

# CHAPTER ONE

## INTRODUCTION

### 1.1 Background of the Study

Literature often portrays the real issue that happens in the real world where we live in. The issues that are often portrayed in literature are considered a part of the human experience. A novel is seen as a suitable form of literature that can portray the issue and/or human experience better. The statement is also strengthened by Pyke who stated that the novel carries the diversity and vastness of the world that is opened up to the readers (Pyke, 2017). It allows the novel to provide a wider perspective, understanding, and portrayal of certain issues in the real world.

*Under Rose-Tainted Skies* is a novel contains about Agoraphobia. Agoraphobia is considered a disorder with pretty high statistics. A report that was published by MHFA England revealed that there are 8.2 million cases of anxiety in the UK in 2013 and 7.2% of 5-19-year-olds experience an anxiety condition (MHFA England, 2020). Agoraphobia itself is included as a type of anxiety disorder. With a high rate of agoraphobia, the writer decides to discuss that disorder in this research.

According to the Diagnostic Statistical Manual of Mental Disorders (DSM) Fifth Edition, agoraphobia is characterized as a marked fear and avoidance of being alone, or in public places from which escape might be difficult, or help not available in case of sudden incapacitation (American Psychiatric Association, 2013). In agoraphobia, the sufferer may fear and get panic to go outside because they feel think something bad

may happen; usually, it is the fear of illness and harm (American Psychiatric Association, 2013). In the explanation of agoraphobia as published by the American Psychiatric Association in the book DSM-5, the sufferer of agoraphobia is having anxiety about being trapped or incapacitated in a situation where the sufferer cannot escape easily (American Psychiatric Association, 2013).

A novel can carry varieties of issues, starting from psychological, social, cultural, religious, gender, and many others (Pyke, 2017). It is portrayed in novels by using specific contexts and experiences, whether it is fiction or non-fiction (Pyke, 2017). Those can be portrayed in the novel, psychological issue is seen as an issue that has a very strong correlation with literature or novel. To be sure, the existence of psychological issues in a novel will be the focus of this current research.

A psychological issue often relates to the term that is known as mental illness, mental disorder, or psychological problems. There are many types of mental health or psychological problems, such as anxiety and panic attacks, anger, bipolar disorder, depression, dissociation, and dissociative disorders, eating problems, obsessive-compulsive disorder, paranoid, phobias, and personality disorders, and many others (Mind, 2021). It means that there must be a disturbance seen in someone if she/he has psychological problems.

The writer feels the urge to bring mental health problems because of the unsettling cases and impacts of that. Moreover, the negative stigma about the sufferer of mental problems also urges the writer to raise the awareness of society through this research.

Thus, the discussion of mental problems is brought into this research. To specify the analysis, the writer focuses on one type of mental problem, which is Agoraphobia.

*Under Rose-Tainted Skies* is a 336 pages novel that was published by Houghton Mifflin Harcourt Publishing. Written by Louise Gornall, the novel was published on January 9<sup>th</sup>, 2018. The novel *Under Rose-Tainted Skies* told about Norah, a seventeen-year-old girl, who has accepted the four walls of her house that delineate her life. Norah fears everything and her mind told her that the world is too big and too dangerous. The story told the life of Noah who was afraid to go outside of her house because she always thought that the outside world is a dangerous place. American Psychiatric Association explained that the sufferer of Agoraphobia thinks that the world is dangerous, so the sufferer fears getting outside (American Psychiatric Association, 2013). Hence, from the synopsis of the novel, the writer assumes that the novel contains material about agoraphobia. Thus, this research focuses on revealing the way the novel portrayed agoraphobia through the behavior of the main character inside the novel since based on the novel, Norah as the main character has to be suffered from a mental issue called Agoraphobia, this condition she got when she was teenager, because of the inland tsunami that happened in her life. this makes herself being afraid to see people and public spaces. in the novel, the author described Norah's condition through her reaction when she goes outside, faces a lot of people, avoid to meet with someone new, and has a conversation with other people besides her mom. in the novel *Under Rose-Tainted Skies*, the author described Norah that has psychiatry that to handle herself during therapy to reduce her agoraphobia's condition.

## **1.2 Research Question**

Considering the background of the study, the writer formulates the research questions of the problem as how does the novel *Under Rose-Tainted Skies* portray agoraphobia in the main character?

## **1.3 Research Objective**

To answer the research question, the writer sets the research objective. The purpose of this research is to describe the way *Under Rose-Tainted Skies* novel portrayed agoraphobia in the main character.

## **1.4 Use of Study**

The use of the study of this research is divided into two, as written below.

### **1.4.1 Practical Use**

Practically, this research can raise public knowledge about the psychological problems that exist in society, especially agoraphobia. Through this research, society can increase their awareness and insight about the sufferer and the symptom of agoraphobia.

### **1.4.2 Theoretical Use**

Meanwhile, theoretically, the theories that are used and written in this research can be used by other future writers who want to conduct a deeper analysis of the same issue. Those who want to conduct research about psychological problems and/or agoraphobia.

### **1.5 Scope of the Study**

To avoid broader discussion, the writer limits the discussion by setting the scope of the study. The discussion of this research focuses on the portrayal of agoraphobia as portrayed in the novel entitled *Under Rose-Tainted Skies*. This research focuses on the symptoms of the disorder as seen in the main character.