

## **CHAPTER I INTRODUCTION**

### **1.1 Background**

Literary work is a form of personal expression, in the form of feelings, thoughts, ideas, enthusiasm or even experiences with images of life that can create an attraction to language as a tool to describe the writing he makes. As fiction, literary works are expressive, imaginative, and entertaining. Poetry and prose (novels and dramas) are literary works that contain these elements.

According to Pradopo (1994: 26) Literary works as a description of the world and human life, the main criteria placed on these literary works are truth, or everything the author wants. As fiction, literary works are expressive, imaginative, and entertaining. Poetry and prose (novels and dramas) are literary works that contain these elements.

Novel is a type of literary work that is complex in describing a form of life. As stated by Nurgiyantoro (1995: 4), a novel is a work of fiction that offers an imaginary and fantastic world. A world that contains an idealized model of life, an imaginary world built through its various intrinsic elements

Ratna (2009: 341) states that speaking literature is the same as talking about life, where in life we are faced with various kinds of phenomena and various kinds of feelings. Feelings of joy, sadness, and others without realizing it, we actually have literature. Psychology and literature have a very close relationship because psychology is one of the studies in examining literary works.

With this, it can be concluded that Literary Psychology is a subject that produces works and is a literary science that approaches literature from a psychology point of view. Literary psychology are two distinct but interrelated branches of science. Literature is more inclined to fiction, but psychology is more inclined to the basis of facts. Literary psychology is one of the models used in the analysis of literary wealth.

“The Silent Patient” tells about the inner conflicts experienced by a painter. In this novel, Alicia Berenson is suspected of being the perpetrator of the murder of her husband Gabriel. Gabriel was found strapped to a chair with five shots to the face. Alicia stood right in front of her husband’s corpse with the gun lying on the floor. After her husband died, Alicia fell silent. He didn’t speak a word. Didn’t answer a single question. But he revealed one thing through his self-portrait painting which he named Alcectis.

Theo Faber, a psychotherapist, is eager to solve Alicia’s case. He began by enrolling himself as a psychotherapist at The Grove. Theo tries to get Alicia back to talk, even though she is blocked by her coworkers. On the other hand, Theo, who is overshadowed by his past, digs further information about Alicia. He contacted several people close to Alicia. There was something in Alicia’s past that needed to be revealed for Alicia to speak. The diary, Alcectis and Alicia’s Past is the key to Alicia’s riveting mystery.

With the problems she was experiencing, Alicia was then caught up in a psychological conflict which made her frustrated by it. The researcher then raised the topic of analysis in this study, namely by analyzing the psychological conflicts of the main character and the consequences of these conflicts.

## **1.2 Statement of Problems**

1.2.1 How does the author present the psychological conflict of the main character in Alex

Michaelides’ novel “The Silent Patient”?

1.2.2 What the consequences of psychological conflict of the main character in Alex

Michaelides’ novel “*The Silent Patient*”?

## **1.3 Scope of The Study**

The scope of this novel’s research is psychological conflict. This study uses a psychoanalytic approach. Researchers limit this research to forms of psychological conflict

and the consequences of psychological conflict of the main character in the novel "*The Silent Patient*" by Alex Michaelides.

#### **1.4 Objective of the Study**

1.4.1 To find out how does the outhor present the form of psychological conflict between the main characters in the novel "*The Silent Patient*" by Alex Michaelides

1.4.2 To find the consequences of the psychological conflict of the main character in Alex Michaelides' novel "*The Silent Patient*"

#### **1.5 Significance of The Research**

1.5.1 The theoretical benefit in this research is that it can provide an overview of the psychological conflicts of the main character and the consequences contained in the novel "*The Silent Patient*" by Alex Michaelides. It is hoped that researchers can enrich their insights.

1.5.2 The practical benefit of this research is that it can be used as a basis or guideline for further research at the Faculty of Humanities, Khairun University.

#### **1.6 Review of Related Literature**

To support this research, the author tries to find some research related conceptually to the object of research as well as an effort to prevent plagiarism.

First, research conducted by Shofiyatun (2019). This study focuses on psychological conflicts that occur as a result of unfulfilled needs. The same thing is experienced by the main character in the novel "*Tuhan Izinkan Aku Menjadi Pelacur*" by Muhidin M. Dahlan, Some of the problems discussed in this study are (1) the forms of psychological conflict experienced by the main character in the novel (2) the factors that cause the psychological conflict of the main character in the novel and (3) the psychological consequences of the main character in the novel. Conflict experienced by the main character in the novel. This research uses descriptive analysis method.

Second, research conducted by NunukNuriyati (2016), entitled "Character Psychological Conflict In The Novel *"Kau, Aku, dan Sepucuk Angpao Merah"* by Tere Liye. This research focuses its study on the depiction of anxiety, fear, disappointment, anxiety, and doubts of the characters in the. This research uses descriptive analysis method.

Third, a research conducted by Dian Lesmana Lamajido (2010), entitled "*Jim's Psychological Conflict in the Novel Lord Jim by Joseph Concrad*" focused of psychological conflict. Some of problem discussed (1) what are Jim's psychological conflict, and (2) How does Jim solve his psychological conflict. This research uses descriptive methods.

Meanwhile, this research is focused on the analysis of forms of psychological conflict and the consequences of psychological conflict in the novel "*The Silent Patient*" by Alex Michaelides by using a literary psychology approach. This research uses descriptive analysis method.

## **1.7 Theoretical Bases**

### **1.7.1 Character**

Characters are fictional individuals who experience events in various events (Sudjiman 1991: 16). Emphasizing that a character is an actor who carries out events in a fictional story so that the event is able to shape the story.

Story characters according to Abrams (in Nurgiyantoro 2002: 165) (Wikipedia) are people who are shown in a narrative or drama work, which is interpreted by the reader as having certain moral qualities and tendencies as expressed in speech and what is done in action.

Based on the above definition, it can be concluded that a character is an imaginary individual in a narrative work who has a certain character as an actor who experiences events in the story. In relation to the whole story, characters can be divided into several types based on their views.

Sudjiman (1991: 17) distinguishes characters into several types according to the criteria. Based on their function, characters can be divided into four types, namely the central or protagonist, antagonist, Wirawan character, and subordinate character. 13 In Sudjiman (1991: 61) a character who holds a leadership role is called the main character or protagonist. The central character or protagonist is a character who always appears in the story, namely a character who holds a leadership role. He is the center of attention in the story. Meanwhile, the antagonist is a character who opposes the protagonist (Sudjiman 1991: 19).

### **1.7.2 Main Character**

The main character is a character who is classified as important and is shown continuously so that it dominates most of the story. He is always present as the actor or subject of events and conflicts and is very important in influencing the development of the plot. Meanwhile, additional characters are characters that appear once or several times in the story (Nurgiyantoro 2002: 176-177).

According to Aminudin (2002), the main character, in every event in the story, will always be present and can be found in every page of the novel or related story book. But there are also those who are not always present at every incident because it is not directly shown in each chapter by chapter in the story, but in the story of additional characters or other characters there is always a connection with the main character. Usually there are more than one main character in a novel. Therefore, the acidity level is different.

### **1.7.3 Psychological Conflict**

The term conflict etymologically comes from the Latin “con” which means together and “fligere” which means collision or collision. Sociologically, conflict defined as a social process between two or more people (can also be a group) where one party tries to get rid of the other party by destroy it or render it powerless.

Conflict as a form of occurrence consists of external conflict and conflict internal. External conflict is a conflict that occurs between a person and something outside of itself, can be in the form of a natural environment or in the form of an environment human. Meanwhile, internal conflicts are conflicts that occur in the heart, soul someone, or is a conflict experienced by humans with themselves (Nurgiyantoro 1998: 124).

Conflict consists of external conflicts and internal conflicts. External conflicts are conflicts that occur between a person and something outside himself, in the form of a natural environment or a human environment. Internal conflict or psychological conflict is a conflict that occurs in a person's heart, soul or is a conflict experienced by humans and themselves, or is a conflict experienced by a human being.

Psychological conflicts that take place make each individual often face the situation of various motives that arise simultaneously, and these motives cannot be compromised with one another, but individuals must make choices from these various motives. Therefore, this situation can cause conflict within the individual concerned. Motives can be impulses that come from within to act.

Based on his motives, Kurt Lewis (in Irwanto 2002: 73-75) classifies conflicts into four types, namely: approach-approach conflicts, approach-avoidance conflicts, and avoidance-avoidance conflicts.

### **1.7.3.1 Approach – approach Conflict**

This conflict arises when one day there are two motives, all of them are positive (pleasant or beneficial), the other is negative (harmful, unpleasant). Hence there is doubt whether is approaching, or moving away from, the object.

### **1.7.3.2 Approach Avoidance Conflict**

Namely, the psychological conflict experienced by individuals because at the same time they are facing situations that contain equally strong positive and negative motives.

Hence, there is uncertainty as to whether to approach or move away from that object. For example, someone wants to ride a horse because it is fun (positive motive), but is afraid of falling (negative motive).

### **1.7.3.3 Avoidance-Avoidance Conflict**

This conflict occurs when at the same time two negative motives emerge, and doubts disappear. One motive means having to fulfill another motive which also negates. In general, conflict can be recognized because of several characteristics, namely 1) it occurs to everyone with different reactions with the same stimuli. This depends on personal factors. 2) conflict occurs when motives have equal or approximately the same value, which creates excitement and tension. 3) Conflict can last a short time, maybe a few seconds, but can last long, days, months, even years (Sobur, 2007: 293).

### **1.7.4 Consequences of Psychological Conflict**

In the life he lives, humans must often experience conflict, if humans experience conflict, the feelings that arise are doubts. The mind or conscience in everyday life functions as a fair judge, if in human life there is often conflict, conflict or doubt, the mind will act as a critical controller, so that people are often warned to always act according to limits. based on conventional norms in society.

Too often acting contrary to conscience will only cause a person to break down. As a result, individuals always feel endless mental conflicts. Conflict can result in not knowing or realizing what he's doing again. Based on the above psychological conflicts, the consequences according to Effendi (1993: 75-76) are as follows:

#### **1.7.4.1 Frustration**

Frustration is a certain feeling or mental state that arises in a person when he is in a situation where needs are not met or wants are not met or goals are not achieved. Dirgagunarsa (1978: 102) there are several kinds of sources that cause frustration, (1)

personal, in this case frustration occurs because of weakness, inability, or defects that exist in oneself, (2) environmental conditions, which can be in the form of a natural environment (physical) or social environment, for example 46 want to come to campus but cannot because the motorbike tires are flat, (3) the condition of the object itself. In this case, it appears that the goal has been achieved, but in reality the goal (object) is not in accordance with previous expectations. For example, if you want to buy cloth, the cloth has been bought, but it turns out to be faded, then you will be frustrated.

#### **1.7.4.2 Disappointment**

Disappointment is an attitude that shows dissatisfaction, displeasure because their desires are not fulfilled (KBBI 2005: 522). If someone in an activity or effort to achieve a goal fails to experience obstacles or experience psychological conflicts, then that failure will lead to disappointment.

#### **1.7.4.3 Helplessness**

Helplessness is an attitude of helplessness, passivity, and heartbreak. This helplessness leads the individual to reflect on himself and eventually isolate himself. For example, individuals feel weak and helpless, so that physical and psychological activities become paralyzed.

#### **1.7.4.4 Anger**

Anger is an attitude that shows being very displeased, angry, angry because of being mistreated (KBBI 2005: 715). Because the individual does not succeed in achieving the goal of his activity or effort due to obstacles, the individual is angry, or maybe damaging, both to himself and to something outside himself.

### **1.7.5 Psychological Approach**

The psychological Approach is an approach that is carried out with the aim of looking at the condition of the religious personal soul. In this approach, the interesting thing for

researches is the condition of the human soul related to religion, whether it is an influence or effect, including the benefits of positive thinking. The term literary psychology has 4 possible meanings, namely (1) the study of the author as a type or differentiator, (2) the study of the creative process, (3) the study of types and psychological laws regulated in literature, and (4) studies that examine the impact of literature on the psychology of readers or writers (Wellek and Warren, 1990: 90).

Based on the opinion of Wellek and Warren above, research on the novel *The Silent Patient* by Alex Michaelides refers to a third type of understanding, namely the psychological approach as a study of types and laws applied to literary works. Specifically, it can be explained that the analysis to be carried out is mainly directed at the psychological condition of the main character who plays a role in the story, in order to reveal the overall personality.

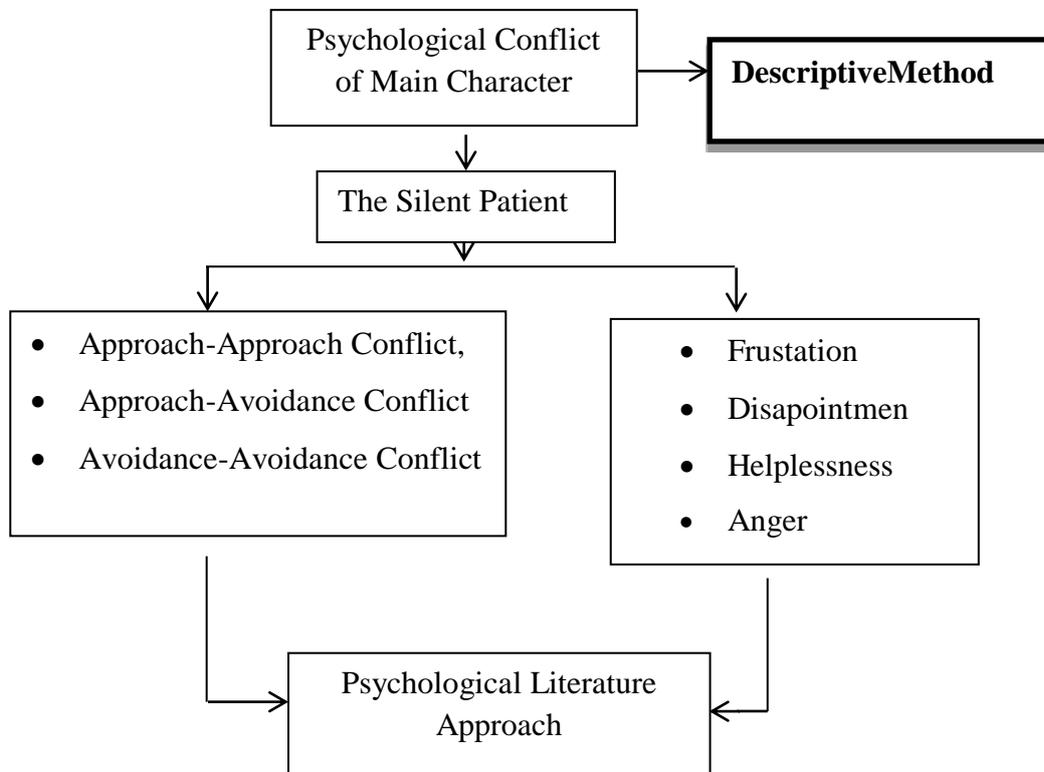
#### **1.7.5.1 Sigmund Freud Psychoanalytic Theory of Personality**

Sigmund Freud was born in Moravia, May 6, 1856. Freud was the psychologist who first investigated the unconscious aspect of the human soul. Freud likened human consciousness to icebergs, little of which can be seen on the surface indicating consciousness. In the subconscious, vast expanses of impulses, desires, ideas, and feelings are found - feelings of stress, a large and deep world that contains vital forces that exert important control over human conscious thoughts and actions (Hall and Gardner, 1993: 60). This unconsciousness plays a big role. Most of the psychic life is unconscious and only a small part appears in consciousness. The subconscious continues to carry out the encouragement and origins of the staff (Kartono, 1996: 128). Freud's teaching above, in the world of psychology is usually called psychoanalysis, which emphasizes his investigation of the psychological processes of the human subconscious.

In this unconsciousness, according to Freud, the life instinct which plays a major role in humans, namely the sexual instinct, develops, and during the first years of the development

of psychoanalysis everything that humans do is assumed to have originated from this impulse. Sex and other life instincts have a form of energy that supports them, namely libido (S. Calvin Hall and Lindzey Gardner, 1993: 73).

### 1.8 Conceptual Scheme



Based on the conceptual scheme above, this research is focused on examining the psychological conflict of the main character in the Novel “ The Silent Patient” By Alex Michaelides by using descriptive analysis method. This study aims to find the forms of conflict, namely, Approach – Approach Conflict, Approach – Avoidance Conflict, Avoidance – Avoidance Conflict and Multiple Approach – Avoidance Conflict and the consequences of psychological conflict, namely, Frustration Dissapointmen, Helplessness and Anger with a psychology approach.

## **1.9 Method and Techniques**

According to Ratna, 2015: 34), the method is a way of understanding reality, systematic steps to analyze cause and effect. As a tool, methods serve to simplify problems so that it is easier to analyze and understand problems. According to Ratna, the method is a strategy to understand reality, a systematic step to solve a continuous series of causes and effects. Methods for simplifying problems, making them easier to solve and understand

### **1.9.1 Descriptive Analysis Method**

In this study, it used a descriptive analysis method. According to Sugiyono (2009: 29) Descriptive Method is a method that serves to describe or provide an overview of the object under study through data or samples that have been collected as they are without analyzing and making general conclusions. So it can be concluded that analytic descriptive research is a method that takes the problem or focuses on the problem as it was when the research was carried out, the results of the research are then analyzed to draw conclusions.

## **1.10 Technique of Collecting Data**

Data collection techniques used in this study are as follow:

### **1.10.1 Reading Comprehension**

Data collection in this study was obtained by reading carefully and thoroughly the source of the research. The researcher then recorded and divided each contents from the story plot based on the problem formulation that was raised.

### **1.10.2 Library Research**

Researchers conducted a search for satisfaction from various book sources and articles or scrip as references related to the above problems.

### **1.10.3 Internet Searching**

Researchers use the internet to search for references related to the analysis of this research topic, find several articles, journals and several works related to this research.

### **1.11 Data Source**

Researchers used two types of data sources, namely primary data and secondary data.

#### **1.11.1 Primary Data**

The primary data or the main data is the novel "*The Silent Patient*" By Alex Michaelides, printed in New York, The United States of America, 2006, 248 pages.

#### **1.11.2 Secondary Data**

The secondary data in the form of concepts about psychological conflict and literary psychology approaches, data refers to books, articles, lecture materials and dictations or theses from libraries, internet media related to the content in this study.

### **1.12 Techniques of Analyzing Data**

In this section the researcher uses several data analysis techniques, such as classification, interpretation, explanation, and conclusions as follows:

#### **1.12.1 Classification**

The researcher uses several data analysis techniques, such as classification, interpretation, explanation, and conclusions as follows:

#### **1.12.2 Interpretation**

The researcher interprets the contents of the novel and the dialogues or expressions used by the author are related to the title and theoretical basis of this research.

#### **1.12.3 Explanation**

After interpreting the content, the researcher then explains according to the classification based on the formulation of the problem raised.