

# CHAPTER I

## INTRODUCTION

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

People are motivated to maintain the integrity of the self. Integrity can be defined as the sense that, on the whole, one is a good and appropriate person. Standards of integrity can include the importance of being intelligent, rational, independent, and autonomous, and exerting control over important outcomes. Such standards of integrity can also include the importance of being a good group member and of maintaining close relationships. Threats to self integrity may thus take many forms but they will always involve real and perceived failures to meet culturally or socially significant standards (Leary & Baumeister, 2000 in Sherman & Cohen, (2006: 186). So, the threat it self become human's obstacle or human problem in their life so, they have to face it or even solve it. The way to solve human's problem followed by their response stand as part of self affirmation theory in psychology.

Self affirmation asserts that the overall goal of the self system is to protect an image of its self integrity, of its moral and adaptive adequacy. It its theory there is self defense, where self defense always used by people to protect themselves from many of their obstacle in life. People use self defense in many ways like being lying, make a lot of reasons (alibi), or even fight the obstacle as they can. The point is that, they are escape from it or they can get profit from it. What about the defensive respond itself? The respond is how human respond or react on something. Sherman & Cohen, (2006: 184-185) said that defensive responses as adaptations aimed at ameliorating threats to self integrity. These defensive responses are adaptive in the sense of protecting or enhancing an individual's sense of self integrity, they can be maladaptive to the extent they forestall learning from important, though threatening, experiences and information. Moreover, peoples' efforts to protect self integrity may threaten the integrity of their relationships with others.

Self affirmation in real life appears when people in a bad position between guilty and not guilty. When someone blamed for something that they did not do, they will try to protect themselves with self defense. Even though the self defense each person is different but it still the symbol of human reaction about something that they did not do. Not only that, sometimes people also do nothing without self affirmation in a certain case. Sometimes they only placid because they realize that they are really under pressure and they believe that doing nothing is the right way without self affirmation.

Among the unconscious processes are a group of mental operations referred to as defense mechanisms. These differ in the particular ways in which they function, not in physical defense but they all serve the same purpose namely, to protect the individual from experiencing excessive anxiety, and to protect the self personally and self esteem. Different from conscious coping strategies, these mechanisms work at an unconscious level, so that the individual is unaware of how they function. Self defense asserts that the overall goal of the self system is to protect an image of its self integrity, of its moral and adaptive adequacy. When this image of self integrity is threatened, people respond in such a way as to restore self worth. Defensive responses that directly reduce the threat. But another way is through the affirmation of alternative sources of self integrity. Such "self affirmation," by fulfilling the need to protect self integrity in the face of threat, can enable people to deal with threatening events and information without resorting to defensive biases (Steele (1988) in Sherman & Cohen, (2006: 185).

An important prediction of self-affirmation theory is that the effects of a threat to the self in one domain can be ameliorated through an affirmation in another domain. According to Steele, self-affirmation strategies are normally activated by information that threatens self-integrity. These strategies are then deactivated when a positive self-perception is restored. In addition, when self-affirmation precedes a threat, it can buffer the impact of this threat on self-evaluations (Sherman & Cohen in Briñol et al, 2007: 1534)

The above self defense not real self defense in physical way but self defense how to overcome problem mentally and psychologically. In physical, self defense is defined as the right to prevent suffering force or violence from crime through the use of a sufficient level of counteracting force or violence. But it almost the same, where in physical prevention is the best of self defense while in mentally and psychologically prevention and self affirmation also the best self defense. People need precautions to face something before and after the problems nearby, it can be avoiding or facing it.

Based on the above explanation of affirmation theory and self defense, the researcher attracted to analyze one of literary work (novel) by Erica James entitled "*Time for a Change*". "*Time for a Change*" novel published on May 1, 2008. This is a fiction and romantic novel in 352 pages. *Time for a Change* begins with a scene familiar to most readers of domestic fiction: the protagonist discovering apparent evidence of husband's infidelity. In the course of the book, Hilary will discover much about herself, her children, and even her husband, make new friends, and deal with the usual irritants of the tiresome in-laws, the snotty women of the PTA. Hilary had always thought she'd lived a charmed life. With a caring husband, David, and two lively children, she took an active part in both family and village life. Then, one Monday morning, Hilary's world is turned upside down. She discovers that David is having an affair. How could he put at risk their children and everything they have built together over the years? But the question is, what should Hilary do? or perhaps she should throw herself at attractive newcomer to the village Nick Bradshaw. The book set in a village in Cheshire, the book also has many other enjoyable characters and subplots ranging from a sister's upcoming wedding to an anti-smut campaign when the local newsagent starts a sideline in naughty lingerie.

So, there are a lot of self affirmation in a form of self defensive response of Hilary in the novel. Where Hilary who finally lived alone with her children and her disappointment with her husband. Hilary tries to calm

herself and find the truth about her husband and beside that she tries to hide the problems in front of her children. She has a lot of ways of defense to cover up all of her problems because she does not want to risk her children's live with some of stupid problem with her husband. She knows that she still love her husband but anyway she keps trying to be grown up and always think about her children future rather than live together with her husband.

There are some reasons, the researcher chooses "Time for a Change" to be analyzed, first time for a change is one of the popular novel in America by Erica James beside the "promise" novel. The second, there are a lot of defense respons as a form of mental movement from the major character in the novel. The third, the story within the novel taken from the author own observation without any advice she had received from others. So, the researcher tries to make an analysis related with individual psychological and the novel in one literature research entitled "AFFAIR REFLECTED IN ERICA JAMES'S *TIME FOR A CHANGE* (2008): A SELF AFFIRMATION APPROACH".

## **B. Previous Study**

The reseacrher did not find the similar or even close analysis related to the "*Time for a Change*" Erica James. So, this research is the first research and hopefully this research able to become the literature preview for other researchers.

## **C. Problem Statement**

The problem of this research will be:

1. What kind of threatening events appears in Hilary in "*Time for a Change*" Erica James's novel?
2. How is the self defensive response of Hilary in facing the affair in "*Time for a Change*" Erica James' novel viewed from self-affirmation theory?

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

To carry *out* the study, the researcher will limit the study on the major character Hilary in the novel of "*Time for a Change*" by Erica James and

focuses on self defensive response consists of respond by accommodating to the threat, response thus involves ameliorating the threat, and the restoration of self-integrity and adaptive behavior change.

#### **E. Objectives of the Study**

Based on the above problem statement, the objectives of the study will be:

1. To describe the kind of threatening events appears in Hilary in “*Time for a Change*” Erica James’s novel.
2. To describe the self defensive response of Hilary in facing the affair in “*Time for a Change*” Erica James’s novel viewed from self-affirmation approach?

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

The benefits of this study are as follows:

1. Theoretically
  - a. To give information and knowledge of literature to the reader, especially on novel as one of literary works “*Time for a Change*” Erica James.
  - b. To give knowledge about one of theory personality as part of psychology critics named self affirmation by David K. Sherman and Geoffrey L. Cohen

2. Practically

To get better understanding of the mental characteristic of the major character in the novel, supposed to get the kind response in facing the affair through self defensive response.

#### **G. Research Paper Organization**

The organization of this study is explained in order the reader can understand the content of the paper easier. The organizations are; Chapter I is introduction, which contains of background of the study, previous study, problem statement, objectives of the study, limitation of the study, the benefit of the study, and paper organizations. Chapter II is Literary theory which

consists of self affirmation theory, self defense response theory, and theoretical application. Chapter III is research method where it consists of type of the study, object of the study, data and data source, technique of data collection and technique of data analysis. Chapter IV is self affirmation analysis of “*Time for a Change*” Erica James’s novel. The researcher presents the self affirmation into three subs, first the kind of threatening events appears in Hilary in “*Time for a Change*” Erica James’ novel and the self defensive response of Hilary in facing the affair in “*Time for a Change*” Erica James’s novel viewed from self-affirmation approach then followed by discussion. Chapter V is the last chapter of this research paper that consists of conclusion and suggestion.