

CHAPTER I

INTRODUCTION

1.1. Background of the Problem

Literature and psychology have a close relationship. In fact, their relationship can't be separated. Literary work is the result of a psychological condition of the author. Besides that, the figures which are depicted the authors in literature, rarely as the real portrayed of their environment at that time. The fictional characters in literature usually display a variety of personality and behavior associated with psychiatric and psychological experiences or conflicts as experienced by humans in real life. Literature and psychology tend to have the same deal with the problems of human beings as individuals and social. They utilize human experiences as object study. Some people think that literature is a part of author's imagination as outlined in the form of words thus forming a work. Authors' imagination occurs when they are in their subconscious condition that occurs when they are dreaming. Endraswara said that literature is the creation of mental process and thinking that the authors' create in their subconscious condition then they pour out it to their conscious condition (Endraswara 2003: 96). In this research I will bring Sigmund Freud's anxiety theory and Colin Murray Parkes' grief theory.

Anxiety is the situation or condition which can be a threat for the pleasantness of organism which is assumed to create a condition. A conflict between the aspects of personality can cause anxiety and stress. Freud said that anxiety commits as a reminder of regarding something which is disarrayed (Hilgard et, all., 1975: 420). The other causes of anxiety can be all kinds of conflict and frustration which pursue individual improvement to rich the aims. These threats can be physic, physique, and everything which can cause anxiety. This condition is followed by distasteful feeling which is characterized by worried, fear, and unhappy, these kinds of emotion which can be felt through different level (Hilgard et, al., 1975: 440). Freud put forward the importance of anxiety. He distinguishes between objective anxiety and neurotic anxiety. Objective anxiety is a realistic response when someone feels danger in an

environment (according to Freud this condition is the same as fear). Neurotic anxiety comes from subconscious conflicts within individuals; because the conflict is not realized the person is not aware of the reason for the anxiety (Hilgard et, al., 1975: 441).

In Parkes' theory, grief is associated with losing something important or valuable. The intensity of grief depends on the value. Usually a very deep grief can also be due to the loss of a loved one. Deep grief can also be due to loss of valuable property that results in disappointment or regret. Parkes found evidence that prolonged sadness can lead to depression and despair which leads to anxiety; as a result can cause insomnia, have no appetite, arises feelings of annoyance, and become angry and withdraw from relationships. Parkes also found chronic grief, which is a prolonged sadness that is followed by self-blame, inhibited grief, consciously denying something that is lost and then replacing it with emotional reactions and feelings of annoyance. Delayed grief usually does not manifest an immediate emotional reaction for weeks or even years (Krech, et al., 1974: 472-473).

For doing this research, I use Carmel Schneider character in *Nine Perfect Strangers*. *Nine Perfect Strangers* is a novel about nine people gathers at the Tranquillum House Resort for a ten days wellness retreat, run by a former businesswoman named Masha. While these strangers get to know each other and grapple with their own issues, they start to have questions about what exactly is going on at this retreat. In this grouping of strangers, there's a grieving family, a young couple trying to save their marriage and a health-resort junkie. Plus, there are a handful of singletons dealing with things like regret over the past, shame or just trying to change their lives. Through their sprinkling of stories, Moriarty tells stories about self-acceptance, about forgiveness, about healing and about moving on and moving forward. Liane Moriarty has a keen grasp of the nuances that lie in between the interactions people have with each other, and tries hard to pry at the less obvious emotions or gradations that color people's emotions. Moriarty digs into their vulnerabilities and dredges out truths in ways that feels insightful and hopeful. From the loss of a child, to struggling with divorces and heartbreak, to overcoming their

fears and insecurities, anxiety and grief that haunt them, *Nine Perfect Strangers* tackles all these topics, often with a smart mix of gravity, levity and humor.

I want to analyze the anxiety and grief in the main character of *Nine Perfect Strangers*, Carmel Schneider. This literary work is showing how anxiety and grief give bad experience that she has been through. The study concerns on the reflection of anxiety and grief of Carmel Schneider with the concept that she needs to be healed. She can be analyzed by Sigmund Freud's anxiety theory and Colin Murray Parkes' grief theory.

1.2. Identification of the Problem

Based on the background of the problem above, I want to analyze the main problem about anxiety and grief reflected by Carmel Schneider in *Nine Perfect Strangers* novel. This was inspired by the character of Carmel Schneider where in her marriage she faces many things to triggers anxiety and grief in her life. I use the theoretical aspects, this study supported by the psychological theory dealing with anxiety by Sigmund Freud and grief by Colin Murray Parkes. This study uses literary approach to analyze the literary work from the psychological perspective.

1.3. Limitation of the Problem

Based on identification of the problem above, I limit the problem of Anxiety and Grief Reflected on Carmel Schneider Character in Liane Moriarty's Novel *Nine Perfect Strangers* with theory and concepts that the writer will apply as follow:

1. Through intrinsic approach such as telling and showing method, characterization, setting, and plot.
2. Through extrinsic approach which is the psychology of literature Freud's anxiety and Parkes' grief concept in *Nine Perfect Strangers* novel by Liane Moriarty.

1.4. Formulation of the Problems

Based on the limitation of the problems above, I identify the following problem in the Anxiety and Grief Reflected on Carmel Schneider Character in Liane Moriarty's Novel *Nine Perfect Strangers*. To achieve this goal, I did several research stages as follows:

1. How are the characteristics of Carmel Schneider presented in *Nine Perfect Strangers* novel?

2. What are the Freud's anxiety and Parkes' grief concept in *Nine Perfect Strangers* novel?
3. How is anxiety and grief of the main character revealed in this novel?
4. What is the plot and setting in the Liane Moriarty's novel *Nine Perfect Strangers*?

1.5.Objective of the Research

Based on the formulation of the problems above, the purpose of this research is to answer the following problem in the Anxiety and Grief Reflected on Carmel Schneider Character in Liane Moriarty's Novel *Nine Perfect Strangers*. To achieve this goal, the writer did several research stages as follows:

1. To explore how the characteristics of the main character are presented in *Nine Perfect Strangers* novel.
2. To describe about the Freud's anxiety and Parkes' grief theories are state in *Nine Perfect Strangers* novel.
3. To explain how anxiety and grief of the main character are revealed in this novel.
4. To analyze the plot and background that can support the theme.

1.6.Method of the Research

Based on the objective of the research above, this research is conducted by using qualitative research. Qualitative research is used to understand how people experience the world. While there are many approaches to qualitative research, they tend to be flexible and focus on retaining rich meaning when interpreting data, qualitative method such as observation to gather non-numerical data such as concepts, definitions, and characteristic. I use qualitative approach. The source of qualitative research is usually description data in word, sentence, image type, in not numbers type. Data for qualitative research sometimes in the memorandum, form of notes, and any other documents.

After using the qualitative approach, I use descriptive method because of the fact that I should process the data in many different viewpoints. Descriptive method is description data in word, in not numbers type. I will describe the collected the data. Data are selected by reading the novel and noting some important data. By using the

method, I will do the research by describing and analyzing the main character of Carmel Schneider in *Nine Perfect Strangers* novel.

The data source of this study is *Nine Perfect Strangers* novel by Liane Moriarty. It was published in 2018. It has fifty seven chapters and 464 pages. The data are derived from the words, dialogues, sentences, and statements of the novel, which are directly to concern the objective of the study.

The instrument of the research is my self. I as the subject of the research has reading the *Nine Perfect Strangers* novel, understanding, identifying, analyzing the related data according to the psychological approach on the theories of anxiety and grief by Sigmund Freud and Colin Murray Parkes, while the supporting data are relevant books, journals, internet websites contain related references in order to support the analysis.

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 approach is containing such as telling and showing method, plot, and setting. The extrinsic approach is containing such as psychological approach, psychology of literature, and the concepts of anxiety and grief theory to analyze the character.

1.7. Benefits of the Research

In this research is conducted to get more knowledge about the psychology theory of the anxiety and grief in *Nine Perfect Strangers* novel. I make the goals that are needed by those who are interested as follows:

1. This research can be useful for the readers who are interested in the analysis of literary works using the concepts of anxiety and grief.
2. This research is expected to be useful for the readers who are interested in learning and getting deeper understanding about the novel *Nine Perfect Strangers*.

1.8. Systematic Organization of the Research

Before going to further discussion, I will describe the system of presentation such as follows:

CHAPTER I: INTRODUCTION

This chapter describe about introduction. It includes background of the study, identification of the problem, limitation of the problem, statement of the problem, objective of the research, method of the research, benefits of the research, and systematic organization of the research.

CHAPTER II: FRAMEWORK OF THEORIES

This chapter describe about concepts and theories. It includes intrinsic and extrinsic approach. In intrinsic approach explain characterization, through extrinsic approach I use psychological approach of anxiety and grief.

CHAPTER III: ANALYSIS OF THE NOVEL *NINE PERFECT STRANGERS* THROUGH INTRINSIC APPROACHES

It consists of telling and showing method, analysis of characterization, setting, plot, and theme through telling and showing method. The concepts above have to be appeared in several parts.

CHAPTER IV: ANXIETY AND GRIEF REFLECTED ON CARMEL SCHNEIDER CHARACTER IN LIANE MORIARTYS' NOVEL *NINE PERFECT STRANGERS*

It consists of analysis of characterization through the psychoanalysis theory of anxiety and grief. The analysis above is shown in some sub-chapters.

CHAPTER V: CONCLUSION

It consists of a conclusion and evaluation from the sub-chapters and the implication of the evaluated result that show the theme of this novel.