

CHAPTER I

INTRODUCTION

This chapter presents five subchapters. The first is background of the study, the second is the research problems, the third is objectives of the study, and the fourth is the significances of the study, and scope and limitation of the study is the last part.

1.1 Background of Study

Basically, anxiety is something that is very natural for humans. Sometimes we may not have much control our emotions but we can always control our behaviour. At any moment, regardless of what we feel on the inside, we can make a choice to engage in behaviors in real life. According to Hall in *A Primer of Freudian Psychology* that anxiety is a painful emotional experience which is produced by excitations in the internal organs of the body (Hall, 1999, p.61). Therefore, anxiety is a mental reaction to a state of fear, nervousness or excessive panic from external factors or internal factors. In addition, World Health Organization stated that anxiety is among the most common psychological difficulties among adults. There are many people who have difficulty controlling themselves when anxiety starts to appear, especially adults. Adults usually have more significant problems than young children but young children can have anxiety too (2012, p.12).

One type of anxiety is Obsessive Compulsive Disorder (OCD). OCD is a form of anxiety disorder characterized by an obsession that makes a person perform certain behaviours repeatedly with the aim of reducing anxiety that

occurs due to their own thoughts. American Psychiatric Association (APA) in Diagnostic and Statistical Manual of Mental Disorders (DSM-5) explains that the obsessive-compulsive disorder refers to a disorder characterized by the obsession and/or compulsion. Obsession refers to recurrent and persistent thoughts, urges, or images that are experienced as intrusive and unwanted that caused anxiety or distress. Compulsions are repetitive behaviours or mental acts felt by individual done as a response to the obsession or in accordance with certain rules that must be rigidly implemented. Compulsions can be in the form of repetitive behaviour (such as hand washing, ordering, or checking) or mental acts (such as praying, counting, repeating words silently) (2013, p. 17).

Related to psychology, Atkinson & Hilgard said that psychology means scientific study of behavior and mental processes (2009, p.5). It means psychology is a science of life or science that investigates and studies human behavior and mental processes. Basically, in a literary work there are many kinds of human behavior that are listed by the author so that it deserves to be read and analysed. Meanwhile, Lois Tyson has an opinion about the psychoanalytic criticism. “For psychoanalysis, literature, and indeed all art forms, are largely products of unconscious forces at work in the author, in the reader, or for some contemporary psychoanalytic critics, in our society as a whole” (2006, p.37). It means, literature is included in art forms in which there are psychological issues that can be analysed using psychoanalytic criticism.

Based on the explanation above, the writer focused on the psychological condition of the main character in John Green’s novel entitled *Turtles All The Way Down*. The novel was published in 2017. This novel is highly recommended to be

read by anyone. The main character is played as the first point of view (I) so that the readers are carried away and imagine what the character is experiencing in dealing with each of her anxiety problems. *Turtles All The Way Down* is a novel that can be analysed using anxiety theory. Aza Holmesy as the main character who experiences Obsessive Compulsive Disorder (OCD). This novel will take the readers to the innermost thoughts of Aza Holmesy how she faces her thoughts and fights her fear of C. diff bacteria which she believes can make her die. She has a wound on her finger and she had to change the bandages on her finger several times so that it was not contaminated by C. diff. In fact, the subject of C. diff bacterial contamination does not only apply to her fingers, but also to her body which can be exposed to bacteria when she comes into contact with other people.

From the explanation above, the novel is analysed by using psychoanalytic criticism based on Sigmund Freud's theory. It's used to describe what anxiety the character's experiences, the effects of anxiety experience by the character's and the last how to overcome the anxiety of the main character in the novel. Anxiety is something that makes someone having mental disorder. The effects of anxiety are physical, cognitive, emotional and behavioural. While someone's way to overcome anxiety is called defence mechanism. There are some kinds of defence mechanisms such as projection, rationalization, intellectualization, aggression, suppression, displacement, and repression.

There are some previous studies that have similarities theory or novel. The first is *Aza's Mental Illness Reflected in Turtles All The Way Down Novel; A Psychoanalytic Perspective* by Ismawati (2009). The second is *Intrusive Thought Ended with Anxiety on Character Aza Holmes in John Greens Novel Turtles All*

The Way Down by Muhammad Iqbal Riono (2018). The third is *Anxiety and Defence Mechanism of The Main Character in John Green's Turtles All The Way Down* by Dita Aulia Putri (2021). The fourth is *A Main Characters Analysis and Defense Mechanism in Bridge to Terabithia Novel* by Nuraeni, State Islamic University Syarif Hidayatullah (2010). The writer also uses previous studies from a scientific journal. The first is *Anxiety and Defence Mechanism as A Means of Constructing Psychological Thriller in Hawkins' The Girl On The Train*. *Journal of literature, Linguistics and Cultural Studies*, 8 (1), 73-85 by Rohaeni, et al. (2019). The second is *Analysis of Anxiety and Defence Mechanism on the Main Character Reflected in Alice's Adventures in Wonderland (1865) Novel by Lewis Carroll*. *Konferensi Ilmiah Mahasiswa Unissula (KIMU)* 2, 739-745 by Nofia Ulfa & Diyah Fitri Wulandari (2019).

In addition, the writer chose *Turtles All The Way Down* novel because it's interesting to discuss. In this novel there are many psychological problem elements, especially the anxiety experienced by the main character. It can be read and known for many people who are experiencing the same anxiety. In this novel, it is also conveyed how to overcome anxiety itself through dialogue and character behavior so that the author has very accurate reasons for analyse the novel.

1.2 Research Question

Based on background above, the following questions are formulated to get the clear description of anxiety in psychological problems. The problem of this study is formulated into three questions:

1. What are anxiety that experienced by Aza?

2. What are the effects of anxiety that felt by Aza?
3. How does Aza overcome her anxiety?

1.3 Research Objectives

The objectives of the studies are to describe;

1. The types of anxiety that experienced by Aza
2. The effects of anxiety that felt by Aza
3. The way done by Aza in dealing with her problem in daily lives

seen form the self defence mechanism.

1.4 Scope and Limitation

This study will analyse the data based on Sigmund Freud's psychological approach. The scope of this study is psychoanalysis which concern about the effect of anxieties. In addition, the writer also explain about how the character overcomes the anxiety itself by using the theory of self defence mechanism in accordance with the way the characters overcome anxiety in the novel. The limitation of this study focused on the character's utterances, behaviour, and the author's narration in *Turtles All The Way Down* by John Green's novel that are relevant with the research questions.

1.5 Significance of the Study

There are two significance of this study, those are;

1. Theoretically, the results of this study are expected to be a contribution in psychoanalytic in literary work especially in the novel.

2. Practically, the result of this study will help people understanding about the psychological terms especially anxiety and self defence mechanism. In addition, this study also can be used a reference for the next research with the same topic or problem.