

## **CHAPTER TWO**

### **LITERATURE REVIEW**

In this chapter, the researcher discusses several previous studies that have a relation with this research. Some theories are used to help the researcher to analyze the problem. This chapter has two subchapters, the first is the previous study. This subchapter shows the previous study that related to this research. The second subchapter describes the theories related to the problems that have been found previously by the researcher and also explains the reasons for choosing the theory used to solve the problem.

#### **2.1 Previous Studies**

The previous studies have an important role in this study, especially the basis or reference in the form of theory through the results of various previous studies is needed as supporting data. Research that is relevant to the topic that the researcher discusses in this study is one of the supporting data that according to the researcher is important to be a separate part of this research.

Previous research that is used as a reference on this study focuses on the findings and the theoretical methods used. Therefore, the researchers conducted a study of several research in the forms of journals and theses via the internet. Some researches with the object or the same topic were chosen as a guide for researchers.

An article was entitled Joe *Goldberg's Obsessive Compulsive Personality Disorder in Caroline Kepnes' You* written by Hasnanisrina & Wedawati analyzing Joe Goldberg's obsessive-compulsive disorder in Caroline Kepnes' novel *You*. This article is using a descriptive qualitative method and using Theodore Millon theory to reveal obsessive compulsive personality disorder in Joe Goldberg's character. The result of the study shows that obsessive compulsive disorder usually shows rigidity and stubbornness, for example that Joe Goldberg has an obsession and control of his loved one's life, mental and interpersonal control. Due to Joe Goldberg's obsessive compulsive personality disorder, he will do anything for the people he loves, but in his own way, even if it means killing others. This article has similarities with the research conducted by the researcher, which both discusses obsessive compulsive disorder in a character in the novel, but the difference is in the novel used, namely the research conducted by the researcher using the novel *Girl In Pieces* while this article uses the novel. *you*.

**Obsessive Compulsive Disorder (OCD): A Psychological Character Analysis** by Hiran Perera (2016) analyzes obsessive compulsive disorder in Melvin Udall's character novel in the film *As Good As It Gets*. This article uses a qualitative descriptive method and uses Theodore Millon's theory to reveal obsessive compulsive personality disorder in Melvin Udall's character. The results showed that obsessive compulsive disorder usually shows Simon, who is an artist, never liked Melvin because of his strange social behavior. Many uncomfortable and unpleasant moments revolve around Melvin so as to form a character that can be called OCD as a result of his own behavior. This article has the same topic as the research conducted by the writer. This article

discusses the OCD that occurs in the main character. However, the difference that can be seen is that this article uses a film entitled *As Good As It Gets*, while this study uses a novel entitled *Girl In Pieces*.

***Obsessive Compulsive Disorder Behavior of the Main Character in the Drama Kekkon Aite Wa Chusen De Karya Miu Kakiya*** was written by Sukma Rukhyana (2021) to analyze the obsessive-compulsive disorder experienced by Miyaasaka, the main character in the drama. The writer uses a qualitative method to write this article. The theory used is from David A Tomb to help reveal the symptoms experienced by the main character. The results of the research from this article are that Miyaasaka's OCD was caused by a past experience he had, namely he was bullied verbally by his friends. Miyaasaka has an untempered nature, even though he has OCD, he will not get angry when other people do things he doesn't like. The symptoms he experienced were included in the washer and cleanser symptoms because they included thoughts with certain activities caused by these thoughts. This article has similarities with the topic discussed by the writer, namely discussing OCD. However, there are differences or of the type or some of the existing discussions. The research conducted by the researcher uses the novel *Girl In Pieces* while this article uses a drama entitled *Kekkon Aite Wa Chusen De*.

An article entitled **Obsessive Compulsive Disorder Depicted In Nim's Island Movie** by Lestari (2021) discusses OCD depicted by Alexandra Rover, the main character from the film *Nim's Island*. The author uses a psychological approach in writing the

article, the author also uses a qualitative descriptive method to help analyze the data. The data generated in this article is that Alex's OCD is caused by his condition which changes his personality by choosing to live alone in an apartment. OCD symptoms experienced by Alex are characterized by repeated actions, this he does because he feels that if he repeats the same actions he will get peace. This article has the same topic discussed, namely obsessive-compulsive disorder which helps writers to find data. However, there are differences that can be found, namely this study uses a movie entitled *Nim's Island* and uses cinematographic aspects to collect data, while this study uses a novel entitled *Girl In Pieces*.

## **2.2 Psychological Approach**

Based on Yunara & Kardiansyah (2017), the psychological approach is an approach that explains the character's personality in the story and contains something that is related to the feeling, fantasy through ideas, behavior, and etc. The researcher used this theory to find out the risk of suicide in obsessive-compulsive disorder portrayed in *Girl In Pieces* novel. Psychologists believe that personality is influenced by a little genetic element, and also the way we grew up and life's experience that we got. According to Sigmund Freud, personality has been formed in the beginning of our life, especially when it is pushed by our experience about need and pleasure.

Psychological approach is literature criticism approach which stresses on psychological aspects that exist in a literature work (Atar Semi, 2013). These psychological aspects got attention in literature criticism and research due to the emergence of consciousness

for the author and also for the critic. The society development and advancement in this modern age are not solely measured from material aspects, but also from spiritual or psychological aspects. Utilization of this theory in literature that is done by many authors is by taking useful parts and purely for their consideration in researching characteristics and personality of someone.

### **2.3 Obsessive-Compulsive Disorder Theory**

There are several lists of criteria that exist in people who have personality disorders, attitudes or behaviors are characteristics associated with certain mental disorders. Lying is an antisocial criterion, considered a personality trait of psychiatric disorders. Many personality traits that can occur simultaneously, it can be said as a psychiatric disorder (Millon, 2004:20).

According to Fava., *et al.* (2014) The main aspect of Obsessive-Compulsive Disorder (OCD) is the presence of obsessive and compulsive behaviors that are long enough, more than one hour a day, resulting in discomfort and suffering. Obsessive-Compulsive Disorder (OCD) is defined as an anxiety disorder that involves unwanted thoughts and urges or repetitive actions intended to suppress these thoughts and urges (Durand & Barlow, 2006). Obsessive Compulsive Disorder or abbreviated as OCD is a form of mental health problem that makes sufferers have uncontrollable thoughts and impulses that are repetitive (obsessions) and the emergence of compulsive (compulsive) behaviors.

Obsessive-compulsive disorder is a condition in which a person cannot control their own thoughts which becomes an unwanted obsession. Obsessive-compulsive disorder is a mental health problem that can cause sufferers to have repetitive and uncontrollable thoughts (obsessions) and compulsive behavior (compulsive) (Millon, 2004). Obsessive Compulsive Disorder (OCD) can be interpreted as an anxiety disorder. A person suffering from an obsession may be aware of the difference between the excessive or irrational obsessions they are experiencing. Someone who has excessive obsessions has a habit of repeatedly reducing anxiety in the obsessions they have. Obsessive-Compulsive Disorder can make a person's life sometimes feel very difficult to start interacting with because of factors that result from OCD.

Obsessive Compulsive Disorder itself can be interpreted as an anxiety disorder, this disorder has two main parts, namely obsessions and compulsions. These parts are related to each other. Basically someone who has an obsession will take some action to fulfill his obsession and this action is called coercion.

In abnormal psychology, there are many types of disorders, one of which is anxiety disorder. In this disorder, the sufferer has excessive anxiety and fear about something that cannot be thought about logically, such as someone who has a phobia about something, the person has excessive fear of an object or object and condition so they have to stay away from it. For example, there is someone who is afraid of heights, so he will not dare to go or visit high places. By not visiting high places, a person means avoiding or staying away from things that make him feel excessive fear.

Saifuddin (2022) states that what is meant by obsessive compulsive disorder is an anxiety disorder that occurs in a person's mind as a result of unwanted input or can also be actions that are carried out repeatedly. A similar opinion was also expressed by Maslim (2019) that one of the symptoms of obsessive compulsive disorder is that the ideas, images, thoughts and impulses in the sufferer must be in the form of unexpected repetition. In this disorder, sufferers have an urge to take action. The action he took was an unexpected action and was carried out repeatedly in order to reduce fear and anxiety about something that would happen if the sufferer of the disorder did not do it repeatedly. For example, before someone leaves for work, they will lock the door first. After he locked the door, he checked whether the door was locked or not several times.

### **2.3.1 Symptoms of Obsessive-Compulsive Disorder Theory by Millon**

Obsessive-compulsive behavior is usually characterized by the emergence of repetitive events that usually come to mind that encourage them to do something they don't want. (Millon, 2004). Health Line explains that OCD symptoms can be exacerbated by stress. Symptoms of OCD definitely affect the quality of life of sufferers. There are two main types of OCD symptoms:

#### **1. Obsession OCD Symptoms**

Symptoms of OCD obsession is a condition when the sufferer continues to have intrusive and unwanted thoughts that just come and go. Here are the obsessive OCD symptoms:

- a. Sufferers feel like hurting themselves to get peace.

People who have obsessive-compulsive disorder will usually find ways to calm their minds, one of which is by hurting themselves.

- b. Sufferers attempted to commit suicide.

People with obsessive-compulsive disorder will also usually have thoughts of committing suicide, because of disturbing thoughts within them.

- c. Sufferers have recurring thoughts of doing things they really don't want to do.

People who have OCD will find it difficult to carry out their daily activities because they often have thoughts they don't want, usually these thoughts can interfere with the person's activities.

## 2. Compulsive OCD Symptoms.

Symptoms of compulsive OCD are conditions when sufferers have behaviors that are done solely to relieve stress.

- a. The sufferer arranges objects or things in the right way, even when it is not necessary or the sufferer has to do something else.
- b. Sufferers will repeatedly check doors, stoves, or other things to make sure they are dead, even if it means the sufferer cannot leave the house.
- c. The patient silently counts or repeats words or phrases, even though the sufferer actually wants to stop doing it.

### **2.3.2 Causes of Obsessive-Compulsive Disorder Theory by Millon**

Obsessive-Compulsive Disorder (OCD) is a complex mental health condition, and its precise causes are not yet fully understood. However, there are several factors that



researchers, including Theodore Millon (2004), have theorized may increase a person's vulnerability to developing OCD. These factors include:

#### 1. Verbal Abuse

Verbal abuse, which encompasses a range of hurtful and demeaning language, can deeply affect an individual's self-esteem and emotional well-being. The connection between verbal abuse and OCD lies in the emotional scars it leaves behind. When someone endures prolonged verbal abuse, they may internalize the negative messages, leading to a constant state of anxiety and self-doubt.

- **Obsessive Thoughts:** The lingering effects of verbal abuse can manifest as obsessive thoughts. These thoughts might revolve around a fear of making mistakes, a compulsion to be perfect, or a preoccupation with avoiding criticism. The fear of facing verbal abuse again can drive these thoughts to an extreme degree.
- **Compulsive Behaviors:** To cope with the distressing thoughts and the fear of future abuse, individuals may engage in compulsive behaviors. These behaviors might include repeatedly seeking reassurance, meticulously checking their work, or performing rituals to ensure they have not made any mistakes.
- **The Role of Control:** In this context, the compulsions serve as a means of regaining control over the intense anxiety and insecurity stemming from past verbal abuse. They provide temporary relief from the distressing thoughts and help individuals manage their emotions.

## 2. Sexual Harassment and Assault:

Experiencing sexual harassment or assault can be a profoundly traumatic event that shatters a person's sense of safety and trust in others. The connection between trauma from sexual experiences and OCD lies in the pervasive anxiety and distress these events can create.

- **Obsessive Thoughts:** Trauma resulting from sexual harassment or assault can lead to intrusive and distressing thoughts about safety, vulnerability, and the potential for future harm. These thoughts can become obsessive in nature, continually intruding into the individual's consciousness.
- **Compulsive Behaviors:** To alleviate the overwhelming anxiety and fear generated by these thoughts, individuals may develop compulsive behaviors. These behaviors can take the form of rituals aimed at maintaining a sense of safety, such as excessive checking, avoidance of certain situations, or compulsive cleanliness.
- **The Quest for Safety:** Compulsions related to past trauma can provide a false sense of security. They serve as attempts to regain control over the traumatic memories and the fear of recurrence, even though the compulsions themselves are often irrational or excessive.

## 3. Bullying

Bullying can have profound and long-lasting effects on a person's self-esteem and self-worth, especially when experienced during adolescence, a critical period for identity development.

- **Obsessive Thoughts:** Individuals who have been bullied may develop obsessive thoughts related to social interactions, self-image, or the fear of judgment. They may continually ruminate on past bullying experiences and worry about future instances of ridicule or humiliation.
- **Compulsive Behaviors:** To cope with the distressing thoughts and the fear of further bullying, individuals may engage in compulsive behaviors. These behaviors may include avoidance of social situations, seeking excessive reassurance from others, or adhering to strict routines to avoid potential triggers.
- **Perceived Need for Control:** The compulsions serve as a way to regain control over the perceived threats associated with bullying. By engaging in these rituals, individuals hope to prevent future harm or embarrassment, even though the connection between the compulsion and the perceived threat may be distorted.

### **2.3.3 Effect of Obsessive-Compulsive Disorder Theory by Millon**

People with OCD are well aware that their behavior or actions are irrational or beyond reason, but sufferers feel powerless to stop them. Many sufferers feel that the symptoms of OCD that are experienced are normal. Symptoms of OCD definitely affect the quality of life of sufferers. The effects of OCD sufferers that can interfere with daily activities include:

- **Limited Enjoyment of Social Activities:**

People with OCD often find it difficult to engage in social activities. The constant presence of intrusive thoughts and the need to perform rituals can make social settings uncomfortable. For example, someone with contamination obsessions may avoid handshakes or touching objects in a public place. This hinders their ability to fully enjoy and participate in social interactions, leading to isolation.

- **Strained Relationships:**

OCD can strain relationships, both personal and professional. The repetitive behaviors and preoccupations of someone with OCD can be frustrating or perplexing to others. Maintaining friendships and forming new ones becomes challenging as people with OCD may withdraw to avoid potential triggers or because they feel embarrassed about their condition. This isolation can lead to feelings of loneliness and further exacerbate their symptoms.

- **Overwhelming Guilt, Shame, and Self-Blame:**

OCD sufferers often experience intense guilt, shame, and self-blame. They may feel responsible for events or situations that they had no control over or engage in self-criticism for their perceived shortcomings. This persistent self-blame can erode self-esteem and exacerbate anxiety, contributing to the overall burden of the disorder