

**THE REFLECTION OF STRESS AND ALCOHOLISM
CONCEPTS ON CHARACTER OF KEVIN
IN NOVEL “SAFE HAVEN” BY NICHOLAS SPARKS**

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Strata One (S-1) Degree



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I hereby declare that the term-paper is the result of my own work, and all the sources quoted or referenced have been stated correctly.

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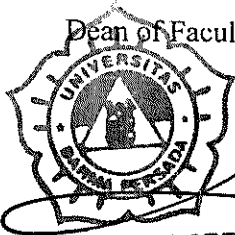
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PREFACE

Alhamdulillah rabbi 'aalamiin, I praise and gratitude to Allah SWT who has given the mercy and blesses to me to be able to finish my term paper entitled "*The Reflection of Stress and Alcoholism Concepts on Character of Kevin in Novel Safe Haven by Nicholas Sparks*".

This term paper is submitted as a partial fulfillment of the requirements for obtaining the Strata One (SI) degree. Behind the making process of this term paper, there were a number of incredible people who always guide and support me in my hard times.

On account of that, I would like to say a lot of gratitude to them, those incredible people are:

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Overall, I realize if this term paper is far from being perfect. I hope this term paper is useful for the readers.

Jakarta 2015

writer

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ABSTRAK

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Skripsi ini membahas tentang tema karya sastra novel dengan menggunakan pendekatan intrinsik dan ekstrinsik. Melalui pendekatan intrinsik diterapkan konsep: Karakterisasi, Latar, dan Alur. Melalui pendekatan ekstrinsik adalah Stress oleh Chaplin J.P dan Alkoholisme oleh Dr. E. Jellinek. Penelitian ini adalah berbagai penelitian kualitatif, jenis penelitian kepustakaan, interpretatif / analisis dengan menggunakan metode pengumpulan data berupa teks sastra dari novel Safe Haven karya Nicholas Sparks sebagai sumber utama dan didukung oleh beberapa literatur untuk menghubungkan teori, konsep dan definisi yang relevan sebagai sumber sekunder.

Kata kunci: Karakterisasi, Latar, Alur, Stress, dan Alkoholisme.

ABSTRACT

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Title : The Reflection of Stress and Alcoholism Concepts on
Character of Kevin in Novel by Nicholas Sparks

This term paper discusses about the theme of a literary work of novel using the intrinsic and extrinsic approaches. Through the intrinsic approaches are applied concepts: characterization, setting, and plot. Through the extrinsic approach is Stress by Chaplin J. P and Alcoholism by Dr. E. Jellinek. This study is the variety of qualitative research, types of library research, interpretative analysis using the method of data collection in the form of literary texts from the novel *Safe Haven* by Nicholas Sparks as a primary source and supported by some of the literatures to relate the theory, concept and the relevant definition as a secondary source.

Key words: Characterization, Setting, Plot, Stress, and Alcoholism.

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CHAPTER I

INTRODUCTION

A. Background of the Research

Novel is one of the examples of literature work. It is not just literature work that can describe the reflection of the author's life, but it also can entertain us, or it is one of the best things for some people to read. By reading a novel, a man can be really emotional or fly into their imagination when he or she gets the message of the author.

Many people, now, try to write novels to drive the readers into their imagination. They use many kinds of genre of novels. One of the most famous genre is romantic. Talking about romantic novels, it is something impossible not to involve Nicholas Sparks who is well-known for his own novel *A Walk To Remember* which had been filmed.

Nicholas Charles Sparks is an American novelist, screenwriter and producer. He was born on December 31, 1965, in Omaha, Nebraska. He is the son of Patrick Michael Sparks and Jill Emma Marie Sparks. He has a wife named Cathy Cote. He has got three sons and twin daughter. He is a family man. He has seventeen published novels plus one non-fiction. Eight of his romantic-drama novels have been adapted to film such as *A Walk To Remember*, *The Lucky One*, *The Notebook*, and *Message A Bottle*.

Another novel from Nicholas Sparks that has been adapted to film is *Safe Haven*. It tells about Katie, a beautiful 27-year-old woman. Katie has a husband named Kevin. Kevin often tortures Katie such as hitting and kicking her. Kevin also forbids Katie to go out of their house without him. The torture that Kevin does is affected by drinking too much alcohol. Kevin is stressed of his everyday work which investigates murder cases and it makes him fall into alcohol. Even though, Kevin

often apologizes for what he has done, Kevin still does the same things. This makes Katie feel like to flee from their house.

Then, she prepares her plan to flee completely. She does move to Southport, North Carolina which is far enough from her own house. She always hides her identity in order to make Kevin does not where she is hiding. She begins to be comfortable to live in Southport. She meets with a widower named Alex. Alex has got two children. Alex who worked in CID to cope criminal cases can scent there is something bad in Katie's past. Katie tells about all of her bitter past, even though it takes long time to think about it. They all realize that they have been falling in love each other. Unfortunately, Kevin begins to be able find Katie and look into where Katie is. After that, Kevin goes to Southport to bring Katie back.

Kevin, who is getting drunk, finds Katie with another man, Alex. Kevin becomes suspicious and accuses them that they have done adultery. Kevin is going off and burns Alex's house as his anger. However, Katie and Alex's children can be safe. Kevin has a plan to kill Katie and Alex by using a gun. Fortunately, Katie can take the gun and kill Kevin. Police explains that at that time the percentage of alcohol in Kevin is so high. (Wikipedia)

According to the summary of a novel above, Kevin is a cruel person because he often tortures his wife that is supposed to be protected by him. Kevin even feels like to kill Katie. It makes tragedy in their household. The torture that Kevin does is caused by Kevin's habit who likes to get drunk or drink alcohol.

This study will show that there is such a great effect that is caused by drinking alcohol towards a man's mental condition that he/she can lose his/her control. Even though I will be studying this, there are some people who already studied *Safe Haven*. Therefore, I will include the studies done by some people before me.

B. Literature Review

Based on previous novels of Nicholas Sparks before *Safe Haven*, *Safe Haven* is not so different from previous novels that tell about men's life that are filled with

tragedies so that there are a few people who give criticism. The criticism is different, as follow:

Tonia Rutherford (2013:1) studies the exact meaning of *Safe Haven* that is meant by Nicholas Sparks. Rutherford explains that *Safe Haven* is not just a title that tells about the past of Katie with her cruel and heartless husband but also tells about how Katie is able to solve her problems and finds peace for her.

April Loebick (2013:1) observes about the distinction between *Safe Haven* novel and *Safe Haven* film. Loebick explains in details the kinds of distinctions between *Safe Haven* novel and *Safe Haven* film like Kevin is more heartless in the novel than the film. The name of Alex's daughter in the novel is Kristen while in the movie is Lexie and so on.

Chatter (2013:1) studies about darkness in *Safe Haven* novel. The darkness is the past of Katie that is hidden along with the sadness that come to some of characters' life in the novel such as Alex is saddened after his wife dead.

An account named Everyday Miracles in hubpages.com gives criticism for several matters in *Safe Haven* novel. For instance, he criticizes the ending of the novel that is not shocking at all and the relationship between Alex and Katie develops too quickly. She also adds that half of the plot does not have a strong character development.

Nanda (2012:1) gives critical review towards *Safe Haven* novel. She criticizes that Sparks does not tell much about the past of Kevin and the ending is not organized.

C. Identification of the Problem

Based on the background of the problem above, I identify the problem: Kevin is stressed and tired of his heavy work in handling murder cases. He drinks alcohol in order to lose the stress and exhaustion. As he drinks too much alcohol, he is not able to think properly. He tortures his wife and tries to kill her. I assume that the theme of

this novel is The Reflection of Stress and Alcoholism Concepts on Character of Kevin.

D. Limitation of the Problem

Based on the identification of the problem above, I put limit on the problem of the novel as follows:

Theory and concepts that I will apply as follow:

1. Through intrinsic approach: third person omniscient, characterization, setting, plot, and theme.
2. Through extrinsic approaches which are the psychology of literature and the psychology of personality: stress d and alcoholism.

E. Statement of the Problem

Based on the limitation of the problem above, I state the problem: Is the assumption of the theme of this novel which is the reflection of the concepts of stress and alcoholism on character of Kevin in novel Safe Haven true? In order to answer this question, I state next problems.

1. Is the third person omniscient able to apply for analyzing characterization and setting?
2. Are the analysis of characterization, setting, and plot able to reflect the existence of stress and alchoholism?
3. Is the analysis of theme able to develop through the result of analysis: third person omniscient, characterization, setting, and plot along with reflecting concepts: stress and alcoholism?

F. Objective of the Research

Based on the statement of the problem above, I aim to reflect that the theme of this novel is the reflection of the concepts of stress and alcoholism in the character of Kevin. In order to reach this aim, I make several steps as follow:

1. To analyze characterization, setting, and plot through third-person omniscient point of view.
2. To analyze characterization, setting, and plot in order to reflect the existence of stress and alcoholism concept.
3. To analyze theme through the result of analyzing: third person omniscient, characterization, setting, and plot that reflect the concepts of stress and alcoholism.

G. Framework of Theories

Based on the objective of the research above, I apply theory and concepts that consist of intrinsic approach and extrinsic approach; the psychology of literature/the psychology of personality. Literature theory which is applied: point of view with third person omniscient technique, characterization, setting, plot, and theme. Through the psychology of personality, it is begun with the definition of the psychology of literature and the relationship of the psychology of literature with psychology along with the psychology of personality.

1. Through Intrinsic Approach applied the concepts of:

- a. Characterization

According to Minderop (2005:2), karakterisasi dalam telaah karya sastra adalah metode melukiskan watak para tokoh yang terdapat dalam suatu karya fiksi. (My translation: characterization in the analysis of literature work is the method to describe the characters involved in a

literature fiction). Usually the authors use some methods to describe the characterization of the story characters in their fiction. One of the methods that generally applied by an author is point of view. Therefore, I apply third-person omniscient point of view in order to analyze the characterization of the characters in *Safe Haven*.

b. Third-Person Omniscient

Pickering and Hoepfer (1980:45) found "Third-person omniscient is the existence of narrator outside the work. With the omniscient point of view, the narrator imposes himself between the reader and the story, and retains and complete control over the narrative. By definition, the narrator is an all-knowing presence."

c. Setting

Pickering and Hoper (1980:37) stated that setting encompasses both the physical locale that frames the action and the time of day or year, the climactic conditions, and the historical period during which the action takes place. Setting in fiction is called on to perform a number of desired functions. Setting may serve (1) to provide background for the action; (2) as an antagonist; (3) as a means of creating appropriate atmosphere; (4) as a means of revealing character; and (5) as a means of reinforcing theme.

1) Setting as Background for Action

Setting as background for action is the setting that explains the places where the events of literature work occur.

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 Creating Appropriate Atmosphere

Setting as a means of creating appropriate atmosphere is the setting that describes the state or the atmosphere in literature work that can arouse the state of readers.

4) Setting as A Means of Revealing Character

Setting as a mean of revealing character is 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 character and his state of mind than it will about the physical setting itself.

5) Setting as A Means of Reinforcing Theme

Setting as a means of reinforce theme is used to be a means of reinforcing and clarifying the theme of a novel or short story. It is the setting that explains the idea of an author in literature work that is expected to send to the readers.

d. Plot

Pickering and Hoper's (1980:14) study found the following: plot is the deliberately arranged sequence of interrelated events that constitute the basic narrative structure of a novel or a short story. Events of any kind inevitably involve people and for this reason it is virtually impossible to discuss in isolation from character. Plot is often conceive of moving through five distinct sections or stages, as follow:

1) Exposition

Exposition is the beginning section in which the author provides the necessary background information, sets the scene, establishes the situation and starts the action. It may also introduce the characters and the conflict, or the potential for conflict.

2) Complication

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

3) Crisis

The crisis, 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 precipitating its resolution.

4) Falling Action

Falling action happens once the crisis, or turning point has been reached, the tension subsides and the plot moves toward its appointed conclusion.

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. It is also referred to as the conclusion.

e. Theme

Pickering and Hoper studied (1989:60) that theme is one of those critical terms that mean very different things to different people. To some, who think of literature mainly as vehicle for teaching, preaching, propagating a favorite idea, or encouraging some form of correct conduct, theme may mean the moral or lesson can be extrapolated from the work. In literature, theme is the central idea or statement about that unifies and controls the total work. Theme is the comment or statement the author makes about that subject as it necessarily and inevitably emerges from the interplay of the various elements of the work. Theme in literature can be said to represent the vehicle an author uses to establish a relationship with the larger world in which he or she lives and works. It is the author's way of communicating and sharing ideas, perceptions, and feelings with his readers or, as is often the case, of probing and exploring with them the puzzling questions of human existence, most of which do not yield neat, tidy, and universally acceptable answers (Pickering and Hoyer, 1980, p. 60).

2. Through extrinsic approach applied the concepts of:

a. Literature Psychology

Ethymologydictionary.com stated that the word psychology literally means, "study of the soul" ($\psi\upsilon\chi\eta$, psukhē, meaning "breath", "spirit", or "soul"; and $-\lambda\omicron\gamma\omicron\varsigma$ -logos, translated as "study of" or "research"). It means that psychology is the study of human behavior. Meanwhile, Wellek and Warren's (1993:7) study found the following: The psychology of literature has four understanding, as follows: the study of psychology, an author as the person, the study of creative process, and

the effect of literature for the readers and the study of type and low which is the psychology of low that is used in literature work.

b. Stress

The dictionary of Psychology (Chaplin, J.P., 1968:31) defines stress as a state of being pressured, either physical or psychological. The situation is defined negatively by individuals. This stress comes in the form of physical or psychological disorder. A stressed person has some symptoms. These are the following symptoms of stress:

1) Cognitive Symptoms:

Cognitive symptoms refer to problems that have anything to do with brain processes like thinking, attention, perception, memory, reasoning, and problem solving.

2) Emotional Symptoms:

Emotional symptoms are those symptoms that are associated with a person's feelings. Emotional changes can be normal, temporary responses to events; however, disproportionate, extreme, persistent, or unstable emotional reactions may indicate a serious issue.

3) Behavioral Symptoms:

Emotional symptoms are those symptoms that are associated with how to a person behave. For example, eating more or less, sleeping too much or too little, isolating yourself from others, procrastinating or neglecting responsibilities using alcohol, cigarettes or drugs to relax and nervous habits, including biting your nails.

c. Alcoholism

Davie, working with Jellinek's (1960:53) definition states in his refinement that alcoholism is intermittent or continual use of alcohol associated with dependency (psychological or physical) or harm in the sphere mental, or physical, or social social activity.

Dr. Jellinek (1960:119) was the first scientist to create classification for alcoholism, based on the progression of the disease and identifiable types of alcoholics. He identified alcoholism as a progressive disorder, with stages of addiction that intensify the person's tolerance to alcohol's effect increases. The four progressive stages are as follows:

- 1) Pre-alcoholic phase: In this phase, the drinker's alcohol consumption is just means to do a social or recreational activity. Gradually, it becomes a way to relax and deal with stress. However, in this phase a drinker is still indistinguishable from his friends.
- 2) Prodromal phase; At this point the drinker has realized that alcohol as an essential means for dealing with problems. He will make any reason to drink. They begin to fall into alcohol abuse involve drinking to get drunk, forgetting events that happened during drinking time, and being reckless while drinking. They also get more severe hangovers than before.
- 3) Crucial phase: The most obvious change that gets the alcoholic to this stage is loss of control, which signal physical addiction has set in. When a person reach this stage, they do not care with what people around them say. Their drinking habit is not hidden. It becomes more conspicuous to others. They fail at quitting. They make excuses to drink and rationalize their habit.

- 4) The chronic phase: In this phase, prolonged periods of intoxication results in ethical deterioration, severe memory dysfunction, physical traumas, and irrational fears. The chronic phase is associated with deterioration in both occupational and social function. During the chronic phase, the alcoholic may no longer be able to maintain interpersonal relationship or vocational productivity.

H. Methods of the Research

Based on the theoretical framework above, I apply method of study with the variety of qualitative research, the sort of library research, the interpretative character of research with collecting data which is the literature text of the novel entitled *Safe Haven* by Nicholas Sparks as the main source and supported by some literature that is connected with suitable definition or theory as the secondary source.

I. Benefits of the Research

Based on the methods of research above, this study is expected to be useful to those who are interested in getting deeper knowledge of the novel of *Safe Haven* by Nicholas Sparks. This study may be useful since it is done through new perspective along with applying the concepts: stress and alcoholism that include in the psychology of personality that are appeared as something new and uncovered for the next study.

J. Systematic Organization of the Research

Based on the benefits of research above, the system of presentation is structured as follows:

Based on the benefits of research above, systematic organization of this research is arranged as follows:

CHAPTER I: INTRODUCTION

It consists of: background of the research, literature review, identification of the problem, limitation of the problem, statement of the problem, aim of the research, framework of theories, methods of the research, benefits of the research, systematic organization of the research.

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

It consist of: point of view theory (applied third-person omniscient), analysis of characterization, setting, plot, and theme through point of view by applying third-person omniscient. The concepts above have to be appeared in several parts.

CHAPTER III: THE REFLECTION OF STRESS AND ALCOHOLISM ON CHARACTER OF KEVIN BY NICHOLAS SPARKS

It consists of: analysis of characterization through thrid-person omniscient, analysis of setting and plot through the concepts of setting and plot. The analyses above are shown in some sub-chapters.

CHAPTER IV: CLOSING

It consistf of: conclusion that shows the theme of this novel is "THE REFLECTION OF THE CONCEPTS OF STRESS AND TRAGEDY IN THE CHARACTER OF KEVIN THAT CAUSES TRAGEDY", explains observation about main study that contains in chapters along with the implication of study toward other variables.

Attachment: References

Scheme of Research

Abstract