

CHAPTER I

INTRODUCTION

This chapter provides some sub chapters in order to make the readers understand this study. There are background of the study, statements of the problems, objectives of the study, scope and limitation of the study, and significances of the study.

1.1 Background of the Study

Literature has a wide range in terms of approach theory. One of the theories that becomes the issue of the literature study is psychoanalysis. Wellek and Warren (1949:75) state that “ psychology of literature” means the psychological study of the writer, as a type and as an individual, or the study of the creative process, or the study of the psychological types and laws that present in works of literature upon its readers (audience psychology). Psychological literature may mean that how literature is created from someone’s life and pushes the audiences’ to use their critical thinking based on the plot of the story. Wellek and Warren found that in the creative process of literature, the author of the literary works usually uses the idea of the story by using any historical backgrounds of each and every individual that occurs in the past and they are set with critical and analytical writing that is reviewed in psychological issues concerning to the originality, discovery, imagination, similarities between scientific, philosophical, and aesthetic creation. Many researchers are identifying the source of data in the literature using psychoanalytic approach by examining various diagnoses. Butler (2007:1) states that a

psychoanalyst will interpret a patient's discourse in much the same way that reader might analyze a text.

Therefore, in literature, psychoanalysis helps the readers or the researchers in identifying the psychological issue in literature according to health issues in the story by showing the symptoms found in the story. Everyone can suffer from mental problems and one example is depression. Symptoms of depression may either come from external or internal situations, such as a bad environment to live in, a victim of bullying, getting stress over too much work. Meanwhile, examples of factors in internal situations such as being left by someone they love like parents, husband or wife, and child. This kind of situation usually creates a situation in which people fail to overcome problems in positive ways. Depression or any related mental issues are mostly started by terrible experience such as being left by loved ones. JK Rowling is one of the writers who have suffered from depression. She even gets depressed and thought about ending her life after her marriage life gets destroyed. She tries to get up from lowest point in life. This kind of situation is also found in the novel *Every Last Lie* by Mary Kubica and it will be chosen as the topic of this study and will be analyzed by using a theory of emotion proposed by Ekman (1994) and Griffith (2001).

There are two biggest conditions in which most people face depression. The two conditions are coping and defensive. The defensive situation mostly will come unconsciously. Therefore, sometimes people do not recognize in which situation they are. When people are in the coping situation, they are supposed to be helped by the specialist. In this case, they are on the therapeutic level. When in defensive mechanism, they only need consultation and defense in their own mind when the symptoms come. To study

about the defense, the writer will use the theory of emotion by Ekman (1994) and Griffiths (2001) with seven basic emotions under the psychoanalysis approach. This theory can be applied when the researchers or the writers use the psychoanalytic approach in literary works, the writers mostly use Sigmund Freud's theory. The difference of this theory in this study is that it is only focusing on emotion. The theory of emotion is used in this study because this theory can identify what kind of emotion that shows up and why those emotions can make someone feel depressed or change their minds.

We do not only underline what is good and bad, but to identify the good thing and the reason for it, and vice versa. Sometimes, there are people living in a good life and a good environment according to themselves, and it does not necessarily mean that it is suitable with other people's live. Then, they should decide in which way they should handle the situation if it is not good for them. People can adapt to the environments and face problems or good things and they can stay away if it is bad for them. In other words, it is the situation when the people are not able to survive in some occurrences that happen in their lives and if they do not have a solution, they can choose to avoid or survive in these chances. In the novel of *Every Last Lie* by Mary Kubica, Clara tries to defend herself from negative situation by finding out what exactly happened to her husband and child in an accident. This study is interesting to discuss because one of the characters in this novel, Clara, becomes a single parent after her husband gets into an accident with her first child. The interesting part is when Clara becomes a single parent but she is able to defend and survive by herself from depression and maintain her feeling until finally, she is able to change her mind to accept the situation.

The novel *Every Last Lie* by Mary Kubica is chosen as a source of data because of three reasons. First, the novel shows how humans can defend themselves from their problems and it is represented by Clara in this novel and how the symptoms of depression can come and influence the perspective of human life that will be represented also by Clara, it becomes a source of the data. Besides, Mary Kubica as the author of this novel makes the plot by using the genre of psychology, the writer also interested in analyzing the topic of this study by using the psychoanalytic approach. This novel becomes a source of data because there are still not many researchers who analyze the topic with the psychoanalysis approach by using this novel as a topic and source data of this study. Therefore, the writer uses this novel as a source of data to analyze as the topic of this study.

The second reason, Mary Kubica as the author of this novel has won the award of number 1 best-selling author since the book of *The Good Girl* in New York Times and USA Today. *The Good Girl* is her first works which bring her to become the best seller author of the novel. She has been starting her career since 2014 and still working until now. She is known as the best-selling of five books. they are *The Good Girl*, *Pretty Baby*, *Don't You Cry*, *Every Last Lie*, and *When The Lights Go Out*. Her works are often entering the psychological element as the theme of the story and the way how the story is created always makes the reader curious to read more about this works, such as the novel of *Every Last Lie* by Mary Kubica.

The third reason, there are so many readers giving good comments about her works which is *Every Last Lie*. Lastly, the plot of a story in this novel provides an emotional perspective which makes the writer more interested to analyze the data

especially by using the theory of emotion from Ekman (1994) and Griffiths (2001). The writer believes that Ekman and Griffiths' theory can help in analyzing the data of this study and break down the way of how the main character defends herself and maintain the emotion from depression symptoms.

1.2 Research Questions

Based on the background of the study, this study will focus on self-defense mechanism. The focus will be formulated in the following research questions:

1. How Clara is defending her emotion in *Every Last Lie* by Mary Kubica?
2. What are the symptoms of depression that influence Clara's perspective in *Every*

Last Lie by Mary Kubica?

1.3 Objectives of the Study

According to the research questions above, this study aims to discover

1. Clara's emotion and defense process
2. The symptoms of depression that influence her perspective in the novel of *Every Last Lie* by Mary Kubica.

1.4 Scope and Limitation

The scope of this study is the issues in this study. Ekman (1994) and Griffiths (2001) propose mechanisms that are Appraisal mechanism and the theory seven basic emotions that are proposed by them and used in this study. In order to avoid going around the discussion, the writer will use one of the character's point of views to answer the

research questions. The main character, Clara becomes the object and her situation becomes the focus of this study.

1.5 Significances of the Study

Theoretically, this study identifies the symptoms of depression and how people usually defend themselves from negativity by using the theory of emotion by Ekman (1994) and Griffiths (2001). There are also many researchers who use the psychoanalytic approach by Sigmund Freud's theory, it identifies the psychological problems with some elements of id, ego, and superego. The writer also includes references in this study. Besides that, the writer concerns the theory about how symptoms of depression and self-defense mechanism happen by applying the theory proposed by Ekman (1994) and Griffiths (2001).

Practically, hopefully, this study on seven basic emotions by Ekman (1994) and Griffith (2001) will gain more knowledge for the readers. This study will be the next reference if they use the same theory proposed by Ekman (1994) and Griffiths (2001) in their research.

This study is expected to help other students in gaining knowledge at University of Trunojoyo Madura. Moreover, this theory is hopefully an overview for the readers or the next researchers to comprehend the psychoanalytic theory provided by Ekman (1994) and Griffiths (2001). This study is expected to make people understand many more kinds of psychological symptoms so they can understand and think twice before treating other people. In addition, the writer also expects that the existence of this study will give more acknowledge towards any psychological symptoms especially the depression symptoms

and how to survive depression by analyzing the source of data. The writer also expects that the existence of this study will give a more positive impact on the readers who are in the same conditions as the characters in the source of data.