

CHAPTER I

INTRODUCTION

This chapter consists of five sub-chapters, those are the background of the study, research question, objectives of the study, significance of the study, the scope and limitation of the study.

1.1. Background of the Study

Anxiety theory was first introduced by Sigmund Freud in 1890 (Nersessian, 2013), it starts with the thought that anxiety comes from an unrevealed libido. Afterward, Freud agrees with another opinion about anxiety by Otto Rank who states anxiety comes from birth trauma. In conclusion, in Nersessian's book (Nersessian, 2013) Freud divided anxiety into three categories, those are reality anxiety, neurotic anxiety, and morality anxiety. The reason why people experience anxiety is various, it can be caused by anxiety about doing the same mistakes just as they did in the previous time, anxiety about would people forgive them, anxiety about the pain they will feel, and so on. To live life, sometimes people face problems that will cause fears, troubles, contradictions, and changes that finally become anxiety. Anxiety is a normal thing that can happen to every people. People who do not have anxiety are considered abnormal because they lose the anxiety that has been a nature of human itself. However, the anxiety has to be controlled, because it will endanger lives and inhibit success (Ummah, 2020).

According to Edwards (Edwards, 2014), anxiety is an important part of human. Beside amounts of disadvantage, anxiety also helps people to identify and respond to danger in "fight or flight" mode. It can motivate people to face up to dealing with difficult challenges and help people perform better and stimulate action and creativity. Edwards (Edwards, 2014) re-explains that is in fact, if people are often experiencing anxiety and they always can escape from it, they will be accustomed to anxiety, trained, and know how to face the anxiety that will be faced by them *in* the next time.

Besides anxiety, there is also a defense mechanism which is things that people do unconsciously when they experience anxiety (Freud A. , 1993). According to Sigmund Freud who originated the defense-mechanism theory, defense mechanisms occur when the ego cannot meet the demands of reality (Freud S. , 1916). By this statement, it can be summarized that the defense mechanism exists to fix the anxiety. For example, when a woman doing a mistake to a man, she unconsciously keeps away from him because she thinks her mistake is cannot be forgiven easily.

Discussing anxiety, the writer tries to analyze one of Josh Malerman's books entitled *Bird Box* which has anxiety aspects in it. The story is mainly about the survival of the main character "Malorie" after apocalypse era or more familiar with post-apocalyptic era. Anxiety theory is very suitable for analyzing *Bird Box* novels because this novel generally contains elements of horror that can trigger all characters to feel the sensation of anxiety, especially with the presence of an antagonist that cannot be seen, the characters must always be vigilant even though they are filled with anxiety. In this analysis the writer highlighted the character's feeling of being live in that such situation, and it pointed by their anxiety and their defense mechanism. The interesting thing that makes the writer choose this source of data is because the antagonist is some kind of ghost that make people die. The creature will posses whoever see it driven to deadly violence or even murder their selves (Malerman, 2014) .

As mentioned previously, the author of the novel is Josh Malerman. Josh Malerman is an American novelist, short story writer, film producer, and songwriter of a rock band "High Strung". Malerman writes the novel *Bird Box* in 2008, published in 2014 by Harper Voyage and finally adapted into Movie in 2018 by Netflix. Malerman likes horror and mystery genres, as evidenced by other than *Bird Box* novel, he is also the writer of *Pearl*, *A house at the bottom of a lake*, *Inspection*, and *Black mad wheel* which all of them are horror and mystery fiction novels genres.

Previously, the present novel, *Bird Box* has already been used as the source of data in a thesis by Kresna Dwijaya (Dwijaya, 2021) who analyzed the

Bird Box novel by Josh Malerman with human-nature relationship using eco-criticism theory. Kresna Dwijaya highlighted the blindfolded characters caused by their fear of being see the creature tent to destroy the nature. The writer has also found several studies that use anxiety theory, they are Habybatul Ummah (Ummah, 2020) who analyzed the anxiety disorders on the main character of the novel *Fangirl* by Rainbow Rowell. And Riky Ardiyansyah (Ardiyansyah, 2019) who analyses the anxiety aspects of the main character in the novel *Disgrace* by Coetzee.

Comparing with the previous studies. This study is in the same theory with the research by Habybatul Ummah and Riky Ardiyansyah. However, both are using different source of the data with the present study. Meanwhile, this study is in the same source of data with the research by Kresna Dwijaya. Kresna analyses the *Bird Box* novel using different theory with the present study. It can be summarized that the present study is different with the previous studies mentioned above.

1.2. Research Question

Based on the background of the study explained above, there are two statements that can be highlighted, those are:

1. What kinds of anxiety are experienced by the characters in Josh Malerman's *Bird Box*?
2. What defense mechanism do the characters use when experiencing anxiety?

1.3. The objectives of the Study

Based on the statement of the problems above, this study is intended:

1. To elaborate on the kinds of anxiety experienced by the characters in Josh Malerman's *Bird Box*.
2. To describe the defense mechanism of the characters when they are facing the anxiety.

1.4. Significance of the Study

This study is expected to be able to provide the theoretical and practical benefits as the significances of study. Theoretically, this study can enrich the student's knowledge of the theory of anxiety, particularly in the novel entitled *Bird Box* which is authorized by Josh Malerman. This study can inspire other students especially the students of university of Trunojoyo Madura to develop this study in other forms or other sources of data. Practically, this study can be applied in daily life, to know how to challenge anxiety or even suggest people to challenge anxiety as well.

1.5. Scope and Limitation of the Study

The scope of this study is the psychoanalytic literary criticism and focuses on the discussion of the theory of anxiety. The limitation of this study is the utterances of main characters which refer to the kind of anxiety that occurred to them, and what the kind of defense mechanism that they are used to challenge the anxiety itself.