

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Literature is the outcome of human creations channeled through beautiful writing and language. Literature is an expression of the human attracted to language tools, including experiences of thoughts, feelings, and ideas (Rokhmansyah, 2014). Literary works seen as psychological phenomena will display psychological aspects through the characters in the text if the work is in the form of prose. (Wellek & Warren, 1949). Literary psychology is thought to present humans as a form of instincts and inner conflicts. Psychology in literature covers phenomena that show through the characters' actions as psychological symptoms.

In a literary work, a storyline presents various conflicts experienced by the characters to build the story in creation itself. Conflicts arise due to human life problems, which are very broad and complex. Not only that, but conflict is also called the story's climax, making the story more exciting and tense. The novel has intrinsic and extrinsic elements, and the conflicts contained in a storyline are provided to make the plot seem to live in the readers' imaginations. The conflict highlighted in the novel is more about exploring various psychological problems using the first-person point of view.

The Woman in the Window is a novel by A. J Finn which contains a story about the traumatic experienced by the main character, Anna Fox. She lost her husband and child in a car accident. Since the tragedy, she chose not to leave the house

because she believed there was no safer place than her house. She would be overcome with fear, even if it was just the front door. After reading the novel, the writer found that many characters tend to experience Post-Traumatic Stress Disorder (*hereafter PTSD*). Anna Fox often has hallucinations, like talking to her husband and child, who have died. She is trapped in the memory of when her husband and child were still alive, so she can not accept that the two people she loves are dead. The writer chose A.J. Finn's novel *The Woman in the Window* as the research subject because the main character's experiences would serve as the background for explaining PTSD depending on someone's personality. As a result, the topic is relevant to the research.

PTSD attacks a person's psyche, causing it to generate instincts and aberrant conduct and to be filled with particular problems. Deviant behavior arises from childhood or past trauma, resulting in personality changes. PTSD is a syndrome of anxiety, emotional vulnerability, and flashbacks of bad experiences after physical or emotional stress that exceeds the limits of ordinary people's endurance (Kaplan et al., 1997). In addition to the past tragedy that still haunts the main character, she also has agoraphobia, or fear of the outer world. Anna also stated that she experienced extreme anxiety when leaving the house and could pass out. Anna claimed that her home was the most secure. According to Westphal (1872), Agoraphobia is a type of PTSD in which you are terrified and avoid places or situations that can make you panic and feel imprisoned, helpless, or shameful.

In this study, the writer used various studies as a guide. The following are four previous studies related to this research; the first is from Fadillah (2021). The second is Silalahi (2021). The third is Rai (2020). And the last is Gea (2018).

The similarity between this study and the previous study is that both used the same object, so the writer makes it a guide and reference so that it can support the data in this study. Using the same theory, the writer used Fadillah (2021) as a reference to support research related to PTSD. The writer used a psychological approach to analyze literary works. The similarity of previous research with this research is the object and discussion. The difference between previous research and this research is that this research is more specific in examining the data by identifying the symptoms, causes, and impacts. The writer classifies the types of each discussion and then places them with the findings of the existing data.

Meanwhile, previous research is more general. In another sense, this research can complement previous studies with the same discussion. The writer hopes this research can fill the gaps and shortcomings of prior research and identify the data that makes the difference. Previous research compared it with other studies to identify PTSD according to the culture in each country. This is also in contrast to this study which only focuses on analyzing PTSD experienced by the main character.

Several previous studies were also from the same novel but with different topics. By examining the main character's personality and background, the writer used

previous research as a reference by identifying diseases suffered by the main character, such as Anxiety Disorder in Silalahi's research (2021) and Agoraphobia studied by Rai (2020). The last previous study, the journal by Gea (2018), discussed PTSD experienced by Hannibal that affects his personality and life. This study has the same discussion and purpose concerning the main character's symptoms, causes, and impacts. The writer used this research as a reference because it can make it easier to get information about PTSD.

This study discussed the characters' conflict in *The Woman in The Window*, studied from literary psychology. In line with that, literary psychology also examines the impact of literature on readers. Therefore, the study of literary psychology can assist writers in reviewing literary works without leaving the artistic values in them so that the results are the truth. The writer has applied a psychological approach to analyze character behaviors and conditions data. According to Abrams (1981), characters appear in stories or plays and have moral characteristics and tendencies expressed through speech and action. As mentioned by Abrams, characters' actions and utterances might be understood as their conduct. It is possible to describe their thoughts and ideas to conduct a psychological study of the character related to human emotion.

The novel *The Woman in The Window* was chosen as the research object because it first describes phenomena that often occur in society. These problems arise both internally and externally. From the explanation above, this research tried to investigate PTSD, which Anna Fox portrays in A.J. Finn's novel entitled *The Woman in The Window*. The problems discussed in this study are limited to

analyzing the book's structure, which is focused on the research, including themes, settings, and characters. Also, this study focuses on the causes, symptoms, and impacts of PTSD on the main characters as a literary criticism with a psychological approach. This research provides the significance of the study, among others, to assist readers in analyzing literary works, especially novels. It can also be used as a reference for analyzing characters in a book. This research can also be used for scientific research that discusses the behavior and causes of PTSD reflected in the literature.

1.2 Research Questions

Referring to the background of the study, the writer has research questions for this thesis :

1. What are the causes and symptoms of PTSD in Anna's personality in *The Woman in The Window* novel.
2. What are the impacts of PTSD suffered by the main character, Anna Fox.

1.3 Research Objectives

Based on the formulation above, the objectives of this research are :

1. To find out the causes and symptoms of PTSD in Anna's personality in *The Woman in The Window* novel.
2. To analyze the impacts of PTSD suffered by the main character, Anna Fox.

1.4 Use of The Study

The use of the study of this study will be beneficial for both society and future writers. Thus, the use of the study of this research is divided into two, as stated below :

1.3.1 Practical Use

This research can increase public awareness of mental health in society. This can provide insight and more profound knowledge to the public about the meaning of mental health, especially how this phenomenon is always present in the life of the world community. Further, the writers can use the information written in this study to analyze novels and the same topic.

1.3.2 Theoretical Use

Other future writers can use the theory used in this study to conduct a deeper analysis of mental health. The approach also can be used by future writers to analyze the topic that focuses on mental health studies in other literary works.

1.4 Scope of The Study

The scope of this study is limited to a novel entitled *The Woman in The Window* (2018) written by A. J Finn. In this research, the study is limited to a psychological approach to reveal the psychological aspects of the symptoms and effects of PTSD experienced by the main character, Anna Fox.