

CHAPTER 1

INTRODUCTION

1.1 Background of the Problem

Novel is a literary work that tells the life story of a character, both real and fictional by combining intrinsic (theme, setting, point of view, plot, and characterization) and extrinsic (background of creation, history, author's biography, sociology, and even psychology) with the aim entertain or provides information to readers. Meanwhile, psychology is a theme that often occurs in literary works because psychology is the closest topic to human life. It creates an accurate impression when enjoying a literary work.

Charlotte Levin has been selected for the Andrea Badenoch Award, part of the New Writers North Awards, and the Mslexia Short Story Competition. Charlotte lives in Manchester and writes her debut novel which is interesting and filled with elements of psychology especially love, the title of her novel is *If I Can't Have You* (2020).

If I Can't Have You (2020) tells the story of the main character named Constance Little, a young girl who works as a receptionist in a private surgery. Constance's life is unfortunate because her father left her when she was a child and then her mother's cancer worsened after her husband left, causing her mother to get cancer and die because of it. Constance has to struggle for herself and moved to London after her mother's death. In London, Constance has a best friend named Dale. Even so, Dale seems to love Constance but Constance always rejects his love. Constance always hides her family's past and even refuses to talk about it to her friends until she suddenly falls in love with a young and handsome doctor named Dr. Steven Samuel and Constance has found someone they love again. Unfortunately, Dr. Samuel is not a really good man for Constance but separating from her parents in the past make Constance does not want to lose Dr. Samuel and making her obsessed with him.

In the novel synopsis above, Charlotte Levin as a writer of this novel describes that Constance loves her parents and being separated from them is

very painful for Constance. Constance has feelings of Love for Dr. Samuel but obtains many obstacles, especially because Dr. Samuel's personality who likes to play with women's hearts, actually makes Constance obsessed with Dr. Samuel.

Obsession is a persistent or recurrent idea, usually strongly tinged with emotion and frequently involving an urge towards some form of action (Drever, 1955, p. 187). Meanwhile, Love is a typical sentiment involving fondness for, or attachment to an object, the idea of which is emotionally coloured whenever it arises in the mind (Drever, 1955, p. 156). The disorder caused by obsession towards someone they love is called Obsessive Love Disorder (OLD). Obsessive love is the opposite of healthy love, where healthy love filled with mutual trust, care and respect. In contrast, obsessive love filled with jealousy, fear and possessiveness. In the end, obsessive love can be harmful and never satisfied (Forward and Buck, 1991, p. 9). The behavior of someone who has obsessive love disorder can be seen from how they treat their partner or someone they have a crush on.

The reason why I choose this novel as the object of research because when I read this novel, it is full of psychological atmosphere where the main character Constance has an obsession with a handsome new doctor named Dr. Steven Samuel. Constance's character always looks worried if someone she loves will leave him. She also feels trauma because of losing someone she loved in the past. Therefore, in this paper, I will analyze Constance's obsession, which can be identified from Constance's actions, and how Constance's trauma affects to her obsession with Dr. Steven Samuel. These two things that interesting to analyze.

1.2 Identification of the Problem

Based on the background of the problems above, I assume that the problem of the main character Constance in novel *If I Can't Have you* is her trauma and obsessive love disorder. This happens because of her parents, where Constance was abandoned by her father when she was a little girl. At the same time, her mother was addicted to alcohol and died because of her cancer, which make Constance grow up to be an independent girl. Because of her trauma, Constance always refuses when talking about her family's past. Then, her trauma leads Constance to have obsessive love disorder to Dr. Samuel and trigger Constance to take actions such as stalking, getting jealous, and entering Dr. Samuel's flat without permission. I will analyze Constance's actions or behavior as obsessive love disorder in the story. So, I identify the problem in this novel *If I Can't Have You* is the problem of trauma leads to obsessive love disorder.

1.3 Limitation of the Problem

The problem definition is in accordance with the problem identification above, which is trauma and obsessive love disorder. I limit the research problem to the intrinsic approach such as characterization analysis of the characters in the novel and researching the characteristics through showing and point of view method as well as plot and setting. In Extrinsic, I use psychological disorder where this is reflected in the behavior, thoughts, and moods of Constance's character. The psychological disorder I use are trauma and obsessive love disorder. To limit the problems and theories that I will use, I limit my research by sticking to the title and the assumption " *Trauma Leads to Obsessive Love Disorder on Constance in Charlotte Levin's Novel If I Can't Have You*".

1.4 Formulation of the Problem

Based on the limitation of problem, the problem in this novel can be formulated to prove " *Trauma Leads to Obsessive Love Disorder on Constance in Charlotte Levin's Novel If I Can't Have You*" as follows:

1. How characterization used in Charlotte Levin's Novel *If I Can't Have You*?
2. How are the plot and setting that support theme in Charlotte Levin's Novel *If I Can't Have You*?
3. How are reflection of trauma and obsessive love disorder concepts occur in the novel?
4. How can the analysis of intrinsic and extrinsic approaches show that this research theme is about trauma leading to obsessive love disorder?

1.5 Objective of the Research

This research aims to prove the existence of trauma that leads to obsessive love disorder on main character in the novel *If I Can't Have You*. The following are the steps taken to achieve this goal:

1. To analyze the characterization by using showing method and first-person point of view to study the characters.
2. To analyze the plot and setting can support the theme.
3. To analyze the concept trauma and love obsession disorder.
4. To analyze and understand how the main character has a trauma leads to obsessive love disorder.

1.6 Method of the Research

In this study I used a qualitative research method through descriptive writing in analyzing stories in novels. According to Moleong (2005) Qualitative research method is a research method that aims to understand the phenomena experienced by research subjects such as behavior, perception, motivation, action, etc (p. 9). The research was conducted holistically by using descriptions in the form of words and language in certain natural contexts. Then the data analysis unit, research instruments, data analysis techniques and analysis are used to support the qualitative methods above.

1. Data Analysis Unit

The unit analyzed in this study is *If I Can't Have You* Novel by Charlotte Levin as the main source, and is supported by several references, such as books and articles from the internet related to studies as a second source, related to theory and concepts. In qualitative research, it is closely related to contextual factors. So, the sampling technique that I use is purposive sampling, where purposive sampling means taking samples based on specific characteristics possessed by the sample and is suitable for the purpose of the study. The characteristics of the purposive sample are (1) The sample draft that appears: The sample cannot be drawn before analyze, (2) consecutive sample selection, obtaining as much variation as possible can only achieve if the sample unit selection is carried out if the previous units have been netted and analyzed (cannot be random) (3) continuous adjustment of the sample, even though more information still gets and the hypothesis develops along with the research, the sample is only select based on the focus of the study, (4) the selection ends if there is repetition and if no more information collected then sampling can be ended, the number of samples is only determined by the information needed.

1. Research Instruments

In collecting data, I use the researcher (myself) as an instrument and then try

to accurately analyze the phenomena that occur in the novel based on the questions in the problem formulation.

2. Data Analysis Techniques

The technique used in analyzing the data is descriptive analysis, the stages of descriptive analysis are: (1) Reading the novel over and over again, (2) Identifying the characters to be analyzed, (3) Recording important things both the main and secondary data sources, (4) Read several books and related articles from the internet to find out the theory, data and information needed. (5) Classifying and determining relevant data.

3. Data Analysis

After collecting data, the authors conducted an analysis with the following steps: (1) Analyzing the intrinsic elements of the novel, such as characterization, plot, and setting (2) Analyzing trauma that leads obsessive love disorder. The analysis describes trauma in main character and the obsessive love disorder behavior.

1.7 Benefit of the Research

This research is expected to contribute to the reader's knowledge, especially for the students of the English Language and Culture Department. I also hope that this research can be an example of how elements of psychology can be incorporated into a literary work and then make it an exciting conflict. Then, I also hope that this research can be helpful for students to be more literate with intrinsic and extrinsic elements in a literary work. Hopefully, this research can be an example and inspiration for other researchers to be interested in researching literary works.

1.8 Systematic Organization of the Research

According 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, benefit of the research and systematic organization of the research.

CHAPTER 2

: FRAMEWORK OF THE THEORIES

It consists of intrinsic approaches, such as characterization, plot and setting. extrinsic approaches, which are psychological theory, trauma and obsessive love disorder and literature review, such as previous findings.

CHAPTER 3

: THE NOVEL *IF I CAN'T HAVE YOU* THROUGH INTRINSIC APPROACH

It consists characterization of the characters, plot and setting of the novel related to problem. The concepts above must appear in the number of sub-chapters.

CHAPTER 4

: TRAUMA LEADS TO OBSESSIVE LOVE DISORDER ON CONSTANCE IN CHARLOTTE LEVIN'S NOVEL IF I CAN'T HAVE YOU

It consists of a brief description of this chapter's

content, trauma and obsessive love disorder on character Constance. The above concept should appear on the number of sub-chapters.

CHAPTER 5 : CONCLUSION

It consists of: an evaluation from the previous chapters and the implication of the evaluated result. This analysis is “*Trauma Leads to Obsessive Love Disorder on Constance in Charlotte Levin's Novel If I Can't Have You*”.

