

REFLECTION OF LOVE AND ANXIETY IN THE NOVEL

***SAFE HAVEN* BY NICHOLAS SPARKS**

TERM PAPER

Submitted in Part-Fulfillment for Obtaining Strata One (S-1) Degree



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2014

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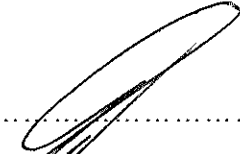
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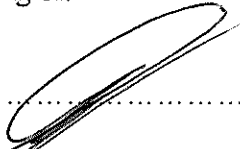
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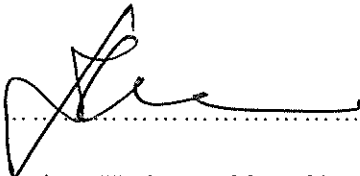
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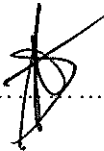
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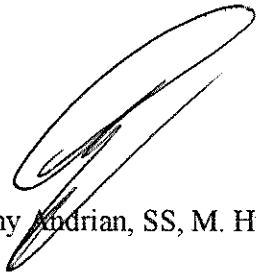
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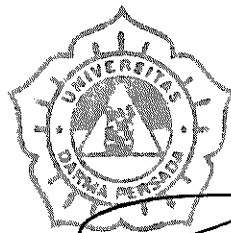
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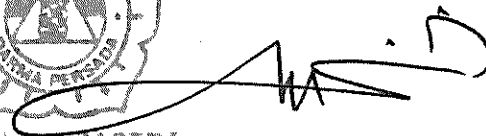
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PREFACE

Alhamdulillahirabbil'aalamiin, I extend gratitude to Allah SWT who has given mercy and blessing so I could complete this term-paper well. The title of this term-paper is *Reflection of Love and Anxiety in the Novel Safe Haven by Nicholas Sparks*.

This term paper is submitted to the Strata One English Department of Darma Persada University as a partial fulfillment of the requirements for obtaining the Strata One (S1) degree.

Completion of this research cannot be separated from the help and support from various parties. Therefore, on this occasion I would like to say my thanks to those who give contribution for me in the completion of this research, which I listed as follows:

1. Tommy Andrian, SS, M. Hum as the Advisor who has guided me with great detail to make an excellent term-paper and also as the Head of Faculty of Letters. He always gives me the knowledge and inspiration.
2. Agustinus Hariyana, SS, MSi as the Reader who reads and checks this term-paper carefully and patiently. Your references are really helpful.
3. Mr. Syamsul Bachri, SS, M.Si as the Dean of Faculty of Letters.
4. All my beloved lecturers of English Department who have given me so much knowledge, experience and moral learning from my first day I enter this university until I graduate, thank you for everything.
5. My dear family, especially for my father and my mother who always pray for me to finish my education. My brother, Aditya who always gives me advice to finish this term-paper. All your supports and loves are really meaningful for me.
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7. My fantastic friends from class 2010, Arini Qolby, Nana Namii, Amy Henoe, Fany Centi, Firza, Anin, Ernie, Indah and Shella who always share your knowledge to prepare the term paper.
8. All my college friends that I cannot mention one by one for your support.

Nobody is perfect. That is the appropriate aphorism for this term-paper. I realize that this term-paper is far from perfect. There are many lacks and errors because of the limitations and abilities that I have therefore, suggestions and criticisms are welcome.

Jakarta, August 25, 2014

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ABSTRACT

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Entitled : Reflection of Love and Anxiety in the Novel *Safe Haven* by
Nicholas Sparks.

This term paper discusses a literary novel by using intrinsic and extrinsic approaches. Through the intrinsic approach the writer uses characterization, setting, and plot. Through the extrinsic approach the author uses psychoanalysis, the concept of love and anxiety. Method that is used is qualitative method; the kind of method is study of literature, nature interpretive research/analysis with the method of data collection in the novel texts from *Safe Haven* novel by Nicholas Sparks and is supported by some of the literature related to the theory/concepts/definitions that suitable as a secondary source

Keywords:

Characterization, Setting, Plot, Love, and Anxiety

ABSTRAK

Nama : Tya Kusuma Dewi
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Judul : Reflection of Love and Anxiety in the Novel *Safe Haven* by
Nicholas Sparks.

*Skripsi ini membahas tentang karya sastra novel dengan menggunakan pendekatan intrinsik dan ekstrinsik. Melalui pendekatan intrinsik penulis menggunakan perwatakan, latar dan alur. Melalui pendekatan ekstrinsik penulis menggunakan psikoanalisis, yaitu konsep cinta dan kecemasan. Metode yang digunakan adalah metode kualitatif, jenis penelitian kepustakaan, sifat penelitian interpretative/analisis dengan metode pengumpulan data berupa teks dari novel *Safe Haven* karya Nicholas Sparks dan didukung oleh beberapa literature yang terkait dengan teori/konsep/definisi yang sesuai sebagai sumber sekunder.*

Kata kunci:

Perwatakan, Latar, Alur, Cinta, dan Kecemasan

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CHAPTER I

INTRODUCTION

A. Background of the Problem

Nicholas Charles Sparks has born on December 31, 1965 in Omaha, Nebraska. He lives in North Carolina with his family. Nicholas Sparks is one of the world's most beloved storytellers. His another works are *Message in a Bottle* (1998), *A Walk to Remember* (1999), *The Rescue* (2000), *A Bend in the Road* (2001), *Nights in Rodent* (2002), *The Guardian* (2003), *The Wedding* (2003), *True Believer* (2005), *At First Sight* (2005), *Dear John* (2006), *The Choice* (2007), *The Lucky One* (2008), *The Last Song* (2009), *Safe Haven* (2010), *The Best of Me* (2011), and *The Longest Ride* (2013).¹

This novel tells about story of woman named Katie. She has married with Kevin. She always experiences of violence during married with Kevin. She feels uneasy during stay at Kevin's house. She often treats harshly by her husband. It makes her feel anxious and afraid when she has to meet Kevin.

She begins to feel uncomfortable living with Kevin. She decides to go out of the house for leaving Kevin and seeking a safe place. She is looking for a place to stay in the small North Carolina town of Southport. She is trying to look for tranquility with finding a job and a new place to stay with a new identity. She changes her name "Erin" to "Katie" and also changes her appearance to make her husband difficult to find her.

Then, she works in small restaurant. She finds new friends and new activities. Suddenly, she meets a man named Alex. He is a widower with two kids. At first she does not interested with Alex. Katie slowly begins to relax her guard

¹ "Nicholas Sparks", April 22, 2014, available from <http://nicholassparks.com/about/>

and becomes increase attached to Alex and his family. But even as Katie begins to fall in love, she struggles to prevent her dark secret that still haunts and terrifies. Finally, Katie feels comfort when she closes to Alex. She feels that love is the only true safe haven.

The writer raises the problem in this novel is Katie character comes under pressure to make excessive anxiety. The anxiety makes her afraid to open up to others. Finally, she can eliminate the anxiety feeling. She begins to feel the love and sense of safety that she never feels before.

B. Identification of the Problem

Based on the background of the problem above, the writer identifies the problem of this research is: Katie's struggle to eliminate the anxiety feeling and starts a new life. The writer assumption in this novel is reflection of love and anxiety in novel *Safe Haven* by Nicholas Sparks.

C. Limitation of the Problem

Based on the identification of the problem above, the writer limits this research to study the characters of Katie, Alex, and Kevin. Theories and concepts the writer uses are intrinsic and extrinsic approaches. Through intrinsic approaches the writer uses characterization, setting and plot. Through extrinsic approaches the writer uses love and anxiety.

D. Formulation of the Problem

Based on the limitation of the problem above, the writer formulates the problem whether my assumption is correct that the theme of this novel is love and anxiety. To answer this question, the writer formulates the problem as follows:

1. Can the methods of telling and showing be used to analyze the characterization in this novel?
2. Can the concept of setting and plot be used to analyze this novel?
3. Can the concepts of love and anxiety be used to reflect the characterization in this novel?
4. Can the theme of this novel be reinforced through literary and psychological approaches?

E. The Objectives of the Research

Based on the formulation of the problem above, the purpose of this study is to show that the theme of this novel is love and anxiety. To achieve this goal the writer takes some steps as follows:

1. To analyze the characterization through the methods of telling and showing.
2. To analyze the story of the novel through the concept of setting and plot.
3. To analyze the character of Katie through the concepts of love and anxiety.
4. To reinforce the theme through the psychological and literature approaches.

F. Framework of Theories

Based on the objective of the research above, the framework of the theories uses intrinsic approach and extrinsic approach. Intrinsic approaches are characterization, plot, and setting. Extrinsic approach is psychoanalysis, love and anxiety.

1. Intrinsic Approaches

The word *intrinsic* means something that is related to the essential nature of thing. Through this approach, the writer uses the concepts of James H. Pickering and Jeffrey D. Hooper in his book titled *Concise Companion to Literature*:

a. Characterization

Characterization is about the character in a story. Characters² in fiction can also be distinguished on the basis of whether they demonstrate the capacity to develop or change as the result of their experiences. The methods the writer used to analyze this novel are telling and showing methods.

1) Telling Method (*Direct*)

Telling Method (*Direct*) relies on exposition and direct commentary by the author. We learn and look only at what the author calls to our attention.³ Direct methods of revealing character-characterization by telling-include

² James H. Pickering & Jeffrey D. Hooper, *Concise Companion to Literature* (New York: Macmillan Publishing Co., Inc., 1981), p. 26.

³ *Ibid*, p. 27

characterization through the use of names, characterization through appearance, and characterization by the author. But in this research the writer will use characterization by the author.

a) *Characterization by the Author*

In the most customary form of telling, 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 feelings that enter and pass through the characters' minds. By so doing the author asserts and retains full control of characterization.⁴

b) *Characterization through appearance.*

Although in real life most of us are aware that appearances are often deceiving, in the world of fiction details of appearance (what a character wears and how he looks) often provide essential clues to character.⁵

2) Showing Method (*Indirect*)

The method of characterization which involves the author's stepping aside, as it were, to allow the characters to reveal themselves directly through their dialogue and their actions.⁶

a) *Characterization through Action*

To establish character on the basis of action, it is necessary to examine 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 values. Some actions, of course, are in errantly meaningful in this respect than others. A gesture or a facial expression usually carries with it less significance than some larger and overt act.⁷

b) *Characterization through Dialogue*

Some light fiction reproduces dialogue as it might occur in reality, but the best authors trim everything that is inconsequential. What remains is weighty and substantial and carries with it the force of the speaker's attitudes, values, and beliefs. Some characters are careful and guarded in what they say: they speak only

⁴ *Ibid*, p. 30

⁵ *Ibid.*, p. 29.

⁶ *Ibid.*, p. 27.

⁷ *Ibid*, p. 34

by indirection, and what we must infer from their words what they actually mean. Others are open and candid; they tell us, or appear to tell us, exactly what is on their minds. Some characters are given to chronic exaggeration and overstatement; others to understatement and subtlety.⁸

b. Setting

Setting is one of the elements of the fiction. Settings in fiction are called on to perform a number of desired functions. It may serve four elements.⁹

1) Setting as Background for Action.

Fiction requires a setting or background of some kind, even if it only resembles the stage set of the daytime television soap opera. Kind of setting that exists by and large for its own sake, without any clear relationship to action or characters, or a relationship that is only tangential and slight.¹⁰

2) Setting as Antagonist.

Setting in the form of nature can function as a kind of causal agent or antagonist, helping to establish plot conflict and determine the outcome of events.

3) Setting as a Means of Revealing Character.

Very often the way in which a character perceives the setting, and the way he or she reacts to it, will tell the reader more about the characters and his state of mind than it will about actual physical setting itself. This is particularly true of works in which the author carefully control; the point of view.¹¹

4) Setting as a Means of Creating Appropriate Atmosphere

Many authors manipulate their settings as a means of arousing the reader's expectations and establishing an appropriate state of mind for events to come.

5) Setting as a Means of Reinforcing Theme

Setting also be used a means of reinforcing and clarifying the theme of novel or short story.¹²

⁸ *Ibid*, p. 32

⁹ *Ibid*, p 38 *et. seq.*

¹⁰ *Ibid*.

¹¹ *Ibid*, p. 41

¹² *Ibid*. 44

c. Plot

Plot is the way related to the story or drama.¹³ A plot is also a narrative of events, the emphasis falling on causality.¹⁴ There are five elements in the plot:

1) 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 some novels, occupy an entire chapter or more. Some plots require more exposition than others. A historical novel set in a foreign country several centuries ago obviously needs to provide the reader with more background information than a novel with a contemporary setting.¹⁵

2) Complication

The complication, which is sometimes refer to as the rising action, breaks the existing equilibrium and introduces the character and the underlying or inciting conflict (if they have not already been introduced by the exposition). The conflict is then developed gradually and intensified.¹⁶

3) Crisis

The crisis (also referred to as the climax) is that moment at which the plot reaches its point of greatest emotional intensity; it is the turning point of the plot, directly precipitated its resolution.¹⁷

4) Falling action

Once the crisis, or turning point, has been reached, the tension subsides and the plot moves towards its appointed conclusion.¹⁸

5) Resolution

The final section of the plot is its resolution; it records the outcome of the conflict and establishes some new equilibrium or stability (however tentative and

¹³ *ibid*, p. 27

¹⁴ *ibid*, p. 13

¹⁵ *ibid*, p. 16 *et seq.*

¹⁶ *ibid.*

¹⁷ *ibid.*

¹⁸ *ibid.*

momentary). The resolution is also referred to as the conclusion or the denouement, the latter a French word meaning “unknotting” or “untying”.¹⁹

2. Extrinsic Approaches

a. The Definition of Psychology

Psychology is the scientific study of behavior and mental processes. The term “psychology” comes from the Greek words “psyche” (the soul) and “logos” (study) and reveals the original definition as the study of the soul (later, of the mind). *Scientific study* implies using such tools as observation, description, and experimental investigation to gather information and then organizing this information. *Behavior* is defined broadly to include actions that can be readily observed, such as physical activity and speaking, as well as other “mental processes” that occur even though they cannot be observe directly, such as perceiving, thinking, remembering, and feeling.²⁰

b. Love

Love refers to that kind of love which is hypothesized to exist between opposite-sexed peers.²¹ R. J. Sternberg (1986) Says that love's social anatomy is made up of commitment, intimacy, and passion.²² Robert Sternberg (1986) proposed one of the most popular classifications: the triangular theory of love which can be derived from three components. The first is intimacy; which involves liking, feelings of closeness, and connectedness, bond. Passion is the second component, which encompasses the drives that lead to romance, physical attraction, and sexual consummation. Finally commitment reflects the decision, in the short term, that one loves another, and, in the long term, the decision to maintain that love.²³

¹⁹ *Ibid*, p. 17

²⁰ Ernest R. Hilgard, Richard C. Atkinson, and Rita L. Atkinson, *Introduction to Psychology Six Edition* (United States of America: Harcourt Brace jovanovich, Inc, 1975), p. 10

²¹ A team of Expert, *Advanced Learner's Dictionary of Psychology*, (New Delhi: Anmol Publications Pvt. Ltd, 2000), P. 129

²² Stantrock, John, *PSYCHOLOGY The Science of Mind Behavior*, (United States of America: Wm. C. Brown Publisher, 1986), p. 589

²³ Social Psychology, “liking and loving”, available from <http://psypress.co.uk/smithandmackie/resources/study.asp?study=ch11-cs-02>, on Wednesday, February 12, 2014

c. Anxiety

Anxiety is usually defined as a diffuse, vague, highly unpleasant feeling of fear and apprehension. Individuals with high levels of anxiety worry a lot. The main features of anxiety disorders are motor tension (jumpiness, trembling, inability to relax); hyperactivity (dizziness, a racing heart, or possible perspiration); apprehensive expectations and thoughts; vigilance and scanning reflected in hyper attentiveness. In a recent national survey, one in every twelve individuals said that anxiety was so bothersome to them that they were classified as having an anxiety disorder (Regier & others, 1984). Four important subclasses of the anxiety disorders are generalized anxiety disorders, panic disorder, phobic disorder, and obsessive compulsive disorder.²⁴

G. Method of the Research

Based on the framework of theories above, the writer uses a variety of qualitative research method, type of literary research, interpretive/analysis research with the method of data collection in the form of literary text from the novel titled *Safe Haven* by *Nicholas Sparks* as a primary source and supported by some literatures related to the theory/concept/definition suitable as a secondary source.

H. Benefit of the Research

Based on the methods of research above, this research is expect to be useful for those who interested in deepening knowledge of the novel "Safe Haven" by Nicholas Sparks. This research also useful because it is done through a new perspective by applying concepts: love and anxiety which are covered in the field of psychological personality that shows something new and appropriate enough for the future research.

I. Systematic Organization of the Research

Based on the benefit of the research above, the systematic organization is written as follows:

²⁴ Stantrock, John, *PSYCHOLOGY The Science of Mind Behavior*, (United States of America: Wm. C. Brown Publisher, 1986), p. 481

CHAPTER I : INTRODUCTION

It consists of Background of the Problem, Identification of the Problem, Limitation of the Problem, Formulation of the Problem, Objective of the Research, Framework of Theories, Method of the Research, Benefit of the Research, Systematic Organization of the Research.

CHAPTER II : ANALYSIS OF NOVEL *SAFE HAVEN* THROUGH INTRINSIC APPROACH

It contains a glimpse of characterization through telling and showing methods, plot, and setting by using the concept of plot, and setting by using the concept of setting and plot.

CHAPTER III : ANALYSIS OF NOVEL *SAFE HAVEN* THROUGH EXTRINSIC APPROACH.

It contains a glimpse of psychology of personality, love and anxiety, Safe Haven.

CHAPTER IV : CLOSING

Contains the conclusion is indicate that the theme of this novel is Love and Anxiety in The Novel *Safe Haven* by *Nicholas Sparks*. It presents an overview of the research subjects in the previous chapter as well as implication from studies of other variables.

Attachment: References and Scheme of the Research