

## CHAPTER ONE

### INTRODUCTION

#### 1.1 Background of Study

Anxiety is the uncomfortable feeling of dread that occurs in response to extreme or prolonged periods of stress. It is commonly ranked as panic. Anxiety refers to feelings of worry, nervousness, apprehension or fear commonly experienced by people when faced with something they view as challenging a test, speaking in public, performing in public, divorce, or any other stress inducing events. According to Freud in Thurschwell (2009), anxiety is as a signal that danger is coming. Anxiety is always characterized by a feeling of helplessness a disjunctive force. Most people experience anxiety at some point in their life. Anxiety is the emotion that human being feels when they are under threats and cannot handle the problem. One of the examples about anxiety is a research written by Yulia Fitriani using *We Disappear* novel by Scoot Heim (2008).

Let her loose. Even now, it was so difficult to picture my mother surrendering. There would be more Friday appointments, I told myself. No self-administered Neupogen shots. **No routine anxieties** over her hair, her blood counts, or the rigid port in her chest (Heim, 2008: 213)

From quotation above, Donna as a main character that suffered anxieties. Donna suffers anxieties over her hair, her blood counts, or the rigid port in her chest. These anxieties are because of the effect of chemotherapy. This quotation shows Donna is suffering anxieties. Her anxieties as psychological problem come from

her behavior in daily life. Scoot tells that she feels uncomfortable and pain because of the chemotherapy that shedding her hair and making her blood pressure in disorder. Therefore, the writer concludes that Donna suffer anxieties.

In this research, the writer chooses one of the novels that depicts psychological problem that is *The Girl on the Train* novel by Paula Hawkins. *The Girl on the Train* novel was published by Riverhead Books on January 13<sup>th</sup>, 2015 in United State consists 475 pages. This novel becomes best sellers in New York. *The Girl on the Train* novel tells about the life of three women Rachel, Anna and Megan who connected each other. The main character is Rachel. She is miserable woman because she divorced from her beloved husband Tom. In this novel Rachel told as imaginative people. She always imagines something that she sees. She always pretends to go to her office in London by train (she does it because she does not want her flatmate, Chatty to worry about her) and will pass the house that used to her and tom life before, rather that kills herself to look at the house where Tom life now with his wife and his baby, Rachel prefers to look at the house of Jess and Jason, and imagine it as the perfect full and wonderful family life.

The real name of Jess is Megan and Jason is Scott, both of the name given by Rachel as her imagination because she thinks Scott is handsome man and Jason is perfect name for him while Jess just to complement him. Every time she goes to London she always imagine their beautiful life that she and Tom must have before. The last is Anna. Anna is Tom's wife. They have one daughter called Evie. She made affair with Tom when he was Rachel's husband. She always feels

afraid about Rachel who always contacted her husband. She told Tom to call the police to make Rachel stop from disturbing their life but Tom refused it and he call Rachel to remain her to stop from what she does.

*The Girl on the Train* novel in 2015 portrays the condition of someone's psychological problem that is portrayed through Rachel's character. Rachel is a depressive woman. She got depressive when she divorced with her husband. She always takes the same commuter every morning and night. She cannot move on to her new life. According to Freud in Thurschwell (2009), people feel anxious when something unclear happens or something threatening would happen in the future and the most common that people suffer anxiety such as feels worries, afraid, fear or uncomfortable feeling, guilty to progressively of a character. Therefore, in the novel Rachel anxieties because she always feels afraid, worry and guilty to progressively.

From the explanation above the writer decides to analyze anxiety of the main character in Hawkins' *The Girl on the Train* novel. The writer is interested to analyze anxiety inside of the story. The reason why the writer decides to analyze anxiety because the writer wants to find out about the anxiety that suffered by Rachel character as the main character of *The Girl on the Train* novel. The writer believes that in analyzing anxiety the writer gain more understanding on how literature treasure appear in Rachel character in Hawkins' *The Girl on the Train* Novel.

## **1.2 Research Question**

Referring to the background of the study, the writer has formulated the research question as what are anxieties of Rachel character in Hawkins' *The Girl on the Train*?

## **1.3 Research Objective**

Considering to the statement of the problem above, the writer concludes that the research objectives of this research is to describe anxieties of Rachel character in Hawkins' *The Girl on the Train*.

## **1.4 Uses of The Study**

There are two uses of study, theoretical and practical uses

### **1.4.1 Theoretical Uses**

In theoretical uses, this research is expected to be able to give certain overview of the knowledge about the main character in facing conflict and how are the conflicts finally resolved. The writer hopes this research make readers fell interesting and will help the next researcher in doing the same analysis by the same topic.

### **1.4.2 Practically Uses**

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

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

In doing this research the writer need limitation and focus on anxiety. The point of this research concerned in realistic anxiety, neurotic anxiety and moral anxiety that is suffered by Rachel character in Hawkins' *The Girl on the Train* novel by using anxiety from Sigmund Freud theory.