TORU WATANABE’S MENTAL DEVELOPMENT IN NORWEGIAN WOOD NOVEL (1987) BY HARUKI MURAKAMI: AN INDIVIDUAL PSYCHOLOGICAL APPROACH

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

by

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Abstrak


Abstract

This research aims to describe individu’s mental health when he/she leaved die by people’s closest. Sense of loneliness, frustration, displacement have be depicted within Norwegian Wood Novel by Haruki Murakami. Within this novel also shown sexuality that wrapped by feminism, and it’s an interpretation of human life. This research is a descriptive qualitative research that uses theory of psychological approach. The researcher uses novel Norwegian Wood by Haruki Murakami works as a data source. This research shows that the feeling’s Watanabe at the time to feel confusion about everything that he is not understood it. Preceded by no reportedly Naoko at one day after they making love, then Watanabe search Naoko in her apartement. It turns out Naoko go home to their area which they came from, namely Kobe. Then, Watanabe repeatedly sent a letter of Naoko, but not replied. Until a few moment later, Naoko reply his letter and she tell that she now reside at a place of psychiatric rehabilitation. Of course clearly how feel who experienced by Watanabe when know it. The girl who loved and has made love at the time, recent she is doing medical treatment to
treat the her mental disorder. Watanabe also remember that it was first time the Naoko have sex, after doing it, Naoko crying.

**Keywords:** Norwegian Wood, Mental Development, Psychological Individual Theory.

1. INTRODUCTION

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 Rahmat (2000), 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) 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 healthy achieved, then the individual has integration, adjustment and positive identification toward 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 on him.

One of the conditions that can direct the individuals at mental disorders namely loneliness condition, cause the loneliness is things that unpleasant for the individual. The next consequence from the loneliness sense namely depression
conditions and even a desire to suicide. As said by Solomon (in Blossom, 2013) 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 tends to be the 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.

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 by 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, 1956: 88-91).

There are some reasons why the writer is interested in analyzing this novel. Firstly, the writer interests at the topic. The topic is suicide phenomena and looking for the self identity, secondly, the writer interests at Japanese social and culture. Beside Haruki Murakami was a great author. Third reason is in the Norwegian Wood novel describes of youth passionate love, a loneliness sense, and depression, wherein adolescence period it will affect the development of one's mental health. So it can be observed from the psychological approach.
2. RESEARCH METHOD

Type of the study used by the writer to make this research is descriptive qualitative research. The purpose of descriptive qualitative research is to analyze Norwegian Wood novel (1987), psychological approach. The first step of conducting the research is determining the type of the study. The second is determining the object of the study. Then the third is determining the data sources. The fourth is determining the technique of data collection, and the fifth is determining the technique for data analysis.

3. RESEARCH FINDING AND DISCUSSION

In resulting of the research, the researcher draws some result as follows. They are the structure of Toru's personality dealing with Adler’s psychological theory. The second part discusses about mental health. And the last part is discussion of the analysis.

3.1 Structure of Toru’s individual psychological

Toru Watanabe was a Tokyo student. He had love experience with Naoko, Naoko madness more easily identified in the text because of the death of Elder Sister Kizuki. Toru Watanabe felt weak facing the mentally unstable and suffering from mental illness tendencies. Feelings of weakness was offset in behavior like drinking in order forget Naoko and he made love with a lot of women. But of many women, Toru only interested were Naoko and Midori. Toru loved Naoko but the presence of Midori made Toru could momentarily forget Naoko. There are feelings of low self-esteem in the face of the world of Naoko and Toru that cause they to feel alienated in this world and finally experiences the loneliness.

There are several striving of superiority writer found in Toru Watanabe. Women as irrational, sometimes seem selfish but impressed so exotic. While men become objective observers, who tend to harbor feelings of a woman, but in the subtle show through readings and music that be heard by Toru. Toru wanted to be
the hero for Naoko’s life, wanted to be the top backrest hurt experienced by Naoko, and Naoko felt comfortable close to Toru. Naoko also felt that the presence of Toru are very different with Kizuki because Toru can make Naoko’s sex wet, though just by looking at the attendance of Toru, whereas with Kizuki cannot. In addition, Midori glad observed by Toru and happy because as a woman, Midori felt could become more active, Midori felt that Tōru can to fulfill all of what became his desire is especially associated with sexual activity.

Toru is a people type that has friends with just a few people, love to read books, and live life like most people. Toru Watanabe studied at the campus where the ideal values championed students, demanding revolution. Toru is absolutely not interested in all that. Because there is a more important question for him, i.e., friendship, love, and death. Toru has that very much so quaint friendship, free sex, lust, and the sense of empty – until to the period of a naughty girl, Midori entered his life, so he had to choose between the future and the past. "No one likes solitude. Only I did not force myself to make friends. If I push myself who got only disappointment."

In Norwegian wood’s novel describes the loneliness through two main characters namely Tōru Watanabe and Naoko, reveals the cause of loneliness that became the reason why loneliness is happening in their lives and reveals the impact of loneliness as a consequence of the cause of their loneliness. But they are not effort to solve the problem of their loneliness. Loneliness is denoted as an unpleasant experience that happens to people, at the time the person did not have some important ways of social relations, either quantitatively or qualitatively. The causes of loneliness experienced by Toru Watanabe and Naoko is largely derived from their characteristics who enjoy solitude, the condition both family background or neighborhood, and the situation through the death of a close relative.

In coping with loneliness, Toru Watanabe has a favorite reading, so that enabled him to be a friend of animated discussion. In addition to its own vacillation, Watanabe is a fun kind of guy, he is not demanding and can accept a
friend or boyfriend is. He can look into a person's heart and know how to communicate even with someone who is dying in a hospital ward.

Within Norwegian Wood novel, Toru Watanabe felt peace in his aloneness, when not everyone able to like it. Even though it is familiar, but not everyone can enjoy their aloneness. Watanabe is not concerned with the others opinions and do not care if he have not close friends, it’s not since he is arrogant and egoistic, but because he did enjoy every moment that he was going through his own.

3.2 Mental development

The mental development challenge its aspects in all the variety and the diversity, as of the right is being related to the most complex, the most complicated, and also the most contradictory sections category of the psychological. Only few notions in the psychological and the pedagogical sciences are being attracted the more scrupulous and the more fixed attention, and few, moreover, are not being their way to the explanation so persistently, as the «mental development» notion. So, its meanings are being left, which are closely connected with the methods, having developed for its instrumentation, in spite of the numerous efforts, having undertaken for the last years, in order to be developed some independent the «mental development» term definition. (Artemenko, 2010: 75).

Thus, in the broad sense, the mental development notion is being meant by itself all those progressive changes in the cognitive development, which are being happened in the individual in the course of time. So, the authors overwhelming majority (such as R. Sternberg, A. Binet, A. Wallon, J. Bruner, J. Gilford, R).

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. One of the conditions that can direct the individuals at mental disorders namely loneliness condition, cause the loneliness is things that unpleasant for the individual. The next consequence from the loneliness sense namely depression conditions and even a desire to suicide.
That’s as depicted in the novel Norwegian Wood by Haruki Murakami. On the main character i.e. Toru Watanabe tend to be introvert, plumbed his own, and also suffering from loneliness because left to die by his lover. Toru vent his loneliness with lots of drinks, free sex and enjoys his own.

Toru’s relationship with Naoko is founded in sorrow. A traumatic experience connects them and ironically, it is that same experience which separates them. In grade school Toru’s best and only friend, Kizuki, commits suicide. At this time, Naoko is Kizuki’s girlfriend, and Toru and Naoko are only aware of each other’s presence in Kizuki’s life. A few years later, when Toru and Naoko run into each other in the city, they are drawn to each other because they share similiar feelings of discontent over Kizuki’s passing.

3.3 Discussion

The Norwegian Wood told about triangle love, centered on the characters’ search for the fulfillment in a world where happiness and sadness seems an illusory dream. The characters investigate who they are as a student got effects of love. The story begins with Toru met his friends. There are triangles of love within the novel. Toru loves Naoko and Midori. Because of Naoko gets mental disturbance and she has to go to the rehabilitation place for long time, then Toru met Midori. Toru loves Naoko, but Naoko loves Kizuki. Nevertheless, the main force that drives this novel is constant love of Toru.

Toru Watanabe feel weak face Naoko who is mentally unstable and suffer from mental tendencies. The weak feeling compensated in behavior like drinking liquor-demi want to forget Naoko and He has lots of sex with lots of women. But of the woman Toru are interested only in Naoko and Midori. Toru and Naoko Midori's loves the presence however make Toru momentarily can forget about Naoko.

Toru wanted to be the hero for life Naoko, wants to be the top backrest hurt experienced by Naoko, and Naoko felt comfortable close to Toru. Naoko also felt that the presence of Toru are very different with Kizuki because Toru can make Naoko’s sex wet, though just by looking at attendance of Toru, whereas with Kizuki cannot. In addition Midori glad observed by Toru and happy because
as a woman, Midori felt could become more active, Midori felt that Tōru can to fulfill all of what became his desire is especially associated with sexual activity.

Toru bring Naoko and Midori to their best condition, but Toru so to lose him because of it. The second time the woman disappeared, Toru disoriented, lost objects to be observed. He no longer had the pain of others who have been the tension. Only yourself remaining pain, which can not be distributed anywhere except to themselves. Toru was oscillated without a resolution or solution, just a bunch of memory and a song that evokes memories of it.

Toru is a people type that have friends with just a few people, love to read books, and live life like most people. Toru watanabe studied at the campus where the ideal values championed students, demanding revolution. Toru is absolutely not interested in all that. Because there is a more important question for him, i.e., friendship, love, and death.

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Finally, in the Norwegian Wood novel describes of youth passionate love, a loneliness sense and depression, where in adolescence it will affect the development of one's mental health.

4. CONCLUSION

After analyzing Norwegian Wood novel, the writer draws the following conclusion. First, based on structural analysis, it can be concluded that Haruki Murakami delivers a message that mental healthy is important.

Further Watanabe, grieving and in a daze, wanders aimlessly around Japan, while Midori, with whom he hasn't kept in touch, wonders what has happened to him. After about a month of wandering, he returns to the Tokyo area and gets in contact with Reiko, who leaves the sanatorium to come visit. The middle-aged Reiko stays with Watanabe, and they have sex. It is through this experience and the intimate conversation that Watanabe and Reiko share that night, that he comes to realize that Midori is the most important person in his life. After he sees Reiko off, Watanabe calls Midori to declare his love for her.

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