

ABSTRACT

Eka Sukma Marisya. 190511100004. Female Body Control in *The Yellow Wallpaper*: A Feminist Body Politics Analysis.

This study examines the control of the female body in *The Yellow Wallpaper* (1892) by Charlotte Perkins Gilman through the perspective of feminist literary criticism. Literature functions not only as an artistic expression but also as a medium that reflects and constructs social power relations, particularly those related to gender. Within patriarchal structures, women's bodies are often regulated and disciplined through social, domestic, and medical practices. This research focuses on how such forms of control operate and how they contribute to the female character's psychological deterioration.

This study employs a descriptive qualitative research design. The data consist of textual evidence in the form of narrative passages in *The Yellow Wallpaper* that reflect the regulation and control of the female body. The analysis is conducted using Susan Bordo's theory of body politics as the main analytical framework, supported by Michel Foucault's concept of disciplinary power to explain the mechanisms of control. Feminist literary criticism serves as the methodological approach for interpreting the text.

The findings reveal that the female body in *The Yellow Wallpaper* is controlled through several interconnected forms, including physical restriction, control of expression, medical surveillance, and spatial confinement. These forms of control are legitimized through patriarchal and medical authority, which operate under the guise of care and treatment. Furthermore, the study demonstrates that such body regulation leads to the internalization of power, resulting in self doubt, obedience, and feelings of guilt that ultimately contribute to psychological deterioration.

This study concludes that the female character's psychological deterioration is not caused by inherent mental weakness, but by systematic body control imposed within patriarchal and medical structures. By foregrounding the body as a central site of power, this research contributes to feminist literary studies and highlights the significance of body politics in understanding women's oppression in literary texts.

Keywords: Body Politics, Disciplinary Power, Feminist Literary Criticism, Patriarchy, *The Yellow Wallpaper*

ABSTRAK

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Penelitian ini mengkaji kontrol terhadap tubuh perempuan dalam *The Yellow Wallpaper* (1892) karya Charlotte Perkins Gilman melalui perspektif kritik sastra feminis. Sastra tidak hanya berfungsi sebagai ekspresi artistik, tetapi juga sebagai medium yang merefleksikan dan membentuk relasi kekuasaan sosial, khususnya yang berkaitan dengan gender. Dalam struktur patriarki, tubuh perempuan sering kali diatur dan didisiplinkan melalui praktik sosial, domestik, dan medis. Penelitian ini berfokus pada bagaimana bentuk-bentuk kontrol tersebut bekerja serta bagaimana hal tersebut berkontribusi terhadap kemunduran psikologis tokoh perempuan. Penelitian ini menggunakan desain penelitian kualitatif deskriptif. Data berupa bukti tekstual dalam bentuk narasi dalam *The Yellow Wallpaper* yang merepresentasikan pengaturan dan kontrol terhadap tubuh perempuan. Analisis dilakukan dengan menggunakan teori body politics dari Susan Bordo sebagai kerangka analisis utama, yang didukung oleh konsep kekuasaan disipliner dari Michel Foucault untuk menjelaskan mekanisme kontrol. Kritik sastra feminis digunakan sebagai pendekatan metodologis dalam menafsirkan teks. Hasil penelitian menunjukkan bahwa tubuh perempuan dalam *The Yellow Wallpaper* dikontrol melalui beberapa bentuk yang saling berkaitan, yaitu pembatasan fisik, kontrol terhadap ekspresi, pengawasan medis, dan pembatasan ruang. Bentuk-bentuk kontrol ini dilegitimasi oleh otoritas patriarki dan medis yang beroperasi dengan kedok perawatan dan pengobatan. Selain itu, penelitian ini menunjukkan bahwa regulasi terhadap tubuh tersebut menyebabkan internalisasi kekuasaan, yang memunculkan keraguan diri, kepatuhan, serta perasaan bersalah yang pada akhirnya berkontribusi terhadap kemunduran psikologis. Penelitian ini menyimpulkan bahwa kemunduran psikologis tokoh perempuan bukan disebabkan oleh kelemahan mental yang inheren, melainkan oleh kontrol tubuh yang sistematis dalam struktur patriarki dan medis. Dengan menempatkan tubuh sebagai locus utama kekuasaan, penelitian ini memberikan kontribusi terhadap kajian sastra feminis serta menegaskan pentingnya konsep body politics dalam memahami penindasan terhadap perempuan dalam teks sastra.

Kata kunci: Kekuasaan Disipliner, Kritik Sastra Feminis, Patriarki, Politik Tubuh, *The Yellow Wallpaper*

LIST OF CONTENTS

APPROVAL SHEET	iii
PRONOUNCEMENT OF THESIS ORIGINALITY	iv
MOTTO	v
DEDICATION	vi
PRONOUNCEMENT OF THESIS PUBLISHING AGREEMENT	vii
ACKNOWLEDGMENT	viii
ABSTRACT	ix
ABSTRAK	x
LIST OF CONTENTS	xi
CHAPTER I	1
INTRODUCTION	1
1.1 Background of the study	1
1.2 Research Questions	3
1.3 Objective of the Study	4
1.4 Significance of the Study	4
1.5 Scope and Limitation of the Study	5
CHAPTER II	7
REVIEW OF RELATED LITERATURE	7
2.1 Feminist Literary Criticism	7
2.2 Body Politics Theory	9
2.3 Patriarchy and Gendered Power Relations.	10
2.4 Disciplinary Power	11
2.5 Forms of Body Control	13
2.6 Internalization of Control	14
2.7 <i>Psychological</i> Deterioration	15
2.8 Previous Studies	16
CHAPTER III	19
RESEARCH METHODOLOGY	19

3.1 Research Design	19
3.2 Source of Data and Data	20
3.3 Research Instrument	20
3.4 Method of Data Collection	21
3.5 Method of Data Analysis.....	22
CHAPTER IV	24
FINDINGS AND DISCUSSIONS.....	24
4.1 Forms of Body Control.....	24
4.2 Mechanisms of Body Control.....	43
4.3 Internalized Control.....	56
4.4 Psychological Deterioration	66
CHAPTER V.....	77
CONCLUSION AND SUGGESTION	77
5.1 Conclusion.....	77
5.2 Suggestions.....	78
REFERENCES.....	80