

CHAPTER ONE

INTRODUCTION

1.1 Background of Study

Literature and psychology are two interrelated sciences because psychology also plays an important role in analyzing a literary work by looking at it from the psychological point of view, either from the point of view of the writer, character or the literary work itself. "There is a very strong correlation between literature and psychology for the fact that both of them deal with human beings and their reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts and reconciliations; individual and social concerns, by means of varied concepts, methods, and approaches". (Asia, J., & Samanik, S, 2018). Thus, with the existence of inner and psychological conflicts in the process of making an interesting literary work to be analyzed using psychology, and in the end a new science in the form of Psychology of Literature was born.

As previously written, psychology and literature are two different but related sciences, and that's why the science of psychology of literature emerged. "Literary psychology is a literary study that views works as psychological activities. Writers will use creativity, taste, and works in their work. Literary works which are seen as psychological phenomena will display psychological aspects through characters if by chance the text is in the form of drama or prose". (Endaswara, 2011) Literary works, especially in the form of novels, prose, and dramas will always show the stories of the characters in their lives.

According to Wellek and Warren, literature is classified into three genres: poetry, drama, and prose. Short stories, novellas, and novels comprise the literary genre of prose fiction (Wellek & Warren, 1949: 120). A novel is an invented prose narrative which is usually lengthy and intricate and deals with human experience primarily through a related sequence of events. In writing their works, the writers will definitely present characters with unique characters and behaviors to add interest to the stories they write. This aspect is raised by literary psychology as a study material, especially regarding the background of the actions and thoughts of the characters in related literary works. As happened to the character Bernadette described in the novel *where'd you go, Bernadette* who has a psychological disorder.

Where'd do you go, Bernadette novel tells about psychological disorders experienced by the main character in this novel. "Psychological disorders are disorders of a person's way of thinking, emotions, volition, and behavior. Various studies also say that psychological disorders are a collection of abnormal actions, both physically and mentally". (Majid, 2011) There are two factors that influence psychological disorders, namely internal factors and external factors. Internal factors are factors that are caused by internal conditions, such as physical and psychological conditions, while external factors are usually caused by external factors such as environment, family, work, etc. "Several types of psychological disorders include: Anxiety Neurosis and Panic Disorder, Agoraphobia, depression, bipolar disorder, eating disorders, posttraumatic stress disorder, etc". (Brewin, 2010).

One of the psychological disorders that are assumed suffered by Bernadette as the main character in the novel *where'd you go, Bernadette* is agoraphobia. Agoraphobia is a type of anxiety disorder, which is characterized by a tremendous fear when the sufferer is in unfamiliar situations, and crowded places, such as in recreation areas, airports, markets, cinemas, traveling by bus, etc. People with agoraphobia as much as possible will avoid crowded places and not be alone. Therefore, sufferers usually need to be accompanied to feel safer in a crowded place. "Agoraphobia usually refers to avoidance or resistance with fear of situations where escape may be difficult or help is not available in the event of symptoms such as panic (including but not limited to panic attacks) or other disabling symptoms, such as loss of bowel control or vomiting, disorientation (especially in children) or feelings of falling (especially in older adults)" (American Psychiatric Association, 2013 in Barlow, David H, 2014).

Agoraphobia is an anxiety disorder characterized by anxiety symptoms in situations where the person perceives their environment to be unsafe and there is no easy way out. Agoraphobia, according to Westphal (1871), is a type of anxiety disorder in which you are afraid of and avoid places or situations that could end up causing you to feel anxious and make you feel trapped, helpless, or ashamed. These conditions can include open spaces, public transportation, shopping malls, or simply being outside their home. Agoraphobia is also divided into three parts, which are mild agoraphobia, moderate agoraphobia, and severe agoraphobia. "Mild" agoraphobia occurs in people who are hesitant to drive long distances alone but manage to drive to and from work, prefer to sit in the aisle at the cinema but still go to the cinema that they are used to, and avoid crowded places. "Moderate" agoraphobia occurs in

people who drive limited to a 10 mile radius from home and only want to drive if accompanied, who shop outside of peak hours, avoid large supermarkets, and avoid flying or traveling by train. "Severe" agoraphobia refers to very limited mobility, sometimes even reaching one's own home.

The novel *where'd you go Bernadette* is the second book of a former television writer who worked on shows such as *Mad about You* and *Arrested Development*, Maria Semple. This novel was the best-selling novel at that time. *Where'd you Go, Bernadette* is a fast-paced comic novel with a complex narrative structure. This book follows a letter format (e-mail, transcripts, memos and other documents). The events in this novel are told from various points of view by a large number of characters. Set in contemporary Seattle and incorporating real places and personalities both in and around Seattle. *Where'd you go, Bernadette* is an ingenious and shamelessly entertaining novel about a family realizing who they are and the power of a daughter's love for her mother.

This novel tells the story of Bernadette Fox, a former architect who lives in Seattle with her husband, Elgin Branch, an engineer at Microsoft and host of a TED Talk about artificial intelligence, and their teenage daughter, Bee. The story begins when her daughter, Bee, claims a family trip to Antarctica as a reward for her perfect report card scores. Bernadette is a quiet mother, who is genius, she is already preparing for the family trip, but she feels tired from years of trying to live the Seattle life that she never wanted. Bernadette was also an award-winning architect, and she was an inspiration to many people at the time as a woman in a male-dominated business.

However, when one of the houses she designed that is famous and stunning is purchased, only to be torn down and used as a parking lot, Bernadette loses her creativity, ambition and, ultimately, her mental stability. As life continued to present challenges to her, including fertility problems, miscarriage, and an ill child, Bernadette's mental health took a turn for the worse. She is assumed to have anxiety and agoraphobia. And she decided to go missing so as not to go to Antarctica.

With the narrative in the form of documents, Bee establishes a network of emails, invoices and school memos that reveal the secrets of his family's past. This includes a letter her father wrote to Dr. Janelle Kurtz, which describes the psychological disorders suffered by Bernadette, and one of the psychological disorders portrayed that is assumed by Bernadette is agoraphobia. With this issue, therefore the writer decided to analyze more deeply about agoraphobia on the main character in *where'd you go, Bernadette novel*. In this research the writer focuses in two things, which are: the symptoms of agoraphobia experienced by the main character in *where'd you go Bernadette novel*, and the agoraphobia that seen in the main character in this novel.

1.2 Research Questions

Based on what has been written in the background, this research focuses on these ideas to formulate the research questions to be:

1. What are the symptoms of agoraphobia experienced by the main character in *where'd you go, Bernadette novel*?
2. How is agoraphobia seen in the main character in *where'd you go, Bernadette novel*?

1.3 Research Objectives

After knowing the problem formulations, this research proposal focuses to find out the symptoms of agoraphobia experienced by the main character and to see the agoraphobia in the main character in *where'd you go, Bernadette* novel.

1.4 Use of Study

The writer hopes this study can be useful and helpful for the society and can be as references for another future research. Thus, the use of the study of this research is divided into two parts, which are practical use and theoretical use:

1.4.1 Practical Use

This study is a portrayal of one of the psychological disorders, especially agoraphobia experienced by some people. The impact experienced by agoraphobia is excessive fear and they will tend to avoid places or situations that cause panic, make them embarrassed, trapped, or helpless. These situations usually occur when on public transport or in queues, open spaces such as bridges and parking lots, and enclosed spaces such as shops and cinemas. A common cause of agoraphobia in a person is a post-traumatic event. With this research, the writer hopes that readers can understand the relationship between the study of literature and psychology, the writer also believes that the depiction of agoraphobia that occurs in the main character in the novel *Where'd you go, Bernadette?* Related with people's lives and the writer hopes that people can be more aware of the surrounding environment, and can show a good response if someone suddenly experiences agoraphobia symptoms around us.

1.4.2 Theoretical Use

With this research, it is hoped that it can help and contribute in the field of literary studies itself, especially for research that discusses a novel with the same topic as this research. Hopefully this research is able to enrich the readers, provide information and a little understanding of agoraphobia which is described in a novel entitled *Where'd You Go, Bernadette* by Maria Sample. The theory used in this study can also be useful and can be used by other researchers in the future to conduct a deeper analysis of psychological issues, especially the discussion of agoraphobia in novels, films, and other literary works.

1.5 Scope of the Study

Based on the research questions, the writer focuses on analyzing in more detail the symptoms of agoraphobia experienced by the main character and to see the agoraphobia in the main character in *Where'd You Go, Bernadette* novel. Therefore, beyond this scope, the writer will not describe it broadly. The approach used in this research is a psychological approach, and the theory from (American Psychiatric Association, 2013 in Barlow, David H, 2014).