CHAPTER TWO

LITERATURE REVIEW

To support this research, the writer needs important concepts and theories that could help the writer to answer formulated research questions. Therefore, in this research the writer uses several previous studies and related theory that help the writer to conduct this study. Previous studies which have relatable topics can be the guideline for the writer to analyze the literary work. Meanwhile, relevant theories help the writer to analyze the story in order to answer the formulated research questions.

2.1 Previous Studies

2.1.1 *A John Coffey character analysis of The Green Mile film by* Frank Darabont using the theory of Anxiety Disorder (2011)

The first related study entitled A John Coffey Character Analysis of Fran Darabont's The Green Mile Film by Hamzah (2011). This study intends to analyze the personality of the primary character in the Green Mile film using Sigmund Freud's theory of anxiety disorder. The result shows John Coffey experienced a four-part anxiety disorder, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder and phobias. Additionally, the main character-suffering phobias are elaborated into three parts: specific phobias, and acrophobia. This research helps the writer understand some of the basic points of Anxiety Disorder and how to identify the symptoms.

2.1.2 *An Analysis of Multiple Personality on Leading Character as* Portrayed in Daniel Keyes's The Minds of Billy Milligan (2015)

This thesis was written by Nasution (2015). This thesis attempts to discuss child abuse in leading characters which then brings a negative impact on his psychological or personality. This thesis explains how multiple personalities are pictured in the novel and discusses the causes in detail in the analysis. This thesis analyzes the characteristics of which is found in multiple personalities through psychological theories, and what impact of abuse is that happen to the victim. The finding of this study of this thesis is to find out and to know about multiple personality. The object of analysis of this thesis is different from this study, but since it is talking about psychology, it helps this study in many ways about how to analyze characteristics of psychology of a character in the novel. This thesis also helps the writer in finding related references that talk about psychology and how child trauma has big impacts on Individual Psychological and behaviors.

2.1.3 *The Split Personality of Mort Rainey in Secret Window (2013)*

This study written by Sanjaya and Limanta (2013). The objective of this study is to portray the psychological struggle of Rainey, and his anxiety disorder, which causes him to have a split personality. This study uses the theory of Dissociative Identity disorder with a support from Sigmund Freud's psychoanalytic theory about the three psyche agents. The study reveals the causes of an anxiety disorder in which Mort Rainey suffers. Through scene observation, dialog and Mort Rainey's script, the researcher reveals post-traumatic disorder as the main aspect of character anxiety disorder; the effect is phobia, obsessive-compulsive disorder, and generalized anxiety. The result of this study finds that the process of Mort Rainey's split personality begins with a traumatic experience, then continues with the repression and compartmentalization to create John Shooter. Finally, the split

personality that Mort Rainey experiences is useful as a great defense for Mort Rainey to cope with his trauma.

2.1.4 *Social Anxiety disorder and defense Sophie Kinsella's Finding* Audrey novel (2020)

This thesis was written by Dianti (2020). This research study aims to reveal the defensive mechanisms to face the social anxiety disorder used by Audrey Turner as the main character in Sophie Kinsella's Finding Audrey novel. By utilizing descriptive analysis methods and combining theories of social anxiety disorder from Leary, as well as the defensive mechanisms from Freud, this study uncover show bullying affects Audrey's ability to socialize with people around her and fear of having an eye contact with the others. Audrey can control her social anxiety disorder by using a self-defense mechanism. The results of this study are that Audrey Turner experienced symptoms of social anxiety disorders that came from a trauma she experienced at school. Audrey experiences a social anxiety disorder that is indicated by the fear of having an interaction and a fear of being judged by strangers, every time she tries to get in contact with stranger. This study is helpful to understanding the concept of Social Anxiety theory by Leary as the main theory used.

2.1.5 *A Psychoanalysis of the Schizophrenic Character in "A Beautiful Mind" Movie (2015)*

This thesis was written by Priscilla (2015). In this thesis, the writer would like to explain how the characteristics of the main character who suffered from schizophrenia and how the recovering based on the psychology of literature. The method used by the writer in analyzing the psychological element of the main character in the movie script is a descriptive qualitative method. The results of the

study were divided into intrinsic and extrinsic elements. Intrinsic elements discuss about character, conflict and plot. While extrinsic elements discuss about the abnormal behavior of the main character, the causes of schizophrenia of the main character and the main character treatment in the process of recovery. This study helps the writer in terms of understanding more about how to analyze the characteristics of psychology of a character in the novel. Not only that this thesis talks about psychology, but it also explains about mental disorders which is related to this study.

In conclusion, these five previous studies are part of the writer's consideration to help the writer to conduct this research. The first previous study is helpful in giving basic understanding about Anxiety. The second previous study is helpful in giving the whole concept to analyze characteristics of psychology of a character in the novel. The third previous study is helpful in giving the whole concept of Social Anxiety theory by Leary as the main theory used, fourth and fifth previous studies are helpful to support the writer's analysis in this research. Therefore, these previous studies have contributed to this research since they are giving insights to the writer related to the object of analysis and related theory used in this study.

From the above related studies, the similarity of those researchers with this research is that Sigmund Freud's theory analyzes the characters using anxiety disorder and defense mechanism. The difference between this research and these researchers is the novel and existing characters that will be used for analysis, and the types of anxiety disorder that would be analyzed, which is a disorder of social anxiety. The researcher believes this research will be of benefit to the readers as this study will

provide insight into how to deal with psychological problems, especially real-life anxiety.

2.2 Theoretical Review

2.2.1 Psychological Approach

Literature and psychology are two different disciplines of study, but through literature people can learn and study about psychology. The concept in general is almost the same as psychology studies human as the object of the study, as well as literature. Literature uses humans as the object, which then becomes a character in the literary works, novels for example. That is why literature and psychology can enter each other's field and are related. Wellek and Warren (1977:139), explain that "psychology can enter literature by studying the psychology of the writer, psychology of the character, and as well as psychology of the reader." The writer uses his or her feelings and emotions in the process of creating his works, to make his novel feel real and relatable. For example, how the character is like, how the character speaks, dresses, interacts with other people, and all of those that are in term of psychological aspects. If psychology learns directly from a person, literature learns the attitude or behavior from a person through literary works.

Thus, literary psychology is used to see the relationship between literary works and psychological conditions of personality development and abnormal behavior related to psychology both from the point of view of the writer and her character. The existence of literary works can be one of the tools that scientifically determine psychological conditions through one's personality. "Character is a reflection of personality in society", says Richard Gill (2006:90). Suwardi Endaswara (2013:99)

says that literature and psychology are similar in terms of concentration, which is about human life. The difference is that literature is concerned with human as the creation or imagination of the writer, meanwhile, psychology is concerned with human as the creation of God. However, the characteristics of humans, which are discussed in both of psychology and literature show resemblances and are merely the same. According to Nasution (2015:10), the functions of learning psychology are "To understand human mind and behavior, so that, people can easily anticipate an undesirable state, such as its term of mental disorders." Mental disorders, such as stress, depression, etc, in this case is Social Anxiety Disorder that can happen to anyone. The writers unconsciously or consciously apply the theory of psychology in characters that they build in their literary works. Guerin and friends (1979: 122) state that human mind in human personality as a character can be approach by using psychoanalytic theory by Sigmund Freud, which explains about difference of personality. Personality refers to those 9 characteristics of the person that account for consistent pattern of feeling, thinking, and behavior. Conflicts between conscious and unconscious material can result in mental disturbances, such as neurosis, neurotic traits, anxiety, and depression.

It can be said that psychology has an important role to analyze a literary work from the point of view of the psychological world, whether viewed from the point of view of the writer, reader, or character. Furthermore, the psychology of literature that discusses role-play in the psychiatry field can be explored through famous psychologists. Psychological approach has been done by practitioners who master the theories and concepts of psychology. While literary psychology approach is also an approach to find out how psychoanalysis is more inclined into psychology of

unconscious. It is more focused on the areas of motivation, conflict, dreams, and character traits. However According to Wellek and Austin (1989) psychology of literature has four meanings in it, including: author psychology which is used as a person or type, study of the creative process, study of types and legal laws in psychology that are applied in a literary work, that could impact the literature towards the readers. In this study, the writer uses this literary psychology approach as the most appropriate approach to analyze the object of analysis about Social Anxiety Disorder. Therefore, the writer uses this literary psychology approach to get deeper understanding about the analysis of Social Anxiety Disorder as described in Eleanor Oliphant is Completely Fine by Gail Honeyman.

2.2.2 Anxiety Disorder

Barlow and Durand (1995:151) say "That anxiety is a mood state characterized by marked negative effect and somatic symptoms of tension in which a person apprehensively anticipates future danger of misfortune." Anxiety is a term used to describe a feeling people experience when faced with threat, danger, or when stressed. When people become anxious, they typically feel upset, uncomfortable, and tense. The fundamental purpose of anxiety seems to be helping ones to plan for the future, taking into consideration everything that might go wrong so that they will be prepared for it. For example, when someone feels danger, or thinks that danger is about to occur, the brain sends a message to the nervous system, which responds by releasing adrenaline. The increased adrenaline then causes someone to feel anxious or alert which brings him or her to escape to safety. From the explanation above, it is obvious that anxiety is actually very good and has a good impact for us. However, as so often in life, too much of a good thing can be harmful,

and there are very few things in life that can be more harmful than severe anxiety that is out of control, because as we know, severe anxiety usually does not go away. Anxiety is most likely to be misunderstood with fear.

Further, Halgin and Whitbourne (2009:144) explain that although the terms are commonly used interchangeably, "psychologists make a distinction between them in a clinical context." Fear refers to an innate, almost biologically based alarm response to a dangerous or life-threatening situation. Anxiety, in contrast, is more future- oriented and global, referring to the state in which an individual is inordinately apprehensive, tense, and uneasy about the prospect of something terrible happening. According to Anxiety and Depression Association of America (ADAA) on their website (adaa.org), people who suffer from anxiety disorders experience false alarm, in which harmless stimuli or situations are regarded as dangerous. In other words, anxiety gives a false alarm at an inappropriate time. The sufferers experience excessive anxiety, fear or worry, causing them either to avoid situations that might precipitate the anxiety or to develop compulsive rituals that lessen the anxiety. Everyone feels anxious in response to specific events, but individuals with anxiety disorders have excessive and unrealistic feelings that interfere with their lives in their relationships, school and work performance, social activities and recreation. People with anxiety disorders are usually aware of the irrational and excessive nature of their fears. There are a few types of anxiety disorder, such as, Generalized Anxiety Disorder (GAD), Panic Disorder, Social Anxiety Disorder (SAD), and Specific Phobia.

2.2.3 Social Anxiety Disorder

According to Anxiety and Depression Association of America (ADAA), social anxiety disorder, which was previously known as social phobia, is a strong and persistent fear of social or performance situations. The person fears they will be negatively judged by others. Social anxiety disorder can interfere significantly with a person's life because people cope by avoiding the social situation or enduring it with intense distress. The sufferers may limit what they do in front of others, especially eating, speaking, drinking, writing, or withdraw from contact with others, and can make it hard to make and keep friends. While many people with this disorder realize that their fears about being with people are excessive or unreasonable, they are unable to overcome them. Even if they manage to confront their fears and be around others, they are usually very anxious beforehand, are intensely uncomfortable throughout the encounter, and worry about how they were judged for hours afterward. Social anxiety disorder can be limited to one situation, such as talking to people, eating or drinking, or writing on a blackboard in front of others, or may be so broad that the person experiences anxiety around almost anyone other than the family.

Although not every sufferer would feel and experience the same thing, here are the example of symptoms:

1) Cognitive: These are higher-level functions of the brain and encompass language, imagination, perception, and planning. Cognitive psychology is the field of psychology that investigates how people think and the processes involved in cognition. The sufferers tend to say to his or herself that, "I'll look anxious and stupid", or "People will think I'm stupid".

2) Physical: Include blushing, profuse sweating, trembling, nausea, and difficulty talking.

3) Behavioral: They tend to avoid social gatherings, parties, meetings. They also avoid giving public speeches or any kind of activity that will put them in the spotlight in front of many people.