

## CHAPTER II

### REVIEW OF RELATED LITERATURE AND THEORETICAL FRAMEWORK

In this chapter, the researcher is displaying the data collected from various of study to analyze and apply to this study. There are three sub-chapters, review of related theory, previous studies, and theoretical framework.

#### 2.1 Review of Related Theory

##### 2.1.1 Character

Characters are the individuals depicted in a dramatic or narrative work who are interpreted by the reader as possessing specific moral, intellectual, and emotional qualities based on inferences drawn from what the individuals say and their distinctive ways of saying it—the dialogue—and what they do—the action. Motivation refers to the sources of the characters' speech and acts in their temperament, desires, and moral nature (Abrams 1999:32). Character is an important focal point because it brings games to life. We become absorbed in the character first and probably most important: how they appear and what their appearance tells us about them; what they say and what their style of saying expresses; what they do and how their actions reflect who they are. (Di Gianni 1957:872). According to Gill (1995:129), the main character is a figure who plays a vital part, is dominant, and has a high level of intensity in each conflict that forms a story, and they are usually complicated and completely formed, it always appears in the text. Another term for the main character is a major character. According to

Pickering, James H. (1962:24), "the protagonist is the principal or central figure of the plot." It signifies that the main character is the protagonist.

### **2.1.2 Characterization**

According to Gill (1995:127), "characterization is the process by which a character is produced, whereas a character in a literary work is a person." A direct description is a method of character development in which a narrator, another character, or the character themselves describe the traits of the character. In short, characterization is the process by which a writer displays a character's personality (Jauhari 2013:161). F. C Lucas (1967:65) splits the characterization into four techniques, which are as follows:

#### **1. Action**

What the person does in the novel often gives the public insight into his/her true personality, and based on this knowledge, the public might form an opinion about him/her.

#### **2. Speech**

The audience learns about the character's education and the environment from the character's speech. It frequently displays how he/she perceives and thinks about people.

#### **3. Other people's reactions**

This strategy frequently incorporates a skewed viewpoint. If the person discussing the character has a prejudiced opinion, the public gets a misleading picture. As a result, the character's dependability must always come first.

#### **4. The environment**

The depiction of a person's surroundings, particularly those he/she intentionally chooses, including the recreation author's preference, contributes to an understanding of the character.

#### **2.2 Previous Studies**

The first previous study is “An Analysis of Anxiety Disorder of Audrey’s Character in Sophie Kinsella’s Novel Finding Audrey” by Sri Sakina Gasin. The goal of this thesis research is to determine the types of anxiety experienced by Audrey in Sophie Kinsella's novel Finding Audrey, as well as the causes of Audrey's anxiety problem in Sophie Kinsella's novel Finding Audrey. Because of the bullying effect, the writer concluded the character has an anxiety disorder. In the research, the writer used a quantitative approach with descriptive analysis in evaluating the anxiety disorder of Audrey’s character. To analyze the data, the writer used the psychoanalytic by Sigmund Freud notably the anxiety theory. This study employs unique statements as the basis for analysis and problem-solving. Through an analysis of the statement in the novel Finding Audrey. The writer revealed reality anxiety as the main aspect of the character anxiety disorder and the

id and ego play a role in the anxiety followed by bullying as the causes of anxiety disorder. (Gasin 2019)

The second previous study that the researcher found is by Furi Annisa Paramita entitled: "Bipolar Disorder Toward The Main Character in Michael Cunningham's Novel The Hours." The goal of this study was to categorize and explain the types of symptoms and impact of bipolar disorder experienced by the main character in Michael Cunningham's novel The Hours. The writers employed a descriptive qualitative research method with a psychological approach to analyze the data. There are two kinds of data: main data and secondary data. The primary data was the primary data acquired from all of the novel's words, conversations, phrases, and sentences. The secondary data came from library research, and the supporting data came from literary works, criticism, the internet, and certain publications about the novel and various aspects of psychology. The data were gathered by reading the text numerous times accurately, noting and quoting, and collecting supporting data for the object. The writer is using Sigmund Freud's psychoanalytic concepts such as Id, Ego, and Superego. The study's findings revealed that the primary character, Virginia Woolf, suffered from four forms of bipolar illness symptoms that impacted her life and environment. The researcher discovered 23 data points that might be classified as: Mania 7 data points Hypomania 5 data points, Depression 9 data points, and Mixed Episodes 2 data points. Based on the description above, it is possible to conclude that bipolar disorder can develop in each individual with varying consequences. One of the effects was a sense of sadness or hopelessness, as well as loss. (Paramita 2021)

The third previous study is Self-Destructive Behavior “Analysis of Hannah Baker in *Thirteen Reasons Why* by Jeantriani Febrita, Eka Margianti Sagimin.” This study explores Hannah Baker's Self-Destructive Behavior in *Thirteen Reasons Why* novel, conducted in qualitative approach analysis of the self-destructive behavior of the main character and what reasons or causes it through the narratives in the *Thirteen Reasons Why* novel. The study's purpose is to examine how self-destructive behavior influenced the primary character, Hannah Baker, as outlined by Sigmund Freud's theory of Self-Destructive Behavior and Defense Mechanisms (1966). The findings of this study indicate that Hannah Baker acquired self-destructive behavior as a self-defense technique in response to past trauma. It began with non-suicidal self-destructive behavior and quickly progressed to suicidal self-destructive behavior. (Febrita and Sagimin 2020)

From the three previous studies that the researcher has found, the correlation between the three of them and the one that the researcher's trying to analyze is about mental illness that affects the main character in the novel. The first previous study is about an anxiety disorder that the main character suffered because of the bullying she experienced. The second is about bipolar disorder experienced by the main character suffered because of the environment in her life, and the last is about the self-destructive behavior analysis of the main character caused by the past trauma that affects her to commit suicide.

The researcher is trying to analyze the novel by Ottessa Mosfegh my year of rest and relaxation. Examining the main character and the characterization of the novel reveals Mourning and Melancholia based on the psychological theory by

Sigmund Freud and the defense mechanism in the main character in *My Year of Rest and Relaxation* by Ottessa Mosfegh. The main character suffered from the loss of her both parents within a year and decided to sleep for the entire year hoping that she will wake up and revive as a new person. Along the journey, the main character has been abusing drugs and alcohol, isolating herself by sleeping all day, which affects her mental state as well as her psychological condition.

## 2.3 Theoretical Framework

### 2.3.2 Psychoanalytic

The psychoanalytic theory is developed by Sigmund Freud (1856-1939) on how distinguished the works of the mind, instinct, and sexuality. Furthermore, all of Freud's work is based on the concept of unconsciousness, which is part of the mind outside consciousness that has a strong influence on our actions.

Sigmund Freud classified three concepts of unconsciousness, there is the id, ego, and superego. According to Freud, the id is the basic human instinct (as cited by Lapsley and Stey 2012:1) or the component of the personality that forms the basis of our most primitive impulses. The id is entirely unconscious. it drives our most important motivations, sexual drives, and the aggressive or destructive drive or *Thanatos* (the death instinct). This is why we smoke cigarettes, drink alcohol, or do other fun and harmful behaviors, often at the cost of doing more productive activities. On the other hand, there is the ego which is the reality principle (as cited by Lapsley and Stey, 2011:1). The ego plays as a controller which means the motivations we do is based on what society thought, so we must delay gratification

of our basic motivations until the appropriate time with the appropriate outlet. And the superego. The superego is the representation of our sense of morality and oughts. The Superego tells us all the things we shouldn't do or the duties and obligations of society the superego has strived for perfection and if we fail to live up to its demands we feel guilty (as cited by Lapsley and Stey, 2011:1).

From the explanation above, the main character that the researcher trying to analyze is the mourning and melancholia symptoms that relate to the conscious and unconscious part of herself.

### **2.3.2 Defense Mechanism**

According to Anna Freud (1936), a defense mechanism is a process of "unconscious resources used by the ego" to finally reduce internal stress. Patients frequently develop these unconscious methods to reduce internal conflict, especially between the superego and id. There are several major defenses that the researcher uses to analyze the main character of defense mechanism throughout the mourning and melancholia phase, there are:

#### **1. Suppression**

Suppression is when a person consciously blocks undesirable emotions.

This means that the person consciously wouldn't let his/her traumatic thoughts appear (Bailey, 2022)

#### **2. Rationalization**

Rationalization takes an already performed action and creates the perceptions or desires that would make it a rational action (Cushman 2020:1)

### 3. Denial

Dismissing outward reality in favor of internal reasons or fallacies, thereby avoiding the unpleasant reality of a situation (Cramer 2015:528)

### 4. Isolation of Effect

Is trying to avoid experiencing a feeling related to a person, idea, or circumstance. The defense mechanism may be present in someone who explains their painful events without showing any emotion (Bailey, 2022)

#### 2.3.1 Mourning and Melancholia

Mourning and Melancholia is one of Freud's works published in 1917 about the psychological response to loss. Cited by Armstrong (2016:114) outlined how the psychoanalytical idea of Melancholia links to today's depression, which is a state in which people are unable to pursue happiness. In other words, depression is the term used to describe the unhappy feelings people experience when they don't get the outcomes they initially desired in life. It illustrates how to define depression simply.



Stated from Freud (1917) that Mourning and Melancholia are similar but work differently. Mourning is a reaction when someone lost a person they loved, or lost something that has a deep meaning whether it is a country, freedom, or an ideal (Freud, 1917). Primarily, Mourning and Melancholia is the same roots but different reactions to a person who faced feelings of loss ( As cited in Chatterjee, 2021, Davis 2007:131). In Mourning, the person is conscious about the object loved that has been taken away from their life. Freud explained that this is acceptable as it is a process of life transformation and that is "nothing more human than mourning." (As cited in Chatterjee, 2021, Krell 2000: 2). Additionally, the response to the loss of a loved one that is profoundly mourned shares the same painful mental state, loss of interest in the outside world, inability to embrace any new object of affection (which would entail replacing them), and withdrawal from any activity unrelated to the thoughts of them. (Freud 1917:244). Therefore a person who is mourning usually withdraws from productive activities or any situation that is connected with the thoughts of the loss-object.

Same as Mourning, cited by Freud, In some cases, melancholia too might be a reaction to the loss of a loved object. The loved object is not always essentially dead but rather the loss of an ideal kind. Melancholia is an unconscious reaction to a loss but the person cannot grasp what it is they've lost (Freud 1917:245). Freud describes melancholia as a "pathological mourning," in which the individual loses "the instinct which compels every living thing to cling to life". Freud (1917) said that when a person is mourning, the world seems poor because their loved one is gone, whereas when a person is in melancholia, their ego has become impoverished.

This means the libido retreats within the ego and takes on the identity of the lost object.

The depressed sufferer denigrates themselves, speaks of themselves with contempt, and feels immoral and undeserving of another person's love. An eating disorder, insomnia, and loss of will to live are all symptoms of melancholia. According to Freud (as cited by Lear, 2015, Freud: 168), this characteristic of melancholia is an indication of a divided personality, in which one portion functions independently of the other. One component can berate and demean the other, making the patient feel alone, unimportant, miserable, and responsible for all kinds of sorrow. According to Freud's idea, melancholy happens when a relationship is lost and there are strong feelings of both loves and hate for the other person. The relationship is internalized in response to loss, like the death of a friend or loved one. The lost individual begins to identify with a portion of the ego. Thus, the shadow of the object "dropped upon the ego," as Freud put it. The relationship's tension is also internalized and kept as a part of the self. A hatred that was once focused on the other person is now directed at the self (Freud, 1917).

### **2.3.1.2 Symptoms of Mourning and Melancholia**

In Mourning and Melancholia (1917) there are several symptoms of Mourning and Melancholia can be observed, there are:

#### **1. Painful dejection**

The love object itself is the target of melancholy self-deprecation. Due to the subject's dejection, he or she does not remove cathexis but instead

unconsciously connects with the things that they have come to despise and to which they are growing increasingly more connected (Freud, 1917:249). It means that the person is putting their anger and disappointment toward the loved object because they no longer exist.

## **2. Loss of interest in the outside world**

This restraint and confinement of the ego is a manifestation of the mourner's sole devotion, which leaves no room for other interests or goals because the ego is absorbed in the work of mourning (Freud, 1917:245). This depicts in the My Year of Rest and Relaxation behavior that never leaves her apartment and does not have the desire to pursue her career.

## **3. Loss of the ability to love**

In profound Mourning and Melancholia, a person is losing the ability to love because it's difficult to replace the losing object-love that no longer exists (Freud, 1917:244). Later, according to Freud, a person never abandons their libidinal position that is attached to the object loss even though there is substitute that is possible for replacing it. Thus, a person who experienced depression sees a relationship with other people as unworthy. (Freud, 1917:246).

## **4. Inhibition of any kind of performance**

A person who suffers from melancholia, according to Freud (1917:244) is usually avoiding all activities which can be a reminder to him/her, therefore, it's causing inhibiting any kind of performance.

#### **5. The delusional expectation of punishment**

A person who experienced depression would represent the ego as someone worthless and incapable of any performance, thus, they see themselves as someone who deserves punishment for what they've done to the lost loved object (Freud 1917: 246) because they believed, they have caused great suffering to the love-object.

#### **6. Self-destruction**

(As cited by Rosalina, 2022, Freud 2009: 22) explained that self-destruction involves feelings of unworthiness and self-abasement, which leads to negative self-criticism and violence. Because they are humiliated and have a low self-image, people suffering from depression will engage in self-destructive conduct. This inferiority feeling leads, according to Freud (1917:246) to sleep deprivation and weight loss.