

CHAPTER I INTRODUCTION

This chapter deals with introduction of the research. It contains background of study, limitation of the study, problem statement, objective of the study, research method.

A. Background of the Study

Everyone has problems in life. There is no human in this world who has no problems. Problems in human life can occur due to reality that is different from expectations. In general, problems that arise in life make people feel challenged and motivated to be better. But there are also some problems that make people worse off and feel anxious. Often humans can solve their own problems properly, some people also feel difficult to solve their own problems.

The different ways of solving with problems in each individual are also caused by the environment. This situation often makes humans anxious. Some people try to eliminate this anxiety by forgetting the problem and looking for environmental pleasure. In life anxiety causes people to be afraid of something, frustrated, depressed and many others. Anxiety will also have an impact on lack of focus and feeling afraid wherever he is. People who feel anxious in their lives usually do not understand what they are afraid of. They just feel afraid in the face of life. According to data from Detik.com, 15.6 million Indonesians experience depression and only 8% are seeking treatment. There are still many people in Indonesia who are not aware of having mental disorders, one of which is anxiety.

There are two definitions of anxiety. The first definition from Oxford Dictionary. Explain that anxiety as (1) a feeling of nervous caused by something that will happen, (2) a fear of something, (3) a great hope for something. The second definition by Freud (Alwisol, 2011) explains that anxiety is the function of the *ego* to warn individuals about the possibility of a danger coming so that it can prepare an appropriate adaptive reaction. Anxiety is one of the basics of psychoanalysis which is part of psychoanalytic studies.

A French physician, Freud, discovered the theory of psychoanalysis in the 1900s. The term psychoanalysis has two basic assumptions that the human

mentality is divided into two levels: The conscious (the rational) and the unconscious (the irrational). Freud also described three components of personality: *id*, *ego*, and *superego*. *Ego* is a component of personality that is responsible for facing reality in life. (Minderop, 2010) state that although the *ego* does not have a strong vitality *id*, the *ego* can regulate instinctive impulses so that they can be released in a non-destructive pattern of behavior. The last structure is the *superego*, the structure of the *superego* is closely tied to moral principles. (Minderop, 2010) state that acting either directly or through the *ego*, the *superego* serves to suppress or inhibit the impulse of the *id*, to block and push back unconsciously the impulses towards pleasure that society considers to be actions which is not acceptable, such as open aggression, sexual desire, and Oedipal instincts.

In the concept of psychoanalytic theory, anxiety is one of the most important. Where anxiety itself describes the state or sense of insecurity and lack of ability to deal with existing problems in the surrounding environment. People who often feel anxiety will have difficulty dealing with everyday life. Anxiety is also often portrayed in a literary work such as in a novel or other types of literary works.

Literary work itself is the result of human imagination that is beautiful and can create a beautiful impression on the reader's soul. Literary work is a reflection of the social conditions that occur in the world. Through literary works the reader will be able to learn various humanitarian values because literature is identical with a beautiful and creative (Ola, Juanda, & Hajrah, 2015).

One of the literary works that often gives an overview about anxiety is a novel, where the novel itself is a long prose and contains a series of stories of the human life with the other around him by highlighting the character and nature of each actor. Conflict in the story line explained about human life in interacting with the surrounding environment.

Fangirl's novel in this research is the material object, which in this novel depicts a lot about anxiety. *Fangirl* is a novel written by Rainbow Rowell, that was published in 2013. The novel has four hundred forty-five pages and divided into thirty-eight chapters. *Fangirl* novel is known to get many positive responses

in GoodReads website more than hundreds of positive responses to this novel, but researchers will only show three positive responses.

First the positive response from Samantha, she gave 4 stars. She said that as someone with anxiety, she had also joined fandom since middle school. This novel represents how she feels. Second, positive responses from Hailey, she gave 5 stars. She said that the whole story was really fun but also discussed some serious issues. According to her the description in the novel is also very accurate from the first year the character entered the university until the following years. Third, positive responses from Theresa, she gave 5 stars. She said that Rainbow Rowell always writes with the best characters. She likes her writing style and character. Rainbow Rowell can describe Cath's struggle against social anxiety well.

Fangirl novels not only get positive responses but also get negative responses from some readers. First the negative response from Emily. She gave 2 stars for this novel because did not like the romance between Levi and Cath. She also felt the ending of the story in this novel was also not finished. The second negative response from Shopie. She gave 2 stars for the *fangirl* novel. She said that she liked some parts of this novel. But according to her, the ending of this novel is very sudden and too forced. According to her, there are many part from the book that should not exist in this novel, so this novel does not need to reach 433 pages

There are two reasons why the researcher is interested in researching this novel. First, the researcher is interested in the title. As we know, many *Fangirl* phenomena occur around us. Many children who become fanatical fans both artist, athlete, and many other figures. Second, the researcher chose this novel to study because the researcher found anxiety from one of the character in this novel. The author feels interested to research about anxiety further. Anxiety without us knowing often happens around us.

Based on the above background, the researcher decided to conduct a study entitled "**Anxiety as Reflected in Rainbow Rowell's *Fangirl* Novel (2013): A Psychoanalytic Approach**".

B. Problem Statement

Based on the background study above, the problem statements can be formulated as follows :

1. What are the indicators of anxiety in *Fangirl* novel?
2. What is the dominant type of anxiety in *Fangirl* novel?
3. Why did Rainbow Rowell address anxiety in *Fangirl* novel?

C. Objective of the Study

The objective of study can be formulated as follows :

1. To identify the indicators of anxiety in the novel.
2. To identify the dominant type of anxiety in the novel.
3. To reveal the reasons why Rainbow Rowell addressed anxiety in the novel.

D. Limitation of the Study

The writer focuses on the research in analyzing the anxiety reflected in Rainbow Rowell *Fangirl* novel based on psychoanalytic approach.

E. Benefit of the Study

The study is expected to give benefits as follows:

1. Theoretical benefit

The writer expected this study can impact a new contribution and information to the larger body of knowledge, especially the literary study on *Fangirl* novel.

2. Practical benefits

This research is expected to provide a better understanding, both in knowledge and experience, especially for writers.

F. Paper Organization

The organization of the study is explained in order the reader can understand the content of the paper easier. The organization are as follows:

Chapter I is introduction, which contains background of the study, problem statements, objective of the study, limitation of the study, the benefit of the study, and paper organization.

Chapter II is literature review, it describes underlying theory, previous studies.

Chapter III is research method, it contains type of research, object of the study, type of data and data source, technique of data collection, and technique of data analysis.

Chapter IV is the analysis

Chapter V is the last chapter of the research paper of this research that consists of conclusion, suggestion, pedagogical implication.