Lies*"?

### **1.5 Objectives of the Research**

Based on the formulation above, the purpose of this research is to prove the obsession and self defense in a toxic relationship of Sarah Lyu's novel *The Best Lies*. To achieve this goal, the writer did several research stage as follows:

1. To analyze the character and characterization, plot, and setting in the novel *The Best Lies* by Sarah Lyu?
2. To analyze the characters in the novel *The Best Lies* by Sarah Lyu that reflect the obsession, self defense, and toxic relationship?

3. To analyze the psychological approaches that supports the topic “Obsession and Self Defense in a Toxic Relationship of Sarah Lyu’s Novel *The Best Lies*”?

## **1.6 Methods of the Research**

### **Source of Data**

This research used the general sources called primary and secondary data. The primary data is the main data collected and analyzes as the object of the research. In this research the primary data is Sarah Lyu’s novel *The Best Lies* published by Simon Pulse & Schuster in 2019. The secondary are some references that have correlation to the topic of the research. It collected from some sources, such as, articles, online journal, thesis, online dictionaries, etc.

### **Method of Collecting Data**

The writer tends to use library research method that allows the researcher to find put and collect some literature or data from various researches by reading the text or articles which are considered relevant to the research. By collecting data, the writer does not only used literary research, but also find out the data through online articles, online dictionaries, online journal, etc.

### **Method of Analyzing Data**

In this research, the writer used method of data analysis to support the analysis. To analyzing the characters, the writer used obsession, self defense, and toxic relationship theories.

## **1.7 Benefits of the Research**

In this research is expected can be accepted by the readers who wants to know about obsession, self defense, and toxic relationship by using this research that tell the topic of obsession and self defense in a toxic relationship of Sarah Lu’s novel *The*

*Best Lies* as the object of this research. This research hopefully can be useful because have done with new thoughts and perspectives by apply the field of psychology literature study as a main approach to shown the concepts of obsession, self defense, and toxic relationship.

## **1.8 Systematic Organization of the Research**

According to the title of the research above, the systematic presentation of this research are as follows:

CHAPTER I: INTRODUCTION. It consists of Background of the Problem, Identification of the Problem, Limitation of the Problem, Formulation of the Research, Objectives of the Research, Methods off the Research, Benefit of the Research, and Systematic Organization of the Research.

CHAPTER II: FRAMEWORK OF THE THEORIES. It consists of the literary and psychological approaches. The literary approaches include character and characterization, plot, and setting. The psychological approaches include obsession, self defense, and toxic relationship.

CHAPTER III: SARAH LYU'S NOVEL *THE BEST LIES* LITERARY APPROACHES. It consists of literary approaches – character and characterization, plot, and setting of the story.

CHAPTER IV: SARAH LYU'S NOVEL *THE BEST LIES* PSYCHOLOGICAL APPROACHES. It consists of psychological approaches – obsession, self defense, and toxic relationship based on the story of the novel.

CHAPTER V: CONCLUSION AND SUGGESTION. It consists of a brief explanation of the research “Obsession and Self Defense in a Toxic Relationship of Sarah Lyu’s Novel *The Best Lies* through the literary approaches and psychological approaches.

REFERENCES. The chapters above are followed by some references, such as journal, articles, dictionaries, thesis, etc.

ENCLOSURE: ATTACHMENT. It consists of scheme of the research, curriculum vitae, and other required attachment.

