

CHAPTER ONE

INTRODUCTION

1.1 Background of the Research

Literature is an expression in the form of written or oral works based on the author's imagination which serves to entertain others. Literature has many literary studies to help someone in analyzing literary works, one of which is the psychology of literature approach. Literary works consist of drama, poetry, films, novels, and various works of fiction and non-fiction which are usually written by someone. Literary works that are usually published are usually not always in written form, some literary works are in the form of films or television shows. A novel is an essay written and structured by themes and plots that have been thought about and focuses on the development of the characters in the story (Endraswara, 2008). A novel is a literary work in the form of a long narrative that has been developed from previous literary works, namely prose. The themes, plots, and storylines written are the work of the author so that the events in the novel can be divided into many storylines.

Literary psychology is a literary study that views work as a psychological activity, the author will use creativity and taste in his work. Literary psychology is a branch of literature that is used to examine a literary work from a psychological point of view. The purpose of literary psychology is to understand the psychological aspects contained in a literary work.

According to Endraswara (2008) literary psychology can be influenced by several things. First, the work is the result of the creative form of an author's psychological process and the direct thoughts of an author who is in a sub-conscious situation which is then poured into the conscious form of the creation of a literary work. Second, in a study of psychology literature is a study that can reflect the psychology of the characters presented in such a way by an author so that readers can be lulled from the psychological problems of stories or stories that can make readers involved in the story the characters presented in such a way by an author so that readers can be lulled from the psychological problems of stories or stories that can make readers involved in the story.

Although psychology and literature are two different meanings, they are related from various fields. Psychology cannot be separated from literature and literature cannot be separated from psychology. In the view of society so far, literature seems to use more psychological studies as an auxiliary science, but literature also contributes theories in psychology. This is based on the fact that several theories and psychology cannot be separated from literary contributions. The term in psychology is adapted from classical literature or better known as mythology. This shows that empirically literature and psychology are two scientific fields that contribute to each other in terms of scientific strengthening (Mindderop, 2010). From this understanding, it can be concluded that the personality of the character in a literary work can be studied using literary psychology studies.

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 symptom caused by a person experiencing depression. Obsession is a repetitive thought or something that is thought continuously and one's thoughts that cannot be controlled. An obsessive sufferer has symptoms of anxiety (anxiety or fear) or emotional disturbances. What psychiatrists and therapists who treat someone who has obsessions really pay attention to is that obsession is a mental illness that can be called obsessive compulsive disorder. Obsessive-compulsive disorder can be included as a mental disorder whose symptoms can come and go. Symptoms of obsessive-compulsive disorder are usually suppressed by obsessive thoughts to relieve anxiety. In addition, patients who experience OCD are usually aware of the conditions they are experiencing.

People who are excessive perfectionists showing themselves to be rigid can be called sufferers of obsessive-compulsive disorder (OCD). This disease can make a person spend excessive energy and lose sight of what should be achieved in tasks and work. People who behave obsessively will show rigidity in themselves and how to do work in ways that make no sense. The nature of OCD is that they will be hard workers, they prefer to work rather than enjoy their free time. OCD does not involve or not only the obsession itself or the stress they face. The obsessional behavior that appears is general perfectionist behavior resulting from the impact of this obsession. Someone who suffers from OCD will be successful and successful in their work and in the place where

they work, but makes other people or someone who works for them feel unhappy or miserable because he demands excessive standards or perfect standards.

According to Foa and Wilson (2001) OCD has its own symptoms. For example, those whose thoughts arise as a result of habit. Speaking using repeated sentences is one example of OCE (Foa and Wilson, 2001). 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.

A novel is a depiction of a human story about human life when interacting with each other and with the surrounding environment. In a novel, the author can describe the characters in detail. A character is a role that has a very important position, because the character functions to convey the message contained in a story to the reader (Kartikasari and Suprpto, 2018). Through characters, the author can display psychological elements to make the story more real, one of which is by showing actions that are rarely carried out by other people or what can also be called abnormal behavior. In literature, the science that relates psychological conditions to literature is called literary psychology. Explained by (Ratna 2015:342) the aim of the literary psychology

approach is to understand things related to a person's psychological or mental condition through the characters in a literary work.

In *Girl in Pieces* by Kathleen Glasgow, the story follows Charlotte Charlie Davis, a young girl whose life has been filled with trauma and self-destructive behavior. She attempts suicide by cutting herself and ends up in a psychiatric hospital due to her self-harm. After her release, she struggles to find stability and healing. Charlie's background is marked by the suicide of her mentally ill father and abuse from her grieving mother. She finds solace in her friendship with Eleanor Ellis Vanderhaar until Ellis blames her for a drug-related incident and Charlie is left homeless. On the streets, Charlie encounters Evan and Dump, who save her from a dangerous situation but later introduce her to a sex trafficker named Frank. Charlie resists becoming a prostitute and attempts suicide, leading to her hospitalization. In the psychiatric hospital, Charlie opens up through art and bonds with a roommate, Louisa, who also self-harms. Charlie's lack of insurance results in her early discharge, and she is sent to live with her mother. She reaches out to a friend, Mikey, and goes to Tucson with hopes of a better life. In Tucson, Charlie faces challenges, including a difficult job and a strained friendship with Riley, a troubled musician. She learns Mikey has moved on, and her emotional reliance on Riley deepens. During a tumultuous day, Charlie discovers her friend Blue using drugs at Riley's house, and she witnesses Riley with another woman. Overwhelmed, Charlie relapses into self-harm. Charlie is eventually taken to Santa Fe by Tanner and Linus to heal physically and emotionally. There, she begins to connect

with her emotions and art. She returns to Tucson, attends a benefit concert where Riley apologizes through music, and receives a job offer from Felix.

The novel *Girl In Pieces* is very interesting to study, because this novel has a message to convey, namely about mental health in adolescents through the feelings of teenagers who experience these situations. This novel is presenting a story that contains psychological issue seen by Charlie who attempts to commit suicide when she feels like a broken girl because she feels a lot of destruction in his life after losing her parents. This is the reference for this research to analyze the inner conflict experienced by Charlie as the main character in the novel *Girl In Pieces* by using a literary psychological approach.

1.2 Research Question

Based on the background above, the writer can formulate the problem as follows: How is obsessive-compulsive disorder portrayed in the novel *Girl In Pieces*?

1.3 Research Objective

Based on the formulation above, the objectives of this research are to portray the main character obsessive-compulsive disorder in the novel.

1.4 Use of the Study

This study aims to answer the problems that have been formulated. Such as knowing in more detail and depth the causes of obsessive suicide disorder in adolescents and

providing studies that discuss the problems of depressive disorder in order to find solutions or solutions to these problems.

1.4.1 Theoretical Use

This research is expected to contribute to literary analysis and can provide understanding for the readers, especially for the students of English Literature about psychological analysis in a literary work, especially analyzing trauma experienced in the novel *Girl In Pieces* by Kathleen Glasgow. The theory used in this study can be used by further researchers to carry out a deeper trauma analysis.

1.4.2 Practical Use

This research is expected to provide a deeper understanding to readers, especially English Literature students about the trauma and causes that occur in the novel *Girl In Pieces* by Kathleen Glasgow. This research is also expected to increase public awareness about mental health in the community. The information used in this study can be used by future researchers to analyze a novel with the same topic.

1.5 Scope of the Study

The scope of this research is limited to the portrayal of obsessive-compulsive disorder through the main character in the novel *Girl In Pieces*. The researcher uses an obsessive-compulsive disorder theory by Theodore Millon to analyze OCD which is portrayed by the main character. The writer focuses on how obsessive-compulsive disorder portrays the main character in the novel *Girl In Pieces*.