

# CHAPTER I

## INTRODUCTION

### 1.1 Background

Literature is a works of imajination such as novel, drama, poetry, theatre, and traditional poetry. Also, literature can be a media for a people whom wants to express their feelings or emotion. Literature have another explanation such literature as a "psychiatric phenomenon" in it contains psychological phenomena that appear through the behavior of the characters. Thus, according to Roekhan (Emzir, 2016: ) literary works can be approached by using a psychological approach. Psychology and literary works have a functional relationship that is equally useful for the means of studying the mental states of others.

Like character of the novel “Anne The Green Gables” by L.M Montgomery name Anne, she is just a little girl who have a lot imagination about her life and the world around her and always told people aroun her about how is her feelings, and imagination about a beautifull place that she found everyday and also, can in into her own mind or imagination for ahours on her daily life, but she can made a different between fantasy and reality that is why we called this as a Maladaptive daydreaming.

In writing the novel “Anne of Green Gables” that was published at the 1908. L.M Montgomery was inspired by notes she had made as a young girl about a couple who were mistakenly sent an orphan girl instead of the boy they had requested, yet decided to keep her. She drew upon her own childhood experiences in rural Prince Edward Islan, Canada.

Montgomery used a photograph of Evelyn Nesbit, which she had clipped from New York's Metropolitan megazine and put on the wall of her bedroom, as the model for the face of Anne Shirley and a reminder of her "youthful idealism and spirituality."

Daydreaming is the stream of consciousness that detaches from current external tasks when attention drifts to a more personal and internal direction. There are various names of this phenomenon including [mind wandering](#), fantasy, spontaneous thoughts, etc. Daydreaming is the term used by [Jerome L. Singer](#) whose research programs laid the foundation for nearly all the subsequent research in this area today.

The list of terminologies assigned by researchers today puts challenges on identifying the common features of the phenomenon, in this case daydreaming, and on building collective work among researchers. There are two kind of daydreaming are like maladaptive daydreaming and skizofrenia.

Maladaptive daydreaming (MD) is a condition where a person is trapped in his own fantasy. A person can daydream for hours every day. They are addicted to the world of their own imagination, making a story that makes them comfortable in it, making the characters created by their own imagination. People with MD can cry, laugh, run alone or talk alone when they are daydreaming, but they can made a different fantasy and reality.

People with MD will generally feel ashamed if they are caught talking to themselves. People with MD live a normal life like other humans, only they cannot be separated from the fantasy they create. Eli Somer was the first to introduce this term on the *Journal of Contemporary Psychotherapy*. This Israeli psychologist revealed about Maladaptive Daydreaming (MD) in his book *Journal of Contemporary Psychotherapy* in the discussion of Maladaptive Daydreaming: A Qualitative Inquiry.

This discussion is a record of his research on 6 patients. Based on the results of his research, Eli concluded that MD was caused by childhood trauma, but this conclusion could be disputed because not all people who suffer from MD suffered childhood trauma.

Those with MD generally suffer from depression or feel lonely. Although the descriptions of MD same as the behaviour of the main character of this novel “Anne” who have MD because the background of her life and feel lonely because she live in the orphanenage and feel lonely and those are what made her like to daydreaming for ahours and still can make the different between reality and imagination that is what we called MD.

## **1.2 Statements of The Problem**

Base on the background above there are two statement of the problem that the researcher found as follow :

- a. How does the sympton and the way of maladaptive daydreaming appearence on the novel “Anne Of Green Gables” by L.M. Montgomery ?
- b. What that makes the major character “Anne” on the novel “Anne of Green Gables” by L.M Montgomery reflected the maladaptive daydreaming ?

## **1.3 Scope of The Study**

In this research, the researcher focus on the way those maladaptive daydreaming appeared in this novel becaused, the researcher more interesting to analyse about Maladaptive Daydreaming. The major character on this novel always do daydreaming but, not on general meaning, becaused there are some kind of daydreaming like, skizofrenia and Maladaptive daydreaming. Also the researcher focus about kind of maladaptive daydreaming that reflected by character Anne on her daily life in the novel “Anne Of Green Gables” by L.M. Montgomery.

## **1.4 Objectives of The Study**

- a. To know how does the sympton and the way of maladaptive daydreaming appearence on the novel “Anne Of Green Gables” by L.M. Montgomery

- b. To know what that makes the major character “Anne” of the novel “Anne of Green Gables” by L.M Montgomery reflected the maladaptive daydreaming

## **1.5 Significanses of The Study**

It is hoped that, the research can give significanses to the reader or the next researcher which can be devided into theoritical and practical significance.

### **1.5.1 Theoritical Significanses**

Theoritically this research is expected to increase the knowledge of the researcher about the theory of the Maladaptive Daydreaming, because the Maladaptive Daydreaming have the different explanation from the daydreaming and the MD become some kind of daydreaming. Enrich the data that can used by the researcher to analyse the MD on this novel. Also can help the researcher knowledge about the concept of the maladaptive daydreaming in the novel “Anne of Green Gables” by L.M. Montgomery.

### **1.5.2 Practical Significanses**

Practically this research is expected to help readers and literature enthusiast to know the study of daydreaming especially about the maladaptive daydreaming that appear as the behavior of Anne’s character on the novel “Anne of Green Gables” by L.M. Montgomery.

## **1.6 Review of Related Literature**

To accomplish the research and reference data, researcher found some review of related study literature which is the same focus and object those are elaborated bellow :

First, from Rizky Hanifah (2016) with tittle “Imagination (the picture of memory) In Lucy Maud montgomerys Novel Anne Of green Gables(1908) : A Psychoanalytic Approach” The Major Problem Of This Study Is Imagination. The Objective Of This Study Is To Analyze

Lucy Maud Montgomery's *Anne of Green Gables* Novel Based On The Structural Elements And Analyze This Novel Based On The Psychoanalytic Approach.

In the novel titled *Anne of Green Gables*, Anne's type personality as an orphan who never gets a real affection from another person before, tries to survive with all her imagination. At this time, Lucy Maud Montgomery shows about Anne's effort to live defensively. Based on the analysis, the researcher gets some conclusion. Anne Shirley has extremely imagination in a lot of aspect of her life. Anne Shirley has spirit and never give up about her dream. Little Anne, someday wants to be a teacher.

On the study from Rizky Hanifah focus on the imagination of L.M. Montgomery while the author focus on the daydreaming that reflected by the main character of the novel, and on the study from Jane Mattisson focus on the adult world from all of the series of this novel.

Second, from Jane Mattisson, 2007. with title "Understanding the adult world through literature: *Anne of Green Gables*, *Anne of Avonlea*, and *A Complicated Kindness*" This article explores how adolescent literature—here defined as literature about adolescents and not specifically for adolescents—from different centuries and different social/religious communities enables adolescents to come to terms with the mysteries of the adult world, and more specifically, with the rules of that world based on the analysis of three Canadian novels—*Anne of Green Gables*, *Anne of Avonlea* and *A Complicated Kindness*, the first two by Lucy Maud Montgomery and the third by Miriam Toews.

Having won considerable critical acclaim, these novels appeal to adolescents and adults alike by offering a timeless exploration of the concerns of the protagonists facing most adolescents, irrespective of their nationality, faith or philosophy.

On the from Jane Mattisson, 2007. with tittle “Understanding the adult world through literature: Anne of Green Gables, Anne of Avonlea, and A complicated kindness” more facus on the adult world from all of the series from the novel Anne of Green Gable” while the author focus on the daydreaming that reflected by the main character of the novel, and on the study from Jane Mattisson facus on the adult world from all of the series of this novel.

Both of this study help the author to know more about the characteristic of the main character and how the imajination if this main character gave a lot of impact for people around here. Also, know that there are another series of this novel and help the author more easier to analyze, also made the author more understand about the story of the novel.

## **1.7 Theoretical Base**

### **1.7.1 Physiological Approach**

Psychology is a branch of science that is still easy compared to other sciences. Psychology is an inseparable part of philosophy. Therefore, it takes centuries to release psychology from the influence of philosophy. Psychology is the science of human behavior and psychic life (Kartono, 1996: 1). Briefly psychology is called the science of psychology - the word psychology itself comes from Greek words, namely psyche which means soul and logos which means knowledge (Ahmadi, 2009: 1).

In approximately 400 BC Plato put forward psychology as a study of the nature, nature and life of the human soul. Psychology according to the flow of natural / empirical sciences and 17th century rationalism is science that studies consciousness or the symptoms of consciousness.

In the 1929s, psychology was defined as the study of consciousness. Between the 1930s and 1970s, psychology was defined as the scientific study of behavior afterwards, psychology

was defined as the science of behavior and mental processes. In this case, the definition of psychology involves two main points, namely overt behavior and mental processes (cognition).

The psychological approach emerged in literary analysis because of the widespread introduction of literary scholars to the teachings of Sigmund Freud through books *The Interpretation of Dreams* and *Three Contributions to the Theory of Sexes*. Psychological approach to Freud's model, until now the most reference to the theory of personality according to Freud (In Ratna, 2008: 62-63).

According to Freud there are factors that influence personality and are shared became 3 that is to say 3, *id* or *ich* are impulses that must be satisfied, one example is libido. *Id* is thus the primary subjective reality of the inner world before the individual has experience of the vast world. *Ego* or *ice*, and *Super ego* is the ego's duty to control the *ego*, while the super ego contains the conscience, also the factors that influence personality are historical factors of the past and contemporary factors (at the same time), analogies of innate factors and environmental factors in formation of individual personality.

Fantasy also actually is one part or discussion in psychology and can be interpreted that Fantasy is the ability of the soul to use the responses that already exist (owned) to create new responses (Kartono, 1996: 67). Fantasy can also be interpreted as the ability of subjects to be oriented in the imaginary world. Fantasy can be 2, namely fantasy that is not realized (daydreaming) and fantasy that is realized occurs when there is an attempt from the subject to enter the imaginary world.

In his book, Kartini Kartono expressed his opinion about fantasy:

“Fantasy has a huge meaning to human life. By being alive, dynamic and rich, fantasy often influences our lives, our hopes and sentiments, our anxieties and fears. If the subject is unable to control his fantasies, and the flow of fantasy becomes wildly out of control, then the subject actually escapes reality, then hides in his imagination or

imaginary world; he became a day dreamer (day dreamer), or become neurotic and disturbed nerves” (Kartono, 1996: 68).

Therefore the researcher decided to use a psychological approach to analyze the novel entitled “Anne Of The Green Gables By L.M. Montgomery” because the main character of this novel Anne have a Daydreaming disorder like daydreaming because of her past and her social life before move to Green Gables a house of the married couple Marilla and Matthew Cuthbert. Even after move to Green Gables Anne still have that habit (MD).

### **1.7.2 Daydreaming**

In this research the writer use some explanation and theory from the expert about Daydreaming :

Daydreaming is the stream of consciousness that detaches from current external tasks when attention drifts to a more personal and internal direction. This phenomenon is common in people's daily life shown by a large-scale study in which participants spend 47% of their waking time on average on daydreaming. There are various names of this phenomenon including [mind wandering](#), fantasy, spontaneous thoughts, etc.

Daydreaming is the term used by [Jerome L. Singer](#) whose research programs laid the foundation for nearly all the subsequent research in this area today. This finding was in line with previously reported data (e.g., Giambara & Traynor, 1978; Singer, 1966, 1975). They concluded that for certain individuals, fantasy proneness could be associated with significant psychopathology.

Gold, Milner, and Robertson (1986) showed data consistent with the theory that the daydreams of distressed subjects serve as part of a negative feed back loop (Gold & Minor, 1983; Starker, 1982). They decided that psychologically healthy individuals use their daydreams



in a way that enhances their good feelings about themselves whereas distressed people interpret their daydreams as another sign of weakness or inadequacy.

The list of terminologies assigned by researchers today puts challenges on identifying the common features of the phenomenon, in this case daydreaming, and on building collective work among researchers. Several methods for gathering data about daydreaming have been used in the past.

Varendonck (1921, pp. 215-216) used a form of *retrospective report* in which he first recalled the final portion of a daydream and then worked his way backward. Klinger (1971) and Pope (1978) used the technique of *thinking aloud* in which subjects would verbalize their stream of thought as it occurred. In the method of *thought sampling* used by Klinger (1978), subjects would carry a beeper with them. When the beeper sounded at a random time, subjects would fill out a questionnaire asking them to describe their most recent thoughts.

In this narrower definition daydreaming also have some kind of it like Maladaptive Daydreaming and Skizofrenia, this is what made it interesting if people with schizophrenia really can't distinguish between fantasy and reality, and they assume everything they imagine is reality it is different from MD sufferers who realize that the characters they create are imaginary.

The list of terminologies assigned by researchers today puts challenges on identifying the common features of the phenomenon, in this case daydreaming, and on building collective work among researchers. But at this research the author going to use maladaptive daydreaming for analyze the character Anne of the novel “Anne Of Green Gables” by L.M. Montgomery.

### **1.7.3 Maladaptive Daydreaming**

In this research the writer use some theory from the expert about maladaptive daydreaming :

Maladaptive daydreaming (MD) is extensive fantasy activity that replaces human interaction and interferes with academic, interpersonal, or vocational functioning, Ellie Somer (2002 : 2002).

Eli Somer was the first to introduce this term. This Israeli psychologist revealed about Maladaptive Daydreaming (DM) on her book *Journal of Contemporary Psychotherapy* in the discussion of Maladaptive Daydreaming: A Qualitative Inquiry.

This discussion is a record of his research on 6 patients. Based on the results of her research, Eli concluded that MD was caused by childhood trauma, but this conclusion could be disputed because not all people who suffer from MD suffered childhood trauma. Those with MD generally suffer from depression or feel lonely.

This qualitative inquiry explored the nature and experience of MD. Six patients in a trauma practice were identified as displaying MD. Four participants were diagnosed as suffering from a dissociative disorder; two were given the diagnosis of narcissistic personality disorder.

Cross-sectional analysis of respondents' verbatim transcripts yielded nine themes clustered into three categories (Functions, Themes, and Dynamics) that best captured the fantasizing experience. Identified MD functions included Disengagement from Stress and Pain by Mood Enhancement and Wish Fulfillment Fantasies; and Companionship, Intimacy, and Soothing. Recurrent MD themes were Violence; Idealized Self; Power and Control; Captivity; Rescue and Escape; and Sexual Arousal. Motifs that were classified as describing MD dynamics were Onset and Kinesthetic elements.

Although MD seemed to have been preceded by a normal childhood propensity for creative imagination, aversive circumstances were seen to have contributed to the development of MD. Theoretical explanations for the development and function of MD are discussed

Someone who has MD is like hypnotizing himself. They locked themselves in a room, closed their eyes, lay down, listened to music then began to daydream. They can daydream anything about daydreaming in tune with the music. When they listen to sad music they can cry and make their siblings die. When listening to cheerful music they might smile to themselves daydreaming they are getting happiness. But once again they realize that what they are daydreaming is not happening, but they really enjoy their daydreaming world.

The stories in their reverie can be long-term and expand for years, most MD people admit that they start daydreaming when they were children and the daydream continues into adulthood. This daydream continues because they experienced the trauma that caused them to flee from the real world and create the world in their own minds. For some MD's occur because of excessive imagination so that there is a prolonged fantasy.

In part, MD occurs because there is no environment that supports them so they create an environment that can support them. MD does not always begin to emerge when children, some admit MD appears when they are adults, this is due to the simple life of individuals (no challenges) and individuals feel bored.

Also, According to *Sigmund Freud*, a major figure in the field of psychology, the fantasy that arises when daydreaming is a manifestation of past experiences or desires that have not been fulfilled and are augmented by real situations in the surrounding environment. Although classified as a common occurrence, there are several incidents where this daydreaming activity is very excessive for some people.

This condition is called maladaptive daydreaming (MD). According to a study published in the *journal Frontiers in Psychiatry*, too much daydreaming can be a sign of a condition called maladaptive daydreaming (MD), which is also known as daydreaming disorder.

This research, they said, is the first study to explore the mental health factors that accompany Maladaptive Daydreaming (MD) over time and it provides insight not only about what might cause intense, clear, and extended daydreaming attacks, but also hints at ways to prevent it, or how to stop the daydream. Because, while many people who experience MD report enjoy their daydreaming at the time, MD can also negatively affect their relationships with others, their daily lives, and their overall emotional well-being.

Participants first provided details about any mental health diagnosis: 21 participants were diagnosed with depression, 14 anxiety disorders, and five OCDs, among other disorders. Then, each night before going to bed for 14 days, they completed a series of questionnaires asking about their experiences that day. These scales assess the level of dissociation, obsessive-compulsive symptoms, depression, general anxiety, social anxiety, emotions, and also maladaptive daydreaming. Participants were asked to report the extent to which statements such as, "I feel the need or encouragement to continue daydreaming interrupted by real world events at the next point" was applied to them that day.

On average, according to participant reports, they spend four hours daydreaming every day. On days where their MDs are more intense and time-consuming, they also experience higher levels of obsessive-compulsive symptoms, dissociation and negative emotions, and both types of anxiety. But only obsessive-compulsive symptoms consistently predict the intensity and duration of maladaptive daydreams the next day, regardless of the level of obsessive-compulsive symptoms the following day.

Despite these findings, the researchers noted that only five participants had actually been diagnosed with OCD: "This difference indicates that obsessive-compulsive symptoms and MD share common mechanisms and interact with each other, but MD does not seem to be just an

OCD subtype." However, they add that many people with MD describe consistently being attracted to their daydream in a compulsive way. "The finding that the surge in obsessive-compulsive symptoms precedes MD [also] points to the key role of this construct as a contributing mechanism," Somer and Soffer-Dudek said.

Stimuli for daydreaming — even after daydreaming for hours — can be overcome by using a cognitive behavioral approach developed to deal with other compulsions, the researchers suggest. They also speculate that low levels of the neurotransmitter serotonin might play a role in MD, as in OCD. If future research confirms this, drugs that change serotonin levels may be used in medicine.

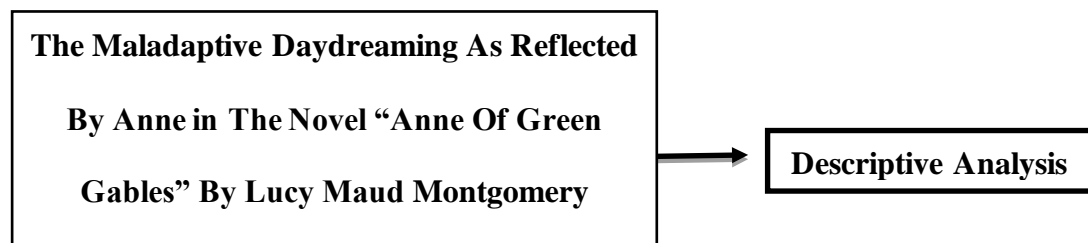
Symptoms experienced by Maladaptive Daydreaming sufferers :

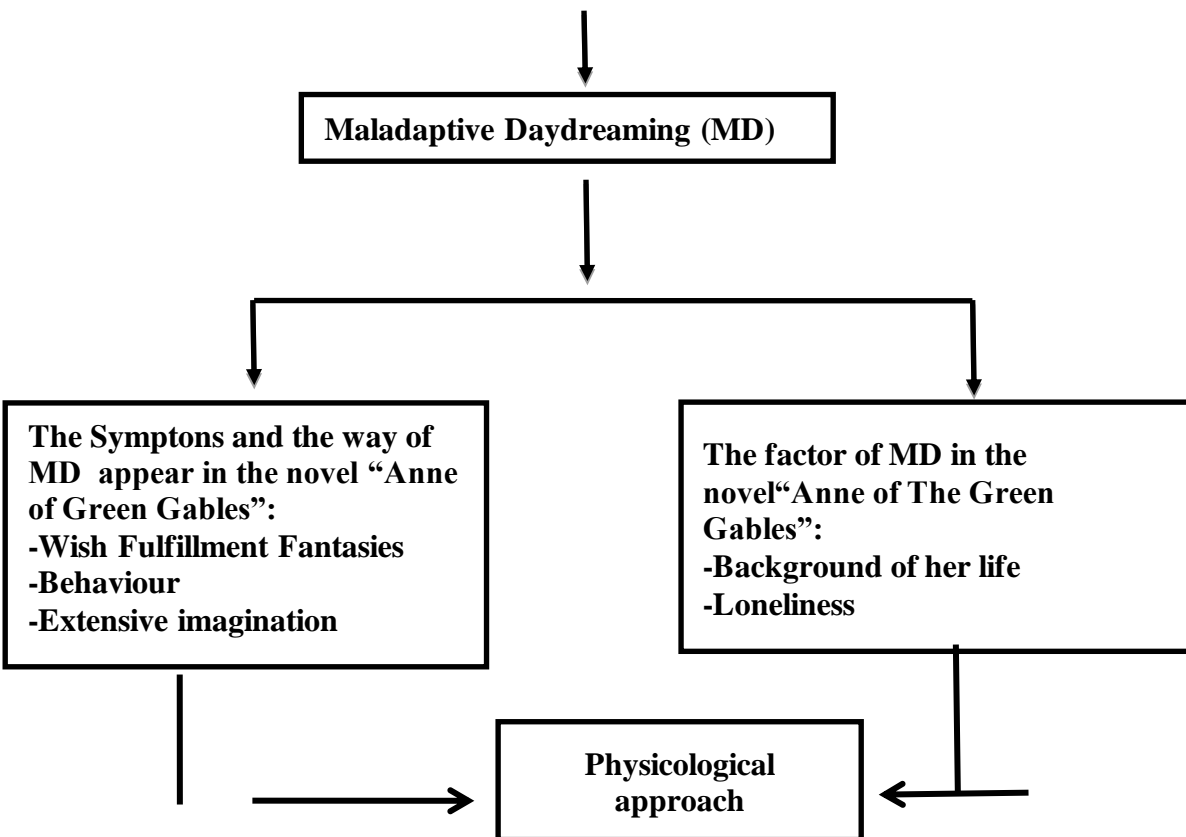
- a. The sufferers have a complicated and detailed daydream, as if there is a story line in it.
- b. Sometimes, people who suffer from MD will make expressions when daydreaming, such as laughing, crying, and talking to themselves. Unlike schizophrenics or psychopaths, MD sufferers can find out the difference between daydreaming and reality.
- c. Have quite an emotional attraction with the characters in their imagination
- e. Often forget the daily activities such as eating, drinking, bathing, and others just to daydream something
- f. Can show emotions when imagining, such as crying, smiling, and laughing alone.
- g. It will be very difficult to be able to withdraw into real life if the symptoms are appearing
- h. Symptoms appear since children
- I. Takes up to hours just to daydream

Based on the explanation above the researcher use all of the symptom above of Maladaptive Daydreaming because, the major character have some of the symptom as mention when she was a child. She have some of those symptom because of her background of life. She not live with her parents like another child do, but she live with another people, after that she move to the orphanage and those thing made her MD more strong.

She just starting Daydreaming a lot of things in there and she can show emotion while she is daydreaming. Sometimes her MD are more complex than a novel and she also have another symptom of MD.

### **1.8 Conseptual scheme**





Based on the conceptual scheme above the researcher want to analyse the MD of the main character of the novel “Anne of Green Gables”, also the symptoms and the way that MD appear in the novel is by Behaviour, Wish Fulfillment Fantasies, and Excessive imagination of the main character “Anne”, also The factor of MD in the novel “Anne of The Green Gables” by the Background of the main character life and the loneliness of the main character “Anne” by using Physicological approach.

## 1.9 Method And Technique Of The Research

Method and technic of research is important to analyzing a literary works they are have a big role. The reseach use the qualitative or descriptive method as follow :

### 1.9.1 Descriptive Method

The research using descriptive method to analyzing the novel Anne Of Green Gables by L.M Montgomery. Bogdan and Biklen (1982) state that qualitative research is descriptive which the data is collected in the form of words or pictures rather than numbers. Data in the form of quotes from documents, field notes, and electronic communications are used to present the findings of the study. Moreover, Endraswara (2011) gives the important features of qualitative research in investigating the literature, such as the researcher is the key of instrument that reads the literature thrifty, the research is done descriptively which elaborated in the form of words or pictures than numbers, and the process is more priority than result, because literature establishes interpretations.

### **1.10 Technique Of Collecting Data**

By doing this research the reseacher use four techniques to collect data in this research to analyzing data

#### **1.10.1 Reading Comprehention**

The researcher read the “Anne Of Green Gables” by L.M. Montgomery to analiyze or find out the kind of maladaptive daydreaming is found in the novel.

#### **1.10.2 Library Research**

The researcher search from some books to find various resources for getting the answer on base theory and aproaches. In this research, the researcher read some scripts which have similar method and aproaches to add and as reference accomplish this research.

#### **1.10.3 Internet Browsing**

The researcher use internet to search references that relate with topic analysis on this research. And also the researcher use internet to find some jurnal and some works that relate with topic analysis on this research.



#### **1.10.4 Selecting Expression**

The researcher selects some sentences from the novel, books as well as internet that relate and support for the statements given in this research.

### **1.11 Kinds Of Data**

#### **1.11.1 Primary Data**

The researcher choose the novel “Anne Of The Green Gables” by L.M Montgomery as the material object of this research and as the primary data to analysis.

#### **1.11.2 Secondary Data**

The researcher take some references from the differences sources to analysis the novel as the primary data, some from books, script and internet either. Beside two parts of analyzing data above, the researcher using another three techniques of analyzing data of this research as follow.

### **1.12 Technique Of Analyzing Data**

The researcher divide technique of analyzing data in two types, there are :

#### **1.12.1 Classification**

In this part the researcher reading the novel repeatedly then the researcher classified which parts will be to analyze. The purpose of this way, it is to find which part of the statetment or paragraph that has relation with the statement of problem in this research.

#### **1.12.2 Interpretation**

The researcher interprets about the story of the novel and then find the problem to be analyzed and then giving the title.

#### **1.12.3 Explanation**

The last techniques the researcher explains all parts of this study research from introduction until method and technique in detail and complete. After classified, the researcher provides the explanation so the reader is able to completely understand what the purpose of the statements that had been classified.