

CHAPTER I

INTRODUCTION

This chapter includes the background of the study, statement of the research problem, objectives of the study, significance of the study, scope, and limitation of the study.

1.1 Background of study

Novel is one of the popular literary works in the world because it engages other literary modes collected all together. We can determine almost all kind of literary modes such as poetry and dramatic dialogue that contain in the novel, along with classic, tragedy, pastoral, history, and any number of other literary genres. A descriptive definition of the novel was proffered which emphasized in the forms of fluidity and adaptability to changing historical and social condition (Morris, P. D, 2005). A novel includes five main intrinsic elements; those are plot, theme, character, setting, and point of view. Each element is integrated to others and makes work of novel meaningful and alive. Besides, a novel also has extrinsic elements. It was formulated an as the circumstances of the individual subjectivity of authors who have attitudes, beliefs, and outlook on life that these things affect the making of literary works (Wellek&Warren, 1956).

A novel has been rapidly developed in the last century and gave much retribution of influences in our environment and society. The essence of the novel reflects conceptual framework of life that portray conditions in the association

between literary work and reality. It is such a picture of real life and presence of the time in which it was written because literature is an attempt to bring out emotional (psychological) state of mind in our relationship with other persons and nature at large (Kaipayil, J, 2002). A novel commonly uses the main character as an object of study using empirical research which is to find an inherent meaning of the text into the unconsciousness of the main character. Every story hinges on the actions undertaken by its main character, or protagonist, a term drawn from crying an ancient Greek tragedy (literally “ the first debater”) that is more useful in discussions of fiction than such misleading term as hero or heroine (Gwynn,R.S, 2015). Additionally, stories may have an opposing or antagonist and the protagonist character as seen into conflict.

Paula Hawkins's work *The Girl on The Train* is an epic psychological thriller novel that achieved many outstanding rewards since it is published. She is a British author that released her first book in 2015 in the United Kingdom that become the number one on The New York Times Fiction Best Sellers of 2015 since the novel debuted. It became the number one bestseller for two weeks (Hawkins, P., Koontz, D., Flynn, G., Doerr, A., Moriarty, L., Hoag, T., Woods, S.,2015). The author wrote her works drawing on the psychological problem of the main character and her morning commute. The train always depot at the same spot while the Rachel as the main character begins to become obsessed with the couple whose garden backs on to the train tracks. They have an ideal of life, while Rachel is being freaked by alcoholism and the heartbreak of her previous marriage is always fantasizing of their perfect life.

The writer is interested in choosing Paula Hawkins novel *The Girl on The Train* because this novel raised psychological issues of the main character's self-conflict and her relationship with her former husband. Besides, this novel has been adapted into a film directed by Tate Taylor and release on October 7, 2016, so that the writer expects that this

novel is very exciting to analyze. The writer thinks that *The Girl on The Train* contains many values that family has to know how the importance of giving, appreciating and helping each other.

The writer applies Psychoanalytic by Sigmund Freud as the chosen theory because to examine psychological studies in the novel *The Girl on The Train* by Paula Hawkins requires inherent analysis related to mental process and also to obtain what the writer needs. Freud defines Psychoanalysis as:

A therapeutic method, originated by Sigmund Freud, for treating mental disorders by investigating the interaction of conscious and unconscious elements in the patient's mind and bringing repressed fears and conflicts into the conscious mind, using techniques such as dream interpretation and free association. Also: a system of psychological theory associated with this method (Etherington-Wright, C., & Doughty, R, 2011).

Tyson (2006) stated that the objectives of psychoanalysis theory are to provide us to resolve our psychological problems, often called disorders or dysfunctions (and none of us is completely free of psychological problems). The aim on this arrangement of behavior that is destructive in a particular way. Through the investigation of thought processes, Freud's hypothesis can be utilized to illuminate the significance of the written work and additionally the activities of the characters inside the content.

Sigmund Freud (1894, 1896) as Psychoanalyst introduced defense mechanism as the branches of psychoanalytic theory that concern about the mental process to reduce any reaction of tension. Freud stated that defense mechanism was employed by the structural model of mind the ego which operates at an unconscious level (anxiety) that however, the ego, driven by the id, confined by the superego (Freud, 1923). So both defense mechanism and anxiety have its role in the processing in deals with conflict or problem.

Based on the subject to be studied on, the writer attempts to break down the fundamental character in the novel *The Girl on The Train* in view of psychoanalytic theory of Sigmund Freud entitled "A Study of Rachel's anxiety and defense mechanism in Paula Hawkins's *The Girl on The Train*" that depict a lady who is attempting to solve a Megan's disappearance. She is the woman in the family that Rachel obsessed with. Rachel is encountering flashbacks who has physiological problem with her former marriage. Therefore, the writer thinks that it is significant to be discussed in this study to raise the issues that the existence of the related problem in the novel is commonly represent in the most of the family, such as selfishness, disrespectful, blame throwing, childlessness and others.

1.2 Research question

1. How is Rachel's anxiety portrayed in Paula Hawkins's *The Girl on The Train*?
2. How is defense mechanisms described in Paula Hawkins's *The Girl on The Train* to reduce Rachel's anxiety?

1.3 Objectives of Study

The objectives of this study are to find out psychology aspect of Rachel's problem in her life; especially this study tries to know and find how:

1. The anxiety is portrayed by Rachel in the novel *The Girl on The Train* by Paula Hawkins?
2. The defense mechanism is described in Paula Hawkins's *The Girl on The Train* to reduce Rachels' anxiety

1.4 Significant of the study

The significant of this study classified into two, the academic and practical significance of the study. The academic significance of the study is to fulfill the requirement

of Bachelor's degree to the faculty of "Cultural and Science" of the state Trunojoyo University Madura. Then the practical significance is to enhance the writer's knowledge regarding anxiety and defense mechanism in the novel *The Girl on The Train* by Paula Hawkins and to give a contribution of values to all of the family about the importance of giving appreciates and helping each other.

1.5 Scope and limitation

The scope of this study is the use of the psychoanalytic theory particularly defense mechanism by Sigmund Freud and Anna Freud as the theoretical framework of this study. While the limitation of this study based on the main character's anxiety and defense mechanism portray in the novel "*The Girl on The Train* by Paula Hawkins." This study is limited by the focusing only the form of sentences or utterances from Rachel as the main character and supporting character in the novel.