

CHAPTER I

INTRODUCTION

1.1. Background

Recently mental health issues are terribly mournful. Moreover, in this modern era, humans are sustainably required to develop self-potential in accordance with technological development that occur globally throughout the world. Competition in life is getting higher and it is no longer inevitable such as in economic, culture, social dan so on. As stated in World Mental Health Report by WHO (2022) Major structural stresses create a global danger to mental health and have the potential to disturb worldwide progress in increasing well-being on a global scale. They have an impact on whole populations, so can endanger the mental health of huge numbers of people. Currently, main threats include social polarization and economic downturns, public health crises, large-scale humanitarian crises and forced relocation, and the growing climate crisis.

The impact of the threats mentioned above on individual was different. It depends on conditions such as strong spirituality and willingness to meaning. According to Khoirudin (2021), “The meaning of life of every individual is different. Therefore, the significance is that every individual could emerge the meaning of life in certain ways by her lor himself” (p.4). When discovery of meaning in life is unsuccessful, there will be bad influences such as stress, depression, and mental disorders. They result in

feeling of inability to deal with personal problems such as self-emptiness, loss spirit of life, and loss of goal of life.

Hamdani in Khoiruddin (2021) said people suffer from mental disorder because of the loss of immune health system and spirituality. Thus, the failure to find meaning of life results in psychological problems such as depression, anxiety, low well-being, physical illness and even the possibility of committing suicide. It is supported by article of Statista Research Department (2023) that in Japan, more than 21,8 in thousand people committed suicide in 2022. Japan's high suicide rates have always been directly related to the country's economic circumstances. *Karoshi* is a well-known phenomenon in Japanese society, explaining an unexpected death driven by the mental and physical stress during work. Suicide created on by identical stress factors is called *karojisatsu*.

The individual psychological problems which are related to the meaning of life are not only found in real life but also in literary work. One of literary works that brings psychological problems is a novel entitled *A Thousand Splendid Suns*. It is a novel written by Khaled Hosseini. It was first published on 2007. The story is set in Afghanistan. The main character is Laila and Mariam, two women who are insisted to get married with the same person. Laila is the second character which has a beautiful appearance. She is from a well-educated family who stayed in Kabul. She grew up in the middle of extremely difficult and dangerous circumstances. She struggles and survives on those circumstances to discover the meaning of life.

Hence, the researcher wants to examine Laila's experiences in many circumstances of life. The researcher wants to reveal the way Laila endures on those circumstances until she can reach the ultimate meaning of her life. Therefore, the researcher uses logotherapy theory in this research.

1.2. Limitation of the Problem

The researcher focuses to examine the second main character's experiences (Laila) in facing ups and downs in her life to discover the ultimate meaning of life in Khaled Hosseini's novel *A Thousand Splendid Suns* using Logotherapy Theory by Victor E. Frankl.

1.3. Research Questions

Based on the background and limitation of the problem, the researcher formulates three research questions.

1. How does Laila set intention to endure on bad situation/ condition in her life?
2. What values that Laila achieve to get meaning of life?
3. How does Laila reach the ultimate meaning of life?

1.4. Objectives of the Research

Build upon the research questions above, the researcher gathers the objectives of the research into three following points:

1. To unveil Laila's intention to endure on bad situation/condition in her life.

2. To find out values of getting meaning of life.
3. To reveal Laila's fruitfulness to reach ultimate meaning of life.

