

**ANXIETY OF BETTINA DANIELS IN DANIELLE STEEL'S  
NOVEL *LOVING* (1980):  
A PSYCHOANALYTIC APPROACH**



**RESEARCH PAPER**

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# **CHAPTER I**

## **INTRODUCTION**

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

Each person is unique individually, with her problem and different experience in her lives. Many problems exist and could make people uncomfortable, and feel anxious. Each person has a goal to set high and to become successful in all aspects of life. Human beings are individual creatures who have the capability to create, to feel and to need something. These experiences may be about sadness and happiness appearing as phenomenon of life. They need comfortable condition in life, good health, good physical security and freedom from pain. This behavior can occur in daily life, whenever and whatever condition. It proves that human being is creature that has thought and feeling.

The composition of their feeling and thought are not static, but changeable. It conforms to their experiences of life. The reaction of human being to threat or act of damaging that is never felt before causes them anxious or afraid. It can be seen in daily life. When students are afraid to fail in examination, they face anxiety because they do not have strong belief and way to solve the problem. If they cannot solve it, they will be frustrated, unsatisfied, sad, disappointed and unrest because of their guilty feeling. In that condition, people feel anxious.

Anxiety as one of psychoanalytic principles is part of psychoanalytic study. The term of psychoanalysis has fundamental assumption that the

mental element of human is divided into two levels, the conscious (the rational) and the unconscious (the irrational). Sigmund Freud, an Austrian physician established the psychoanalytic theory of human being personality in the early 1900s. Freud described three components of personality; they are id, ego and superego. In defining anxiety, Freud emphasized that “a felt affective, unpleasant state, accompanied by a physical sensation that warns the person against impending danger. The unpleasantness is often vague and hard to pinpoint, but the anxiety is “a key variable in almost all theories of personality. The result of conflict which is an inevitable part of life. Anxiety is often seen as a major component of personality dynamics” (Hall, 1985:41).

Based on the fact classified above, Danielle Steel shows psychological problem such as anxiety in her novel, *Loving* published in 1980. Danielle Steel is an American pop novelist in twentieth century. She has written many literary works such as : *Accident, Palomino, Jewel, Season Of Passion, Summer's End, The Ring, To Love Again, Loving, The Gift, Journey, Dating Game, Fine Things, etc.* *Loving* was published by Sphere book. Ltd. This story tells about the major character, whose name Bettina Daniels. In her life, she gets many problems, which makes her anxious, for example, when Bettina’s Father is sick and dies, it makes Bettina Daniels be stressed. The major character is a perfect example of someone who avoids her anxiety. She is a girl who must overcome her problems alone. This novel has happy ending story.

This study is conducted with psychoanalytic approaches because of two considerations. The first consideration, the novel is an expression of

human internal battle in overcoming the anxiety. The figure of Bettina Daniels of the novel is a reflection of human being that is undergoing an emotional disturbance. The disturbance is indicated by the emerge of problem that causes anxiety. The second consideration is that Danielle Steel is a famous novelist who is able to interestingly present many characters that experience internal conflicts. In this study, the researcher intends to conduct a study on the major character's anxiety in *Loving*, using Sigmund Freud psychoanalytic theory. This study is conducted under the titles "ANXIETY OF BETTINA DANIELS IN DANIELLE STEEL'S *LOVING*: A PSYCHOANALYTIC APPROACH".

#### **A. Literature Review**

As far as the writers understanding, there is no study on Danielle Steel's *Loving* conducted by university student in Surakarta. The present study gives focus on the author's view on anxiety's based on psychoanalytic perspective.

As long as the writer knows, there is no other research that has been conducted to study the novel *Loving: A Psychoanalytic Approach* in Muhammadiyah University of Surakarta and Surakarta region.

#### **B. Problem Statement**

Considering the phenomenon, the researcher formulates the problem statement in this study as "How is the major character's anxiety reflected in Danielle Steel's *Loving*?"

### **C. Limitation of the Study**

To carry out the study, the researcher needs to limit the study. The researcher is going to analyze Bettina Daniels as the major character in novel *Loving*.

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

Dealing with the problem statement above the objectives of the study are:

1. To analyze the novel based on the structural elements of the novel.
2. To analyze the major characters of the novel based on the psychoanalytic approach.

### **E. Benefit of the Study**

The benefits affected from the study are as follows:

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

To give contribution to the larger body in knowledge particularly studies in Danielle Steel's *Loving*.

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

To give deeper understanding in literary field as the reference to the other researchers in analyzing this novel into different perspective.

### **F. Research Method**

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

The object of the study is the novel *Loving* by Danielle Steel, which has been published in Britain, copyright 1981.

#### **2. Type of the study**

The researcher analyzes the data using qualitative method that does not include any calculation and numerating.

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

#### a. Primary data source

The primary data of the study is the novel *Loving* such as dialogues characters action and narration. They are relevant to the object of analysis.

#### b. Second data source is obtained from other relevant information.

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

The data collecting technique is the library research. The necessary steps are as follows:

a. Reading the novel repeatedly in order to get better comprehension of structural elements.

b. Taking notes of the important parts in both primary and secondary data source.

c. Classifying the data into some categories.

d. Drawing conclusion of the analysis that is already done.

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

In analyzing the data, this study employs descriptive (qualitative) analysis, in which the researcher tries to describe the structural elements of the novel and psychoanalytic analysis. The collected data will be interpreted and analyzed in detail through psychoanalytic approach, in this case by showing the anxiety of Bettina Daniels in Danielle Steel's *Loving* by psychoanalytic approach.

## **G. Paper Organization**

The research consists of five chapters. The first chapter consists of introduction that includes the background of the study, problem statements, limitation of the study, benefit of the study, research method and research paper organization. The second chapter is underlying theory. The third chapter consists of the structural elements of the novel, which contains the character and characterization, setting, plot, point of view, style and theme. The fourth chapter is application of the psychoanalytic theory in the analysis of the novel. The last chapter is conclusion and suggestion.