

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Literary work is a part of psychology phenomena, which has several aspects that put inside of the characters. According to (Darmanto, 1985) said literary work and psychology has closer relationship because they have the same object is about human life and the psychological condition of human. Between literary work and psychology has the differences, if in psychology the symptoms are real but in literary work is imagination. According to (Kutha, 2013) states that literary work is the result of author activities that correlate with the symptoms of psychological condition like obsession, contemplation, sublimation and others symptoms that included in psychological problem or disease. The author represents those symptoms through the character in their literary works. One of psychological problem that appears in literary work is about bipolar disorder disease.

Bipolar disorder is one of the biggest psychological diseases around the world, around 27 million people around the world have bipolar disorder, the numbers are actually higher since statistics for children are not yet included (*National Institute of Mental Health, 2012:19*). Bipolar disorder is psychological disease that has correlation with mood state of human life.

“Bipolar disorder is a brain illness that formerly referred to as manic-depressive illness, is a brain illness that causes unusual fluctuations in a person’s mood. These fluctuations are very different from the normal

mood changes most people experience. Those with bipolar disorder commonly have very severe mood changes that can impact all aspects of their lives, including work, relationships, school, and may involve substance abuse and suicide attempts” (Lisa Selbst Weinreb, J.D in National Institute of Mental Health, 2012:19)

According to the statement above, bipolar disorder is a brain illness or psychological disease that can make people easily to change their mood from good mood into bad mood. In bipolar disorders sufferer this condition always happened when they can or cannot catch what they want for example in material sector, in relationship etc. This condition can give some effect for them also for their society.

In this research, the writer choose a memoir novel *Madness: A bipolar Life* written by Marya Hornbacher. It was published on April 1 2008, in Boston, New York. it consist of 298 pages and hit the New York Times Bestseller . Marya Hornbacher is an American author and freelance journalist. She shares the story of her experience battle with mental illness inside her literary work, a memoir novel entitled *Madness: A bipolar life*. In this novel, she tells that bipolar can cause eating disorders, substance abuse, promiscuity, and self-multilation, and that for too long these symptoms have masked. In this memoir, Marya tell if she has bipolar disorder symptoms since she was a kid and it continue until growths up to be adult and getting marriage. When she is getting marriage with her husband, her ambition to be a writer makes her married life destroyed by her ambition. She rarely stays at home and it makes her husband go away from herself. After that tragedy, Marya being worse in her life, she becoming alcoholic, more ambitious for her goals to be a writer and she

also addicted by doing sex. In *Madness: A bipolar life*, Marya Hornbacher not only talks about how is her life can be uncontrolled because of bipolar but also she talks of how she fights from madness and bipolar that destroys her.

When she is finally diagnosed with bipolar disorder, the text describes her reaction in tremendous detail, illustrating the importance of this moment in Hornbacher's work. In *Madness: A bipolar life*, Marya Hornbacher talks of how she fights her way up from a madness that all but destroys her, and what it is like to live in a difficult and sometimes beautiful life.

The urgency of this study, reason why the writer choose to analyze *Madness: A Bipolar Life* novel, because Marya Hornbacher is the famous writer with famous her work, entitled *Madness: A Bipolar Life* and hit the New York Times Bestseller. There is interest psychological problem inside the novel who suffered by the author of the novel itself. Marya Hornbacher has the symptoms of bipolar disorder and has the bipolar type I. Furthermore, bipolar disorder theory can apply for this research, and it still rare the student discussing bipolar theory. The writer believe that in analyzing bipolar disorder, it can help society understand more about bipolar disorder that appear in Marya's work entitled *Madness: A Bipolar Life*.

1.2 Research Question

According to the background of study, the writer formulates the research question as follows:

1. What are the symptoms of bipolar disorder as Marya's character in *Madness: A bipolar life*?

2. What type of bipolar disorder suffered by Marya's character in *Madness: A Bipolar Life*?

1.3

1.4 Research Objective

Concerning to the statement of the problem above, the objective of this research are:

1. To explain about the symptoms of bipolar disorder as described in Marya's character in *Madness: A bipolar life*?
2. To reveal the type of bipolar disorder suffered by Marya's character in *Madness: A Bipolar Life*.

1.5 The Uses of Study

1.5.1 Theoretical Use

The researcher hopes this analysis will enrich the reader's knowledge, on apply psychological approach in literature especially discussing psychological problem. Therefore, it will increase reader's knowledge to comprehend about bipolar disorder and become one of the references for the one who attract to analyze same theory.

1.4.2 Practical Use

Practically, this research increases the knowledge of the reader about bipolar disorder. This research can assist other researcher who wants to conduct analysis in the same topic and also becomes one of the references for the one who is interested to analyze about the bipolar disorder.

1.5 Scope of the Study

In this research the writer limits the idea on describing the symptoms of bipolar disorder in Marya's character. The writer also wants to reveals the type of bipolar disorder that suffered by Marya's character in *Madness: A Bipolar Life* by Marya Hornbacher. In addition, in this research the writer using the bipolar disorder theory and uses psychological approach.