

# CHAPTER ONE

## INTRODUCTION

### 1.1 Background of the Study

Literature is related to the world of fiction, drama, poetry and essay that are classified into arts, meanwhile psychology refers to the scientific study about mental processes of human. Although psychology and literature are different from each other but they have one common ground. The common ground is about human life as a source of study and because of that they cannot separated each other. The main discussion and problem that appear in literature are not only about social problem but also psychological problem of the author. Ratna (2013:62) states that literary work is the result of author activities that correlate with the symptoms of psychological condition like obsession, contemplation, sublimation and others symptoms that included in psychological problem or disease. The author represents those symptoms through the characters in their literary works. One of psychological problems that appear in literature is about bipolar disorder disease.

Bipolar disorder disease tends to talk of solely as states of mood because bipolar disorder is a kind of psychological disease and also known as maniac depression. Bipolar disorder is a common psychiatric disorder that refers to mood disorder (*Living with Bipolar Disorder, 2008:5*). Every person has different characteristic of mood which is influenced by several factors such as genetic and environment.

“Bipolar disorder is a serious brain illness. It is also called manic-depressive illness or manic depression. People with bipolar disorder go through unusual mood changes. Sometimes they feel very happy and “up,” and are much

more energetic and active than usual. Sometimes people with bipolar disorder feel very sad and “down,” have low energy, and are much less active” (W. Otto, Reilly-Harrington, O. Knauz, Henin, N. Kogan & S. Sachs, 2008:5)

According to the statement above, the sufferer from bipolar disorder can be happy and very energetic and then suddenly becomes moody and sad until they are depressed because of something at one time. The condition happens if the sufferers feel that they cannot gain what they want in their life, for example if they cannot fulfill their desire about something. This condition could lead to some effects toward the sufferer in their society.

Bipolar disorder is divided into bipolar I, bipolar II and bipolar NOS which is determining by the symptoms. The symptoms of bipolar disorder are difficult to identify because those symptoms also appear in normal people such as less energy, feel sad, more talkative etc. This condition makes bipolar disorder sufferers do not aware about their condition. It makes bipolar disorder becomes the biggest psychological disease in the world. Around 27 million people around the world have bipolar disorder (National Institute of Mental Health, 2012:19) and the biggest countries that suffer from bipolar is America, because more than 10 million men and women in the United States have bipolar disorder (*Living with Bipolar Disorder*, 2008:10).

In this research the writer chooses a novel, *Haldol and Hyacinths : A Bipolar Life*. *Haldol and Hyacinths : A Bipolar Life* is a novel written by Melody Moezzi, published by New York : Avery in 2013, consist of 288 pages. Melody Moezzi is

a writer, attorney and speaker for mental illness especially for bipolar disorder. In this novel, Melody Moezzi tells about her experience as Iranian American Moeslim woman who suffers from bipolar disorder. She describes about herself as Iranian-American women along with her psychological experience, both clinical and cultural bipolarity. Melody talks of how she could survive in life before she was diagnosed as bipolar disorder sufferer until she was diagnosed as bipolar disorder. She also explains how she can face bipolar disorder and can finish her study during the process. Furthermore, because of this book, Melody becomes one of best writer for mental illness book in 2016 (*Minority Mental Health Awareness Summit 2016*) and also included in best WRITERS' WEEK 2017(*The Uncw Department of Creative Writing*). Melody Moezzi is also a members of NAMI or National Alliance on Mental Illness in 2014 (*NAMI or National Alliance on Mental Illness 30 years celebrating article*) and becomes a speaker for Depression and Bipolar Support Alliance in 2016 (*DBSA articles 2016*).

From explanation above the writer decides to analyze the symptoms and types of bipolar disorder of the main character in *Haldol and Hyacinths : A Bipolar Life*. The writer is interested to analyze the symptoms and types of bipolar disorder inside of the story. The reason why the writer decides to analyze the symptoms and types of bipolar disorder are because the writer wants to know about the symptoms that described in melody's character, and why those symptoms can be included as bipolar disorder. The writer believes that in analyzing symptoms and types of bipolar disorder the writer gain more understanding on how the

symptoms and also types of bipolar appear in Melody's character in *Haldol and Hyacinths : A Bipolar Life*.

## **1.2 Research Question**

According to the background of study, the writer formulates the research question as follows:

1. How is bipolar disorder described in Melody's character in *Haldol and Hyacinths : A Bipolar Life* novel?
2. What is the type of bipolar disorder suffered by Melody's character in *Haldol and Hyacinths : A Bipolar Life*?

## **1.3 Research Objective**

Concerning to the statement of the problem above, the objective of this research are:

1. To elucidate about bipolar disorder that described in *Haldol and Hyacinths : A Bipolar Life* by Melody Moezzi.
2. To reveal the types of bipolar disorder that described in *Haldol and Hyacinths : A Bipolar Life* by Melody Moezzi.

## **1.4 The Uses of Study**

### **1.4.1 Theoretical Use**

The writer expects that this research will be useful for other researcher and give more knowledge to the readers and students who want to do more research that related to the same topic.

### **1.4.2 Practical Use**

Practically, this research can assist other researcher who wants to conduct analysis in the same topic and also becomes one of the references for the one who is interested to find out and analyze about bipolar disorder.

### **1.5 Scope of the Study**

In this research the writer limits the idea on describing bipolar disorder on Melody's character. The writer also wants to reveals the type of bipolar disorder that suffered by Melody's character in *Haldol and Hyacinths : A Bipolar Life* by Melody Moezzi.