

CHAPTER I

INTRODUCTION

In this chapter, the writer presents the background of the study, research questions, objectives of the study, significance of the study, and scope and limitation of the study.

1.1. Background of The Study

As a social creature, humans need to interact with other people around them. It is not only about the number of people who interact with them, but also about the intimacy of that interaction itself. If humans cannot fulfill their needs, it can cause some problems on themselves, one of psychological problems that can occur in human life is loneliness. Loneliness is the most awful and intense experience, loneliness is linked to the lack of fulfillment of the needs for interpersonal and human intimacy (Sullivan, 1953, as cited in Peplau & Perlman, 1982, p. 4).

Aloneness can be one of factors contributing loneliness, but loneliness and aloneness are different (Peplau & Perlman, 1979, p. 101). Therefore, people can being alone without being lonely (Peplau & Perlman, 1981, p. 32). Otherwise, people can be lonely even they are in a relationship. In the other word, when someone feel lonely even though they are in a relationship with a person or people around them (family, friends, college, etc.), it shows that the relationship lacks of intimacy. It can be inferred that loneliness is not only about the quantity of relationships, but also the quality of the relationship itself.

Loneliness happens when someone's network of social interaction gets smaller or less fulfilling than they would like, they tend to be lonely (Peplau & Perlman, 1979, p. 101). Someone who is in a relationship always have an expectation about the certain level of intimacy in the relationship to fulfill their needs of social interaction. However, in real life, some relationships are different with the expected relationships. The differences between expectation and reality in a relationship can trigger someone to feel lonely (Peplau & Perlman, 1979, 101).

Loneliness is a bad experience that has some bad effects on human life, especially on human's psychology. Peplau et al. (1982, p. 143) state that lonely people frequently feel useless, unlovable, and incapable. Indeed, the link between

severe loneliness and low self-esteem is one of the most consistent findings of loneliness research. Therefore, it is important to cope loneliness before loneliness gives more bad effects on human life. In the case of coping loneliness, it is important to understand what are the causes of loneliness. Peplau and Perlman (1981) have researched about the causes and the coping strategies of loneliness.

There are many literary works that can be analyzed using the psychoanalytic approach. It is because literary work usually depict some aspects of human experience in life that are full of emotional ups and downs, difficult times, and happy times as long as they are growing up (Tyson, 2011, p. 122). According to psychoanalytic theory, every human experiences several events in their life that shape their psychological development as an adult (Tyson, 2011, p. 122). One of the biggest factors that shape human's psychological development is family. Family is the most important source of human's emotional experiences, both those that strengthen them and those that hurt them psychologically, because it is in the family the sense of self and the way someone relate to others are formed (Tyson, 2011, p. 124). Loneliness is an example of a form of the result of distressing events that human experience as they grow into adulthood. When someone grows up in a relationship that lack of intimacy, they tend to be lonely adult. One of the literary works that use the theme of loneliness is a novel entitled *Hello Beautiful* written by Ann Napolitano (2023). The male main character of the novel experienced loneliness since his childhood.

Hello Beautiful novel by Ann Napolitano is one of literary works that explore the theme of loneliness through the main character, William Waters. He did not have a good relationship with his family from an early age. Their relationship has been strained since the death of William Waters' younger sister, after which his parent never paid attention to him and were very busy with themselves. This lack of intimacy caused William Waters to feel lonely. William Waters became a quiet boy who every afternoon watches a basketball played by boys who are accompanied by their parent. One day, one of the boys invited William Waters to play basketball together, so he began to like basketball and made it as an escape from his loneliness. Basketball became the thing he loved most before he met Julia, a cheerful and

confident girl who made him fall in love with her. As an adult, William Waters married Julia and worked as professor at a university to support her.

However, William Waters was triggered again when Julia decided to get pregnant without negotiating with him first, even during her pregnancy Julia preferred to spend time and sleep with her younger sister, Sylvie. Julia's decision triggered William Waters to feel lonely again, moreover he felt that he was not ready to have a child. William Waters started to feel lonely as his relationship lacks intimacy. Unfortunately, he could no longer play basketball as an escape from his loneliness anymore because he is busy teaching as a professor and taking post-graduate course. He harbored his loneliness so much that he eventually fell into depression and decided to divorce Julia. He attempted suicide by drowning himself in a lake, but his friends, Ken and his sister-in-law, Sylvie found and saved him. Then, William Waters was hospitalized in a mental hospital to cure his depression. Sylvie always comes to the hospital to visit and care for William Waters in place of her sister, Julia, who refused to see him. After being discharged from mental hospital, William Waters began to overcome his loneliness by starting a new relationship with Sylvie and working as a coach with his close friends, especially Ken.

The writer did not find any previous study that examined *Hello Beautiful* novel, but the writer found four previous studies that examined loneliness in literary works. The first previous study is an article by Hasoon, A.K, & Rasheed, L.A. (2021) which explores the theme of isolation and loneliness in a contemporary novel, the title of the journal is "*Social Isolation and Loneliness: A Psychoanalytic Reading of Jojo Moyes's Me Before You*". The second previous study is a journal written by Arifia, D.M. & Hartanto, E.C. (2022) which has the same focuses as this study, namely analyzing the causes and coping strategies of loneliness, the journal is entitled "*The Loneliness of A Female Character in Rachael Lippincott Et Al's Novel Five Feet Apart*". The third previous study is a journal by Sulistyowati, A., & Jati, A. (2023) which adopt the concept of loneliness by Peplau and Perlman in James Arthur's "*Empty Space*" song lyrics. The title of the journal is "*Loneliness as Depicted in James Arthur's Empty Space*". The last previous study is conducted

by Lia Amanda, Nia Nafisah, and Nita Novianti (2019). The title of the journal is “*Loneliness in Haruki Murakami’s After Dark (2007): A Focalization Analysis*”. The study explores the main character’s loneliness through Focalization and Mijuskovic’s theory.

There has been no previous study that analyzed loneliness in Ann Napolitano’s *Hello Beautiful* novel. That was the reason why the writer chose to conduct this study. The writer analyzed loneliness of the main character, William Waters. It is because William Waters experienced loneliness since he was a child until he was an adult. The novel also told the readers how William Waters cured his loneliness at the end of the story. The most appropriate theory to analyze William Waters’ character in *Hello Beautiful* is the theory of loneliness by Peplau & Perlman, so the writer used the theory in this study.

Based on the explanation above, the writer analyzed the main character of *Hello Beautiful* novel using the theory of loneliness proposed by Peplau & Perlman (1981) to find the causes of loneliness experienced by William Waters and the coping strategies he made to overcome the loneliness he has experienced since he was childhood.

1.2. Research Question

According to the background above, the writer proposed two research questions:

1. What are the causes of loneliness experienced by William Waters as the main character in Ann Napolitano’s *Hello Beautiful*?
2. How does William Waters as the main character in Ann Napolitano’s *Hello Beautiful* cope his loneliness?

1.3. Objectives of The Study

According to the research questions, the writer has two research objectives:

1. To find out the causes of loneliness experienced by William Waters as the main character in Ann Napolitano’s *Hello Beautiful*.
2. To describe how William Waters as the main character in Ann Napolitano’s *Hello Beautiful* cope his loneliness.

1.4. Significance of The Study

The writer hopes that this study can contribute theoretically and practically. Theoretically, this study elaborates more deeply about loneliness, especially the causes and coping strategies on loneliness experienced by the main character in *Hello Beautiful*. Therefore, this study contributes to maintaining the existing theory. Practically, this study provides knowledge on how to analyze a literary work using the concept of psychoanalysis. The writer also hopes that this study can be used as a reference for future researchers who examine loneliness in a literary work.

1.5. Scope and Limitation of The Study

This study uses psychoanalytic approach, specifically analyzing the causes and coping strategies of loneliness. The writer uses the theory of loneliness proposed by Peplau & Perlman (1981 & 1979) to conduct this study. The source of data used by the writer is a novel entitled *Hello Beautiful* written by Ann Napolitano. This study provides analysis about the causes and coping strategies of loneliness experienced by the main character of *Hello Beautiful*, William Waters. The data taken are in the form of author narration and characters' utterances related to the issue taken, namely loneliness.