

## **CHAPTER 2**

### **THEORITICAL FRAMEWORK**

In accordance to understand the object of the research above, to understand the meaning and constructions of the memoir, I use various concepts and theories to analyze the novel. The approaches that I will use are intrinsic and extrinsic. These theories will help me to analyze the intrinsic and extrinsic approaches which are the psychoanalysis theory by Sigmund Freud about depression and death instinct. In this chapter, I will tell further information of the theories. The explanations will be done as follows:

#### **2.1 Intrinsic Approaches**

In accordance to analyze the character in this novel, I am going to use some concepts and theories. The concepts and theories appeared in this chapter are intrinsic and extrinsic approaches. The intrinsic approaches include characterization, plot, and setting. I also use a book guide titled *Concise Companion to Literature* by H. Pickering and Jeffrey D. Hoeper, *Metode Karakterisasi Telaah Fiksi* by Albertine Minderop, *Psikologi Sastra* by Albertine Minderop and another reliable supporting article from the internet relates to my research.

##### **2.1.1 Characterization**

The relationship between plot and character is vital and necessary. Without characters, there would be no plot, if there is no plot, there would be no story. Characters are customainly described by their relationship to plot, degree of development given by the author and whether they undergo significant character change. Characterization also appears when the author reveals the personality of the character, whether through name or act. The writer usually represents the character by the description of their action, speech, and mind. This includes the process of giving information about the character. (Pickering and Hoeper, 1981: 24)

In accordance with what I understand, character plays the vital role to make the story keep going. The appearance of a character is introduced through the name or through the character's act.

#### **2.1.1.1 First Person Point of View**

Pickering and Hoepfer (as cited in Albertine Minderop, 2013) stated that the technique use of "I" point of view as if the narrator tells he or her own experiences. The reader is brought to the center of the incident through the look, feel through the eyes and someone's related consciousness. In this issue, the reader often wonders if the author's point of view or "I" as the character. This technique is usually subjective and generally psychological issues are appropriate to use in this technique. (P: 106)

In accordance with what I understand, this means the first-person point of view is the story delivered by the author themselves based on his own experiences.

#### **2.1.1.1.1 Telling Method**

Telling which relies on the exposition and the direct documentary by the author. In the telling method, we learn and look only at what the author calls to our attention. (Pickering and Hoepfer, 1981: 27)

In accordance with what I understand, telling means readers relies to what the author is portraying through him

#### **2.1.2. Characterization through Name**

Names are often used to provide essential clues that aid in characterization. Names can also contain literary or historical allusions that aid characterization by means of association. (Pickering and Hoepfer, 1981: 29)

In accordance with what I understand, this means that each name in the story is essential to carry out the whole storyline.

### **2.1.3. Characterization through Appearance**

Although looks can be deceiving sometimes, but in fiction, details of appearance often provide essential clues in characters. (Pickering and Hoeper, 1981: 29)

In accordance with what I understand, this means the details of characters sometimes tell and gives reader imagination of how the characters look like.

### **2.1.4 Characterization through Dialogue**

This is the task of establishing character through dialogue, as some characters speak carefully, guarded in what they say, we must infer from what they actually mean. Meanwhile others are candid and open, as they tell us, they appear to tell us exactly what is on their mind. (Pickering and Hoeper, 1981: 34)

In accordance with what I understand, this means the need to pay attention to understand what the characters are saying, be it through subtly or directly.

### **2.1.5 Characterization through Action**

Characterization through action is important to establish character on the basis of action, as it is necessary to scrutinize several events of the plot for what they seem to reveal about the character, their unconscious emotional and psychological states as well as about their conscious attitudes and values. (Pickering and Hoeper, 1981: 35-35)

In accordance with what I understand, this means the character shown through the base of actions of what they are doing, their psychological states and also their actions and values.

## **2.1.2 Setting**

Setting plays such an important part in literary work, in a sense, setting is a term that encompasses the physical and the locale that frame actions, time, climatic condition and the historical period which during the action takes place. (Pickering and Hoepfer, 1981: 37)

In accordance with what I understand, the setting is the timeframe, atmosphere and the place in a story.

Setting are divided into five points as I will explain below:

### **2.1.2.1. Setting as Background of Action**

Setting can happen in the form of costume, manners, events and institutions, all peculiar to a certain time and place. (Pickering and Hoepfer, 1981: 39)

In accordance with what I understand, setting as background means a certain place or timeline where the story takes place.

### **2.1.2.2 Setting as Antagonist**

Setting in a form of nature can function as a kind of casual agent or antagonist, which helps to establish plot, conflict, and help to determine the outcome of the events. (Pickering and Hoepfer, 1981: 39)

In accordance with what I understand, the setting as antagonist means the nature of character who helps to maintain the plot, conflict and the outcome of the event.

### **2.1.2.3 Setting as Creating the Appropriate Atmosphere**

Authors tend to manipulate their setting as a means of arousing the reader's expectations and establishing an appropriate state of mind for events to come. (Pickering and Hoeper, 1981: 40)

In accordance with what I understand, the author usually attracts the reader's attention and expectations through tension, and by making the reader get carried away as the story flows.

### **2.1.2.4 Setting as Means of Revealing Character**

The way the character perceives to setting and how they react to it will tell the reader about the actual physical setting itself. As the author use the setting to clarify and reveal the character by making a metaphor or symbolic extension of the character (Pickering and Hoeper, 1981: 40-41)

In accordance with what I understand, it shows how the character carries the symbol or characteristic that is being portrayed so the readers can understand the character's condition or state of mind.

### **2.1.2.5 Setting as Means of Reinforcing the Theme**

Setting can also be used as a means to reinforcing and clarifying the theme of the story. (Pickering and Hoeper, 1981: 42)

In accordance with what I understand, it means that we can grasp the idea or theme of the story that is used by the author.

To summarize it all, in accordance with what I understand, setting can be use to understand the background of the story through character as it shows that the nature of character helps to maintain the storyline in order to achieve this the author must be good at maintaining the tension and showing the character's condition or

state of mind through symbols. Therefore, the readers will be able to grasp the idea or theme that the author is trying to tell.

### **2.1.3 Plot**

The story that contains a sequence of events, but each event is only connected casually with one event causing or causing another event. Plot is categorized into different types based on different points of view and criteria. Plots are divided based on time sequence criteria into three, namely straight plots, Flash-backplots, and mixed plots. (Nurgiyantoro: 2010).

In accordance with what I understand, plot carries the events that are happening in the story which connects with one event to another.

#### **2.1.3.1 Exposition**

The initial parts of the story are exposition, in which the author provides informations, sets the scene, situations, introducing the characters, and determines the time setting of the story as the intrinsic element of a story. (Pickering and Hoeper, 1981: 17)

In accordance with what I understand, exposition means the basic informations that carries scenes, situations and characters that determine the storyline.

#### **2.1.3.2 Rising Action**

This is the complicated part of the story, as the writer starts to introduces characters that triggers the conflict. This part also introduces the characters and instigating the conflict that hasn't been introduced in exposition. This plot became intense as the story starts to progresses. (Pickering and Hoeper, 1981: 17)

In accordance with what I understand, this is the part where the conflicts starts to introduced by the author which will create intensity as the storyline goes by.

### **2.1.2.3 Crisis**

Crisis is the greatest point of emotional intensity or the turning point of the plot, which immediately accelerates its completion. The crisis usually directly precedes the resolution of the story. This is also the part that has the most conflict in the story. (Pickering and Hoepfer, 1981: 17)

In accordance with what I understand, this means a set of scenes that its intensity accelerates the reader's attention.

### **2.1.2.4 Falling Action**

Falling action is usually called a turning point of the story. The tension subsides and leads to conclusions. In this part it consists of some conflict left but the conflict becoming less intense. (Pickering and Hoepfer, 1981: 17)

In accordance with what I understand, this part where the tension and the conflicts start to slow down as it is nearing the end of the story.

### **2.1.2.5 Resolution**

Resolution is the last part of the story that shows the outcome of the conflict and showing the established and new balance in the character of the story. (Pickering and Hoepfer, 1981: 17)

In accordance with what I understand, this part of the story shows the outcome that is happening caused by various events and how it is affected the character and how it is being taken care of.

#### **2.1.4 Theme**

Tarigan (1993: 125) stated that theme is a particular view of life or certain feelings about life or a particular set of values that build a literary works' main idea. Meanwhile according to Hartoko and Rahmanto (as cited in Nurgiyantoro, 1995: 68), theme is the basic idea that supports a literary works.

In accordance with what I understand, this means the basic idea that triggers and or inspire the author to create story. For my case, the writer of *Mind on Fire: A Memoir of Madness and Recovery* based on what he had been through all his life. Be it during the manic-depressive stages of his life, the despair and grieving that he feels for his mother, and his journey to finding himself through his writing.

#### **2.2 Extrinsic Approach**

After explaining intrinsic approaches above, I will explain the extrinsic approach. I will use psychological approach through the concept of depression and death instinct to analyze the character in the novel. Through extrinsic approach, I will use the concept of psychology of literature, depression, types of depression, and death instinct.

##### **2.2.1 Psychology**

Psychology comes from the Greek word “psyche”, which means soul, and “logos” which means knowledge. Psychology means the science of the soul that investigate and study human behavior. (Minderop, 2013: 3).

In accordance with what I understand, psychology means the study that analyzes the mind and behavior of humans. Be it on how the way they think, act or feel. This study can be used to help me in understanding the character's acts and behavioral.



### **2.2.2 Psychology of Literature**

Literature and psychology are two branches of science that study the human soul. Psychology research human behaviors and their causes while literature depicts human behavior through fiction. These two branches of social science in studying human behavior are related from one to another. The basic correlation between literature and psychology is called a literary work. Literary work study human beings and describes their inner world with all its aspects.

The literary work is a form of study that collects ascertain psychological condition in a character. A literary work that supports psychology and depicts human psychological conditions can be seen in the character that I analyze, named Arnold.

A benefit in literary works through psychology can help in presenting characters, expressing the character's moods, and brings the reader through psychological dimension in human reality. The literature and psychology meet the focus in fantasies, emotions, and human being. Therefore, there are two way relationships which are based on mutual interaction between literature and psychology. (Emir, 2016: 49)

To summarize all in accordance with what I understand, both literary and psychology study somehow relates and linked to one another as both beneficial for those who wants to understand the psychological especially psychology through literary works

### **2.2.3 Psychoanalysis**

Psychoanalysis (according to Holland, 1990) is the science of human subjectivity. It offers insights into the mind's ways of thinking, dreaming, imagining, wanting, and especially the mind's ways of hiding from itself. Each of us must find those ways out in our own minds since we do not have access to the minds of others.

In other words, the laboratory for this science is one's own mind. Without some, so to speak, firsthand experience of psychoanalytic insight into the mind's ways, psychoanalysis becomes dry and abstract. It will seem arbitrary and made-up.

In accordance with what I understand, this is the study of humans minds, that offers the way of thinking, wanting, dreaming, in insights and that is put through literary works. In my case to analyze the memoir *Mind on Fire: A Memoir of Madness and Recovery*, this insight fits well as the experience the main character experiencing applies psychological conditions that Arnold is having.

### **2.3 Depression**

Davison (2012), Neale (2012), and Kring (2012) stated that depression is an emotional condition usually characterized by extreme sadness, feelings of meaninglessness and guilt, withdrawal from others, unable to sleep, loss of appetite, loss of interest, and pleasure infrequently performed activities. According to Grasha and Kirschenbaum (as cited by Saam and Wahyuni, 2012), depression is sadness and worry for a long time accompanied by feelings of worthlessness.

In accordance with what I understand, depression means the condition where one feels extreme sadness, worthlessness, and feelings of losing interest on hobby, social interactions, and daily activities as the mood become unpredictable or low. If it is not treated properly, it could be dangerous as the person who has it could ended up destructing or harming themselves or others around them.

### **2.3.1 Types of Depression**

There are several types of depression, however I will only explain and breakdown some of it as it relates to the main character that I am analyzing. In accordance with DSM-5 (Nolen, 2020: 172) depression can take many different forms. The DSM-5 recognize several specific subtypes as follows:

#### **2.3.1.1 Depression with Anxious Distress**

Anxiety is extremely common in depression (Watson, as cited from Nolen 2020: 172) people with this subtype usually have prominent symptoms as well as depressive symptoms.

In accordance with what I understand, anxiety is common amongst the people who have depression. Anxiety distress due to depression relates to what I am analyzing, as the main character experiencing and showing several scenes of him having anxiety.

#### **2.3.1.2 Depression with Melancholic Feature**

Depression with melancholic features means the psychological symptoms of depression are particularly prominent. Depression with melancholic features usually have inability to experience pleasure, distinct depression mood, feeling agitation or losing appetizing. (Nolen, 2020: 172)

In accordance with what I understand, depression with melancholic feature means the person who is experiencing it is hard to feel a lot of things. Depression with melancholic feature relates to what I am analyzing, as the main character experiencing and showing several scenes of him experiencing the feeling of agitated.

### **2.3.1.3 Depression with Seasonal Pattern**

Depression with seasonal pattern usually referred to depression at least have history of fully recovering from major depressive episodes. They became depressed when the daylight hours are short and recover when daylight hours are long. Some people with this disorder actually develop mild or forms of mania or have full manic episodes during summer months. (Nolen, 2020: 173)

In accordance with what I understand, seasonal depression patterns mean the people who have it will experience mood changes without reason especially during seasonal changes. This relates to my research, as the main character from the book I am analyzing would show several scenes of him experiencing the seasonal depression state especially when it is nearing summer.

To summarize it all, there are three categories of depression symptoms. First, the symptoms of major depressive disorder, example: feeling depressed or loss of interest. Second, the social withdrawal or agitation feelings. Third, experiencing a mood change during seasonal changes, especially summer.

### **2.4 Death Instinct**

The death instinct was pioneered by Sigmund Freud. Freud in his psychological theory, he believed human behavior and habits were based on two essential energies. First is life instinct. Since we were born, we have a basic human instinct for life called Eros. The life instinct of Eros contains the desire to continue living and to grow, having lust and also desire for another humans.

Meanwhile death instinct or Thanatos is the instinct to die and destruction. Death instinct usually reflected through various behaviors such as violence and self-destructions (Ernest, 1957). Death instinct also leads to self-injury or to suicide. This can be shown through an aggressive behavior towards oneself or others. (Hilgard, as cited by Minderop, 2018).

The death instinct is characterized by a desire to destroy the individual or others. Freud also stated that everyone in their subconscious mind has a desire to die but is always repressed by the ego. Meanwhile, for the people who have a death instinct inside them, it is as if nothing can no longer hold them. (Koswara, 1991: 36)

In accordance with Freud (cited in Stangor, 2004) psychological structures have three elements in human. Which are the id, ego and superego. The three elements are separate but interact closely with one another.

The id is the one that underlines someone's character. It is usually based on satisfaction in human being. The life instinct since birth were called id, if something traumatic happens, it can create a death instinct in the id.

Next is ego, which is reality. In human beings, ego usually will try to fulfill the id to create a sense of satisfaction. The last is superego, which is the human knowledge of being socially accepted by the moral value that one holds.

A healthy mind will consciously choose superego to fulfill the satisfaction because of moral values that oneself holds. Meanwhile the superego will consistently repress the death instinct because of ego, which is reality. The id will compile them all in order to achieve satisfaction. If that can not be achieved, it will cause a great anxiety. Someone with a death instinct also tends to vent out their frustration through the world or the ego will try to fulfill it by doing violence to others or towards oneself.

In accordance with Freud (Koswara, cited by Aggraini, 2018) in his psychoanalytic theory, death instinct is a desire whose goal is to reduce psychological tension to the minimum degree or to reach death. The reason was because the energy became preserved at all cost.

Sigmund Freud first proposed the death instinct theory in his book titled *Beyond the Pleasure Principle*, which he wrote for the pleasure principle. Sigmund Freud changes his mind in viewing the repetition of compulsion and said that the logic of death drive insisted the energy to be lowered into nothing, and restored to a resting state, as it is the symbol of returning into inorganic stasis which he believed to be the best state of all matter.

To summarize it all in accordance with what I understand, the death instinct pioneered by Sigmund Freud were believed to be the one who drive human minds in doing all things that derives of the basic needs, and in order to achieve the satisfaction effects, it is needed to holds through id, ego, and superego.

In my case, this relates to what I am analyzing, as the main character, Arnold Thomas Fanning were facing great difficulty on his id due to depression, so his id changes from the will to live to the will to death instead. The ego starts to take over by making Arnold into thinking various ways to end his life, such as planning to die by swallowing pills all at once, or by planning to jump on railways train that pass by. The superego on him, suddenly sparks, so Arnold decides to repress his id and ego which is the will to die and how to carry his death plans, into keeps on to live despite all the pains he has to endure.

## **2.5 Previous Related Studies**

*Mind on Fire: A Memoir of Madness and Recovery* by Arnold Thomas Fanning is such an interesting memoir as it contains a lot of mental health issues on it. As far as I know, there was not any previous related studies on this memoir yet, especially with the theories of Depression and Death Instinct. However, as I try to look it up based on the theories of Depression and Death instinct, I found several studies with similar approaches as I will attach bellow:

The first research *Depression leads to Death Instinct in A Star is Born Movie Script by Bradley Cooper* (2021) which was compiled by Dandy Gifarhan Alfaridzi an English Language and Culture Department of Darma Persada University, Faculty of Language and Culture. He identified and classified the depression and death instinct psychoanalysis theory by Sigmund Freud were depicted in Bradley Cooper movie script *A Star is Born* and analyzed that the concept of depression and death instinct connected to one and another. The analyzation on the character named Jack Mane, in the *A Star is Born* movie showed that he is facing state of deep sadness due to depression he is having, hence that is why Jack had the wish to die instead. In the end, he did kill himself.

The second research is *The Reflecton of Depression and Death Instinct on Character Megan in Gayle Forman's "I Was There" novel*. Which was compiled by Adriani Kusuma Wardani an English Language and Culture Department of Darma Persada University, Faculty of Language and Culture. it was identified and classified the depression leads to death instinct reflected on *I Was There* novel through psychoanalysis theory of Sigmund Freud and were depicted through character of Megan in Gayle Forman's novel. Through the analyzation were shown that Megan who had been having depression for a long time, suddenly started to have suicidal thoughts, as she went for professional help, apparently, she joined wrong group support, which is a suicide group that applauding her death impulse instead. It resulted on Megan planning to kill herself by drinking industrial-strenght cleaner all by herself. In the end she died of killing herself.

The third research is journal *A Study of Life and Death Instinct in Paula Veronika Decides to Die by Paulo Coelho*. Which was compiled by English Department, Faculty of Letter, University of Jember it was identified that through Freud theory of connecting the id, ego and superego. It was shown that through eros or the will to live, the main character Veronika, lacked the feeling of being loved so she tried to end her life which resulted on her being in a mental hospital. She then met a man and fell in love, as her superego said she should never speak of love to a man she barely knew, then the ego as decission maker, resulted on her into falling in love. As her lover died, Veronika decided to move on, get out of the mental hospital, so she did and since then she found the motivation to live again.

To summarize all, in accordance with what I understand, through psychoanalysis which were pionereed by Sigmund Freud, it was found that depression and the death instinct were connected one another, and its is different for each person who experienced it. The psychological conditions were also found in the novel that I analyze titled *Mind on Fire: A Memoir of Madness and Recovery*. I will analyze the novel by using depression and death instinct concept.