

# **CHAPTER I**

## **INTRODUCTION**

### **A. Background of the Study**

In living, mental health is indispensable for human existence, in order individual to avoid any sort of mental disorders such as stress, depression, become alcoholic, etc. According to Rakhmat (2005: 225), mental health is a mind condition that always is in a state of calm, secure and peaceful, and attempts to find inner peace can be done among others through self-adjustment in resignation (surrender fully to God). While according to medicine view, mental health is a condition that allows the development of physical, intellectual and emotional that optimal from the person and the development run in harmony with the others.

Daradjat (2001: 10) defines that healthy mental is the attainment of true harmony between psychological functions and the creation of self-adjustment between individuals with himself and his environment based on the faith and devotion as well as a aims to achieve a meaningful and happy life in this world and the hereafter. If mental healthyachieved, then the individual has integration, adjustment and positive identification of others. In this case, individuals learn to accept responsibility, become self-sustaining and achieve integration of behavior.

A person is said to have mental health when he spared from illness symptoms and also take advantage of the potential to streamline the functions of the soul within him. A person who less healthy his mental are who feel disturbed the serenity his heart. The existences of mental abnormality are usually caused

due to the inability of the individual in the face of the realities of life, so the mental conflict appeared to him.

One of the conditions that can direct the individuals to mental disorders namely loneliness condition, cause the loneliness is things that unpleasant for the individual. The next consequence of the loneliness sense namely depression conditions and even a desire for suicide. As said by Solomon (in Blossom, 2013: 28-29) that loneliness is not easily identified the symptom, however, generally seen in the forms of aggression, anxiety, and depression behavior.

The sense of loneliness tends to be experienced by individuals who have the personality of the introvert, i.e. who likes to explore the world by yourself. Supported by the culture of Japan which allow suicide, then the condition of depression who experienced by someone will accelerate the decision to do suicide. Even if the loneliness sense is not redeemed with suicide, then the loneliness sense of will displacement with behavior such as sex, drinking liquor

That's as depicted in the novel *Norwegian Wood* by Haruki Murakami. On the main character i.e. Toru Watanabe tend to be introvert, plumb his own, and also suffering from loneliness because left to die by his lover. Toru vents his loneliness with lots of drinks, free sex and enjoys his own.

The summary story of this novel as the researcher understands are like this a 37-year-old Toru Watanabe just Arrived in Hamburg, Germany (1987). When he hears The Beatles' song "Norwegian Wood", he is suddenly overwhelmed by feelings of loss and nostalgia for an event 18 years earlier in October (1970): Naoko, no real meaning to the name but, if pushed, along the lines of "proper girl

"and he were walking, and she wastalking about an unmarked "field well" in the meadow and in that connection Naoko talks about how it is impossible for one person to look after another totally. She also asks two favors of Toru, that he realizes. She is grateful that he has come to visit her and that he never forget her. yet he is forgetting her and that is sad because "Naoko never even loved me"

Now the story turns to 20 years ago when Toru is new to Tokyo, a freshman living in a dormitory. His roommate is "Storm Trooper" who does radio calisthenics in the morning. Flashback to his second year. Toru, his classmate Kizuki and Kizuki's girlfriend Naoko are the best friends. Kizuki and Naoko are close and Toru seems more than happy to be reinforced. This existence is interrupted by Kizuki's suicide. Toru sees Naoko two weeks after the funeral and then not again until the bump into each other in Tokyo. Kizuki's death touches both surviving friends, Toru feels the influence of death.

Two of the spend more time together. Toru turns 18 and is reading F. Scott Fitzgerald's The Great Gatsby. He becomes involved with Nagasawa, his senior. Toru and Nagasawa sometimes cruise for women even though he has the girlfriend. Toru begins to work-part time in a record store. Toru more or less ruins the night by asking afterward if she had slept with Kizuki. Afterward, Naoko leaves Toru a letter saying that she needs some time and that she is quitting college to a sanatorium. September 1969, Toru's drama classmate, Midori Kobayashi. Despite his love for Naoko, Toru finds himself attracted to Midori as well. Midori has attracted to him also. Toru reads Naoko's letter. She says was not fair to him, she explains where she is and she invites him to visit.

Toru visits Naoko at a sanatorium near Kyoto. He meets Reiko, Naoko's roommate

Toru runs into Midori, who takes him drinking talks about people force things on each other and shares her sexual fantasies about him. Toru is disengaged at the beginning but warms to her. November, Toru is writing weekly letters to Naoko. At last, she responds with a relatively simple letter. Winter after Toru turns 20, Now back in Tokyo, Toru unintentionally alienates Midori through both his lack of consideration of her wants and needs, his continuing thoughts about Naoko. He writes a letter to Reiko asking for advice about his conflicted affection both Naoko and Midori. Reiko counsels him into seize this chance for happiness and see how his relationship with Midori turns out. September 1, a letter informs that Naoko Killed herself. Toru, grieving and in a daze, wanders aimlessly around Japan grieving and thinking, while Midori whom he has not kept in touch with wonders what has happened to him. He says that from Kizuki he learned that death is an innate part of life and from Naoko he learned that no truth can cure this sorrow of losing a love done immediately he gets in contact with Reiko, who leaves the sanatorium to come visit and will move to far away Asahikawa, a city in northern Japan, Hokkaido. The middle-aged Reiko (39) stays with Toru they Have a private funeral for Naoko with Reiko Once Reiko leaves, Toru calls Midori out of the blue to declare his love for her saying they must talk, that he has a million things to say. Midori asks, "Where are you now?" He does not know. "Again and again I called out from Midori from the dead center of this place that was no place." (293). What happens following this is never revealed.

Literature and psychology have a close relationship. Both of them depict the human's behavior and their life. The psychology learns the human's behavior that influenced their life experience. The experience of life can give inspiration for an author to produce literary work. The novel as a part of literary reflect some realities that happen in the human's life and influence the behavior of the character in the novel. The knowledge of the psychological helps the author to create characters in plays and novels more real as well as situation and plot (Wellek and Warren, 1962: 88-91).

There are some reasons why the researcher is interested in analyzing this novel. Firstly, the reseacher interests at the topic. The topic is suicide phenomena and looking for the self identity, secondly, the reseacher interests at Japanese social and culture. Beside Haruki Murakami was a great author. Murakami was born on January 12, 1949, in Kyoto, Haruki Murakami won a prize for his first novel, *Hear the Wind Sing* (1979). His unusual style has been called "mysterious and surreal," a postmodern departure from other contemporary Japanese literature. Murakami's 1987 novel *Norwegian Wood* was a huge hit in Japan. (Murakami Haruki-Writer-Biography.com.htm).

The third reason is in the *Norwegian Wood* novel describes of youth passionate love, a loneliness sense, and depression, wherein adolescence it will affect the development of one's mental health. So it can be observed from the psychological approach.

The 'Individual Psychologist' works with an individual as an equal to uncover his values and assumptions. As a person is not aware that he is acting

according to misperceptions, it becomes the task of the practitioner to not only lead the individual to an insightful exposure of his errors but also to re-orient him toward a more useful way of living. The practitioner seeks to establish a climate in which learning can take place. Encouragement and optimism are his key concerns. Adlerian therapy permits the use of a wide variety of techniques, for example, Drama Therapy and Art Therapy. Despite the methods used, techniques are used first to help relieve suffering and second, to promote positive change and empowerment. From the point of view of Mind Development, the most important constant factor is the stress on social interactions and social contribution; the more outgoing social interest, the fewer feelings of inferiority the individual has. (Alfred Alder, Individual Psychological Terms).

The researcher interested to analyze this novel using individual psychological approach of the main character, Toru Watanabe, which entitled **Toru Watanabe's Mental Development In Norwegian Wood Novel (1987) by Haruki Murakami: An Individual Psychological Approach**

## **B. Literature Review**

To prove the origin of this research the researcher wants to present the previous researcher that it deals with this object research and the analysis. The researcher looks for the other research as references that it has the correlation with this research. The researcher finds the reference that it has the correlation with this analysis. The first There was some researcher conducted the study such as Tales from the Hard Side": *A French existentialist perspective on Haruki Murakami's*

*Norwegian Wood* (2011) by Kieran James, Laurie James, Eunice M. James and Susan P. Briggs of School of Accounting, Economics and Finance, Faculty of Business, University of Southern Queensland, they This paper explores the existential struggles of the main characters, Watanabe, Naoko, Nagasawa, Midori, Hatsumi, and Keiko, as they attempt to come to terms with the stresses of adolescent life in late-1960s Tokyo and forge their own sustainable identities. The suicide death of Kizuki, the seventeen-year-old boyfriend of Naoko and best friend of Watanabe, marks a chilling end to their carefree school years and both Watanabe and Naoko flee Kobe for Tokyo to try to rebuild their lives. The paper finds that Watanabe, Keiko, and Midori successfully rebuild their lives according to existentialist principles whereas Naoko never recovers, mentally and emotionally, from her suffocating relationship with Kizuki and his suicide death. Midori emerges as a feisty extroverted companion for Watanabe who takes his heart away from the ghostlike Naoko. Murakami presents Western rock music as a liberating outside influence that gives some of the characters extra motivation and resources to emerging from life challenges. The Beatles and other Western musicians help Watanabe and Midori to overcome the ideology inherent in traditional Japanese social mores.

The second study was conducted by ) by Jacquelyn L. Zuromski Of B.S. University of Central Florida *Getting To The Pulp Of Haruki Murakami's Popular Norwegian Wood: Transalability And The Role Of Culture* (2003). She seeks to show how the novel's references to popular culture of the 1960s combine to help the protagonist establish an identity for himself as well as his place within the

universal community. First, though, the project explores the impact of the translatability issues that arise with each of the novel's two English translations, variations dictated by the needs of differing audiences.

Then, an article by Julian H. F. on his website (<http://otherpointsofview.blogspot.co.id/2011/02/literary-review-norwegian-wood-by.html>). He found that the characters are very similar to those of other Murakami's books I've read, and that makes the book so much more predictable. Actually, there are scenes that seem to be the product of a copy-paste made by the author in order to save some time. That scene is almost identical to the one in *Kafka on the Shore*

The fourth an article was conducted by Wendy Jones Nakanish Professor of English Literature of Shikoku Gakuin University "The Dying Game" He concludes that in many of Murakami's other works, the characters in *Norwegian Wood* are obsessed by death and The popularity of so-called 'love suicides' in Japan can also be seen to fall into the category of types of self-destruction which some researchers ascribe to the nation's cultural mores.

The fifth, an article on a website (<http://contemporarylit.about.com>) talks about like other Murakami novels, *Norwegian Wood* is suffused with symbolism. Further layers of symbolism arise from the songs mentioned repeatedly in the novel - in addition to the Beatles' "Norwegian Wood," "Nowhere Man" is mentioned repeatedly with clear reference to Watanabe, existing as he does between Naoko and Midori, between life and death. Many characters in *Norwegian Wood* choose death over life.

The sixth, an article on [Major Themes and Symbolism in Norwegian Wood by Haruki Murakami - Quicklet on Norwegian Wood](#). It talks about major themes and symbols. The major the are loneliness, memories, and death and grief. Symbols are involved are the woods, 1960s music, and live vs death.

The seventh, an article on a website Murakami's Norwegian wood Characters and Symbols \_ Teena Chumber.htm by Tyna Chamber. She discusses Murakami's Norwegian Wood Characters and Symbols. She found that unlike Murakami's other work this story is devoid of the elements of magical realism. His characters are heart and soul of the novel. Conflict plays an important role in his novel. At the end, we learn that emotional dependence is not loved. Symbolism plays an important role in Murakami's work. In this novel, the symbols are perfectly displayed. The symbol of well is shown in the first chapter. Toru and Naoko walk through a field where Naoko describes a well, which is invisible and nobody knows where it is located. one could fall into it anytime and there is no escape. By keeping in mind the basic plot of the novel it seems to be some kind of an emotional trap- which is the reason behind all disappointments, deaths, and suicides.

The eighth, a study was conducted by Virginia Yeung (2003) *A Narratological Study of Murakami Haruki's Norwegian Wood and Sputnik Sweetheart – Time, Voice and Focalisation*. She discusses the narrative features of the two works focuses on three aspects of the novel: voice, temporal structure, and focalization. She examines the subtle changes in the narrating voice in *Norwegian Wood*, with an aim to show how the shift in the narrator's voice has added a sense

of reality to the story, thereby eliciting sympathy for the hero and making this memory narrative immensely touching to the reader.

The ninth, a study was conducted by Roos Bunnik (2012) “*Norwegian Wood or: text of empty signs*”. He shows the decentered nature of the protagonist’s relationships and themes such as translation, silence, and writing are empty in *Norwegian Wood*. He also argues that love in *Norwegian Wood* has no transcendental signified. Barthes’s ‘avowal of love’ from *A Lover’s Discourse* is another empty sign and *Norwegian Wood* represents that I-love-you has no meaning. To illustrate this he will use an example from the motion picture of *Norwegian Wood* and show how the director’s interpretation of love

Based on the description, the researcher above is different with the researcher because research uses humanistic psychological as an approach. The researcher here wants to conduct a study on Haruki Murakami’s based on individual psychological approach. The researcher focuses on the mental development of Toru in *Norwegian Wood* novel. The similarity of this research is the use of *Norwegian Wood* novel (1987) as the data source.

### **C. Problem Statement**

The problem statement of this research is

1. What is the importance of mental health in mental development that is reflected in *Norwegian Wood* novel?
2. Why is mental health in mental development is important that reflected in *Norwegian Wood* novel?

#### **D. Objective of the Study**

The objective of the study as follows:

1. To analyze the novel based on its structural elements.
2. To analyze the novel based on individual psychological approach

#### **E. Limitation of the Study**

In this research, the researcher only to focus on the analysis of the main character in *Norwegian Wood* (1987) from the aspect of individual psychological approach.

#### **F. Benefit of the Study**

The benefits of this study are as follows:

##### **1. Theoretical Benefit**

The researcher wishes that this study can impart a new contribution and information to the larger body of knowledge, especially the literary study on *Norwegian Wood* (1987).

##### **2. Practical Benefit**

This study is wished to give deeper understanding and enrich both knowledge and experience especially for the researcher, generally for other students of the Muhammadiyah University of Surakarta and also can be used as the reference by other university students who are interested in literary study in *Norwegian Wood* by Haruki Murakami, based on An Individual Psychological Approach.

## **G. Research Method**

In analyzing Norwegian Wood the researcher search many data.

### **1. Object of the Study**

The object of the study is *Norwegian Wood* by Haruki Murakami which is published in 1987. It is analyzed by using an individual psychological approach.

### **2. Type of the Data and the Data Source**

There are two types of data namely primary data and secondary data that are needed to do this research.

#### **a. Primary Data**

The primary data source is the novel itself. *Norwegian Wood* by Haruki Murakami

#### **b. Secondary Data**

Secondary data are the supporting data taken from literary books, criticism, and some articles related to the novel. The secondary data of the study are taken from any information related to the novel.

### **3. Technique of the Data Collection**

In conducting the study, the reseacher uses the documentation in collecting the data as follows:

- a. Reading the text/novel repeatedly
- b. Taking notes of important part of both primary and secondary data
- c. Underlying the important word, phrases, and sentences which are related to the study

- d. Arranging the data into several parts based on its classification
- e. Selecting the data by rejecting the irrelevant information which does not support the topic of the study
- f. Drawing the conclusion of the analysis that has already done in the former chapter and formulating its pedagogical suggestion.

#### **4. Technique of the Data Analysis**

In analysis data, the researcher uses descriptive qualitative analysis of content. The steps of the technique of the data analysis are compiled as follows:

- a. Analyzing the structural elements of the text/novel. The focus will be paid on the structural analysis of the novel.
- b. Trying to decide the individual psychological analysis of literary work
- c. Making discussion of the finding.

#### **H. Paper Organization**

The research paper organization of “Toru Watanabe's Mental Development In Norwegian Wood (1987) by Haruki Murakami: An Individual Psychological Approach" consist of five chapters which are presented as follows Chapter I is introduction to research that includes the background of the study, literature review, problem statement, limitation of study, objective of the study, research method, and research paper organization. Chapter II presents the underlying theory consisting notion of An individual psychological approach, the major principle of Individual psychological approach and structural element of the

drama by describing character and characterization, setting, a point of view, plot, theme of the novel and brief decision. Chapter III is a structural analysis of Norwegian Wood novel. Chapter IV contains Individual psychology analysis of Norwegian Wood novel. Finally, the last chapter is about conclusion and suggestion.