CHAPTER II
FRAMEWORK OF THEORIES

In accordance to objective of the research above, to understand the meaning and the construction of the novel, I use several concepts and theories to analyse it. In order to achieve it, there are two approaches, which are intrinsic and extrinsic to analyse the character of the novel. I use characterization, plot and setting as the intrinsic approach. For extrinsic approach are psychological theory of personality anxiety and depression concepts. This chapter tells about a further explanation of the concepts and theories that both have told in the previous chapter, and I will explain those framework of theories.

2.1. Intrinsic Approaches

Intrinsic approach is to analyze and explain elements of some words relate to character, plot, and setting. The literature is very worth it to study. From the language is used, there are words that contain a certain meaning, and this is an art that should be appreciated and analyzed to find out and explain the meaning contained in this novel. In analyzing this novel the Writer use the intrinsic approach to analyze the element of a literary work.

2.1.1. Characterization

The relationship between plot and character is a vital and necessary one. Without character there would be no plot and, hence, no story. Characters are customarily described by their relationship to plot, by the degree of development they are given by the author, and whether or not they undergo significant character change. Characterization is when the author reveals the personality of the character. It may be happening in every conversation. Characters can be represented by description in their action, speech, and also their mind. It includes the process of giving some information about them. (Pickering & Hooper, 1997: 23)

The term character applies to any individual in a literary work. For purposes of analysis, characters in fiction are customarily described by their relationship

to plot, by the degree of development they are given by the author, and by whether or not they undergo significant character change (Pickering and Hoeper, 1981:24). In this case the intent and purpose of the characteristic creation is to explain a plot which how the atmosphere of the story and emotional conditions created in literary works. Such as the presence of protagonists and antagonists whose purpose is to enrich the storyline in the literature work. As for the tritagonist is to equipping and supporting from the side of the protagonist and antagonist.

In characterization, there is what is called the method of characterization that the author usually uses as a guide or technique for writing a literary work that is telling and showing. One method is telling, which relies on exposition and direct commentary by the author. The other method is the indirect, dramatic method of showing, which involves the author's stepping aside, as it were, to allow the characters to reveal themselves directly through their dialogue and their actions. Most authors employ a combination of each, even when the exposition (Pickering and Hoeper, 1981:27).

2.1.1.1.Telling Method

One method is telling, which relies on exposition and direct commentary by the author. In telling–a method preferred and practiced by many older fiction writers–the guiding hand of the authors is very much evidence. We learn and look only at what the author calls to our attention (Pickering and Hoeper, 1981:27)

1.) Characterization Through the Uses of Names

Names often used to provide essential clues that aid in characterization. Some characters are given names that suggest their dominant or controlling, and traits. Names can also contain literary or historical allusions that aid in characterization by means of association (Pickering and Hoeper, 1981:28).

2.) Characterization Through Appearance

The characters appearance factor plays an important role in connection with the analyzing of characterization. The readers can see the details of

appearance in the novel, such as what a character wears and how they look. The way character dress or clothes can be the clues for the character, such as background, economic, and social status. (Pickering & Hooper, 1997: 30)

3.) Characterization Through the Author

The method was told by the author. The author interrupts the narrative and reveals directly, through a series of editorial comments, the nature and personality of the characters, including the thoughts and feeling that enter and pass through the characters minds. By so doing the author asserts and retains full control over characterization. The author not only directs our attention to a given character, but tells us exactly what our attitude toward that character ought to be. (Pickering & Hooper, 1997: 30)

2.1.1.2. Showing Method

The other method is the indirect, dramatic method of *showing*, which involves the author's stepping aside, as it were, to allow the characters to reveal themselves directly through their dialogue and their actions. With showing, much of the burden of character analysis is shifted to the reader, who is required to infer character on the basis of the evidence provided in narrative (Pickering and Hoeper, 1981:27-28).

1) Characterization Through the Dialogue

Some light fiction reproduce dialogue as it might occur in the reality, but the best author trims everything that is inconsequential. What remains is weighty and substantial and carries what its force of the speaker's attitude, values and beliefs. We pay attention to such talk because it is interesting. If we are attempting to understand the intention of the speaker, because it may consciously or unconsciously serve to reveal his innermost character and personality (Pickering and Hoeper, 2017: 32).

a.) What is Being Said

To begin with, the reader must pay close attention to the substance of the dialogue itself. It is small talk, or is the subject an important one in the developing action of the plot. (Pickering and Hoper, 1981:32).

b.) The Identity of the Speaker

The dialog that developing by a main character, which more important than a minor character. The information of a minor character, sometimes could be very important and related to other characters. (Pickering and Hoeper, 1981:32)

c.) The Occasion

Location or situation of the discussion can also affect a person's character, usually they will show their character when talking to people which closest to, and we will know more about the character of the particular way of seeing them talk to other people around them. And also usually dialogue during the night is more serious and dialogue during the day is more revealing and more information on it. (Pickering & Hooper, 1997: 33)

d.) The Identity of the Person the Speaker Addressing

This narrative presented by characters in the story, where a certain figure says something about the other character. And also dialogue between friends is more open and long than the dialogue between strangers. It is depends who is more comfortable to talk. (Pickering & Hooper, 1997: 33)

e.) The Quality of the Exchange

The way a conversation ebbs and flows is important, too. When there is real give and take to a discussion, the characters can be presumed to be open-minded. Where there is none, one or more of the characters are presumably opinionated, doctrinaire or closeminded. A character may

be secretive and have something to hide (Pickering and Hoeper, 1981:33).

f.) Characterization through the Action

Character and action are often regarded as two sides of the same coin. Pickering quoted Henry James book that conduct and behaviour are logical and necessary extensions of psychology and personality. Inner reality can be measured through external event. To establish character on the basis of action, it is necessary to scrutinize the several events of the plot for what they seem to reveal about the characters, about their unconscious emotional and psychological states, as well as about their conscious attitudes and value (Pickering and Hoeper, 1981:34).

2.1.2.   Plot

Plot defined the sequence of connected event that represent the basic narrative structure of a novel or a short story. Events of any kind, of course, certainly involve people, and for this reason, it is almost impossible to discuss plot in isolation from character. Most plots contain more than one conflict. Some conflicts, in fact, are never made explicit by the author or the characters do or say as the plot unfolds. Conflict, then, is the basic opposition, or tension, that sets the plot of a novel or short story in motion; it engage the reader, builds the suspense or mystery of the work, and arouses expectation for the events that are to follow. (Pickering & Hooper, 1997: 16) There are five-stage structures in plot, such as : There are five-stage structures in plot, such as :

a.) Exposition

The exposition is the beginning section in which the author provides the necessary background information, sets the scene, establishes the situation, and dates the action. It may also introduce the characters and the conflict, or the potential for conflict. The exposition may be accomplished in a single sentence or paragraph, or, in the case of novel, occupy an entire chapter or more. (Pickering & Hooper, 1997: 16)

b.) Rising Action

The rising action is introduces the characters and the underlying or inciting conflict. The conflict is then developed gradually and intensified. The conflict in a story will developed slowly and escalated. (Pickering & Hooper, 1997: 17)

c.) Climax

The climax is that moment at which the plot reaches its point of greatest emotional intensity; it is the turning point of plot, directly precipitating its resolution. (Pickering & Hooper, 1997: 17)

d.) Falling Action

Once the crisis, or turning point, has been reached, the tension subsides and the plot moves toward its appointed conclusion. (Pickering & Hooper, 1997: 17)

e.) Resolution

The final section of the plot is resolution. It records the outcome of the conflict and establishes some new equilibrium or stability. The resolution is also referred to as the conclusion. (Pickering & Hooper, 1997: 17)

2.1.3. Setting

Fiction can be defined as character in action at a certain time and place. A term that, in its broadest sense, encompasses both the physical locale that frames the action and the time of day or year, the climactic conditions, and the historical period during which the action takes place. Setting helps the reader visualize the action of the work. It help to create and sustain the illusion of life. There are many different kinds of setting and fuction in a variety of ways (Pickering and Hoeper, 1981:37) Settings are divided by several parts, such as:

a.) Setting as Background

Setting may consist of costume, manners, events, and institutions that have relation to a certain time and place. Setting must be inferred altogether from dialogue and action. When we speak of setting as

background, then, we have in mind a kind of setting that exists by and large for its own sake, without any clear relationship to action or characters, or at best a relationship that is only tangential and slight. (Pickering & Hooper, 1997: 39)

b.) Setting as Antagonist

Setting as Antagonist Setting may also serve as a kind of casual agent or antagonist, helping to establish plot conflict and determine the outcome of events (Pickering & Hooper, 1997: 39)

c.) Setting as a Means of Creating Appropriate Atmosphere

Many authors manipulate their setting as a means of arousing the reader's expectations and establishing an appropriate state of mind for events to come. (Pickering & Hooper, 1997: 40)

d.) Setting as a Means of Revealing Character

Very often the way in which a character perseives the setting, and the way he or she reacts to it, will tell the reader more about the character and his state of mind than it will about the actual physical setting itself. An author can also use setting to clarify and reveal character by deliberately making setting a methaporic or symbolic extension of character. (Pickering & Hooper, 1997: 41)

2.2. Extrinsic Approaches

Different with intrinsic, extrinsic has other elements in it. If the former is a trait within the character, extrinsic is the thing that influences and conditions within the character broadly. Relating to the environment, economy, politics and the history of the characters life or writer itself. After explaining intrinsic approach above, I will explain the extrinsic approach. In this paper, I will use psychological approach through the concept of anxiety and depression theory to analyze the character in the novel. Through extrinsic approach, I will use the concept of psychology of literature through psychological of personality. I will explain the concept below :

2.2.1. Psychology

The word psychology is derived from two Greek words "psyche" and "logos." Psyche means soul and logos means the study. Thus, originally psychology was defined as the study of "soul" or "spirit." But later on philosophers defined psyche as mind. Because of this, psychology began to be regarded as the study of an individual's mind or mental process. Psychology is the scientific study of the mind and how it influences our behaviour, from communication and memory to thought and emotion.

The psychological perspectives stated that most emotional and mental disorders arise from inadequate or inappropriate learning. It assumes Psychological disorder as arising partly from a person's relationship, one of the most important being the family.

From psychological point of view mental health is the ability of the individual to make personal and social adjustment. In broader terms of psychological, mental health refers to decision-making abilities, ability to carry responsibilities, finding satisfaction, success and happiness in life. Psychological also forces underlying human behaviour, feelings and emotions, and how they may relate to early childhood experience. (Goerge, 2016: 227)

2.2.2. Psychology in Literature

According to Khazar Journal of Humanities and Social Sciences, literature and psychology are two branches of science that study human soul. Psychology researches human behaviors and their causes while literature depicts human behavior through fiction. These two branches of social science studying human behavior are interrelated and mutually beneficial. And the basic building block of the correlation between literature and psychology is a literary work. Literary works study human beings and describe their inner world with all its aspects. The reason is that a literary work is at the same time a product of a certain psychological condition. A literary work supports psychology in terms of depicting human psychological conditions. A literary work benefits from psychology in terms of successfully presenting characters, expressing their moods, and bringing

the reader into the psychological dimension of human reality. Psychology and study of literature meet in their focus on phantasies, emotions and human soul. Thus there exists a two-way relationship based on mutual interaction between literature and psychology, in the form of evaluation of a literary work with the resources of psychology and obtaining psychological truths from a literary work. (Khazar, 2006: 3)

According to Aras, there is a very strong correlation between literature and psychology for the fact that both of them deal with human beings and their reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts and reconcicliations; individual and social concerns, by means of varied concepts, methods, and approaches. An author represents life according to his/her objectives, perceptions, ideologies, and value judgments and opens the doors of the unknown and invisible worlds to readers not only by arousing feelings and emotions but also by helping them to discover the meaning of life and existence. Clearly, literature enables individuals to know and question their identities by raising consciousness and awareness. It is to be noted that man and existence have always been fundamental elements in most scientific studies, fine arts and literature (Aras, 2014: 15).

2.2.3. Psychological of Personality by Sigmund Freud

Psychoanalytic theory helps to understand the personality and personality development of the person and psychoanalysis is a clinical method to treat psychopathology. Sigmund Freud was known as the founder of psychoanalytic theory. He developed the theory based on the development of the physical science. Now the psychoanalytic theory has undergone many refinements under the influence of modern science.

According to Freud, the conscious mind is aware of the present perceptions, memories, thoughts, and feelings. Freud's psychoanalytic theory emphasizes the importance of the unconscious mind and it governs the behavior to the greatest degree in persons.

According to Freud, three important conceptualized parts of the human personality are the id, ego, and superego. Based on the pleasure principle, id operates at the unconscious level. The id consists of two kinds of biological instincts: Eros and Thanatos. The life instinct, Eros helps the person to survive in the world and directs life-sustaining activities such as respiration, eating, and sex in individuals. Life instincts create energy, which is known as libido. Death instincts, Thanatos are a set of destructive forces visible in all human beings. Sometimes, this energy is directed towards others in the form of aggression or violence. Freud strongly believed that Eros is stronger than Thanatos. It always helps people to survive.

During infancy, the ego develops from the id in individuals. The purpose of the ego is to satisfy the demands of the id in a very safe and socially acceptable way. The ego operates both in conscious and unconscious mind; ego follows the reality principle in contrast to the id. During childhood, the superego develops in individuals. Every child follows the same-sex parent and tries to identify with them. The superego is responsible for ensuring moral standards in individuals. It operates on moral principles and motivates them to behave in socially acceptable ways. The fundamental dilemma of all human beings is that every part of the psychic apparatus makes demands, which are incompatible with the other two. Therefore, every person is under inner conflict. Freud compares the relationship between the structure of personality and the levels of consciousness to an iceberg floating on water. The unconscious mind controls the conscious mind of the person. (Langlit, 2020: 76-77)

Freud's theory of psychoanalysis holds two major assumptions; (1) that much of mental life is unconscious (i.e., outside of awareness), and (2) that past experience, especially in early childhood, shape how person feels and behaves throughout life. Much of Freud's theory was based on his investigations of patient suffering from 'hysteria'. Hysteria was an ancient diagnosis that was primarily used for women with a wide variety symptoms,

including physical symptom and emotional disturbances. And it can lead to measure of obsessive-compulsive personality traits.

2.2.3.1. Anxiety

Albertine Minderop, defines that any situation that threatens the comfort of an organism is assumed to create a condition called Anxiety. Various conflicts and forms of frustration that hinder the progress of individuals to achieve goals is one source of anxiety. The threat referred to can be in the form of physical, psychological, and various pressures that cause anxiety. This condition is followed by an uncomfortable feeling characterized by worries, fears and unhappiness that we can feel through various levels. (Minderop, 2016: 28)

According to General Psychology Journal, Personality structure Freud divided the human mind into three separate but interacting elements. They are not totally separate parts. They are not physical divisions of the brain; instead they are names given to psychological forces and hypothetical concepts created by Freud to explain his theory. The existence of these structures is inferred from the ways that people behave in their lives. Freud's structural model of personality divides the personality into three parts- the id, ego, and the superego.

Id is a psychic energy and instinct that pressures humans to fulfill basic needs. Id related to the principle of pleasure, which is always seeking pleasure and avoiding discomfort.

Ego is a realistic and rational part of the mind. Ego works to give place to the main mental functions, for example: reasoning, problem solving, and decision making. Ego helps someone to consider whether they can satisfy themselves without causing difficulties.

Superego refers to morality in personality. A superego is like a "conscience" that recognizes good and bad values. (Minderop, 2016: 21)

How does the ego then try to reconcile the opposing goals of the id and the superego? When the ego loses its energy to resolve the divergent demands of the id, anxiety is signaled. Anxiety is a feeling of apprehension or tension that hinders our daily functioning. Anxiety arises when Ego

realizes that expression of an id impulse will lead to some kind of harm to the personality.

Anxiety as an alarm signal tells ego that something must be done to resolve the conflict and to protect the personality from danger. The ego, therefore, uses defense mechanism, a mental strategy to block the harmful forces while at the same time reducing anxiety. It protects the individual from overwhelming anxiety, punishment of the superego and other unpleasant experiences.

2.2.3.2. Depression

Depression is resentful (pain, melancholy, vagueness feeling) it usually appears because of inferior feeling, deep hurt, blame itself, and psychological trauma or someone who has depression mostly has interference that involves emotional condition, motivation, function, and behavior followed by cognition. Depression as an interference mood that the characteristic is there is no expectation and heart break, excessive powerless. unable to concentration, have no spirit of life, always tense, and try to suicide.

Depression is mood disorder, long emotional condition that distrubs all mental process (thinking, feeling, and behavior). depression has two conditions. In at normal people and in pathological case. For normal people, depression is moodiness condition (sadness, no enthusiasm) that be marked by inappropriate feeling, declining activity, and pessimist to face the future. While at pathological case, depression is extream unwillingness to reaction toward stimulant, it can be marked with declining of self worth, delucion and hopeless.

Someone will have change personality when they have depression. Sometime, they will have it where they will change to become a new one and different form of themselves. They will cover their condition from what exactly happen with themselves with the aim at proof that they are fine, strong and capable, whereas they are fragile. (Lumongga, 2009).

2.3. Literature Riview

This research focuses on the psychology of personality. I use literature review consisting of primary and secondary source. The primary source the writer uses is a novel entitled *"Starling Days"* written by Rowan Hisayo. This study focuses on the anxiety concepts that causing depression in *Starling Days* novel by Rowan Hisayo. There are other related studies which also focus on anxiety and depression.

The first similar research is a journal titled *Dr. Leidners anxiety Reflected in Agatha Christie's Murder in Mesopotamia* by Fendi Yugo Sarjono, 2016. This research is focused on the effect that will appear and affect someone's personality for self-defense mechanism. The analysis of the study is based on the literature theories, self-defense mechanism to find that the result of this study is that appear the anxiety disorder. To avoiding on the impact they have to do kind of protection by employing an effective way to make them more calm and comfortable. This research definitely different with my concepts research, because I use the concept of the psychology of personality to prove my analysis through the anxiety and depression concept. While, Fendi Yugo's research is focus to the anxiety for self-defense mechanism.

The second similar research is a journal titled *Anxiety Disorder Analysis Of Paulo Coelho In Aleph Novel* by Kiki Risky, 2019. This study discussed about the anxiety disorder of spiritual identity of the main character in ALEPH novel. This study reveals the anxiety of the man who try to find his spiritual identity. The symptom can be identified when the main character feel anxiety. There are three types of anxiety: neurotic anxiety, moral anxiety and realistic anxiety. This method uses the basic assumption of the social construction of knowledge and assesment of behavior, attitude and opinion for the research. This research is also different from my research. I analyze about anxiety caused of love and betrayed that can make the main character depression. While, Kiki Risky's research is focus to the anxiety caused of spiritual identity.

The second similar research is a journal titled *ANSIETAS DALAM NOVEL THIRTEEN REASONS WHY KARYA JAY ASHER* by Ade Eny Pratiwi, 2019.

This research is focused on the effects of recklessness on the character Clay Jensen and depression of the character Hannah Baker and Mr. Porter. The depression of the character Hannah Baker causes the death as suicidal of the major characters Hannah Baker. The results of this research show that the characters Clay Jensen tend to have anxiety. Clay Jensen categorized as objective anxiety caused to phobia disorder, and panic disorder. This research is almost same with my research, we same talk about the depression. But the different is my research more focus on the love affair with the same sex or bisexuality for the main character Mina in the Novel *Starling Days*, and I will analyze through intrinsic and extrinsic approach by the concept of psychology of personality. While, Ade Eny's research is focus to anxiety caused of phobia or panic disorder for the main character Hannah Baker from the Novel *Thirteen Reason Why*.

In the three journals of literature review above each discusses about anxiety, but the causes of them research is different. The first one is the journal from Fendi Yugo Sarjono, 2016. Fendi's reseach is discuss about anxiety because of self-defense mechanism. The second one is the journal from Kiki Risky, 2019. Kiki's research is discuss about anxiety caused of spiritual identity. The third one is the journal from Ade Eny Pratiwi, 2019. Ade's research is discuss about anxiety caused of phobia or panic disorder. Meanwhile my research is concern to the anxiety caused of post-traumatic in the past that can lead to depression on the main character in Rowan Hisayo's novel *Starling Days*.

In order to conduct this study, I use theories around characterization, plot and setting by psychology literature approaches. The book I use is *Psikologi Sastra* by Albertine Minderop, to further understand about the theory surrounding anxiety. After psychology literature approach, I also use theory of psychology of personality by Sigmund Freud that discuss about anxiety lead to depression to analyze this novel.