

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Generally, literature is divided into 9 forms, which are essay, novel, novella, poem, prose, short story, flash fiction, myth, and graphic novel (Mills, 2021). Meanwhile essentially, the genres of literature are divided into fiction and non-fiction. Even so, the fiction literature also has the ability to portray the reality. Davidsen (2018) believed that any kind of literature is able to represent the reality. Hence, literature is always known as the reflection of the real world. Junaid (2014) stated that literature is not only the result of people's thoughts but also their expression with the social community from around them, so they can produce better works by using literary language that shows intelligence in their work. There was a dramatic shift from the exotic and poetic romanticism to the era of literary realism, where it expresses ever day experiences into literary work, From that, literary realism started to be used as a new style of writing by the author or writer.

Master Class (2021) stated that psychological realism can be defined as a type of realism that focuses on the characters and why they did that, according to this article, there are six types of literary realism, which are: 1) magical realism; 2) social realism; 3) kitchen sink realism; 4) socialist realism; 5) naturalism; 6) psychological realism. In this research, the researcher focuses with one of the types of literary realism which is psychological realism. The psychological field is chosen because the researcher believed that it is important to understand human to treat them better (Amelia & Diantika, 2017). Moreover, literature always has a close relation to the medical and

psychological field and is believed as the instrument of social change (Das, Doval, Mohammed, Dua, & Chatterjee, 2017).

By focusing on psychological issue in literature, the researcher has chosen one of the forms of literature, which is novel. The decision was made because the researcher believes novel can portray the issue better. Many researchers and experts agreed that novel is seen as the suitable type of literature that can portray the issue in detail. According to Junaid, (2014) novel, as a type of literature that has a contextual relationship with the current social conditions of society. As a prose narrative book length, novel can easily portray the issue and play a role as the literary realism. A novel that contains psychological issue focuses on the emotional, expression and internal states of the character (Rasistania, 2019). In other words, the literary realism can be sensed by the readers better, because the style of writing of psychological novel will focus on the internal state of its characters. Considering that, psychological novel *Starstruck* novel by Lauren Conred is chosen by the researcher of this current research to be the focus of this research.

Psychological novel focuses on the psychological issue or problem that is suffered by the character. Psychological problem or issue is the condition where there are abnormalities in the mind of the sufferer that result in persistent behavior that can seriously affect the daily life function of the sufferer and there are varieties of psychological disorders that have been identified and classified, such as schizophrenia, depression, anxiety disorder, narcissistic personality disorder, borderline personality disorder, and others (Lloyd, 2020). Psychological disorder can be defined as a condition characterized by abnormal thoughts, feelings, and behaviors and can be divided into three terms, which are mental illness, disorder, and syndrome (Weiser,

2016). Simply, psychological disorder refers to any abnormalities in human and under the term psychological disorder; the condition is divided into mental illness, disorder, and syndrome, to be more specific. According to Golan (2018), psychology and literature are relatable, psychology refers to the description of human behavior meanwhile literature refers to how humans behave in dealing with a problem in their environment.

Those three terms under the term psychological disorder have differences, even though they sound similar. The first is mental illness that can be defined as a health condition that involves changes in emotion, thinking, and/or behavior (American Psychiatric Association, American Psychiatric Association, 2021). The second is disorder that refers as a syndrome characterized by clinically significant disturbance in person cognition, emotion, and behavior that is reflected a dysfunction in their body functioning (Thyer, 2015). Essentially, mental illness and psychological disorder is the umbrella of disorder and syndrome. The last one is syndrome and is defined as the sign that only show that a person has psychological disturbance. In conclusion, syndrome shows the sign, but to make sure whether or not that person suffer from certain issue, needs to be diagnosed with the symptoms of disorder and/or mental illness. To reveal that literature has the ability to portray and describe the issue of human experience in the real world.

In this research, the researcher focuses on discovering the portrayal of a disorder. The researcher decided to reveal how novel portrayed the existence of certain disorder. To be more specific on this research, narcissistic personality disorder is used as the main focus of this research. Narcissistic Personality Disorder or usually known as NPD refers to a disorder where the sufferer have an inflated sense of self-importance, a deep

need for excessive attention and admiration, troubled relationships, and a lack of empathy for others (Mayo Clinic, 2017). Considering that, the issue of NPD is discussed deeper by the researcher of this current research. To reveal its existence in novel, the researcher has chosen one novel entitled *Starstruck* that was written by Lauren Conrad. *Starstruck* was published on October 6, 2021 in the United State and by HarperCollins Publisher. The novel focused with the entertainment world as the background, where the main character itself was an actress. Madison Parker has discovered that not all publicity is good publicity, Madison that obsessed to became an famous actress, Madison always think that she looks the best. The synopsis of this story makes the researcher assumed that the novel may contain the material of NPD. Thus, this research is made to reveal that.

Thus, NPD often called as self-narcissists as well. The term was first come from Sigmund Freud. He believed that NPD is a phase of development that happens when a person fails to transfer his/her self-love to other people or objects (Thurschwell, 2000). The fail process makes him/her have an over self-love, which becomes a narcissistic personality disorder. Thus, the sufferer of Narcissistic Personality Disorder will require constant attention and recognition from their surroundings (Kiranamita & Samanik, 2021). From the definition, the sufferer of NPD will show three elements as a sign, which are: 1) an inflated view of the self; 2) a lack of warmth or empathy in relationship; 3) the use of variety strategies for maintaining the inflated self-view (Campbell & Baumeister, 2006). However, NPD also can occur when the sufferer feel how good is it feel like to receive the attention and recognition.

1.2 Research Question

From the background of the study, the researcher sets research question of this current research. The research question is: How is narcissistic personality disorder portrayed in *Starstruck* novel?

1.3 Research Objective

In order to answer the research question, the researcher also formulates the research objective. The research objective of this research is to reveal and describe the way *Starstruck* novel portrayed narcissistic personality disorder as seen in the main character.

1.4 Use of Study

In this research, the researcher divided the use of the study into two, which are practical and theoretical. The use of the study is written below.

1.4.1 Practical Use

In practical use, the research has the ability to raise the public awareness towards the psychological disorder that exists among society. By that, the sufferer may receive better treatment from society. Society awareness towards narcissistic personality disorder also will be increased through this research. Society may get insight about the definition and symptoms of narcissistic personality disorder.

1.4.2 Theoretical Use

Theoretically, it applies the approach of psychology of literature and framework of Sigmund Freud's psychoanalysis. It is expected that this research can be guidance for other future researchers who want to conduct a research in the subject of same topic or issue narcissistic personality disorder. The researchers who want to conduct research

about narcissistic personality disorder may use this research for additional insight and knowledge.

1.5 Scope of the Study

The scope of the study is made to limit and avoid broader discussion. Hence, this research focuses only on how narcissistic personality disorder may be seen in Madison Parker's life as a main character . To reveal it, this research will use a novel entitled *Starstruck* as the object of analysis.