CHAPTER TWO
LITERATURE REVIEW

1.1 Previous Study

The studies about escapism have been conducted by several researchers. Mostly, the researchers were discussing about the relationship between the psychoanalytical studies. They figure out some features or characteristics that indicated as an *escapist* act or behaviour. Escapism could be a treatment to stress-reliever or bad behaviour by doing bad things such as, drug or alcohol. These are the studies that relevant to *escapism*.

Nensia (2018) conducted research entitle *Escapism as Reflected in Tennessee William's The Glass Menagerie* published in ELS Journal on Interdisciplinary Studies on Humanities in 2018. The main objective of this research is to analyze the escapism aspects in *The Glass Menagerie* by using the psychological approach, includes the harsh reality that experienced by the main character of the drama, followed by the disruption that make escapism action occurred. However, the results show that all the characters that mentioned in the research ever experience the anxiety of their problem or unpleasant condition in real life. Those condition led them to escape from their problem. They try to escape from the unwilling situation by doing other activity. Nensia also stated that the mechanism of defend by doing the escapism or escapist, is not enough to deal with the problem, then they keep trying to other way in order to keep away from their real

problem (Nensia, 2018). Thus, the researcher supposes that there is relationship between human behaviour and their emotion, but it is handled negatively, then the results will also negative, and that is related to this research.

Arielia (2018) conducted research entitle *Elements of Nature as the Object of Escapism in Maya Angelou's "Woman Work"*, discusses the elements of nature in the poem. She uses instruments, figures of speech as the poetic devices and supporting theories, nature and escapism. The result shows that even in the form of poem, the escapism is still dealing with an emotion. According to (Arielia, 2018), the poem looks at the idea of a woman demanding freedom from various chores that tie her down. Overburdened by work, the woman turns to nature for deliverance. This is indicated in the very last line of the poem where the narrator says, "You're all that I can call my own." In other words, the speaker seeks refuge in nature to escape the drudgery of her life. The poem is talking about a black working woman in U.S that very busy with her works. It leaves frustration in her psychology and then she "seeking the refuge" try to escape for distraction of her life. From the results, the researcher supposes that one of the causes of *escapist* is stress and nature as a pleasure to relieve it.

Pramudianti (2013) conducted research entitle *Escapism as a Manifestation of Unfulfilled Dreams in Carl Sandburg's Poems Dream in the Dusk and Waiting*. The objective of the study is to analyze how the poem reveals escapism. The study was similar with Arielia that also analyze a poem. She uses Freud's psychological theory in analyzing the poem. The conclusion of the research, the poem tries to

talks about people should not disappointed when failure of somethings. When people start to sad and keep the failure feel, they start to do escapism. They start to avoiding an unpleasant problem by daydreaming, fantasizing, consuming drugs, even committing suicide (Pramudianti, 2013). So, the researcher gets some ideas of the features of escapism.

Amriani (2017) conducted research entitle *Escapism in Short Story of Rumah Orang Edan by Badaruddin Amir.* The research aims to illustrate the causes and forms of escapism performed by the main male character in the short story of Rumah Edan (ROE) by Badaruddin Amir, using psychological theory. Data is analyzed by using qualitative descriptive method. The results of the analysis indicate that the main male character does escapism in his life because he cannot face the reality that does not meet his expectations. While, the escapism done by him is going to the house of a crazy person, shouting loudly, doing deviant sex, and choosing to become a crazy person. It shows the personality weakness of the male character that more chooses to evade the problem rather than faces the punishment as corrupt.

1.2 Psychological Approach

Psychoanalytic criticism is a form of literary criticism which uses some of the techniques of psychoanalysis in the interpretation of literature (Barry, 1995). The theories were developed by Sigmund Freud (1856-1939) and Freud's theories fundamentally be a reference for discussion many researchers, especially in the psychoanalysis. Psychological critics examine works via a psychological

viewpoint (Fard, 2016). They examine the psychological motives of the characters or the writers themselves, but the former is often thought to be the more reputable approach: most frequently, Freudian and/or Jungian (archetypes) psychology to works.

Freud's work depended on the idea of the unconscious, which is the part of the mind outside of consciousness that has a powerful influence on our actions (Fard, 2016). Freud was not hit on the unconscious; its uniqueness lies in its defining attributes in our lives. However, with this is the idea of repression, which is forgetting or ignoring unresolved conflicts, unacceptable desires, or traumatic past events, so that they are forced out of consciousness and into the unconscious and it brings to one of the Freud's concerns, *defense mechanisms* (Clark, 1998).

Defense mechanisms is as psychic procedures for avoiding painful admissions or recognitions (Barry, 1995). Psychological defense systems are often expressed unconsciously in our minds just as the immune system operates without our awareness. This defense mechanisms may help people in controlling stress management. Once our mind has received the limit of a stress, naturally the defense mechanisms will press it to the number of our mind can handle.

Literary psychology research has an important role in understanding literature because of several advantages, namely, the psychological approach can examine aspects of characterization in a deeper way so that it is able to provide feedback to researchers about characterization problems and this approach is also very helpful

for analyzing literary works that are thick with problems psychological (Endrasswara, 2008).

Literary psychology research can be also described mental disorders (Amriani, 2017). However, this is may be a branch and perhaps a whole of psychology. One of the branches of psychology that portrayed in the movie is *escapism*.

1.3 Escapism

The term escapism was first used in the 1933 Encyclopaedia of Social Sciences to describe someone who wants a diversion from reality or routine (Ayto, 1999). Of course, this suggests that it may have been used previously. Escapism is not to be confused with 'escapology', which is the act of breaking free from shackles, traps, or captivity (Konzack, 2018). As a result, 'escapist' can be a person who flees imprisonment or, in this example, a person who engages in a mental process of emotional distraction through entertainment or other leisure activities in order to avoid or withdraw from an unpleasant or unpalatable reality.

Escapism is a condition when people try to avoid a problem or something that make them feel unpleasant (Eliot, 1982). It deals with the psychology of people who experience unpleasant situation. It might have correlation to *defense mechanisms* by Sigmund Freud. To know deeper about the psychology condition of somebody, we need to know about behavior of the person, or an event that might trigger the person who act an 'escape'. The problem is the root of the person start doing an *escapist* behaviour (Konzack, 2018).

A person who does the escapism was called as *escapist* (Konzack, 2018). Escapist sometimes is a good thing for relaxing our minds by forgetting the problem for in a moment. But it can be a bad habit if people are kept in escaping or avoiding, because it does not solve the problem or root that they are faced in real life. The first use of the term 'escapist', to describe a person who seeks diversion from reality (Ayto, 1999).

Elliot stated that,

> "Poetry is not a turning loose of emotion, but an escape from emotion; it is not the expression of personality, but an escape from personality. Of course, only those who have personality and emotions know what it means to want to escape from these things" (Eliot, 1982).

He did not directly use the term escapism, but seen in retrospect, this points toward a discussion of the role of literature (and other media creations) as a way to escape from the world. It is implied that only people with a personality and emotions, maybe even rich personality and rich emotion, will truly understand poetry or literary works as a way of escape.

Despite the fact that Sigmund Freud never coined the phrase escapist, it is often used by Freudian literary critics. Sigmund Freud was not opposed to using fables to convey his point, such as Sophocles' Oedipus the King (429 BC), Shakespeare's Hamlet (1603), and E. T. A. Hoffmann's The Sandman (1816). The term's acceptance by Freudian opponents may have been aided by John Crowe Ransom's related use of terms like "pathological infantilism." The term "fantasy" was used by Sigmund Freud to describe an infantile condition in which a person indulges in

his own fantasies of power and control rather than realizing the reality of maturity (Freud, 2007). Murray Krieger explains it this way:

> "Now, one can simply dwell upon the once-upon-a-time element in fiction and justify it as an escape from the world around us. Fiction's made-up, make-believe character is the very feature which the escapist celebrates. Indeed, it can be argued that Freud justified literature precisely on such escapist grounds, as a necessary sublimation for the frustrated poet who, as a daydreamer, provided daydreams for the rest of us." (Krieger, 1974)

The divide between conscious fantasy and unconscious dreams was one attempt by Freudian literary critics to break out from this reductionist and totalizing world view. Sigmund Freud does not differentiate between dreaming, daydreaming, and deliberate poetic elaboration. However, the Neo-Freudian tradition has attempted to take a more selective approach. Melanie Klein thought that phantasy was unconscious, whereas fantasy was conscious, based on Freud's use of the German word "Phantasie" (Hinshelwood & Robinson, 2014). The term's use was limited by the fact that it is indistinguishable from imagination when spoken aloud; also, Samuel Taylor Coleridge had previously articulated the distinction in the nineteenth century. According to Coleridge, fancy is founded on the rule of association, whereas imagination is a deliberate act (Coleridge, 2004).

In addition, Amriani also stated that escapism is an attitude of life that aims to avoid all difficulties, especially in dealing with problems that should be resolved naturally (Amriani, 2017). Therefore, the researcher conclude that escapism is a behaviour shown by a person with the aim of avoiding the reality that occurs in his life and is done as a rejection of it. People want to vent when they are in pain,

anxious, or frustrated about something. Taking these feelings out on something to relieve stress might be an escapism activity.

People may desire to flee not only because they are unhappy, but also because they can. Why bother with anything "real" when you may indulge in an escapism or daydream for a while? This type of escapism is known as "effect-based" because it allows people to escape reality by engaging in a hobby or imagination (Warmelink, Hartevald, & Mayer, 2009). Once again, there are two sorts of motives to consider.

Some features of *escapist* according to Olkina Igorevna (2015), the first appears when a person is bored and wants to escape from ordinary everyday life, or, vice-versa, then the person becomes too stressed and wants to avoid life's challenges (Igorevna, 2015). It refers more to a cause-effect escapism. Another sign of *escapist* is they intend to step outside the bounds of reality by daydreaming or engaging in activities for pleasure such as, traveling, listening to music, and reading fiction or fantasy book a lot, those are good sign. There is also bad sign such as, drugs, alcohol, does procrastinate, and the result, they cannot face uncertainty.

Escapist no longer live-in reality and try not to get into reality in their daily lives. Otherwise, they are trying to construct a reality of their own that is far from what they really are (Amriani, 2017). This mental disorder happens because of their inability to face the existing reality and tends to always reminisce about their past

successes without wanting to remember and correct their mistake. They live unrealistically. On the other hand, people who have complete personalities, are practical, and realistic. They realize that the reality of life is really complex, beautiful, interesting and fun, but also difficult and full of challenges.

According to Evans in Igorevna supposes that escapism is one type of activity that occurs because of the current condition of our society (Igorevna, 2015). He offers a mixed classification of types of escapism:

1. Avoiding, avoiding activities are all about escape, and they are always centered on avoiding another activity by definition. Crying to avoid or cope with a confrontation is an example, as is looking out a window for no apparent reason (zoning out). As these instances' activities, avoiding behavior is usually motivated by a specific reason.

2. Passive, this type of escapism includes activities when person does not have to make efforts, e.g., watching movie, listening to music, and playing games.

3. Active, assumes a change of activity, from the main to the alternatives (hobbies), for examples are running, swimming, hiking, singing, etc. Activity in another context is the point of the escapism here.

4. Extreme, have led to the bad or negative public perception of escapism. Extreme hobbies include binge eating, maniacal home cleaning, alcoholic, excessive gambling, and drug usage.

We may create a matrix of alternative escapist configurations by connecting these four underlying drives with the four categories of escapist activity (Warmelink, Hartevald, & Mayer, 2009). When someone views watching TV as a passive escapist activity, they may desire to relax, be entertained, or fantasize, whereas zoning out may be viewed as an evasive escapism activity used to avoid work or deal with job-related stress. The matrix may be used to determine the sort of escapism that is present in any particular setting.

Andrew Evans contrasts between productive and 'unhealthy' escapism, citing the following signs of the latter: Procrastination, psychosis, denial (which leads to rejection of societal standards, a strict personal viewpoint on life, and isolation) and addiction are all symptoms of procrastination, psychosis, and denial (inability to control habits) (Evans, 2001). Hartevald and Mayer expanded A. Evans' technique and looked into cause-and-effect escapism (Warmelink, Hartevald, & Mayer, 2009). The first occurs when a person becomes bored and wishes to escape from a routine everyday existence, or when a person becomes overly stressed and wishes to avoid life issues. The second type of escapism aims to escape the confines of reality by imagining or engaging in pleasurable activities. According to the study, effect-based escapism is beneficial and adds to personal self-actualization (Igorevna, 2015).

1.4 Representation

Concept of representation has become one of the important things in cultural studies. Representation can explain and connect a language and meaning in

culture. Stuart Hall stated that representation is an essential part of the process by which meaning is produced and exchanged between members of a culture (Hall, 1997). It does involve the use of language, of signs and images which stand for or represent somethings.

One of the most crucial aspects of cultural production is representation. The term 'representation' refers to the use of language to communicate something significant about, or to represent, the world to others. The meaning of language in a society is shared via representation (Indriani, 2015). Because each culture interprets language differently, it is dependent on how those cultures interpret that language.

In the figures of picture, it stands for the situation in World War II. Likewise, red it is not only a color, but also has wider meaning. It can describe personality, desire, and as a symbol. By the concept of representation, we can put this words and pictures. It is one of the ways to express and communicate in 'make sense' of events, objects, accidents, and anything, also help people able to understand deeply.

In addition, there are three approaches of representation. The first is reflective approach. Reflective approach is a reflect of that thing, the meaning which has already stated and agreed in the world (Hall, 1997), for example, as the poet Gertrude Stein stated 'A rose is a rose is a rose'. It is called as mimetic, which says that language works by simplify of reflecting or imitating the fact that already fixed in the world.

The second approach is intentional approach, which mean to represent an argue in the opposite case (Hall, 1997). It is something uniqueness of meaning on the world, it intends to the speaker, author, in which they should mean. The third approach is constructionist approach. It is recognizing the public or social character of language. We have not to confuse the material world in which representation, meaning and language operate (Hall, 1997). The constructionist approach does not deny the existence of the material world. However, it is not the material world that conveys meaning; it's a language system or whatever we use to represent our concepts. It is others who use their cultural conceptual systems and other linguistic and representational systems to construct meaning.