

# CHAPTER I

## INTRODUCTION

### A. Background of The Study

Every person has ever felt anxiety in his life. This situation happens as people interact with other people that sometimes, the stronger power innervates her or him that finally that pressure results in an unwell feeling or uncomfortable condition into the weaker one. The phenomenon above obviously really happens in our daily life, and it is sometimes depicted in a literary work.

Literature is a study about how to express something beautiful that contains the value of kindness based on the author's feeling. It can be form: novel, poetry, film, drama, music and other literary works. Literature becomes a part of human life, given much not only to entertain but also information, critics, moral messages, and education for the readers. Literature is a work of art of human life in a small scope.

In literary work, a human is drawn as one of an object of literature. Thus, you cannot separate the components of literary work with humans as an object from life events and the way humans behave. Human behaviour has a close relationship with the psychological aspect of the human itself. Literary work is known as a result of the author's activity which is always related with humans psychological symptoms. Such as an obsession, contemplation, compensation, sublimation, even as a neuron's activity (Ratna, 2016). Therefore, the psychological aspects of humans create a relationship between literature and psychology. Psychological analysis is about analyzing a person's behavior by their psychological point of view. In this study, the researcher will analyze the psychological aspect of anxiety that causes the main character to suffer.

*The Girl On The Train* is a psychological thriller novel that was created by Paula Hawkins. She has written four romantic comedy novels; the most memorable of which being *Confessions of a Reluctant Recessionista* but this first novel did not become a success and did not achieve any commercial

breakthrough. After that, she wrote a much darker story: *The Girl On The Train* and became a best-selling author.

The writer chooses the novel to analyze because it is very interesting work to review and the story in the novel occasionally happens in reality. The story of this novel is about Rachel Watson (the main character), she rides the commuter rail to and from London every day for work. While on the train, Rachel engages in hardcore people watching and conjures up a perfect fantasy life for one couple she is very obsessed with. Rachel calls them Jason and Jess, and the train stops outside their house every morning. This golden couple lives on the same street Rachel used to. However, this couple is not perfect. Rachel soon sees Jess smooching a man who is not her husband, and then a few days later, Jess disappears. Jess and Jason's real name is Megan and Scott. When no newspapers mention the man Megan was having an affair with, Rachel decides to contact Scott and tell him that she saw his wife kissing another man.

Rachel and Scott learn the man's identity: It is Dr. Kamal Abdic, Megan's therapist. The doctor is called in for questioning by the police, but he denies that he has an affair with Megan. Is he telling the truth? Scott and Rachel still suspect Dr. Abdic, so Rachel goes to him for therapy to see if he acts guilty. He does not act guilty. And he turns out to be a pretty good therapist to boot, helping Rachel confront her drinking problem and her memory loss. Rachel remembers being in the neighborhood the night Megan went missing. The problem is that Rachel was totally drunk and does not remember anything beyond that. She started drinking when she knew she failed to get pregnant and her husband cheated on her and divorced her.

Anna, who was the other woman when Rachel and Tom were married, hates Rachel and wants her out of their lives. She was not very fond of Megan either, who briefly babysit for her and Tom. Wow, things are complicated. When Megan's body is found buried in the woods, Scott and Rachel have a brief one-night stand. Soon Anna tells the police that Rachel is a creepy desperate stalker, and word gets to Scott, who is mad at Rachel for being a creepy desperate stalker. Scott, drunk and angry, manhandles Rachel and locks her in a room. Could he

have become angry enough to kill Megan? Would a man in mourning sleep with another woman days after his wife found dead?

Just when Rachel suspects Tom may have killed Megan, Anna finds a secret phone in Tom's gym bag. The pre-paid cell phone turns out to be Megan's phone. Why does Tom have her phone? Rachel shows up to convince Anna that Tom is a murderer and to help Anna and her baby escape. However, Anna is unable to put aside her dislike for Rachel and go with her, even though the evidence against Tom is mounting rapidly. We flashback to the night Megan revealed to Scott that she had an affair. Her therapist had advised her to come clean, and given her a friendly kiss after their talk. That is the kiss Rachel saw and misinterpreted. It is good advice, but Scott does not take the news well. He assaults Megan, and she leaves, running to Tom.

Back in the present, Tom comes home and, like the super villain he is, reveals everything that happened: He was cheating on Anna with Megan, and Megan got pregnant with his baby. Tom asked her to have an abortion, not realizing Megan's history with babies. When Megan was a teenager, she had a baby, but accidentally killed it when she fell asleep in the tub. Tom's suggestion to have an abortion touched a nerve, and Megan yelled and screamed at Tom, saying she would expose their affair. To shut her up, Tom killed her. Whoa. We thought Scott had anger issues. After the confession, Rachel runs from Tom, but he attacks her. She stabs him in the neck with a corkscrew. Angry that Tom lied to her, too, Anna moves in and finishes the job, twisting the corkscrew in deeper and deeper. Tom dies, then the police expose his lies, and everyone lives happily ever after. Well, Rachel seems to be happy at least.

From the story above, the writer concludes that the main characters are Rachel Watson, Megan Hipwell and Anna Watson. Rachel Watson portrayed as a protagonist and alcoholic, Megan Hipwell as a traumatic and chaotic figure, while Anna herself is a static and normal figure. In each story, they displayed as a first-person perspective.

In the beginning of the story, Megan Hipwell does everything that makes her happy without thinking about the consequences. Megan and Scott have been married for three years but Megan is anxious with her marriage.

"Lying next to him is like lying next to a fire. Sometimes I want to scream at him, just let me go. Let me go let me breathe. So I can't sleep, and I'm angry. I feel as though we're having a fight already, even though it's a fight only in my imagination " (farkhatun, 2017).

Her life with Scott becomes so boring because she does not know whether this is the life that she ever wanted. That is why she is cheating with Tom Watson. She is also cheating with Dr. Kamal Abdic when Tom Watson left her.

Anxiety experienced by Megan can be seen through psychological problems she suffers from the past. The panic attack she experienced is a product of her unpleasant feeling of being left by her brother who died due to motorcycle accident. It causes her to be struck with reality anxiety because she has lost her loved object. To reduce her anxiety about losing her brother, she applies a defense mechanism called suppression. She uses that suppression by running off from her home and her parents. The next psychological problem she experiences is sleepless nights. Her sleepless night is a result of her unpleasant feelings of the death of her baby and events that happened after that. She had killed the baby and left alone at a house by the father of the baby. That creates neurotic anxiety, which is still felt by Megan. Her neurotic anxiety has bothered her so much and she wants to forget it.

The anxiety they experience is related to the conflicts that happen in their life. Hence, this research is very important and interesting because this research describes how those conflicts cause the anxiety of the main characters. However, the main point of the discussion is the anxiety experienced by the main character by psychological analysis.

According to Freud, the psychoanalytic aspect emphasizes the importance of understanding that each individual is different and has different characteristics that build up his or her personality. There are factors outside of a person's recognition they are, unconscious thoughts, feelings and experiences that

influence his or her thoughts and actions. He also divided three elements of human personality known as the id, the ego and superego. According to Freud's id, ego and superego have always controlled the inner nature of the individual. Among the various aspects of the conflict happens in id, ego and super-ego it can led an individual's feeling to the emergence of anxiety (King, 2012).

Reflection of the conflict between the id and the superego can make a learning about moral values in it can be used as a reference or benchmark when we are faced with a situation similar to that faced by the character, in a situation in which we faced with the fulfillment of our jobs or duty which we hold fast as our responsibility, or breaking them that we must stay away from. One of the events faced by the students' life in educational setting is when a student is faced with the choice between going to the mall to play with his friends or go to college and join the lecture, or when he is faced with the choice to remain in the canteen or immediately go to class to attend the lectures that are the primary responsibility for a student.

Anxiety will occur when an individual experiences an unconscious conflict or unpleasant situations. It relates to id, ego, and superego. When anxiety occurs, individuals automatically use a defense mechanism to defend themselves against that anxiety. The main characters in *The Girl on The Train* attempt the same way. The anxiety they experience is related to the conflicts that happen in their marriage relationship. The conflicts that occur in a marriage are considered as a common issue so it is impossible if there is no conflict in a marriage. Hence, this research is very important and interesting because this research describes how those conflicts and unpleasant feelings cause the anxiety of the main characters. Another reason the writer chose *The Girl On The Train* to analyze is because the readers can be wiser to face their life problems by using some moral values from this novel.

The researcher is interested to analyze the novel because in *The Girl On The Train*, Megan shows many psychological problems in the shape of anxiety. Megan shows worry, panic, fear under the circumstances of the life she has to undergo. By looking at the problems found above, the researcher wants to

analyze the psychological aspect focusing on the anxiety of Megan Hipwell in *The Girl On The Train* using a psychoanalytic approach.

### **B. Problem Statements**

1. What are the characteristics of Megan Hipwell seen from a psychoanalytic perspective?
2. How is anxiety experienced by Megan Hipwell described in *The Girl On The Train*?

### **C. Objective of The Study**

1. To analyze the characteristics of Megan Hipwell seen from a psychoanalytic perspective.
2. To explain the anxiety experienced by Megan Hipwell described in *The Girl On The Train*

### **D. Limitation of The Study**

The study of the researcher is only focusing in *The Girl On The Train* novel by Paula Hawkins. In case, the psychoanalytic perspective about anxiety which experienced by Megan Hipwell in this novel, will be the best issue to analyze without considering the other issues.

### **E. Benefits of The Study**

This research conducted in order to have benefits as follows:

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

The result of this study expected to give more information, benefits, and contributions to the larger knowledge particularly the literary study in Paula Hawkins' novel *The Girl On The Train*.

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

The writer expects that this research will give significant benefits in the form of information, especially for students of English Department who

manage themselves to increase their knowledge in analyzing *The Girl On The Train* novel by using psychoanalytic perspective.

## **F. Paper Organization**

Chapter I is Introduction, which consists of the Background of The Study, Problem Statements, Objective of The Study, Limitation of The Study, Benefits of The Study, and Paper Organization.

Chapter II concerns the Underlying Theory and Previous Studies, which elaborates the notion of psychoanalytic, the structure of personality, and the notion of anxiety.

Chapter III deals with Research Method, which is discussing about Type of the Study, Object of the study, Type of the Data and the Data Source, Technique of Data Collection, and Technique of Data Analysis

Chapter IV focuses on Finding and Discussion about the characteristics of Megan Hipwell seen from psychoanalytic perspective and the anxiety experienced by Megan Hipwell described in *The Girl On The Train*.

Chapter V provides the Conclusion and Suggestion of the study.