

CHAPTER 1

INTRODUCTION

1.1 Background of the Problem

Arnold Thomas Fanning is a writer, playwright and novelist in Ireland. He had written several short stories, film scripts, and novel one of it which titled *Mind on Fire: A Memoir of Madness and Recovery*. A memoir in which tells a story of himself on how he is dealing with trauma and mental issues.

In his memoir, *Mind on Fire: A Memoir of Madness and Recovery*, Arnold tells a story about how he was ignored and neglected both emotionally and physically by his father, that made his relationship with his father not so close. Since they did not have any strong bonding in the first place, Arnold's relationship was closer with his mother than any other members of the family. One memory that stayed on Arnold's mind was when he was a child, he went to a shopping store with his family. Little Arnold was impatient at that time, so he kept questioning his father when they would go to the toy store to buy an airplane model.

His father became angry at him for it, so he abused Arnold verbally by threatening him, saying he will smash Arnold's head through the window if he can not be patient. Arnold then became silent as he was afraid of his father's threat. Another traumatic childhood moment was when his father threatened him again, when Arnold bickered with his sister at the dining table. His father was suddenly became so enraged as he threatened of pushing Arnold's head through the wall. Though Arnold's mother and sister were there, they did not help Arnold at all. Since then, Arnold realized his relationship with his father were far from good. Another memories that that triggers Arnold's psychological well being was during the sudden death of his mother due to cancer, when he was twenty years old. Since Arnold was not fully ready to process the sudden grief, and as he had several untreated traumatic childhood stages from the past, this is where the depression starts to begin.

Since Arnold does not have any close bonding with his father and his sister, his family has some difficulty in understanding his psychological well being. The dysfunctional relationship between him and his father also brought them into several fights with each others. It was known that Arnold's father has been neglected his presence both physically and emotionally ever since Arnold were a child.

Sometimes during the summer, as it was nearing the death anniversary of his mother, the depression began to appear by showing several mood changes, and it oftentimes would made him unmoving at all. During this state, he is facing difficulty working as he would have physical pain in his head and stomach. As the summer passes by, Autumn comes and the depression state was lifted away, usually on this state, he would make a lot of plans to apply for funding projects opportunities for a living. One time he told his father about the possibilities of him on getting the funding for his project, but his father's response was quick to turned him down and Arnold ended up being disappointed at him.

During one of Arnold's depressive states, he once fought his father and became aggressive because he thought his father had stole his pen. That made him go mad and he violently attacked his father right away. Another time where the depression hit hard, as it affected him on all his activities, he thought of ending his live by jumping into the railway tracks. He was really in so much pain that all he could think of was how to end his life, be it by hanging himself on a stairway at his father's house or on the railways near the forest that he usually walked on. He kept coming back and forth to the railways tracks everyday, yet his death attempt on jumping to the railways tracks were always failed as he was too scared, he will not die immidiately, as he was scared of failure and scared that his attempt to jump into the railways tracks would fail and will only result on him to have brain damage or permanent organ failure.

One day, something sparked on him that day, as he decided to continue to live though he felt pain and aches everywhere all over his body. He finally got the help he was needed for, he consulted with the doctor as the doctor suggested him to be an on-off patient at St John of God's hospital. After several hospitalizations and many prescriptions taken, finally he was getting better. He would regularly visit the psychiatrist, join the therapy session programme and start to look for jobs. He also started to forgive his father's behaviour and the people around him who had hurt him.

In accordance with the background of the problem above, I am interested to analyze this novel because it contains psychological problems which are depression, and death instinct that can be found in the main character of this memoir named Arnold. Through Arnold's characterization, it can be found that traumatic events since childhood that he had with his father, which come from the incapability of his father to communicate and create strong bond with Arnold, his mother's sudden death due to cancer and other things that is happening around him, made him to have several mental health problems. This results in psychological condition of Arnold, the main character, into having depression and death instinct in the *Mind on Fire: A Memoir of Madness and Recovery*.

1.2 Identification of the Problem

Based on the background of the problem above, I identify the problem of this research as:

Arnold's trauma that comes from his early childhood memories with his father which neglected him both physically and mentally, the effect of this trauma was so unforgettable that it resulted on the main character, Arnold Thomas Fanning into having several mental health problems. Therefore, I assume the theme of this novel is: Depression Leads to Death Instinct in Arnold Thomas Fanning Memoir *Mind on Fire: A Memoir of Madness and Recovery* can be observed through psychological of literature, psychoanalysis theory by Sigmund Freud which are depression, and death instinct.

1.3 Limitation of the Problem

Based on the identification of the problem above, I limit the research on my theme by applying the concept through intrinsic approach, such as showing and telling method, characterization, plot, and setting, as well as extrinsic approach such as psychological of literature, psychoanalysis theory by Sigmund Freud, which are depression, and death instinct.

1.4 Formulation of the Problem

Based on the limitation of the problems above, the problem in the novel can be formulated to prove Depression leads to Death Instinct in Thomas Arnold Fanning's novel *Mind on Fire: A Memoir of Madness and Recovery*. Therefore, I formulated the problems as follows:

1. How does the intrinsic approach can be applied to analyze the theme of *Mind on Fire: A Memoir of Madenes and Recovery*?
2. How does the extrinsic approach can be applied to analyze the theme of *Mind on Fire: A Memoir of Madness and Recovery*?
3. How are the intrinsic and extrinsic approaches be applied to inforced the theme of *Mind on Fire: A Memoir of Madness and Recovery*?

1.5 Objective of the Research

Based on the formulation of the problems above, the object of the research is to prove the existence of Depression leads to Death Instinct in Thomas Arnold Fanning novel *Mind on Fire: A Memoir of Madness*. To achieve this, the steps which are supposed to be done in this research are as follows:

1. To analyze the intrinsic approach as the theme of *Mind on Fire: A Memoir of Madness and Recovery* novel.
2. To analyze the extrinsic approach as the theme of *Mind on Fire: A Memoir of Madness and Recovery* novel.
3. To prove the the theme of *Mind on Fire: A Memoir of Madness and Recovery* through intrinsic and extrinsic approaches.

1.6 Benefit of the Research

I hope this research can be useful be it in the form of theoretical or practical. As follows:

1. This research hopefully can give a new insight as it has been revealed and contained in Arnold Thomas Fanning's memoir *Mind on Fire: A Memoir of Madness and Recovery*.
2. The result of this research aims for those who wish to deepen their insights in literature studies. This research can also be useful for those who are interested in analyzing literary works using the concepts mentioned above.

1.7 Systemic Organization of the Research

In accordance with the title of the research above, the order of the presentation is written as follows:

CHAPTER 1 : INTRODUCTION

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

CHAPTER 2 : THEORITICAL FRAMEWORK

It consists of explanation the analysis of characterizations in addition to the analysis of settings, themes, telling methods, and the psychological approach, psychoanalysis theory of Sigmund Freud which are concept of depression and death instinct that shown on the main character, Thomas Arnold Fanning. In this chapter I will also add previous related studies.

CHAPTER 3 : RESEACH METHOD

It consists of: (3.1) Time and Location of the research. (3.2) Research Approach and Method. In which intrinsic and extrinsic approaches, the extrinsic approach is Psychology of Literature, Psychoanalysis, and a qualitative descriptive method. (3.3) Research Object and Data. The object of research is the memoir *Mind on Fire: A Memoir of Madness and Recovery* and dialogues from the novel. (3.4) Data Collection

Technique. I use data collection techniques such as reading, observing, and understanding the character through the novel. The primary source is *Mind on Fire: A Memoir of Madness and Recovery* memoir by Arnold Thomas Fanning. Another supporting source is from books and articles that are related to my research.

CHAPTER 4 : DEPRESSION LEADS TO DEATH INSTINCT IN ARNOLD THOMAS FANNING'S MEMOAR *MIND ON FIRE: A MEMOIR OF MADNESS AND RECOVERY*.

It consists of the elaboration of analysis the behavioral through background, plot, and theme. The factors that influence the psychological being in Arnold characterizations that made him into having depression which leads to death instinct using the theories of psychoanalysis which depression and death instinct by Sigmund Freud.

CHAPTER 5 : CONCLUSION

It consists of summary and evaluation from the previous chapters and also followed by references, the scheme of the research, research poster, curriculum vitae and another required attachment.