

**ANXIETY IN DANIELLE STEEL'S ZOYA:
A PSYCHOANALYTIC APPROACH**



RESEARCH PAPER

Submitted as a Partial Fulfillment of the Requirements
for Getting Bachelor Degree of Education
in English Department

by

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2009

CHAPTER I

INTRODUCTION

A. Background of the Study

Anxiety is a state of psychic distress (White and Watt, 1948:348). The physical, environmental and social factors cause anxiety. It shows our unhappiness, irritability and dissatisfaction. Each person who has post traumatic stress, panic and depression produces strong anxiety reactions. Such a feeling of distress and helplessness is apparent in the birth trauma. All of these experiences lead to increase tension and apprehension.

Anxiety is the central problem in these disorders. The onset of anxiety disorders ranges from 16 to 40 years of age (White and Watt, 1948:190). The people who have anxiety disorders get heart disturbance such a chest pain, palpitations and breathlessness. So, it is not surprising that an estimated 10 percent of people suffer from anxiety disorders. The sufferers may also experience panic attack, phobias, obsessions, and compulsions. Because anxiety disorders are mild in comparison with other abnormal behaviors, they are often labeled neurotic.

According to Adler, "neurosis is the natural, logical development of an individual who is comparatively inactive, filled with a personal, *ego*centric striving for superiority and is therefore retarded in the development of his social interest" (Hjelle and Zieglar, 1992:164). But according to Freud, "anxiety is the central place in the theory of neurosis" (White and Watt, 1948:32). It represents a greater danger, disaster and panic. The neurotic

person is still able to perceive the world with reasonable clarity even though he or she is often troubled and unhappy. It influences the psychological of human's personality.

According to Freud, there are three components of personality; *id*, *ego*, and *superego*. In functional personality, *id* tells us about what human wants to do as seeking pleasure, *ego* decides what human can do as seeking reality and *superego* tells what human can do as seeking perfection. Anxiety arises when the *ego* realizes that expression of an *id* impulse will lead to some kinds of harm. The *ego* inhibits the harmful action and the resulting inner struggle is felt in anxiety. The *ego* tries to satisfy the desires of the *id* without inflicting personal harm. There is contradiction between *id*, *ego*, and *superego* that are creating anxiety reaction. Anxiety deals with human psychological and it has relation with the literary work.

There are many ways to understand human. One of the ways is by appreciating a literary work. "The literature is the exposition of man's mental life, it has a tight relationship to psychology literature and psychology have the same objects of the research that is human being" (Wellek and Warren, 1956:91). Based on the reason clarified above, the writer is interested in observing the personality of the main character in one of novel written by Danielle Steel; a novel titled *Zoya*.

Danielle Steel was born on August 14th, 1947 in New York city. She started her professional career in public relations and advertising, and then turned to writing novels in the early 1970. This novel was published in 1988. It is first edition. It has 500 pages and 52 chapters. It is best seller because

there are more than 500 million copies of her books in print. The other works of Danielle Steel are *Passion's Promise* (1976), *The Promise* (1978), *Now and Forever* (1978), *Season of Passion* (1978), *Summer's End* (1979), *Loving* (1980), *To Love Again* (1980), *Palomino* (1981), *A Perfect Stranger* (1981), *Remembrance* (1981), *Once in A Life Time* (1982), *Crossings* (1982).

Zoya novel tells about a young girl who comes from Russia. Zoya is a young cousin to the Tsar. The biggest of her wishes is ballerina. She has great depression in her life. Her family dies, because of Russian Revolution. She has to flee from Russia to Paris to find safety. She goes to Paris with her grandmother, one of her family who is still alive. They become poorer and starve in Paris. She faces hard time and joins the Ballet Russe in Paris. She falls in love with Clayton. After Zoya's grandmother dies, Zoya and Clayton are married. Zoya moves on to a new and glittering life in New York. But, she loses everything again. Clayton's business is bankrupt. He dies because of heart attack. Zoya and her children move to a small house. She also becomes a dancer in night clubs. It is impossible that she becomes ballerina because she is 30 years old. Zoya meets Simon (a rich businessman) in Paris. Finally, they are married. Simon goes to the war. Finally, he dies. She begins her career with open her shop "countess Zoya" the biggest shop in America. Because she is 70 years old, she has to sell her shop for children's career. Her dream comes true because she can make her grandchild become a ballerina. Then, they visit their country, Russia.

The writer is interested in analyzing *Zoya* novel because it talks about the capacity of the major character to regain faith through the love. The writer

is also interested in expression of human internal battle in overcoming the anxiety and confusion when she falls in love again.

Considering the explanation above, the writer is interested in analyzing Danielle Steel's *Zoya* by using psychoanalytic approach, entitled "**ANXIETY IN DANIELLE STEEL'S ZOYA : PSYCHOANALYTIC APPROACH**".

B. Literary Review

There are several studies which are conducted on *Zoya* novel and it is different from the previous on *Zoya*. The first researcher who analyzed the novel of *Zoya* was Dwi Aricandi, Gunadarma University in 2006, entitled "Moral Values in *Zoya*". He analyzed moral values in *Zoya* such as sacrifice, hope, honesty, faithful, and heroism. His thesis also analyzed how hard the struggle of *Zoya*'s life, her bravery, her strength, and grandma's sacrifices

The other researcher is Yulia Syafitri (2007) with the thesis entitled "The Psychological Factors in the Development of *Zoya* as Protagonist Character in Danielle Steel's *Zoya*". Her thesis analyzed the psychological factors which influence on family, friends and environment in the development of protagonist character and the protagonist's behavior in her environment.

In this research the writer analyzes *Zoya* novel based on psychoanalytic approach that focuses on anxiety of the major character named *Zoya Ossupov*.

C. Problem Statement

Related to the title and the background of the study, the problem statement is "How is the anxiety of the major character reflected in Danielle Steel's *Zoya*"?

D. Limitation of the Study

In this research, the writer limits the study on the anxiety of major character by psychoanalytic approach.

E. Objective of the Study

According to the problem statement above, the objectives of the study are as follows:

1. To analyze the structural element of Danielle Steel's *zoya*
2. To analyze the novel based on psychoanalytic approach by Sigmund Freud.

F. Benefits of the Study

1. Theoretical Benefit

Theoretically, the study gives contribution to larger body of knowledge particularly literary study on Danielle Steel's *zoya*.

2. Practical Benefit

To enrich the literary study, particularly among students of Muhammadiyah University of Surakarta who have interest in literary study.

G. Research Method

1. Type of the Study

Type of the research is qualitative research. It is a type of research that does not need a statistic to collect the data.

2. Object of the Study

The objective of this research is Anxiety of the major character in Danielle Steel's *Zoya* viewed by psychoanalytic approach.

3. Type of Data and the Data Sources

The type of the data in this research is textual data, which consist of words, phrases, and sentences. In this research the writer uses two data sources, there are primary and secondary data source.

a. Primary data source

Primary data source is *Zoya* novel by Danielle Steel.

b. Secondary data source

Secondary data sources are the periodically, literary criticism and also the other materials related to the analysis.

4. Technique of the Data Collection

The methods used for collecting data are library research and documentation. There are six techniques of data collecting. There are as follows :

a. Reading the novel repeatedly

b. Identifying the topic of the novel

c. Determining the major character that will be analyzed

- d. Reading some related books to find out the theory, data, and information required.
- e. Taking notes of important information in both primary and secondary data sources.
- f. Arranging and developing the selected data into a good unity toward the topic of the study.

5. Technique of the Data Analysis

In this study, the technique which is used to analyze the data is descriptive analysis. It is begun with the author and his work, the structural analysis of the novel and finally psychoanalytic analysis of the literary work.

H. Research Paper Organization

To make this study more understandable, this study is divided into five chapters. Chapter I contains introduction that consists of background of the study, literature review, problem statement, limitation of the study, objective of the study, benefits of the study, research method, and paper organization. Chapter II deals with review underlying theory of psychoanalytic by Sigmund Freud. Chapter III is structural analysis. In this chapter, the writer explains the structural elements which included character and characterization, plot, setting, point of view, theme and style. Beside, this chapter also contains discussion of the structural elements of the novel. Chapter IV is analysis of psychoanalytic toward the anxiety. Chapter V is conclusion and suggestion.