

CHAPTER TWO

LITERATURE REVIEW

2.1 Previous Studies

In conducting research, previous studies are needed and important to play roles as the supporting data and insight (Hutauruk & Puspita, 2020). In this research, the writer used three previous studies as the supporting data, as written below.

2.1.1 Agoraphobia Problem of Anna Fox In *The Woman in the Window* by A.J. Finn by Suarniti (2020)

The first previous study of this research is a study that was conducted in 2020 entitled Agoraphobia Problem of Anna Fox in *The Woman in the Window* by A.J. Finn. In that research, Suarniti examined the problem of the main character, Anna Fox, in *The Woman in the Window*. The research aimed to find out the agoraphobia problem experienced by the character and how the problem influenced the sufferer and her surroundings. To examine that, Suarniti used the descriptive qualitative method and used the novel as the data. The findings found that Anna Fox suffered from agoraphobia that was caused by her Post-Traumatic Stress Disorder (PTSD). The issue caused her to consume drugs, and lose her job, as well as made her have problems such as bad temperament, depression, and insecure feelings. That research is used as it gave the writer insight into how to analyze and reveal the existence of agoraphobia in a novel. Additionally, the writer also got an insight into the theory that can be used to analyze similar things.

2.1.2 An Analysis of Agoraphobia through the Leading Character in A.J. Finn's Novel *The Woman in the Window* by Sihombing (2019)

A research by Sihombing entitled *An Analysis of Agoraphobia through the Leading Character in A.J. Finn's Novel The Woman in the Window* was published in 2019 and is also used as the previous study of this research. The research by Sihombing aims to analyze the cause of agoraphobia and the effects of agoraphobia that was suffered by the main character in *The Woman in the Window*. Moreover, the discussion of how the novel portrayed agoraphobia as seen in the main character is also discussed in the article by Sihombing. By using a descriptive qualitative method to analyze the data, Sihombing also used library research to collect the data of the research. To reveal the existence of agoraphobia, the writer of that research used three theories, which are the psychological approach, anxiety disorder, and agoraphobia. The findings of that research revealed that the main character suffered from agoraphobia because of post-traumatic stress disorder of the character. From that research, the writer of this current research can get knowledge about how to reveal the existence of agoraphobia in a novel. Thus, the research by Sihombing is used as the second previous study, because it is seen as an important study for the writer of this current research.

2.1.3 Panic Disorder and Agoraphobia by McCabe and Antony (2006)

The last previous study is a study by McCabe and Antony in 2006 entitled *Panic Disorder and Agoraphobia*. The study discussed further discussion related to agoraphobia as one of the types of anxiety or panic disorder. The study believed that agoraphobia, panic attacks, or anxiety can occur unexpectedly without any reasonable or clear reason (McCabe & Antony, 2006). Further, McCabe and Antony also

explained the possible causes of agoraphobia as well as the treatment that should be gotten by the sufferer. The study by McCabe and Antony is used as it gave the writer of this current research further insight into the topic of the discussion, which is Agoraphobia.

2.2 Psychological Approach in literature

Psychology is the study of mind and behavior. It encompasses the biological influences, social pressures, and environmental factors that affect how people think, act, and feel. Psychology is defined as the term that describes the behavior of humans (Golan, Gordon, Fichman, & Keinan, 2018). It makes psychology related to literature because literature also refers to the way humans behave in dealing with a problem in their environment (Golan, Gordon, Fichman, & Keinan, 2018). Additionally, Glassman and Hadad agreed that the approach of psychology is able to make the writer focus on one aspect or type of behavior (for example the physiological processes or the mental problem) (Glassman & Hadad, 2013). In order to reveal the existence of the psychological issue in this research, the writer needs to see it from the perspective of a psychology approach through analyze the case of Agoraphobia in this research. It is believed that the use of a psychological approach is needed to analyze a case of psychology (Kiranamita & Samanik, 2021).

Moreover, the Psychological approach is an approach that is believed to have the crucial limitation of aesthetic inadequacy, where the psychological interpretation can afford many profound clues to solve a literary work's thematic and symbolic mysteries (Guerin, 1966). In other words, a psychological approach is an approach to seeing a

symbol in a work that refers to a certain issue of psychology. Guerin in 1996 also explained that the use psychological approach allows the writer to profound clues by solving the symbolic and thematic mysteries provided in the literature (Guerin, 1966).

Furthermore, the theory of psychological criticism is influenced by Sigmund Freud and Carl Jung (Hasa, 2016). According to (Hasa, 2016), Sigmund Freud used this approach to see the unconsciousness of the character inside the literary works. It means that this theory can be used to see the behavior of the characters inside. Meanwhile, Carl Jung used this approach to explore the correlation between literature and unconsciousness in the concept of archetype. Therefore, this theory is important for current research because it helps the writer to understand the psychological problems in the novel.

2.3 Agoraphobia

The next theory that is used is the theory of Agoraphobia. Psychologically, Agoraphobia is included in the coverage of the psychological approach, because according to Hasa in 2016, Sigmund Freud used the psychological approach to see the unconsciousness of the character inside the literary works (Hasa, 2016). It is in line with the definition of Agoraphobia psychologically, which refers to the unconscious conflict that is experienced by people who have anxiety disorders (Telch, Cobb, & Lancaster, 2014). Additionally, since one of the focuses of this research is a disorder named agoraphobia, the theory of agoraphobia will also be used as the theory of this research. The theory and symptoms of Agoraphobia are needed to conduct the analysis that aims to see the existence of Agoraphobia itself. Agoraphobia refers to the fear of

public spaces. First, the term was introduced in 1871 by Westphal to describe the fear and avoidance of public places (Stevens, 2006). The term agoraphobia then widely recognized started in the late 1970s (Barlow & Craske, 2000). Based on the definition, Stated by Westphal, agoraphobia is the condition of someone when they have fear of wide and open places, this becomes the complication of panic disorder that attacked someone when they face wide and open places (Telch, Cobb, & Lancaster, 2014).

This theory is more specific after being written by the association of psychiatry in America, In the Diagnostic and Statistical Manual of Mental Disorder Fifth Edition (DSM-5). According to the book, the term agoraphobia refers to the fearful and anxious feeling of an individual about two or more of the following situations: 1) using public transportation; 2) being in open spaces; 3) being in enclosed places; 4) standing in line or being in a crowd; 5) being outside of the home alone in other situations (American Psychiatric Association, 2013). The fear occurs because the sufferer of agoraphobia has the thoughts that escape could be difficult when they are in the middle of those situations (American Psychiatric Association, 2013). Added, DSM-5 which was published by American Psychiatric Association also explained that the disturbance of agoraphobia can simply be defined as the disturbance that makes the sufferer refuses to leave home because the sufferer worries about his/her ill health and other harm that he/she may get when he/she leaves home (American Psychiatric Association, 2013). To identify agoraphobia, there are several symptoms or diagnostic criteria according to DSM-5 by American Psychiatric Association (American Psychiatric Association, 2013).

1. Marked fear or anxiety about two (or more) of the following situations; 1) using public transportation (trains, ships, planes, or others); 2) being in open spaces (supermarket, parking lots, bridges, or others); 3) being in enclosed places (shops, theaters, cinemas, or others); 4) standing in line or being in a crowd; 5) being outside of the home alone (American Psychiatric Association, 2013). The fear is felt by the sufferer because the sufferer is afraid that when she/he was in the situations above, it will be hard for him/her to escape or save himself/herself. The fear may develop panic-like symptoms or other incapacitating or embarrassing symptoms (fear of death, fear of getting sick, fear of incontinence, or others) (American Psychiatric Association, 2013)
2. Avoid certain situations and require the presence of a companion to endure the fear and anxiety
3. Provoke fear of anxiety and the fear or anxiety is out of proportion to the actual danger. The fear, anxiety, or avoidance is persistent and usually lasts more than 6 months
4. The fear, anxiety, or avoidance causes clinically significant distress or impairment in important areas of functioning (social, occupational, or others)
5. The sufferer behaves in ways that are intentionally designed to prevent and minimize contact with agoraphobic situations. The sufferer will also avoid certain situations and require the presence of a companion to endure the fear and anxiety

