

CHAPTER I

INTRODUCTION

1.1. Background of The Problem

Novel is a piece of long narrative in literary prose. Narrative prose is meant to entertain and tell a story. Novels are dedicated to narrating individual experiences of characters, creating a closer, more complex portrait of these characters and the world they live in.

Sharp, clever, and utterly original, *The Silent Patient* explores the complexities of trauma and the human psyche in twisty, brilliantly paced prose. Spellbinding and disturbing in equal measure, Michaelides' debut heralds the arrival of an exceptional fresh talent, offering psychological suspense at its finest.

Alex Michaelides was born on September 4, 1977 in Cyprus to a Greek-Cypriot father and English mother. He has a MA in English Literature from Cambridge University and a MFA in Screenwriting from the American Film Institute in Los Angeles. *The Silent Patient* (2019) is his first novel. Michaelides was a screenwriter before turning to novels. He wrote *The Devil You Know* (2013) starring Rosamund Pike and co-wrote *The Con is On* (2018), with Uma Thurman, Tim Roth, Parker Posey, and Sofia Vergara.

The Silent Patient is the gripping tale of Alicia Berenson, a famous painter married to an in-demand fashion photographer, she lives in a grand house with big windows overlooking a park in one of London's most desirable areas. One evening her husband Gabriel returns home late from a fashion shoot, and Alicia shoots him six times in the face, and then never speaks another word. Alicia's refusal to talk, or give any kind of explanation, turns a domestic tragedy into something far grander, a mystery that captures the public imagination and casts Alicia into notoriety. The price of her art skyrockets, and she, the silent patient, is hidden away from the tabloids and spotlight at the Grove, a secure forensic unit in North London. Theo Faber is a criminal psychotherapist who was waited a long time for the opportunity to work with Alicia. His determination to get her to talk

and unravel the mystery of why she shot her husband takes him down a twisting path into his own motivations, a search for the truth that threatens to consume him. The depiction of the trauma is believed to lead to resentment of the main character of the story in the novel.

The *Silent Patient* was the bestselling US HB debut of the 2019. It was a Sunday Times top 10 bestseller for seven weeks and no. 1 New York Times bestseller, and Amazon no.1 bestseller. It has so far spent 38 weeks in the NYT bestseller chart. It is a UK record breaker – no UK debut has ever gone straight into no. 1 in the US or spent so long in the US charts. It was the biggest HB debut thriller of the year in the UK and it has become a true global bestseller, going top ten in Norway, Poland, Greece, Israel, Finland, Russia, Italy, Romania, Australia, India, Ireland, South Africa, and Brazil.

1.2. Identification of The Problem

In accordance to the background of the problem above, I identify that the characters' childhood tragedy has a big role in her silence of her husband's death. The character of Alicia has a childhood trauma which causes her to kill her own husband.

I assume that the theme in this novel is a reflection of resentment on Alicia Berenson that caused by childhood trauma which can be observed through literary elements and psychology of personality.

1.3. Limitation of The Problem

To limit the problems and theories I will use, I hold onto the title and assumption of "Resentment in Alicia Berenson Caused by Childhood Trauma in *The Silent Patient* Novel by Alex Michaelides". The limitation of the problem is: according to identification of the problem above, I limit the problem of the research on analysing the character's characteristic in the novel. Theories and concepts used are through literature approach which are researching the characteristic through showing and telling methods, setting, and plot. Through psychology approach, I use death instinct, id, ego and superego concepts.

1.4. The Formulation of The Problem

In accordance to limitation of the problem above, I formulate the problem as follows:

1. How is method of characterization used to analyse the characters in *The Silent Patient* novel by Alex Michaelides?
2. What are the plot and setting to support the analysis of the theme in *The Silent Patient* novel by Alex Michaelides?
3. How are the concepts of psychology of literature used to analyse the theme?
4. How is the theme of *The Silent Patient* novel by Alex Michaelides reinforced by using those elements mentioned above?

1.5. The Objectives of The Research

In this paper, the purpose of this research is to prove the existence of “Resentment in Alicia Berenson Caused by Childhood Trauma in *The Silent Patient* novel by Alex Michaelides”. To achieve this goal, I do several research stages as follows:

1. To analyse the characters as the supporting and proving the assumption.
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 of literature.
4. To reinforce the theme 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.

R.B. Johnson & Onwuegbuzie, (as cited in Johnson & Christensen, 2014) 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 (p. 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, p. 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 behaviour (Taylor et al., 2016, p. 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, people's written and observable behaviour.

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

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 perspective using qualitative approach. It is expected that the result of this research will be open for further research.

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 Background of the Problems, Identification of the Problems, Limitation of the Problems, Formulation of the Problems, Objective of the Problems, Methods of the Research, Benefit of the Research, Systematic Organization of the Research.

CHAPTER II : FRAMEWORK OF THEORIES

It consists of Literature Review, intrinsic and extrinsic approaches. Intrinsic approach includes characterization, setting and plot. The applied psychological approach is childhood trauma concept as the reflection of resentment on the main character.

CHAPTER III: NOVEL *THE SILENT PATIENT* THROUGH INTRINSIC APPROACH

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

CHAPTER IV: RESENTMENT IN ALICIA BERENSON CAUSED BY CHILDHOOD TRAUMA IN “THE SILENT PATIENT” NOVEL BY ALEX MICHAELIDES

It consists of a brief explanation of this chapter’s content, analysis of the resentment which gained from the result of characterization analyses, and its relation with other characters, setting, and plot. The concepts above appear in the number of sub-chapters.

CHAPTER V : CONCLUSION

It consists of the evaluation from previous chapters and the implication from the evaluated result. The chapters above are followed by references, scheme of the research, research poster, curriculum vitae, and other required attachment.