

CHAPTER I

INTRODUCTION

This chapter presents an explanation of some parts of the introduction. They are the background of the study, research questions, objectives of the study, significance of the study, and scope and limitations.

1.1 Background of the Study

Literature represents a way of life. It shares many similarities with real life, for example characters, situations, and problems. The problem of human life is reflected in literature, grief is one of the problems. Grief may be the most stressful aspect of life because it involves painful consequences that must be overcome. Grief is a natural reaction to the experience of suffering, particularly the loss of something or someone. However, any loss can cause grief, including loss of health, loss of a job, a child with divorced parents, retirement, or the serious illness of a loved one.

Grief becomes an expression of intense sadness when we lose someone important in our lives. Most people experience grief when they lose or face the death of an important person in their life. People often associate grief with the death of someone with whom they have close ties; however, people can grieve over other types of losses. Grief happens in the real world, and many stories of grief are turned into literature based on the imaginations of the authors who write them.

According to Stroebe and Schut, Grief is the primarily emotional reaction to the loss of a loved one through death, which incorporates diverse psychological and physical symptoms and is sometimes associated with detrimental health consequences. It means that most of the term loss someone in their statement because of death (Stroebe and Schut, 1999, p. 7). Moreover, people who feel grief will get sick easily, physically or mentally. Grief can happen to everyone. It can happen to old—young, incarcerated—free, religious nonbelievers, foreign born—native born, rich—poor (Jeffreys, 2005, p. 1). Furthermore, although grief is a normal process following the loss of a loved one, unfortunately grief is not

something that easy to deal with. It is because grief is a painful process. The emotional pain which arouse as someone grieves can be excruciating. That is maybe one of the reasons why people are reluctant to face their grief. Many of them prefer to avoid the pain, bury it inside. However, that is definitely wrong. The pain of grief will keep trying to get the person's attention until the person have the courage to gently, and in small doses, open to its presence (Wolfelt, 2003, p. 12). In short, it will not go away unless those who are grieving deal with it. However, it is critical to work on the grief pain gradually. It will be excruciatingly painful, but it is also the first step toward healing.

The first thing that happens when grieving is the emotional reaction because it is related directly to feelings. Emotional reactions may include sadness, shock, anger, guilt, jealousy, anxiety, fear, shame, relief, feeling powerless, hopeless, helpless, feeling irritable, frustrated, lonely, yearning, numbness, depression, lack of control, and resentment. Then, the reaction continues to physical reactions, which may include headaches, tiredness, loss of appetite, insomnia, muscular tension, exhaustion, pain, lack of energy, tightness in the chest, and shortness of breath. Physical reactions may happen since the metabolism is not functioning well because of the emotional lack and hormonal illness. Our behavior and perspective toward life could change during the grieving process. The way people think of something is not the same anymore after they experience grief. Everyone is different and unique. Those reactions may befall people who are grieving in various ways. However, the human being is complex and cannot be defined in a single way.

There is a solid correlation between literature and psychology for the fact that both of them deal with human beings and their reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts and reconciliations; individual and social concerns, by means of varied concepts, methods, and approaches. An author represents life according to his/her objectives, perceptions, ideologies, and value judgments and opens the doors of the unknown and invisible worlds to readers not only by arousing feelings and emotions but also by helping them to discover the meaning of life and existence (Aras, 2015, p. 251). It implies that psychology and

literature complement each other; therefore psychology and literature are mutually beneficial.

Literature and psychology are two aspects that cannot be separated since psychology is one of tool to criticize the literary works. Most of literary works tend to use psychology as the main topic. Both psychology and literature adopt as one of their goals a better understanding of overt behavior and the mental life of humans and how they are related. Thus, it makes psychology and literature are always connected (Moghaddam, 2004, p. 55). Meanwhile, the other statement from Rene Wellek in *The Attack on Literature and Other Essays* share his thoughts about literature and how it relates to everyday life: Literature is social institution, using as its medium language, a social creation – But furthermore, literature represents“ life“ and life is in large measure, a social reality, even though the natural world and the inner or subjective world of the individual have also been objects of literary imitation (Wellek, 2018, p. 94). It indicates that life in literature can be a representation of real life in a society that the author may discover. The term literature seems best if we limit it to the art of literature, imaginative literature. Literature is also created by the imagination of the author. Literature is not merely a record of facts, nor is it a collection of actual events. As a product of limitless imagination, literature can create its own world.

There is a relation between literature and the real life that literature is a social institution and a social creation that uses language as a medium. The natural world and the inner or subjective world of the individual are also subject to literary imitation, but 'life' is primarily a social reality. The term literature seems best if we limit it to the art of literature, that is, to imaginative literature. Literature is also produced by imagination of the author. Literature is not just a document of fact. It is not just the collection of real events though it may happen in the real life. Literature can create its own world as a product of the unlimited imagination (Wellek, 2018, p.22).

The statement above also related with other definition by Eagleton literature can be defined as ‘imaginative’ writing in the sense of fiction (Eagleton, 1983, p.

1). It indicates that literature is an imaginative mindset that originated from a person's sense of imagination or from actual occurrences that may actually occur in real life. It explains clearly that people require multiple ways of expressing their feelings about human experiences and life itself. It becomes an answer or a way to discuss the experiences of human life. It means that, psychology and literature are connected to each other. Literature is written about human experiences; it explores all that people feel, whereas psychology, on the other hand, tries to understand people's minds using their entire experiences. Klaler states in the most cases, literature is referred to an entirety of written expression, with the restriction that not every written document can be categorized as literature, in the more exact sense of the word. Therefore, the definition usually includes aesthetic and artistic to distinguish from other written document such as newspaper, legal document, brochure, and etc. (Klaler, 2004, p. 1)

Before the Coffee Gets Cold is an English-translated novel written by Toshikazu Kawaguchi. It was first published in 2015. It began as a play that was then adapted into a novel. *Before the Coffee Gets Cold* has sold over a million copies in its original language, Japanese. The success of Kawaguchi's first novel was then adapted into a movie entitled *Café Funiculi Funicula* as well in 2018. Likewise, in five years, the success of *Before the Coffee Gets Cold* was followed by two sequels, *Before the Coffee Gets Cold: Tales from The Café* and *Before Your Memory Fades*. Although these three novels share differences in their characters, the stories aim for the same idea: time-traveling. Situated in a small street in Tokyo, the interconnection of each chapter is gathered entirely in this café. Each of the chapters narrates four different time travelers.

The first chapter is a story of the first time-traveller wishing to tell her true feelings towards her boyfriend for the last time. The second time-traveller, which is depicted in the second chapter, is a story of a nurse, whose husband, a regular customer in this café, has been diagnosed with Alzheimer's, and wishing to meet and ask him about a letter he has written for her. The next chapter is a story of a bar owner, who is a regular customer as well, wishing to ask for an apology to her

deceased sister. The fourth and the last chapter is a story of a wife of this café's owner, who was born with a heart defect, wishing to talk to her future daughter for the first and the last time. Additionally, for the time-travellers to succeed in travelling the time, they are obligated to the service this café offers, which is to drink a coffee served to them. The coffee served comes with a requirement that anyone wishing to experience this peculiar service has to drink that coffee before it goes cold (Debora and Sitohang, 2023, p. 01).

This study intends to analyze the stage of grief experienced by The Character Yaeko Hirai in the third chapter and Kei Tokita in the fourth chapter. *Before the Coffee Gets Cold* is a novel with an exciting storyline. The writer uses the theory by Elisabeth Kübler-Ross & David Kessler's six stages of grief to analyze *Before the Coffee Gets Cold*. The writer wants to analyze the stage of grief that Yaeko Hirai faces while grieving over the loss of her sister Kumi and the stages of grief that happened to Kei Tokita when she was pregnant. Kei showed how she experienced the stage of grief because she knew that she would not survive after giving birth to her daughter Miki because Kei's heart was unable to withstand childbirth, Kei's was born with a heart defect.

Through the story of *Before the Coffee Gets Cold*, it can be seen that grief is depicted in the novel. The theory from Elisabeth Kübler-Ross & David Kessler is suitable for analyzing the novel. It fits in with the story because *Before the Coffee Gets Cold* tells about Yaeko Hirai and Kei Tokita, who struggle with their grief.

Based on the background above, the writer is interested in examining the stages of grief in the novel *Before the Coffee Gets Cold* for various reasons. First and foremost, this novel was published in 2019, and it is the first novel by Toshikazu Kawaguchi, a well-known novelist. The second reason is that people in real life often deal with psychological conditions, including grief. It is crucial since this novel will teach readers how to survive in this world after losing someone they really care about; this novel inspires many people and makes a significant contribution to those who face the same problems as the characters, as well as helps many individuals comprehend and cope with their grief. Another reason is that the

literary theory of this study is rarely used by students of the English Study Program at the University of Trunojoyo Madura.

Furthermore, there are six previous studies that analyzed literary works by using five stages of grief: denial, anger, bargaining, depression, and acceptance by Elisabeth Kübler-Ross as the theory of their research and previous study using *Before the Coffee Gets Cold* novel by Toshikazu Kawaguchi as the object of their research. The first previous study is by Ayu Kumala (2023) from the English Letter Study Program, Faculty of Cultures and Languages Raden Mas Said State Islamic University Surakarta, entitled *Stages of Grief in Grief (2006) Novel by Andrew Holleran*. This study explains the grieving process of the main character and his response to his mother's death.

Second, Khairin Maranda and Delvi Wahyuni (2019) thesis from The English Department Faculty of Languages and Arts, State of University Padang, entitled *Grief Journey in Bill Clegg's Novel Did You Ever Have a Family (2015)*. The focus of this thesis is to explore the issue of the grief journey experienced by the main character before she manages to heal from her grief. The analysis of the grief journey has used the concept of Elisabeth Kübler-Ross (1969) of five stages of grief. It is also intended to find out the contribution of multiple narrators in revealing the issue of the grief journey. This analysis shows the depiction of the main character's grief journey from multiple characters' perspectives.

Third is an article by Hidayatul Nurjanah (2023) from the English and Literature Department, Adab and Languages Faculty, Raden Mas Said State Islamic University Surakarta. The title of her article is *Five Stages of Grief in C.G Lewis' Novel A Grief Observed*. The author focuses on analysing the main character, Lewis, who finally manages the five stages of denial, anger, bargaining, depression, and acceptance. Moreover, with his acceptance of the death of his wife, he can capture the world in more meaningful ways and find peace in his heart.

Next, an article by Rong-Rong Wang and Ya-Huei Wang (2021) from Chung-Shan Medical University. The title of this article is *Using the Kübler-Ross Model of Grief with Post-Traumatic Stress Disorder (PTSD): An Analysis of Manchester by the Sea*. This study intended to analyze how the characters in *Manchester by the Sea*, mainly Lee Chandler, Patrick Chandler, and Randi, manage their emotional responses when facing the loss of a loved one. The study used Elisabeth Kübler-Ross's five-stage model of grief and post-traumatic stress disorder (PTSD) to analyze how these characters transition through their grief and whether they are likely to suffer from mental illness.

Next is an article by Vera C. Debora and Susanne A.H. Sitohang (2023) from English Literature, Christian University of Indonesia, Indonesia. The title of their article is *Magical Realism in Toshikazu Kawaguchi's Before the Coffee Gets Cold*. This study discusses magical realism in Toshikazu Kawaguchi's *Before the Coffee Gets Cold*. This study aims to find the characteristics of magical realism and to explain the significance of utilizing the magical realism portrayed in the novel.

The next thesis is by Lia Fatimah Azzarah (2023) from the English Language and Culture Department, Faculty of Language and Culture Darma Persada University, Jakarta. The title of her thesis is *Regret and Tragedy in "Before the Coffee Gets Cold" Novel by Toshikazu Kawaguchi*. In this research, she uses a novel titled *Before the Coffee Gets Cold*, written by Toshikazu Kawaguchi, as unit analysis. This thesis analyses regret and tragedy in the novel using several theories in literary and psychological studies. The theory in literary studies used to analyze this novel is the study of characters, plots, tragedies, and settings, and in psychological studies, the theory of regret is used. The result of this study is the finding that the character Yaeko Hirai regrets her actions for the death of her younger sister, Kumi Hirai. The regret experienced by Yaeko Hirai showed that she became sad and blamed herself for the death of her younger sister.

However, the present study is different from the previous study. Based on the six previous studies above, none of them discuss the stage of grief experienced by The Characters Yaeko Hirai and Kei Tokita in the novel *Before the Coffee Gets*

Cold. This study is discussed using the theory by Elisabeth Kübler-Ross *On Death and Dying* (1969) that stages of grief have five characteristics those are denial, anger, bargaining, depression, and acceptance and the second theory by Elisabeth Kübler-Ross and David Kessler based on their book entitled *On grief and grieving: Finding the meaning of grief through the five stages of loss* (2005) Kessler adds one more stage which is essential for the healing process, namely finding the meaning.

The writer uses the novel *Before the Coffee Gets Cold* as the primary data source in this study. This study will enrich the study of Hirai and Kei as the characters in the novel *Before the Coffee Gets Cold* and help many people understand and deal with their grief. This study applies these six stages. These stages are not in sequence, chronological or consecutive. It means that the stage of denial is not the first stage, or the stage of anger is not the second stage, and so on. It also does not propose that Hirai's and Kei's should go through all stages in dealing with her grief. Although the name is Stages of Grief, it does not mean that the grieving person goes through all the stages or goes in a prescribed order when they face their loss. As stated by Kübler-Ross, not everyone goes through these five stages with every loss, the responses do not always occur in the same order, and you may visit stages more than once (Kübler-Ross & Kessler, 2005, p. 113).

1.2 Research Question

Related to the background, the purpose of this study is to find an answer to the following question:

1. What stage of grief is experienced by The Characters Yaeko Hirai and Kei Tokita in the novel *Before the Coffee Gets Cold*?

1.3 Objectives of the Study

In line with the statement of the research question previously, this study is intended: “To elaborate stages of grief experienced by Yaeko Hirai and Kei Tokita in the novel *Before the Coffee Gets Cold*.”

1.4 Significance of the Study

Hopefully, this study is expected to give contribution both theoretically and practically.

1. Theoretically, this study is expected to enrich reader's knowledge about the six stages of grief: denial, anger, bargaining, depression, acceptance and finding the meaning theory by Elisabeth Kübler-Ross and David Kessler based on their book entitled *On grief and grieving: Finding the meaning of grief through the five stages of loss* (2005) and also can be used as reference for the next studies. Then this study also expected to contribute in applying literary theory and revealing about six stages of grief in Toshikazu Kawaguchi's novel *Before the Coffee Gets Cold*.
2. The practical benefit is that readers will get information in comprehending the stages of grief experienced by the characters Yaeko Hirai and Kei Tokita in *Before the Coffee Gets Cold* novel by Toshikazu Kawaguchi and also this study is expected that her writing will help others students in the English Study Program at the University of Trunojoyo Madura by using it as reference.

1.5 Scope and Limitation

This study focuses on six stages of Grief in the novel *Before the Coffee Gets Cold* by Toshikazu Kawaguchi. The scope of this study is five stages of Grief by Elisabeth Kübler-Ross based on her book entitled *On Death and Dying* (1969) those are denial, anger, bargaining, depression, and acceptance and the second book by Elisabeth Kübler-Ross and David Kessler entitled *On Grief and Grieving: Finding the meaning of Grief Through the Five Stages of Loss* (2005) from this book Kessler's add one more stage which is essential for the healing process, namely finding the meaning. Then, the limitation of this study is the author's narrations and the character's utterances in Toshikazu Kawaguchi's novel entitled "*Before the Coffee Gets Cold*".