

CHAPTER 1

INTRODUCTION

1.1. Background of the Research

Novel is literary works that often adopt the uniqueness of human life. In a novel, language is used as a medium of expression so as to interpret man, existence and culture, personality and individual differences which have always been studied and discussed by writers, philosophers, artists, psychologists and psychiatrists. Works of literature describe in the guise of fiction the dense specificity of personal experience, which is always unique, because each of us has a slightly or very different personal history, modifying every new experience we have; and the creation of literary texts recapitulates this uniqueness (Lodge, 2002, p.10-11).

The uniqueness of human life and experience is poured attractively in Sarah Pinborough's novel (Jan, 2017). Sarah Pinborough is the NYT bestselling and Sunday Times #1 Bestselling author of *Behind Her Eyes* which has sold in over 25 territories thus far and will be shown as a six part drama on Netflix in 2020 and the Sunday Times Bestseller, *Cross Her Heart*. She has also written books across a variety of genres including the YA thriller *13 Minutes* (in development with Netflix). Her next novel *Dead to Her* comes out from William Morrow in the US in feb 2020 and HarperFiction in the UK in August 2020. It is already in development for US television.

Behind Her Eyes is a psychological thriller novel that presents the incredible *Behind Her Eyes* story of an accidental but deliberate encounter of Adele Martin and Louise Barnsley. Louise is a single mom, a secretary, stuck in a modern-day routine. On a rare night out, she meets a man in a bar and sparks fly. Though he leaves after they kiss, she's thrilled she finally connected with someone. It isn't until she arrives at work the next day that she discovers that David Martin is her new boss. On her day off, Louise accidentally meets Adele Martin, who she recognizes her as David's wife. Adele befriends Louise and Louise reluctantly settles into their new friendship. In the same time, Louise and

David are secretly having an affair. But then Adele helps her to manage her night terrors and sleepwalking with controlling her dreams that she also experienced on the past. Louise's suffered from the night terrors when she was young. She always finds herself waking up from her nightmare dream in a random place, and she almost kills herself. Greatly helped by Adele, Louise starts liking Adele as her friend, but she cannot choose between David and Adele, so she keeps her secret to herself carefully, hoping neither David or Adele will know. Adele also starts sharing intimate secrets with Louise about her marriage. Louise isn't so sure that David is the perfect man that she thought. The closer the two women become the more Louise becomes concerned about her friend's safety. Especially, after Adele tells her about her friend, Rob Hoyle, and his questionable demise, as relations escalate between Louise and Adele and Louise and David, Louise knows that something is just not right with this couple, but who is truly the unbalanced one in this couple David or Adele. When Louise keeping her secret that she thinks it's safe, there's something strange and hard to digest by common sense. Something can only be experienced by certain people, special people. This novel reflected the main characters' experience of parasomnia (night terrors and sleepwalking) and lucid dreaming that leads to out-of-body experience. The main characters who experience those problems are Adele Rutherford Campbell, Louise Barnsley and Rob Hoyle/Adele Martin.

According to the summary above, Sarah Pinborough's novel *Behind Her Eyes* narrates about Main Characters' (Adele Rutherford Campbell, Louise Barnsley and Rob Hoyle/Adele Martin) problem of having parasomnia (night terrors and sleepwalking) and their experiences of lucid dreaming that leads to out-of-body experience. Those issues are illustrated in Sarah Pinborough's novel *Behind Her Eyes* through the Main Characters' past story and current life. In researching this issue, I will analyze and present the evidence about the issues to be discussed. This study purpose is to be useful and I want to analyze it through intrinsic and extrinsic approaches. Through intrinsic approaches, I use characterization, setting & plot. Through extrinsic approaches, I use the theories of parasomnia (night terrors and sleepwalking), lucid dreaming and out-of-body experience which are related to psychological concepts.

1.2. Identification of the Problem

To identify the existing problems, I read the novel entitled *Behind Her Eyes* by Sarah Pinborough. After doing the reading section, I identify that each main character is having the same sleep problems; night terrors and sleepwalking. I also find that Adele Rutherford Campbell, Louise Barnsley and Rob Hoyle/Adele Martin experience lucid dreaming and out-of-body experience. Adele Rutherford Campbell firstly finds that the effective way to get out from her night terrors is by controlling her dreams or can be said as lucid dreaming. She learns how to lucid dreaming from the book that she got from David Martin, her boyfriend on that day. Then she knows that Rob Hoyle has the same problem with her, so she teaches Rob how to lucid dreaming. They can even experience an out-of-body experience, which ends tragically because Rob Hoyle takes over Adele Rutherford Campbell's body and marries her boyfriend, David Martin and then becomes Adele Martin. Ten years later, Adele Martin—who is actually Rob Hoyle—meets Louise who also has the same sleep problems with her and Adele Rutherford Campbell in the past, and then she gives the notebook that she pretends that it belongs to Rob Hoyle, her old friend—which is actually hers—. The notebook is about the Rob Hoyle's journey of lucid dreaming owing to Adele Rutherford Campbell. The notebook succeeds to help Louise overcome her night terror and sleepwalking and makes her able to lucid dreaming and even out-of-body experience. Therefore, I assume that *Behind Her Eyes* novel shows the uniqueness of human life through the main character's problem of having parasomnia (night terrors and sleepwalking) and their experience of lucid dreaming and out of body experience.

1.3. Limitation of the Problem

Sarah Pinborough, in her novel *Behind Her Eyes* not only serves us the fascinating storyline on love and obsession like other love story novels, but also shows the uniqueness of human life; their suffering of having sleep problems and their ability to control their dreams and out-of- body experience. According to the identification of the problem above, the problems of this research are limited to the intrinsic approach analysis which includes characterization, plot and setting,

and the extrinsic approach analysis using the theory of parasomnia (night terrors and sleepwalking), lucid dreaming and out-of-body experience.

1.4. Formulation of the Problem

Based on the limitation of the problems above, the research is intended to answer the questions as follows:

1. What are the reflections of parasomnia (night terrors and sleepwalking) theory contained in the intrinsic elements of Sarah Pinborough's novel *Behind Her Eyes*?
2. What are the reflections of lucid dreaming theory contained in the intrinsic elements of Sarah Pinborough's novel *Behind Her Eyes*?
3. What are the reflections of out-of-body experience contained in the intrinsic elements of Sarah Pinborough's novel *Behind Her Eyes*?
4. What is the relation between Parasomnia (night terrors and sleepwalking) and lucid dreaming that leads to Out-of-Body Experience reflected in Sarah Pinborough's Novel *Behind Her Eyes*?

1.5. Objective of the Research

Based on the formulation of the problems above, the objectives in this research as follows:

1. To identify the reflections of parasomnia (night terrors and sleepwalking) theory contained in the intrinsic elements of Sarah Pinborough's novel *Behind Her Eyes*.
2. To identify the reflections of lucid dreaming theory contained in the intrinsic elements of Sarah Pinborough's novel *Behind Her Eyes*.
3. To identify the reflections of out-of-body experience contained in the intrinsic elements of Sarah Pinborough's novel *Behind Her Eyes*.
4. To identify the relation between Parasomnia (night terrors and sleepwalking) and lucid dreaming that leads to Out-of-Body Experience reflected in Sarah Pinborough's Novel *Behind Her Eyes*.

1.6. Method of the Research

Research approach is a perspective that is used by the researchers to do their research. There are three research approaches, namely (a) qualitative, (b) quantitative, (c) mixed-methods research (John W. Creswell, 2014, p. 3). In this research, I use qualitative research approach. The data source in this research is classified into two sources; the primary source and the secondary source. In analyzing Sarah Pinborough novel's *Behind Her Eyes* as the object of the research, I use the method of content analysis. To conduct content analysis, I collect the data in the form of quotations taken from the novel as primary source that reflect the theory of parasomnia (night terrors and sleepwalking), lucid dreaming and out-of-body experience. Meanwhile, from the secondary source, I collect the data in the form of facts and information that are relevant with parasomnia (night terrors and sleepwalking), lucid dreaming and out-of-body experience gathered from related books, thesis, journals, and articles in the internet.

1.7. Benefit of the Research

This research is divided into two benefits, theoretically and practically. Theoretically, this research can be used to as contribution of literary field, particularly as references in studying about sleep disorders that are related to human's psychological behavior which in this research the focuses are on the night terrors and sleepwalking. This research is also beneficial as references in studying about psychoanalysis that included dreams theory and parapsychology that included out-of-body experience. Moreover, this research is needed to identify the kinds of things and experiences which indicate parasomnia (night terrors and sleepwalking) and lucid dreaming that leads to out-of-body experience on Louise Barnsley, Adele Rutherford Campbell and Rob Hoyle/Adele Martin as the Main Characters in Sarah Pinborough's novel *Behind Her Eyes* through the theories provided. Second, practically, this research is important for: (1) Student: this research is significant to help them understand about the characteristics of parasomnia (night terrors and sleepwalking), lucid dreaming, and out-of-body experience which present in the novel; (2) Lecturers: this research can be used as

reference to give a review about how people can experience parasomnia (night terrors and sleepwalking), lucid dreaming, and out-of-body experience; (3) Literary: this research can stimulate them to do more research with psychological theory especially in *Behind Her Eyes* novel; (4) Non-academic readers: this research hopefully can attract their interest in studying about kind of sleep disorder and dreams.

1.8. Systematic Organization of the Research

The research is organized as follows:

1. CHAPTER 1: INTRODUCTION

This chapter discusses background of the research, identification of the problem, limitation of the problem, formulation of the problem, objective of the problem, method of the research, benefit of the research and systematic organization of the research.

2. CHAPTER 2: FRAMEWORK OF THEORIES

This chapter deals with the bases of theories used in the research, describing the result of the earlier studies.

3. CHAPTER 3: THE ANALYSIS OF SARAH PINBOROUGH'S NOVEL *BEHIND HER EYES* THROUGH INTRINSIC APPROACH

This chapter reveals the intrinsic elements of the novel and consists of character and characterization, plot, and setting.

4. CHAPTER 4: THE REFLECTION OF PARASOMNIA (NIGHT TERRORS AND SLEEPWALKING) AND LUCID DREAMING THAT LEADS TO OUT-OF-BODY EXPERIENCE IN SARAH PINBOROUGH'S NOVEL *BEHIND HER EYES*

This chapter delivers the data analysis and discussion of research finding. The analysis of the problem is served in four sub-chapters: firstly, it talks about what kinds of things reflect that the main characters; Louise Barnsley, Adele Rutherford Campbell and Rob Hoyle/Adele Martin suffering from parasomnia (night terrors and sleepwalking). The second chapter serves the lucid dreaming experiences reflected on the main characters. The third sub-chapter will discuss about the out-of-body

experiences that happen to the main characters. The last sub-chapter will consist of the explanation of the relation between parasomnia (night terrors and sleepwalking) which the main characters have with lucid dreaming and out-of-body experience.

5. CHAPTER 5: CONCLUSION

It consists of an evaluation from the previous chapters and the implication of the evaluated result.

ENCLOSURE: ATTACHMENTS

This chapter consists of the references, scheme of the research, poster of the research, curriculum vitae, and other required attachments.

