

CHAPTER 1

INTRODUCTION

1.1. Background of the Problem

A novel is a work of fiction that is longer than a short story that presents one character, complex social situations, relationships that involve many or few characters, and presents complex events in more detail. Jessica Redland is the author of nine novels, which are all set around the fictional location of Whitsborough Bay, including *The Secret to Happiness*. Inspired by her hometown of Scarborough, she writes uplifting women's fiction which has garnered many devoted fans.

According to Redland Journal, in September 2014, she was excited to secure a three-book publishing contract but the company ceased trading after her books had been released so, with her rights back, Jessica Redland re-launched those books as an indie writer. She released further titles then, in early 2019, she was thrilled to secure an amazing 10-book publishing deal with Boldwood Books. The deal is for a combination of brand new stories and re-issues of some of her back catalogue. (Boldwood,2018)

All Jessica Redland stories are set in Whitsborough Bay, a fictional North Yorkshire seaside town inspired by the towns and villages along the stunning North Yorkshire Coast, particularly Scarborough where she lives. They are all uplifting stories of love and friendship. She lives with her husband (a non-Steven), her daughter, Ella the Sprocket Spaniel, and an ever-growing hug of collectible teddy bears although, if Ella has her way, they will be a collection of heads and limbs instead.

The Secret to Happiness Novel is about three women through grief, love, heart ache, friendship all searching for one common thing, the secret to their happiness. The main character is Alison, lost her mother, father brother and sister in a horrible accident when she was 12. It is now 15 years later and her mentally abusive boyfriend Dave forgets the anniversary. He did not just forget the anniversary, he is going away on a guy's trip and berating Allison about her weight. Growing up without a family has been

hard and Allison knows she is found comfort in food but with the help of some new found friends she is joining a boot-camp and reevaluating her life with Dave.

And her best friend Daniella, who is new to the city, keeps her secret tightly. She suddenly disappears and ceases all contact with her new friends. They become worried and find her in a pile of blood passed out in her bathroom, and Alison took her to the hospital. After Daniella's brief stay in the hospital, Danniella comes clean about her past and what brought her to Whitsborough.

This novel is related to my paper's title which is *Guilty Feeling Caused Fear in The Novel The Secret to Happiness*. I would like to analyze the main character, Alison, a 27-year old who, on the cusp of her third decade, starts to question the meaning of her life and really starts to dwell on the whether she is actually happy. Because of that, she feels unsatisfied with the love story that she already has. She felt that she could get better than this. She wants a perfect partner and a perfect love story too. And that's why she secretly re-joins the boot-camps and meets her first love.

1.2. Identification of the Problem

Based on the background of the problem above, I identify that Alison's dark past is the reason she afraid to leave Dave because she feels alone. Alison's character feels trauma for her family because an accident that kills everyone is the cause. I assume that the theme in this novel is guilty feeling caused fear on Alison which can be observed through literary elements and psychology of personality.

1.3. Limitation of the Problem

I limit research on this theme by applied concept are through intrinsic approach, such as showing and telling methods, characterization, plot and setting, as well as an extrinsic approach which are psychology of literature, and the psychological theory, feeling guilty and fear.

1.4. Formulation of the Problem

Based on the limitation of the problem, the problem in this novel can be formulated to prove guilty feeling caused fear in the novel *The Secret to Happiness* by Jessica

Redland, which become the assumption of this research. Therefore, the problems in this research are formulated as follow:

1. Can telling and showing method be used to analyze the characters?
2. Can plot and setting support the analysis of the theme?
3. Can the concepts of reflection of feeling guilty and fear be used to analyze the theme?
4. Can the intrinsic and extrinsic approaches be used to reinforce the theme?

1.5. Objective of the Research

Based on the formulation of the problem above, the purpose of this research is to prove the existence of guilty feeling caused fear in the novel *The Secret to Happiness* by Jessica Redland. To achieve this goal, I do several research stages as follows:

1. To analyze the characters by using indirect methods (telling and showing) with the dramatic method to study the characters.
2. To analyze the plot and setting to support the theme.
3. To analyze the theme by using the concepts of feeling guilty and fear through characterization, plot, and setting.
4. To reinforce the theme by using the intrinsic and extrinsic approaches.

1.6. Method of The Research

In this research, I use a research method with a qualitative variety, according to Springer Link (Springer Link, 2019, p. 6), the definition of qualitative research is an iterative process in which improved understanding to the scientific community is achieved by making new significant distinctions resulting from getting closer to the phenomenon studied, type of library research. Content analysis using hermeneutical technique, according to Geoffrey (Hermeneutical Interpretation and Techniques, 2011, p. 15), the definition of hermeneutical is to involves a tripartite or trilateral relationship between the author, the text, and the interpreter. The object of research is *The Secret to Happiness* novel written by Jessica Redland, 305 pages, publisher of Boldwood Books, published in 2019. The data I am going to use in my research analysis are

quotations needed and found in *The Secret to Happiness* by Jessica Redland. The secondary resources for my research are from related books and journals about literary research and psychoanalytic theory.

1.7 Benefit of the Research

Based on methods of the research above, this research is expected can accept by the readers who want to know how if people are worried about their life. So readers try to reach something new. The readers want to know if they can get a better life. This research hopefully can be useful, because has been done with new thoughts and perspectives by applying the field of psychology that is feeling guilty and fear concept. So, this paper can be proving something new for further research and understood by readers.

1.8. Systematic Organization of the Research

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

CHAPTER 1: INTRODUCTION

It consists of Background of the Problem, Identification of The Problem, Limitation of The Problem, Formulation of The Problem, Objectives of The Research, Benefit of The Research, and Systematic Organization of the Research.

CHAPTER 2: FRAMEWORKS OF 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, I use Theoretical framework – psychological approach are feeling guilty and fear.

CHAPTER 3: GUILTY FEELING CAUSED FEAR IN THE NOVEL *THE SECRET TO HAPPINESS* BY JESSICA REDLAND THROUGH INTRINSIC APPROACHES

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

CHAPTER 4: GUILTY FEELING CAUSED FEAR IN THE NOVEL *THE SECRET TO HAPPINESS* BY JESSICA REDLAND THROUGH EXTRINSIC APPROACHES

It consists of a brief explanation of this chapter's content, analysis of the reflection of Alison's guilty feeling caused fear, 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 attachment.