

CHAPTER I

INTRODUCTION

In this chapter, the writer discusses 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

Loneliness is an emotional problem. It is an experience that almost everyone has. This is normal, but it is a problem that must be overcome. According to Galanaki (2014, p. 72), loneliness can be likened to the pain of longing for something lost or separated from someone they love, this is a fear of being separated from a loved one, for example with the mother. Fromm Reichmann (2016, p. 1) also states that loneliness is a painful and frightening experience that everyone will do whatever it takes to avoid loneliness. From this explanation, loneliness is not a pleasant experience, but a painful experience, for those who experience loneliness, most hide their feelings from others. Mijuskovic (2012, p. 147) states the fact that loneliness is an experience that can be avoided or reduced, but the social or subjective conditions that cause it must be changed. From this statement it can be seen that loneliness is detrimental to someone's life. Everyone tries to avoid it because of its bad effects, but it all depends on the conditions and situations that support it.

In addition to Mijuskovic, Galanaki (2014, p. 72) states that loneliness creates a fear of loss and being left alone, the fear of being alone is considered a universal human fear. Because of this fear, loneliness must be overcome before someone feels hopeless with their life. Mijuskovic (2012, p. 62) states, "loneliness is always ultimately reducible to the one basic form from despairing isolation." Loneliness is based on bad experiences and can be changed according to the situation. From this statement, it can be concluded that something can cause a person to feel lonely, but there are ways to overcome it. To overcome loneliness does not mean running away

without making peace with the situation, loneliness makes someone mentally seek refuge through communication with other beings (Mijuskovic, 2012, p. 6). Discussing the reason to overcome loneliness, Peplau & Perlman (1979) have researched some reasons for loneliness and also cope with loneliness.

Loneliness is a problem that always occurs, many literary works take the theme of loneliness. It can be based on the author's description of loneliness or loneliness that occurs in real life. There is a novel called *Five Feet Apart* which also tells about loneliness but the writer has never found any other studies with the issue of loneliness.

Five Feet Apart is a novel that was released on November 20, 2018. Written by Rachael Lippincott, Mikki Daughtry, and Tobias Iaconis. This novel tells about a young girl (Stella Grant) who has *cystic fibrosis*. Most of her life was spent in the hospital because she suffered from the disease from the age of 6 years, she always underwent treatment in the hospital for many years. She feels lonely because she can't spend time with someone she loves. Finally, she felt the peak of her loneliness when she lost her sister named Abby, and she could not come at the time of her death. After that, her parents divorced, so they couldn't get together again to support Stella in the hospital. She has had this treatment for 10 years, Stella almost knows all parts of the hospital, and she is also familiar with the staff and nurses there. Stella befriends a fellow sufferer of the disease, his name is Poe. Recently, there was a new *cystic fibrosis* patient named Will Newman. After that, Will and Stella fall in love with each other. Patients with *cystic fibrosis* are not allowed to be close together because their mucus will spread to each other, they must be separated by a distance of five feet apart so their disease does not get worse and die. However, their meeting is very miserable because the distance separates them.

This study is not the first one that discusses the *Five Feet Apart* novel, two previous studies discuss this novel with different theories. The first is the thesis of Tamara (2019) from Buddhi Dharma University, which analyzes optimism values

entitled “The Analysis of Optimism Values of Stella Grant in *Five Feet Apart* Novel”. The writer focuses on analyzing the optimism values of the female main character with the optimism theory. The second is an article from A. Anggraini & Wulan (2020) with the title “Protagonist’s Motivation in Rachael Lippincott et. al.’s Novel *Five Feet Apart*”, in the article the writer applies Maslow's theory of motivation.

Based on several previous studies mentioned, the writer has never found another researcher analyzing loneliness yet. Therefore, in this study, the writer analyzes the *Five Feet Apart* novel with the focus on loneliness because it is suitable for the situation faced by the character. There are two main characters in this novel, a female character named Stella Grant and a male character named Will Newman. Both of them have their point of view in the novel but the writer will focus on the loneliness of Stella Grant because Stella Grant has deep loneliness. Her loneliness is explained in her point of view in the novel. “Loneliness begins with the recognition of one’s singularity, the sense of being a voice in the void—speaking in a vacuum—is unsettling and disturbing” (Mijuskovic, 2012, p. 128). This is proof that everyone will feel lonely if the situation is different from what they expect. Then, they can solve it or maybe they also don’t know how to end this situation.

According to this explanation, the writer analyzes *Five Feet Apart* with the Loneliness approach because it can be knowing more about the loneliness experienced by the female character (Stella Grant). However, the writer also analyzes how the female character (Stella Grant) overcomes her loneliness.

1.2. Research Questions

Based on the background of the study described above, the writer proposes two research questions:

1. What are the causes of loneliness that Stella Grant faces in the *Five Feet Apart* novel?
2. How does Stella Grant cope with her loneliness in the *Five Feet Apart* novel?

1.3. Objectives of The Study

Based on this research problem, the writer states that there are two research objectives:

1. To find the causes of loneliness faced by Stella Grant in the *Five Feet Apart* novel.
2. To describe how Stella Grant copes with her loneliness in the *Five Feet Apart* novel.

1.4. Significances of The Study

The theoretical knowledge of this study is to provide knowledge about the theory of loneliness by Peplau & Perlman. Because loneliness is related to real life, this issue needs to be elaborated more deeply.

Second, practically, it is to give more knowledge to the writer to know more about the problem faced by Stella Grant. From this study, the writer can find out the novel more clearly, not just by reading. The writer also hopes that this study can be a reference for other researchers when researching novels with the theme of loneliness. The writer hopes that the reader can understand the theory applied to this study.

1.5. Scope and Limitation of the Study

The theory that is used in this analysis is the loneliness approach by Peplau & Perlman. The writer uses the *Five Feet Apart* novel and focuses on the loneliness

experienced by the female main character named Stella Grant. The data taken are utterances and the narrative of the novel. This study aims to explore more deeply the problems and feelings of loneliness experienced by Stella Grant.