

CHAPTER I

INTRODUCTION

This chapter contains five subchapters. These are background of the study, research questions, objectives of the study, significance of the study, and scope and limitations.

1.1 Background of The Study

Literary works have an important role in society because literary works are literary expressions based on observation of the condition of society. Therefore literary works present life and consist mostly of social reality. Literature with all its expressions is a reflection of human life. The problems of humans are a guide for the author to express herself with the media of literary works.

“A writer inevitably expresses his experience and total conception of life; but it would be manifestly untrue to say that he expresses the whole of life or even the whole life of a given time completely and exhaustively”.
(Wellek and Warren, 1949, p. 90)

It is a criterion of specific evaluation to say that one must fully represent the life of his time, that he is the “representative” of his time of society. A writer or novelist often finds conflicts in people’s lives. Experienced conflicts people in real life often inspire writers to pour it out into a literary work, so very natural if the conflict becomes the object that is often raised by writers who expressed it in the form of literary works. The conflict presented by the author does not escape from the fact that its existence is a part of human life.

Conflict is an essential element in developing the plot of a fictional text. Conflicts make events exciting, humane, and sensational that is interrelated with each other and lead to the emergence of complex conflicts. Conflict is a problem experienced by humans and is actually undesirable because it can hurt each other. According to Tyson (2015, p. 48), conflict is pulling the strings from the

unconscious. Human life is inseparable from conflicts which may nature the human subconscious center of his personality be seen in the soul of that person. Conflict experienced by people in real life often inspires writers to pour it out into a literary work, so very natural if the conflict becomes the object that is often raised by writers who expressed it in the form of literary works. One type of conflict that occurs in a literary work is the inner conflicts of the characters in the novel. Inner conflict occurs because there is a conflict that does not follow the character's goals, causing anxiety.

The Midnight Library by Matt Haig tells the story of Nora Seed, a woman in her thirties who regrets her life and feels strange and useless in this world. She feels anxious because of basic problems in her life, such as she just lost her job, her best friend and her brother. At that time the relationship fell apart and her cat was also dead. Nora was so sad because her life was so messy, she can't imagine how her life would continue after this incident. She wanted to end her life and she swallowed so much medicine that she overdosed. The world turned black, and then she woke up in a room like a library. *The Midnight Library* is not an ordinary library but rather a parallel universe that is where people go there when they find themselves in dangerous situation between life and death and really don't know where to go. *The Midnight Library* is a place where Nora can find out her ultimate goal in life, erase all her regrets from childhood until now, and find a comfortable life for her. Nora Seed's anxiety as the main character of this novel is an anxiety that comes on its own. The anxiety he felt made her depressed and wanted to end her life. Anxiety is one of the most important concepts in Freud's psychoanalytic theory.

Psychoanalysis is a branch of science developed by Sigmund Freud and his followers that studies psychological functioning and human behavior. Wellek and Warren (1949, p. 124) claim that the term psychoanalysis has a fundamental assumption that the human mental element is divided into two levels: conscious and unconscious. Psychoanalytic theory concerned with human mental function and development. This knowledge is a part of psychology that has made great contributions and created human psychology in this period.

The unconscious is like the storehouse of those painful experiences and emotions, those wounds, fears, guilty desires, and unresolved conflicts we do not want to know because we feel we will be overwhelmed by them (Tyson, 2015, p. 12).

Freudian psychoanalysis lends itself in some way to analysis because it helps us understand human behavior by focusing on past traumatic events. In this case, psychoanalysis seeks to trace past events that lead to specific actions in the present. In his theory, Freud divided structure Personality is divided into 3 structures, namely id, ego, and superego. Id is an instinctive personality human being driven by the principle of pleasure, where all desires and needs must be fulfilled immediately. There are short-term remedies that are more suitable for short-term problems such as anxiety or depression caused by certain stress, loss, or trauma.

Freud's theory of anxiety is one of the key points in the discussion of psychoanalysis. During its course, this theory has undergone several changes, similar to Freud's theory of the individual mental structure. Freud considered anxiety as an important part of the personality system, the basis and center of the development of neurotic and psychotic behavior. Birth trauma, with increased anxiety and fear that the Id (an aspect of personality related to instinctive drives which is a source of psychic energy that works based on the pleasure principle and always wants to be satisfied) cannot be satisfied is an individual's first experience with fear and anxiety. From this experience, patterns of reactions and levels of feelings are created that will occur at any time in the individual shown when faced with future danger.

According to Freud, anxiety is divided into three, namely reality anxiety, neurotic anxiety, and moral anxiety. Anxiety is a harbinger of an external danger threatening the ego. Individuals will attempt to reduce or eliminate the dangers that threaten them by means of various defense mechanisms. Defense mechanisms do not always work in isolation, sometimes several defense mechanisms will work together in the face of anxiety. The goal of all these defense mechanisms is to

keep individuals from being pressured so that they can continue to live better lives. Anxiety represents a repetition of the earlier traumatic experience. Freud states that anxiety differs from other painful states, such as tension, fear and pain (Hall, 1957, p. 61). Therefore, anxiety can be described as an unpleasant feeling of fear caused by someone's emotional experience and the condition is marked by specific signs or symptoms.

There is one study that I found about analysis of the novel *The Midnight Library* by Matt Haig, which is *Earned Secure Attachment of Avoidant Personality Disorder Client in Matt Haig's The Midnight Library* (2021) written by Amy Mastura Madjid. Other studies that uses Anxiety theory are ¹*An Analysis Of Anxiety Disorders On The Main Character Of Rainbow Rowell's Novel Fangirl* (2020), by Haby Batul Ummah, ²*Anxiety Disorder In J.K Rowling's Harry Potter And The Philosopher's Stone, Harry Potter And The Chamber Of Secret, And Harry Potter And The Prisoner Of Azkaban* (2014), by Reti Yulisa Mawarn, ³*Anxiety Suffered By Elizabeth Holland In Anna Godbersen's Splendor* (2015), by Fiqih Aisyatul Farokhah, ⁴*A Main Characters Analysis On Anxiety And Defense Mechanisms In Bridge To Terabithia Novel* (2010), by Nuraeni.

Based on the story of the main character in the novel *The Midnight Library*, the writer will analyze the kinds of anxiety using Sigmund Freud's theory of anxiety as the main focus of this research.

1.2 Research Questions

Regarding the focus of the study, the main question would be formulated as follows:

1. What types of anxiety does Nora face in *The Midnight Library* novel?
2. How does Nora overcome her anxiety in *The Midnight Library* novel?

1.3 Objectives of the Study

Based on the research question above, the writer has an objective to discover:

1. The types of anxiety that Nora faces in *The Midnight Library* novel.
2. The ways Nora use to overcome anxiety in *The Midnight Library* novel.

1.4 Significance of the Study

This study is expected to provide some contributions and solutions both theoretically and practically. The theoretical significance of this research is to support knowledge about the theory of Psychoanalysis by Sigmund Freud. There are several types of psychoanalysis but the same one examines the anxiety of the main character in the novel, because of anxiety can interfere with daily life, then this issue needs to be elaborated more deeply. Practically, this study is expected to give information and knowledge to the academic community, especially students of English Study Program who conduct research in the field of literary works. This study also serves as a reference and guide for other researchers who will conduct further research in the field of anxiety using psychoanalytic theory in literary works.

1.5 Scope and Limitation of the Study

The theory that is used in this analysis is the anxiety theory by Sigmund Freud and defense mechanism theory by Boeree. The writer uses *The Midnight Library* novel and focuses on type of anxiety and defense mechanism experienced by the main character named Nora. The data taken are utterances and the narrator's narration. This study aims to explore type of anxiety and defense mechanism experienced by Nora Seed.