

CHAPTER I

INTRODUCTION

1.1. Background of The Research

Literary works are the creation of human invention that not only to provide entertainment but also to provide moral values. A literary work is also a form and result of creative artwork whose objects are humans and their lives, using language as the medium. From the results of this literary work, the author and the reader will be able to express the feelings, experiences, and enthusiasm as a medium in a more developed form of real and one of the media in the form of literary work is a novel.

A novel is literary works in which there is a series of stories, that also a fitting vehicle to narrate or tell the problem of life that occurs in the real world through the character. The character is a reflection of the human personality, through emotions or even conflict, such as internal conflicts or inner conflicts or maybe conflicts between the characters. Such as from the second novel of Rowan Hisayo Starling *Days*, this story explores the relationship between love, emotion, and depression and also tells the feelings of emotions are tempestuous that it becomes anxieties that cause the main characters must be struggling and against the hardship of their life.

Rowan Hisayo was born on June 2, 1989 in London and she is a writer in his early thirties and she's growing up between London and New York. She is a Japanese-British-Chinese-American writer. She has a BA from Columbia University, an MFA from the University of Wisconsin-Madison, and is currently working on a PhD at the University of East Anglia.

In 2019, the second novel *Starling Days* were published by Sceptre. It is about Mina and Oscar, newly-weds who have moved from New York to London in hopes that a change of scenery and new friends will help Mina recover from a major depressive. *Starling Days* were positively reviewed by Eithne Farry in the *Sunday Express*, and *The Spectator* described it as " a convincing novel about depression which manages, miraculously, not to be in itself depressing" indications than Rowan is a better writer than this work would suggest and concluding that the book

"offers consolation" to readers. The book was shortlisted for the 2019 Costa Book Awards in the Novel category.

Rowan Hisayo Buchanan has achieved the rare feat, in her second novel *Starling Days*, she is writing a convincing novel about depression which manages, miraculously, not to be in itself depressing. The story of *Starling Days* is centered on the marriage of two characters, Oscar and Mina, Mina has struggle for years with her depression. Buchanan shows the story is not only about the struggle, but also how to survive from the struggle of the anxiety that can makes depression.

The initial causes of anxiety can make the main character depressed is because she experienced a traumatic or post-traumatic when she was in high school. Mina lived by the three people she loved so much, her mother, father and grandmother. Mina starts to get her medication when her grandmother died, her mother gone for so long, and her father spent his days in bookkeeping and his evening at night school. She seems like lost her protective wings. Because of that all, Mina feels lonely, lack of attention from her family and she also feel lonely through her days and started feeling anxious, so she took the med to relieve her depression and until she have married with Oscar she still always have feel emotional exhaustion with her household and also with her life.

Mina and Oscar have married in the last six years. Oscar is a kind husband, but he always busy with his work as a businessman, at sometimes when Mina wants to tell about all her problem life, her husband often ignores her because he is busy, so Mina thinks that Oscar doesn't have time for Mina. Mina feels that her relationship with the man she has been for long years does not make her happy. She is really lack of attention from her family in the past and now also from her husband.

Sometimes, Mina reveals to Oscar about her condition that she has convicted by the gynecologists that she have disorders of ovaries that made it difficult to get pregnant, and there is no effort given by Oscar other than just telling her to always checking up. Her anxiety starts to rise up after know about that. After that all happen to their life, Mina has attracted with her new woman friend but her friend is refuse her, and she is confess to Oscar, got to know that, Oscar is shock. Oscar did not expect that his wife doing something unexpected things to vent her anxious. After

he hear about the explanation from Mina, Oscar decide to divorce Mina. Mina has lost all the important person one by one, starts from she leaves by her parents, get the refusal from her new friend, and also get the divorce from her husband at the same time. Then it makes Mina's emotions slowly started to rise again and returned to depression. Her personality change because of bad habits that she had. It also makes her life is never be calm in every situation.

In this research, I am interested in analyzing this novel because it contains psychological problems found in the background of the novel. Through the novel, we can find out the main character, Mina and Oscar as a household who experience several problems in life that must make them survive from all disturbances. The fact of human personality is clearly seen in this novel. There are quite a few that makes this novel's message worth to be analyze.

The writer of the novel writing the main character in the novel with a generous characters and tender to bring into the world. Mina is presented in such a way as to highlight the struggle of living with mental illness, particularly depression. This research, I will use the intrinsic approach by analyzing the characterization, plot and setting. Through extrinsic approach I will analyze by the theory of anxiety and depression and the psychological concept; psychology of personality from Sigmund Freud.

1.2. Identification of The Problem

In accordance to the background of the problem above, I identify that the main character Mina has worried about her life, problem begins when her husband did not give her happy life after married. Mina felt that being in a relationship with a man was very useless. She wants a partner who always understand her situation, and that is why Mina feels so tired in her life also that caused Mina dares to do things unexpectedly. Mina begins to worry whether she will be happy if she spends her whole life with Oscar.

I assume that the theme in this novel is anxiety that creates depression on the main character Mina which can be observed through literary elements and psychology of personality.

1.3. Limitation of The Problem

Based on the identification of the problem above, I limit the problem of the research with theory and concept as follow:

1. Through an intrinsic approach: characterizations, plot and setting
2. Through an extrinsic approach: which is psychology and the concept of psychology of literature that is the psychology of personality by Sigmund Freud.

1.4. The Formulation of The Problem

In accordance to limitation of the problem above, the problem in this novel can be formulated to prove the reflection of anxiety creates depression on the main character in *Starling Days* Rowan Hisayo Buchanan which become the assumption of this research. Therefore, the problems in this research are formulated as follow:

1. What are the methods to be used to analyze the characterization in Rowan Hisayo's novel "*Starling Days*"?
2. What are plot and setting support the analysis of the theme in Rowan Hisayo's novel "*Starling Days*"?
3. What are the concept of psychology personality of anxiety and depression be used to analyze the theme?
4. What is the theme of Rowan Hisayo's novel entitled "*Starling Days*" be reinforce by using the intrinsic and extrinsic approaches?

1.5. The Objectives of The Research

In this paper, the purpose of this research is to prove the existance of "Anxiety Creates Depression on The Main Character in Rowan Hisayo's Novel *Starling Days*". To achieve this goal, I do several research stages as follows:

1. To analyse the character by using telling and showing methods.
2. To analyse the plot and setting as the supporting to determine the theme.
3. To analyse the theme by using the concepts of psychology personality of anxiety and depression.
4. To prove the theme of the novel by using the intrinsic and extrinsic approaches.

1.6. Methods of The Research

Method of the research used in this paper is qualitative approach through descriptive writing. Qualitative method is research procedure which produce descriptive data through written words or somebody's utterance and observable behaviour which leads on individual background.

Qualitative research is used to describe what is seen locally and sometimes to come up with or generate new hypotheses and theories. Qualitative is also used when little is known about a topic or phenomenon and when one wants to discover or learn more about it. It is commonly used to understand people's experiences and to express their perspectives (Johnson & Christensen, 2014: 82).

Qualitative research is about immersing oneself in a scene and trying to make sense of it, whether at a company meeting, in a community festival, or during an interview. Qualitative researchers purposefully examine and make note of small cues in order to decide how to behave, as well as to make sense of the context and build larger knowledge claims about the culture (Tracy, 2013: 3).

The phrase *qualitative methodology* refers in the broadest sense to research that produces descriptive data, people's own written or spoken words and observable behavior (Taylor, Bogdan, & DeVault, 2016: 7).

Based on three definitions of qualitative research above, I can conclude that qualitative research is a tool to describe a topic or phenomenon and to understand people's experiences and perspective through descriptive data, and observable behaviour.

First, I use collecting data as the technique, several things to do are read, observe, and understand the novel "*Starling Days*". The primary source is the novel "*Starling Days*", another supporting data are books and articles from internet about literary research and psychoanalytic theory. Second, I analyses the data that have been collected in accordance with the formulation of the problem and several references as a second source, associated with theory and concept.

1.7. Benefit of The Research

This research is expected to be helpful for those who have interest to deepen their knowledge about related topic. This research is also helpful for those who have interest in literary analysis using concepts above. This research is useful because it is written through different perspectives using a qualitative approach.

This research also expected to be accepted by the reader who wants to know how people perceive mental illness which is caused by a complicated relationship in life. This research hopefully can be useful, because it has done with new thoughts and perspectives by applying the field of psychology of personality concept. This research also hopefully can prove something new for further research and understood by the reader.

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 I : INTRODUCTION

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

CHAPTER II : FRAMEWORK OF THEORIES

It consist of literature review, intrinsic approaches, such as showing and telling methods, characterization, plot and setting. And extrinsic approach, applied by psychological approach is anxiety concept as the reflection of depression on the main character.

CHAPTER III : THE INTRINSIC APPROACH ANALYSIS IN THE NOVEL *STARLING DAYS*

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 IV : THE EXTRINSIC APPROACH ANALYSIS IN THE NOVEL *STARLING DAYS*

It consists of a brief explanation of this chapter's content, analysis of Mina's anxiety creates depression, 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, research poster, curriculum vitae, and other required attachment.

