

CHAPTER I

INTRODUCTION

1.1 Background

Terms in literature usually refer to the main genres: poetry, drama, lyrics, short stories, novels, etc. According to Wellek and Warren in Faruk (2014), literature is an innovative, imaginative and fictional work which is the result of an author's imitation of the real world. One type of literary work that is an imitation of the real world is the novel. According to Virginia Woolf in Tarigan (1984), a novel is an exploration or a picture of life, which is contemplated and described in a certain form which includes bonds, influences, results, destruction and achievements of human movements. Apart from that, in the novel there are also many problems related to humans in the real world.

In the novel there are building elements, namely extrinsic elements and intrinsic elements. One of the intrinsic elements in a novel is characterization. According to Nurgiyantoro, (2015) a character can be understood as someone who appears in a narrative story. Each character in the novel has a different character and personality, this personality is formed due to the influence of the environment, then each character in the novel is built with various kinds of mental conditions that need deeper analysis to find out.

One of the novels that discusses psychology is the novel by Virginia Woolf entitled "Mrs. Dalloway", which is a classic fiction novel published in 1925 but set in 1923. This novel uses the flow of consciousness technique for each character. According to James (1890), the stream of consciousness technique is a narrative technique that attempts to reveal a character's personality through sensory responses mixed with the character's thoughts, feelings, mental processes and conversations that occur with oneself. In this novel, there are two main characters who experience mental disorders due to the social environment. Septimus Warren Smith and Clarissa Dalloway are the two most prominent characters who experience the most mental health disorders in the novel "Mrs. Dalloway" by Virginia Woolf. Although the two characters never meet, their relationship plays an important role in the novel.

This novel tells the story of conditions in London after World War I which resulted in social and cultural changes in society. This change then causes the main character in the novel to experience mental health problems. The story begins when Clarissa Dalloway makes preparations to hold a party at her house as a celebration of her husband, Richard's, promotion. Clarissa walks the streets of London to buy flowers and other supplies, along the way Clarissa remembers her happy youth, then she begins to doubt her decision to marry Richard. Mental health disorders also occurred in Septimus Warren Smith, a war veteran who experienced PTSD (post traumatic stress disorder)

and lived in the shadow of the past. The mental health disorders experienced by the two main characters then had an impact on their respective lives and ended in death. Apart from that, in the novel we also find an attempt at rebellion aimed at the British government which is considered to have deceived the public. However, this research only focuses on mental health disorders that occur in the novel.

This novel was adapted into a film in (1997) with the same title and the director of this film was Marleen Gorris. Even though it has been adapted, mental health disorders in the novel are not really emphasized, so the audience speculates that the film only tells the story of a love triangle between Clarissa, Richard and Petter. This novel was written by Virginia Woolf with her own imagination, but many critics say that this story was written based on Virginia Woolf's personal experience, who tried to convey her mental health disorders into literary writings (<https://edubride.com>). Virginia Woolf wanted to convey speculation about the British monarchy ignoring the impact of mental disorders in the years after World War I (Adam Turay, 2019). Apart from that, researchers believe that discussing mental disorders is still an interesting topic to discuss. Because discussions about psychology cannot be separated from humans as social creatures, where most of human life is spent interacting with each other, thinking, emotions, earning a living and enjoying life.

There are several differences between this research and previous research, namely from several articles that researcher read with the same novel title, namely from Indah Sari Lubis (), about the Depression Symptoms of Virginia Woolf, which only focuses on discussing the author's psychology, then by Halijah (2021), about the Image of Women in the novel Mrs. Dalloway. This research only focus on discussing the female characters in the novel. This research is present to complement the two previous research by discussing the impact of mental disorders contained in the novel as well as the influence of the environment on mental health disorders.

From the explanation above, it can be known that that mental health problems can have very detrimental impacts. Especially for sufferers of mental disorders in the main character which is clearly depicted in the novel "Mrs. Dalloway". By using a literary psychology approach as a reference to support researchers in identifying the negative impact of mental health disorders in the novel "Mrs. Dalloway", the researcher limited this research to the title "The impact of mental disorders on the main characters' lives as reflected in the novel 'Mrs. Dalloway' by Virginia Woolf". This research is reviewed from a literary psychology approach. Next, the researcher will analyze, identify and explain the problems that the researcher will raise in the sub-topics of the discussion below.

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1.2 Statement of Problem

Based on the background above and the title of this research "The impact of mental disorders on life as reflected in the novel 'Mrs. Dalloway' by Virginia Woolf", there is a problem formulation:

1. How can mental health disorders have an impact on the life of the main character, as reflected in the novel "Mrs. Dalloway" by Virginia Woolf?
2. How does the social environment influence the mental condition of the main character in the novel "Mrs. Dalloway" by Virginia Woolf?

1.3 Scope of the Research

This research focuses on identifying the impact of mental health disorders presented in the novel "Mrs. Dalloway" by Virginia Woolf and the influence of the environment on the mental health of the main character in the novel "Mrs. Dalloway" by Virginia Woolf. Based on these problems, the theory that supports this research uses a literary psychology approach as a reference for analysis this novel, and so that the problems that will be discussed are not far from the subject that will be discussed.

1.4 Objectives of the Research

This research has several objectives, which can be seen in the list below:

1. To identify the impact of the main character mental health problems as reflected in the novel "Mrs. Dalloway" by Virginia Woolf.
2. To describe the influence of the social environment on the mental health condition of the main character in the novel "Mrs. Dalloway" by Virginia Woolf.

1.5 Significances of the Research

Researcher hope that this research can be useful for researchers and readers, both theoretically and practically:

1.5.1 Theoretical Significance

It is hoped that the results of this research will add insight to researchers and readers about literature and how literature can raise any topic, including a person's mental health, into a work that provides many important lessons in life, and can provide information to readers that literature is closely related to humans and society. It is also hoped that this research can explain the impact of mental health disorders using a literary psychology approach combined into one so that it can produce new knowledge.

1.5.2 Practical Significance

The researcher hopes that the results of this research can become useful reading material and become reference material for further research, especially for research that raises the theme of mental health disorders in literary works. The researcher also hopes that the results of this research will be able to answer readers' questions regarding the negative impact of mental health disorders so that Both researchers and readers can work together to maintain each other's mental health and that of others. Researchers hope that readers can understand what mental health is, the factors that cause mental health disorders and the negative impacts of mental health disorders as illustrated in the novel "Mrs. Dalloway" by Virginia Wolff.

1.6 Review of Related Literature

To support this research, the researcher refers to several previous studies related to the topic discussed. The first comes from Mutiara (2023) "The Impact of Mental Problems on the mental health of the main character in the novel 'I Want to Die but I Want to Eat Tteokpokki' by Baek Se Hee". This research uses a qualitative research methodology with a literary psychology approach. The aim of this research is: To describe the mental problems experienced by the main character. Describe the factors that cause the main character to experience mental problems and how to overcome his mental

problems. And describes the impact of mental problems on the main character's mental health. The results of this research show that: the main character is named Baek Se Hee, female, 28 years old. The main character's psychology is mentally unstable, he has a desire to be recognized. Sociologically, the main character comes from a lower middle class family, his attitudes and behavior are introverted and shy, he is a graduate of literature who works in a publishing house, the main character is diagnosed with anxiety disorder, dysthymic disorder, histrionic personality disorder, avoidant personality disorder, and dependent personality disorder. , the main causes of the main character's mental problems are the environment, family upbringing, and socio-cultural values, as for how to overcome the main character's mental problems with biological treatment, use of drugs, and psychotherapy. The impact of mental problems on the main character's mental health is that he shows unhealthy mental characteristics. Healthy.

These two studies both discuss the impact of the main character's mental health disorders using a literary psychology approach. The difference lies in the results of the discussion, where the results of the discussion from previous research focused more on the description of the main character's character and the mental disorders they experienced, while this research aims to analyze the real impact of mental health disorders on the life of the main character.

Then the next related research comes from Faradina (2023) "Mental health disorders of the main character in the novel 'Stigma' by Hindi Astina Saraswati". This research aims to describe the personality of the character in the novel Stigma who experiences mental health disorders. This research uses qualitative methods, and the data analysis technique in the novel Stigma by Hindhi Astina Saraswati uses descriptive techniques. The results of this research are the characters in the novel Stigma by Hindhi Astina Saraswati who experience many mental health disorders which are influenced by their immediate environment, namely their family environment, school environment and friendships.

The research above has similarities with this research, namely that they both discuss the mental health disorders of the main character in the novel and both discuss the influence of the environment on mental health conditions, but these two studies are different in terms of results, because the previous research did not discuss the impact from mental health disorders and only describes the mental health disorders experienced by the main character.

Further research related to this research is, Lidya G. Sarungu and Ambar Andayani (2023), "Analysis of Lily Bloom's trauma in 'It ends with us' by Collen Hoover". The findings suggest that Lily Bloom's way of dealing with her trauma was learned from her experiences during adolescence and adulthood.

In this analysis, the author also focuses on the trauma experienced by Lily Bloom in analysis the causes and consequences of the trauma she experienced, as well as her specific coping mechanisms. The cause of his trauma was the cycle of violence his father committed against his mother when he was a teenager. Lily Bloom's experience with a traumatic event has both negative and positive impacts. Negative impacts include difficulties in establishing relationships, self-conflict, and being influenced by feelings. The positive effect was that he finally realized, by seeing the possibilities in his life, that he wants to explore things to make it better. She uses expressive writing as a specific coping mechanism to learn about her trauma. This research uses a psychological approach to analyse the main character's trauma using the theories of Cathy Caruth, Judith Herman and James Pennebaker.

The similarity between previous research and this research is that they both discuss how to overcome mental health disorders in the main character, while the difference lies in the cycle of causes of mental disorders experienced by the main character. In the novel "Mrs. Dalloway" the cause of mental health disorders does not come from acts of violence, but rather the inner conflict felt by the main character in the novel.

Regarding previous research, the researcher limited this research to finding the impact of mental health disorders and environmental influences on

mental health conditions presented in the novel "Mrs. Dalloway" by Virginia Woolf.

1.7 Theoretical Bases

1.7.1 Literary Psychology Approach

The literary psychology approach takes an important part in research studies that raise the theme of mental health. According to Wicaksono, Rohman (2017), is of the opinion that literary studies which view literature as the mental activity of the author will use creativity, feeling and intention in their work. Literary works always express human life with all its problems, such as social problems, cultural problems and psychological problems (Ratna, 2004). Literary works can be analyzed using a psychological approach if the literary work has psychological problems for the characters in the story.

According to Krech (in Minderop, 2011) basic human emotions are divided into four, namely: anger, joy, fear and sadness. The circumstances that arouse these feelings are closely tied to the circumstances of the actions that arise and result in increased tension. Apart from that, hatred or feelings of hatred are related to feelings of anger, jealousy and envy. David Krech classifies emotions into 7 parts,

namely: the concept of guilt, buried guilt, self-punishment, shame, sadness, hatred, and love.

In the novel "Mrs. Dalloway", emotions also play an important part in playing the main character. This novel tells the story of how the main character faces the realities of life with fear of the future and regret for the past. This factor then triggers mental health problems in the main character which then has a negative impact on his life.

Virginia Woolf was a writer who experienced mental health problems, so the novel "Mrs. Dalloway" can be considered a novel whose overall theme is mental health disorders. Through his work he was able to provide an overview of mental conditions in the post-World War I era, at which time mental health disorders were still very much underestimated.

By identifying the impact of mental health disorders and environmental influences on mental health conditions which are clearly depicted in the novel "Mrs. Dalloway" It was found that many problems arise due to the psychological disorders of the characters. The mental disorders suffered by the main characters in this novel cannot be separated from their social personality, because every individual and their problems are always related to society or society. For this reason,

researchers utilized William James' functional psychology theory and Alfred Adler's theory of mental health disorders as references to obtain information about the impact of psychological disorders in the novel "Mrs Daloway".

1.7.2 Functional Psychology

Functionalism views that society is a system of several parts that are interconnected with each other and cannot be understood separately (William James in Alletha, 2018). The functionalist school of psychology views psychology as not just personalizing what and why things happen (structure), but also knowing why something happens (function), Alletha (2018). James (1890) emphasized that in functionalist psychology, James also had the concept of consciousness. By knowing the function of consciousness, we can understand human thoughts and behavior in total in their relationship patterns with the environment (James, 1890). The function of consciousness is to guide us to achieve the final goals needed to survive.

In the novel "Mrs. Dalloway" Virginia Woolf's work, the relationship between the character and his environment greatly affects the main character's mental health, especially when the main character

cannot adjust to his current environment and always lives in the shadow of the past. Mental health disorders throughout the novel are influenced by inner conflict due to isolation from the environment. The psychological theory of functionalism, which was pioneered by William James (1842-1910), can provide a strong lens for analyzing the influence of the environment on mental health conditions.

1.7.2.1. Principle of Emotion

The principle of emotion is a collection of functionalist psychology pioneered by William James. In his book *The Principles of Psychology* (1890), James expressed his opinion about the principles of emotion, that emotions are directly related to physiological changes, for example feelings of anger, love, fear and so on not only force a person to act, but also trigger changes in attitude and facial expressions. (William James, 1890). Then, Carl Lange (1880), simplified the principle of emotion by saying that: a person feels sorry because of that he cries; a person feels afraid therefore he trembles; and someone feels angry because of that he attacks. and it cannot be reversed. In addition, according to researchers, emotions can affect mental health conditions when they occur excessively.

1.7.3 Mental Health Disorder

Mental health disorders are health problems that cause psychological or behavioral incompetence which arises due to disturbances in social, psychological, genetic functioning, etc. (Thong, 2011). According to Aula (2019), mental health disorders are a condition where individuals experience difficulties with their perception of life, difficulty in establishing relationships with other people, and difficulty in determining attitudes for themselves. Meanwhile, Adler (1929) said that mental health disorders cannot be separated from individuals and their social life problems.

There is always cause and effect in everything that happens in human life, as is the mental health disorder of the main character in the novel "Mrs. Dalloway" by Virginia Woolf. In this novel mental health disorders are a common theme throughout the story, this refers to the idea that everyone experiences life events that create a state of helplessness. Researchers found many aspects that influenced the mental health condition of the main character in the novel "Mrs. Dalloway" which made it easier for researchers to find the impact they experienced.

1.7.3.1 Symptoms of Mental Health Disorders

The symptoms of mental health disorders are a complex relationship between psychological and social elements, the symptoms of mental health disorders in each individual also differ according to their experiences and environment (Maramis and A 2009). According to Hopkins (1995), symptoms of mental health disorders stem from interactions between individuals and life history events. Symptoms of mental health disorders can include: willpower disorders, where individuals have difficulty considering and deciding on their desires to achieve a certain goal; emotional disorders, which result in individuals experiencing moods and feelings significantly and rapidly; and association disorders, namely disorders that cause individuals to experience feelings, impressions or images of memories about themselves in the past when they were in the same atmosphere, or a place that reminded them of it (Adler, 1929)

In the novel "Mrs. Dalloway" by Virginia Woolf, the symptoms of mental health disorders are presented very clearly. The two main characters in the novel experience almost the same mental health disorders, but have different symptoms. Apart from that, researchers found that the symptoms of mental

health disorders experienced by the main character in the novel "Mrs. Dalloway" were caused by the environment and the shadows of the two characters' pasts.

1.7.3.2 Causes of Mental Health Disorders

Many factors can cause mental health disorders, ranging from certain illnesses to stress caused by traumatic events, such as the death of a loved one, job loss, or prolonged isolation. Adler (1929) expressed his opinion about personality theory which causes mental health disorders, including lifestyle and social environment.

1.7.3.2.1 Behavioural / lifestyle Factors

In Alwisol (2006) Adler explains that lifestyle is the unique way of all people in the struggle to achieve certain goals that the person has determined in the life in which he finds himself. Every person has the potential to develop according to their lifestyle, meaning that everyone has goals, feelings of inferiority, strives to be superior and is able to colour or not colour their superior efforts with social interests, everyone does it with a different lifestyle. Individual efforts to achieve excellence require certain methods, which are referred to as lifestyle. Lifestyle

consists of impulses from within the self that regulate the direction of behaviour and encouragement from the environment. Encouragement from the environment may increase or inhibit the direction of encouragement from within oneself (Adler, 1929).

In the novel "Mrs. Dalloway", this lifestyle causes inner stress, which ultimately disrupts mental health. The desire to balance the gay life of upper class society makes the main character in this novel lose himself, this shows that lifestyle can be a factor causing mental health disorders.

1.7.3.2.2 Social Interest Factors

According to Adler (1929), humans are born with the gift of universal social interests. This need is manifested in communication with other people. This process requires a lot of time and sustained effort. Individuals are directed to maintain and strengthen feelings of social interest in increasing concern for others through empathy and communication. Social interest is a feeling of unity towards humans which can be interpreted as a sense of self-involvement in a group which allows individuals to have a sense of empathy towards group members and be oriented towards common interests.

In the novel "Mrs. Dalloway", social interest is described by Woolf as something bad. The main character has no interest in society, the communication relationship between one character and another is not really emphasized. This makes each character isolated in their own mind, so that creates inner conflict that results in mental health disorders.

1.7.3.3 Impact of Mental Health Disorders

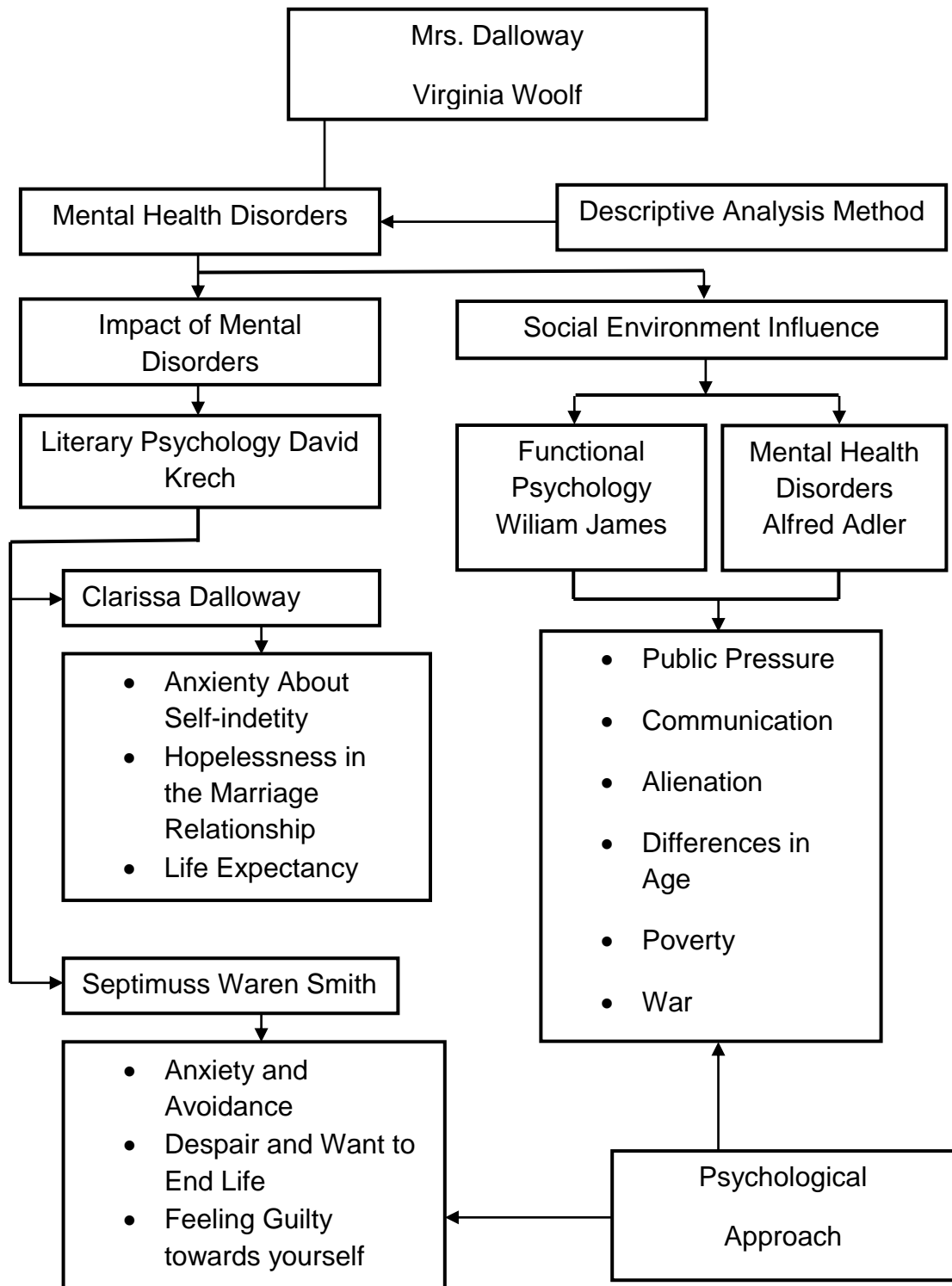
The impact of mental health disorders according to Adler (1929) is to create anxiety, stress, loneliness, and an increased likelihood of depression. Causing problems in social interactions ranging from friendship, work to romantic relationships. Inhibits achievement and career. The worst thing of all is that it can lead a person to become increasingly unproductive or even actively self-destructive.

In the novel "Mrs. Dalloway", the impact of mental health disorders such as anxiety, social interaction problems etc. is clearly depicted on the main character's character. The impact of this mental health disorder causes their lives to be affected, so that their lives become unproductive.

1.8 Conceptual Scheme

In this section, the researcher will provide an overview of the conceptual scheme in this research. Learn more about the influence of mental disorders on a person's life in the novel *Mrs Dalloway*, by Virginia Woolf. This conceptual scheme functions so that the writer is able to follow the research flow that has been planned, so that at the end of the research the researcher can find an end point that is able to answer the research question.

The following is the conceptual scheme of the research:



This research analyses the impact of mental health disorders in the novel "Mrs. Dalloway" by Virginia Woolf using a Literary Psychology approach and Descriptive Analysis methods. This research aims to determine the impact of mental health disorders and environmental influences that cause mental health disorders.

1.9 Method of Literary Research

1.9.1 Method of Qualitative Research

Qualitative research is a type of research that produces descriptive data in the form of written or spoken words from people and observable behaviour (Wirjokusumo, 2009). According to Creswell (2016) qualitative research is a type of research that explores and understands the meaning of a number of individuals or groups of people originating from social or humanitarian problems. Qualitative research methods aim to explain a phenomenon in depth and are carried out by collecting as much data as possible (Sugianto, 2020). Qualitative methods prioritize observation of phenomena and research more into the substance of the meaning of the phenomenon. The analysis and sharpness of qualitative research is greatly influenced by the strength of words and sentences used. The focus of qualitative research is on the process and the meaning of the results (Basri, 2014).

The attention of qualitative research is more focused on human elements, objects and institutions, as well as the relationships or interactions between these elements, in an effort to understand an event, behaviour or phenomenon (Mohammed, Majid & Ahmad, 2010)

Researchers use this research method because this method is considered capable of answering questions about what and how a phenomenon occurs and then explaining it in detail and precisely.

1.9. 2 Descriptive Analysis Method

The research method used in this research is descriptive analysis method. The descriptive analysis method is one of the methods or methods used to collect data in literary research. Suharsimi Arikunto (2013) explains the meaning of the descriptive analysis method, namely the method used to investigate circumstances, conditions or other things, which are then described in a research report. In this research, phenomena consist of forms, characteristics, activities, changes, relationships, similarities and differences between one phenomenon and another. Meanwhile, according to Narbuko (2015), the descriptive analysis method is a method used to explain solutions to current problems based on data, by presenting, analysing and interpreting them.

The facts referred to here are research data found regarding mental health disorders in the novel "Mrs. Dalloway" by Virginia Woolf. Then the data is analysis using existing theory.

1.10 Techniques of Collecting Data

There are several techniques that researchers use to collect data, as support for research conducting analysis of mental health disorders in the novel "Mrs. Dalloway" by Virginia Woolf.

1.10.1 Reading Comprehension

To analysis the mental health disorders of the main character in the novel, reading comprehension skills are needed. This technique is done by reading and understanding the stories, themes and characters in the novel. Researcher started by identifying and analysis the characters of the main characters in the book who experienced mental health disorders. Then researcher found that the two main characters experienced the most mental health problems in the novel "Mrs. Dalloway" which had a negative impact on their lives. Apart from that, researcher also found that the social environment can influence the mental health conditions of the main character.

Apart from that, researcher pay attention to the language style and writing techniques used. The language style and writing

techniques used by Virginia Woolf can provide an understanding of the main character's feelings and life experiences in dealing with mental health disorders. Furthermore, researcher can understand more deeply the theme of mental health disorders through subtle and sensitive symbolic qualities in penetrating the mental state of the main character.

Researcher also found the historical background in which this novel was created. When World War One ended, the trauma of the conflict still continued, the destruction, anxiety and extraordinary sadness caused by the war were still etched in everyone's memories in the post-war years (1923), the novel "Mrs. Dalloway" was written. The story takes place over the course of one day in June, but the narrative flows into the past and present simultaneously. Readers better understand the author's intentions and messages about mental health disorders by understanding the historical background.

Researcher tried to evaluate the themes of mental health disorders in the novel and analyse these themes to find the impact of mental health disorders and the influence of the environment on mental health conditions. This study can help researchers to connect the theme of mental health disorders with temporary conditions that occur in real-world social and cultural reality.

1.10.2 Internet Sources

By using the internet as a technique to collect data and points of view from various sources to evaluate forms of mental health disorders in the novel "Mrs. Dalloway" by Virginia Woolf. Internet sources can help researchers to access large amounts of material, scientific publication journals, and primary data by utilizing various search engines, the internet and databases.

To use sources from the internet, researchers recommend being careful in choosing data sources, because not all sources can be trusted. It is important to choose sources that are in line with the research question so that conclusions can be drawn that are relevant. For the novel "Mrs. Dalloway", it is a good idea to look at internet sources by paying attention to the historical background and social aspects of the novel to understand more about mental health disorders and the influence of the environment on them.

1.10.3 Library Research

The next strategy used is library research. This technique is useful for analysis how disturbed the mental health of the main character in the novel "Mrs. Dalloway" by Virginia Woolf. Researchers have more access to various sources, including books, papers, and

previous research on mental health disorders in literary works. The researcher starts by selecting keywords related to the theme that will be discussed in the research, then the researcher conducts library research using these keywords to identify books and other sources related to the research theme.

After finding relevant sources, the researcher then tried to study, evaluate and analysis them in order to understand the themes surrounding mental health disorders in the novel "Mrs. Dalloway" by Virginia Woolf. To support their analysis, researchers collected quotes, and relevant examples to utilize this resource.

1.11 Technique Analyzing Data

After collecting data, researchers will analysis the data using several steps:

1.11.1 Data Reduction

Researcher will review the data that has been collected to identify the most important data related to this research. In the context of studying the impact of mental health disorders that affect life in the novel "Mrs. Dalloway" data reduction can be used to find data that fits the themes in the story.

In the data reduction process, researcher used several methods such as categorizing and summarizing data according to the theme of certain mental health disorders, then grouping them based on the type of mental health disorder and environmental influences. Then the researcher summarizes the important findings and examines the impact of mental health disorders on life as well as the influence of the environment on mental health conditions depicted in the novel "Mrs. Dalloway" after all the data has been categorized. This can help researchers to understand the themes and messages of the novel regarding the impact of mental health disorders in the novel "Mrs. Dalloway"

1.11.2 Data Display

Data displays can be used to analysis data and present it in visual form to understand patterns and relationships in the data. In the analysis of mental health disorders in the novel "Mrs. Dalloway" data display techniques can be used to display findings from the data analysis process.

Data display techniques can help researchers identify patterns and themes that may not be immediately apparent from the raw data. This also allows researcher to present findings clearly and concisely so that they are easy to understand.

1.11.3 Conclusion Drawing

In analysis the impact of mental health disorders in the novel "Mrs. Dalloway", the technique of drawing conclusions is very important. This involves interpreting and synthesizing data collected using various methods to support research statements. Researcher must analysis the findings critically and relate them to a theoretical framework, such as the psychological theory of functionalism by William James. The researcher also considered the limitations of the study and provided coverage areas for further research. Research conclusions must be logically supported, and presented clearly.