

# CHAPTER I

## INTRODUCTION

### A. Background of the Study

Literary work is one of the cultural products that express an imagination creation of people. There are many expressions of people like a self-conscious, a soul conscious and a body conscious. The reality cannot be described in a clear way because it is very complex, so literary work becomes a media. Basically, literary work can describe the process of human life, so people can understand and study about it.

There are some ways to express ideas, especially in a literary work. There is a literary work that brings us to the world of dreams and takes us away from reality. It has to be contrasted with a literary work that needs our interpretation. Literature is a personal expression of feeling including experience, idea, motivation, confidence in the concrete description by using language. There are many types of literary works, one of them is novel. The novel is a part of prose form beside short story. The most of the people read a novel and short story. A novel expresses some aspect of human's love and existence. Because novel talks about human activities and describes what happened in the surrounding, so it is written in the long composition. The novel is generally thought of as containing about forty-

five thousand words or more (Kenney, 1966; 103). So the novel is longer narrative than short story and novella.

One of the great novels is *The Girl on the Train*, a psychological thriller novel by British author Paula Hawkins. The novel debuted at No.1 on The New York Times Fiction Best Seller of 2015 list (combined print and e-book) dated February 1, 2015, and remained in the top position for 13 weeks consecutive weeks, until April 2015. The novel was sold more than 4 million copies in America and England. It is being published all over the world and has been optioned by Dreamworks. Many reviews referred to the book as “the next *Gone Girl*, referring to a popular 2012 psychological mystery with similar themes and use of unreliable narrators.

Paula Hawkins was born and raised in Salisbury, Rhodesia (now Harare, Zimbabwe). Her father was an economics professor and financial journalist. She moved to London in 1989 at the age of 17, and studied for her A-Levels at Collingham College, an independent college in Kensington, before going on to study philosophy, politics, and economics at Keble College, University of Oxford. She worked as a journalist for The Times, reporting on business. She then worked for a number of publications on a freelance basis, and wrote a financial advice book for women, *The Money Goodness*. And she has also written some of the chick-lit novels under a pseudonym, Amy Silver. There are three chick-lit novels written by Paula Hawkins under the name Amy Silver, *All I Want for Christmas*, *One Minute to Midnight*, and *Confessions of A Reluctant Recessionista*. *The Girl*

*on the Train* is her first thriller novel. (<http://skryf.in/product/the-girl-on-the-train/>)

The story of *The Girl on the Train* is a view of life that is described on the three sides of different women: Rachel, Anna, and Megan. The complexity of life that are often faced by many people in real life, which is partially revealed, which partly remain safe and fertile, and buried with the body of the culprit.

In this novel, one of the issues that had been discussed by the author is behavior disorder. According to English Oxford Dictionary, the behavior is the way in which one acts or conducts oneself. Aristotle argued that at the time of birth of the human soul does not have anything, like a candle ready table painted by the experience. According to John Locke (1632-1704), one of the empirical characters, at birth humans do not have the "mental color". This color is derived from experience. Experience is the only way into the possession of knowledge. Idea and knowledge are the product of experience. Psychologically, the whole of human behavior, personality, and temperament is determined by sensory experience. Thoughts and feelings were caused by the behavior of the past. According to the experts above, we can conclude that behavior is the capacity of mental, physical, emotional, and social activities experience during the five stages of human being's life- prenatal, infancy, childhood, adolescence, and adulthood. And the behaviors also include as dictated by cultures, societies, values, morals, ethics, and genetics. Person's behavior is influenced by family education and social

life, so not everyone has a good behavior, there are some who have behavior disorder.

Behavior disorder is also referred inappropriate behavior. Matthys&Lochman (2010) state that if such behavior often appears, not only a child's relationship with his neighbor who is disturbed, but also with adults who is disrupted anyway. While Schroeder & Gordon(2002)state, disruptive behavior is negative forms of behavior such as tantrum, whining or crying excessive, demanding attention, do not obey, fight, do aggressiveness that could endanger themselves or others, stealing, lying, tampering and delinquency. As we know that behavioral disorders are those related to mental health problems that lead to disruptive behavior, emotional and social problems. A behavioral disorder has a variety of causes. According to the University of North Carolina at Chapel Hill, the abnormal behavior that is usually associated with these disorders can be traced back to biological, family and school-related factors.

Behavior disorder in the novel is reflected in the main character, she is Rachel. *The Girl on The Train* is the story of Rachel Watson's life post-divorce. Previously, she underwent a happy marriage with Tom for five years. Behavior disorder of Rachel began when she wanted to have children, but it could not be realized, even though they in a good health. From there Rachel become a person with emotional instability, she became frustrated and then she consumed alcohol to forget her problems. She was often drunk in public places, even in her office. When drunk she often scolded her

husband, grumpy, and rampage. Her habit as alcoholics could not be accepted by the husband and the environment, so she divorced from her husband and also lost her job because his boss saw her drunk when she came to the office. Rachel behavior can't be accepted by Cathy, her roommate, who told her to move out of the apartment because of her bad habit. Anna also prejudiced to Rachel because Rachel often is around the house when she drunk, so Anna afraid if Rachel want came to Anna's home with evil intention. And police do not believe Rachel statements as a witness because Rachel drunk when the incident occurred.

Behavior disorder is always attached to human life, only more diverse line with the times. And for now, an issue about the behavior disorder becomes hot news and currently being discussed within the community because there are so many cases related to behavior disorder. The deviation was varied from deviant sexual orientation, fights among adolescents, drug abuse, lifestyle, infidelity, etc. Factors that cause the deviation are also diverse from families that are not harmonious, conflict-prone social relations, one of the association, etc. In *The Girl on the Train* novel, behavior disorder is also very strong issue to be discussed, in which the life of a person with a behavior disorder is very disturbing others and sufferers also experience difficulties in life because very few are able to accept the situation as people with a behavior disorder. Therefore, the researcher wants to find out the deviations which Rachel has done in this novel and to explain it more clearly. So, the reader can more easily understand.

Because of the reason above, the researcher is interested in analyzing this novel by using a psychoanalytic approach entitled **BEHAVIOR DISORDER REFLECTED IN PAULA HAWKINS “THE GIRL ON THE TRAIN” (2015): A PSYCHOANALYTIC APPROACH.**

#### **B. Problem Statement**

Based on the background of the study above, the main problem in this research is the analysis of Rachel’s behavior disorder. It includes the analysis of Rachel’s personality, emotion, and the psychological analysis based on Sigmund Freud theory. It can be elaborated on the following questions:

1. How does Paula Hawkins describe the Rachel’s behavior disorder in *The Girl on the Train* novel?
2. What are the symptoms that cause Rachel become person with the behavior disorder based on *The Girl on the Train* novel?
3. What are the impacts of Rachel’s behavior disorder through *The Girl on the Train* novel?

#### **C. Objective of the Study**

Every discussion has certain purpose. And based on the problem statements above, the purposes of this study are:

1. To explain the meaning of behavior disorder based on *The Girl on the Train* novel.
2. To find out the factors that can cause behavior disorder of Rachel based on *The Girl on the Train* novel.

3. To identify the impact of behavior disorder of Rachel based on *The Girl on the Train* novel.

#### **D. Limitation of the Study**

There are many issues that can be discussed in *The Girl on The Train* novel. But the writer limits the problems only on the scope of the behavior disorder of Rachel that includes her personality, emotions, relationship, and social life. Besides that this research also finds out the factors that cause and the effect of Rachel's behavior disorder.

#### **E. Benefits of the Study**

This study has significance for the students, especially for the English Department. First all, this study is meant to encourage the students to study more about literature. And this study gives information concerning the novel through the role of ply based on the character's psychology of the story. Then, to give the information to the students to study the Novel as one of the literary works and the reader a better understanding of the content of the story. The most important thing is that this study is meant to provide a model for those who are doing the literary study. Finally, the students to get science and experience from those stated in the novel.

#### **F. Paper Organization**

The researcher would like to give an outline to describe, clarify and simplify the reader in understanding the content of this paper. The organization of study will divide into five chapters, which are: Chapter one is Introduction. The writer discusses the background, statement of the

problem, objectives of the study, benefits of the study, and paper organization of the study. Chapter two is Review of Related Literature. It will discuss the underlying theory of the study and previous study. Chapter three is Research Method. It will discuss the type of the study, the object of the study, type of data and data source, the method of collecting data, and technique of analyzing data. Chapter four is Psychological Analysis of Paula Hawkins's novel *The Girl on the Train*. Chapter five is Conclusion and Suggestion.