

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Psychology is the study of human behavior and thought that can be associated with science, one of which is literature (Asia & Samanik, 2018). According to Sylvie (2020:20) Psychology of literature has four meanings that can be described. First, literary psychology is a psychological understanding of a writer as a person or type. Second, literary psychology is an understanding of the study of the creative process of the written work. Third, literary psychology is an analysis of psychological principles applied in literary works. The fourth, psychology of literature can be interpreted as a study of the impact of literature on the psychological condition of the reader.

As the literary work that can reflect the reality, novel portrays many issues in the real world (Setri & Setiawan, 2020). In psychological novels, mental illness can be defined as a condition characterized by abnormal thoughts, feelings, and behaviors. Mental problems are conditions in which an abnormality is identified in the patient's psyche, causing persistent and potentially significantly disruptive behavior. Therefore, literature and psychology have a very close relationship related to humans on the perception of universe (Asia & Samanik, 2018).

According to American Psychiatric Association (APA) In psychology, there are several types of mental disorders, which are behavioral patterns that are medically related to sufferers, causing disturbances in the lives of sufferers. According to DSM-IV there are types of mental disorders that can be mentioned include

Substance-related disorders, Delirium, dementia, and amnestic. Schizophrenia and other psychotic disorders, Mood disorders, Anxiety disorders, Somatoform disorders, Factitious disorders, Dissociative disorders, Sexual and gender identity disorders, Eating disorders, Sleep disorders, Impulse-control disorders not elsewhere classified, Adjustment disorders, Personality disorders. (Goldberg, 2010).

Mental disorder is characterized by a disease that affects the mindset caused by a problem in life. stated by Shafiera in journal entitled *Healthy Parameters can be seen from emotional and psychological condition* said that healing for mental disorders cannot be equated with physical healing. In mental illness, the sufferer should need attention, but most people have empathy and tolerance that are less than expected from people with mental illness (Herdiana, 2019). According to Mental Health and substance Abuse (2014) explain that anxiety disorders can be classified into five categories including: 1.Social phobia 2. Panic disorder 3. Generalized anxiety disorder 4. Posttraumatic stress disorder 5. Obsessive Compulsive Disorder. Obsessive Compulsive Disorder is a mental disorder that is included in the category of anxiety disorder, where sufferers have anxiety that involves the characteristics of Obsessive Compulsive Disorder (Mental Health Abuse, 2014). So this is why the psychology issue that is conveyed in the novel has its own storytelling elements to be studied.

Obsession is an anxiety that interferes with the mind and involves repetitive behavior a person who has this disorder may realize that his thinking is not based on logic, but in this disorder the sufferer cannot prevent these thoughts and when a person feels it then he will be very disturbed and the thoughts appear repeatedly. (Foa & wilson 2001). The most common obsession with social involvement involves a fear of dirt

or germs, disease and death, or danger to self or loved ones. People with obsessions usually do things like changing uncomfortable thoughts, focus on positive thoughts, perform rituals, etc., to use as a strategy to reduce comfort when the obsession strikes. Most people also experience repetitive thoughts, but this disorder makes a person very difficult and can interfere with sufferers in social or work activities. Compulsion is a need for the sufferer to perform an action or think about a mental action repeatedly (Foa & Wilson, 2001). This anxiety will occur if the sufferer does not perform a behavior well, this compulsion often occurs and is used for rituals to reduce anxiety associated with obsessive thought. So, Obsessive Compulsive Disorder (OCD) is a mental disorder that causes sufferers to feel they have to do an action or treatment repeatedly because if the patient does not do it, the Obsessive Compulsive Disorder sufferer will have or arise a sense of anxiety or fear. It is very important to understand that so many people suffer from fear disorders and they have to fight this feeling all the time. (Stein, Costa, Lochner, & Miguel, 2019)

In this study, the writer focuses on finding facts to reveal how the novel explains the existence of certain disorders. In this study, the writer focused on finding obsessive compulsive disorder. Obsessive compulsive disorder refers to a disorder in which the sufferer has an anxiety disorder that involves excessive thinking that causes repetitive behaviors. Considering this, the problem of obsessive compulsive disorder is discussed more deeply by the writer in this study. To reveal the existence of Obsessive Compulsive disorder (OCD) can be seen from a novel entitled *Every Last Word*, this novel is a work of fiction written by Tamara Ireland Stone, the novel was published in 2015 published by Little Brown Books for Young Readers. *Every Last Word* is a New York Times Bestselling novel. *Every Last Word* Novel tells the story

of a character named Samantha Mc Allister. Sam's character has Pure-O Obsessive Compulsive Disorder and is controlled by a stream of dark thoughts and worries that he has no control over. Since she was 10 years old he has had symptoms of obsessive urges that he feels. The was diagnosed with Obsessive Compulsive Disorder since she was 14 years old when she was in junior high school. Therefore, it is important to analyze what is described in a novel entitled "*Every Last Word*". This novel provides an insight into Obsessive Compulsive Disorder (OCD). The reason why Obsessive Compulsive Disorder (OCD) needs to be analyzed is because the whole story that is told in the novel creates the situation of closer looks from human anxiety and this novel illustrates how we can understand about symptom of Obsessive Compulsive Disorder it better. This novel has given the author the perspective of people struggling with Obsessive Compulsive Disorder.

1.2 Research Question

Based on the background of the study which has been formulated by the writer above, the writer formulates the research question of the problem which is: What are the symptoms of Obsessive Compulsive Disorder as seen in the main character of *Every Last Word* novel by Tamara Ireland Stone?

1.3 Research Objectives

The research objective in study is to answer the research question of this study. The research objective is to reveal and describe the symptom of Obsessive-compulsive disorder as seen in the main character of *Every Last Word* novel by Tamara Ireland Stone.

1.4 Use of the Study

The use of this research is useful for understanding the psychological problems of Obsessive-Compulsive Disorder, especially in showing it to public and future researchers. Therefore, the usefulness of this research study is divided into two aspects, namely:

1.4.1 Theoretical Uses

The theory used in this study to portrayed of Obsessive Compulsive Disorder (OCD) which is described in Samantha as the main character in Every Last Word novel. In this study, the author hopes that this analysis can support future researchers in researching the field literature. Hopefully this research can add insight and knowledge to readers about OCD. The theory can also be used for future researchers to analyze OCD in society in other literary works. Finally, this thesis can contribute to novel studies and obsessive-compulsive disorder studies for readers who analyze novels using the same issues and approaches.

1.4.2 Practical use

The writer hopes this research can increase public awareness about the symptom of Obsessive Compulsive Disorder on people who suffer from this mental disorder. This research can provide insight and deeper knowledge to the public about the meaning of Obsessive Compulsive Disorder, especially how this phenomenon is always present in the lives of people around the world. The information written in this study can be used by future researchers to analyze a novel or film with the same topic.

1.5 Scope of the Study

This research is focused to describe symptom of Obsessive Compulsive Disorder in both literature and society. To limit the discussion, the scope of this research will be limited to the main character Disorder in the novel *Every Last Word* by Tamara Ireland Stone. The writer is interested in analyzing Samantha as the main character in this novel because Samantha portray of Obsessive Compulsive Disorder in this novel. Therefore, the writer and reader know how this novel can capture the condition of society as the setting of time and place that happened inside from the novel.