CHAPTER II

LITERARY REVIEW

1.1 THEORETICAL FRAMEWORK

This chapter is about the theories used and the related study. This chapter contains the theories to analyze the problem of statements. Theories are very important and essential to validate the analysis of the research without theory, a study cannot be relevant and incredible. This chapter gives the explanation about what the theories which are going to be used to analyze the problem of the study. This chapter divides into main theory and supporting theory. The main theory will discuss about psychoanalysis theory by Sigmund Freud focusing on the anxiety, and supporting theory will apply of the new criticism theory.

2.1.1 Psychoanalysis Theory

Theory of psychoanalysis by Sigmund Freud is important in order to cope and reveal the main problem in this case. Psychoanalysis is the tool to understand human personality and behavior through the character in the literary texts. As what Tyson stated psychoanalysis can help us to understand human behavior better, and also it must certainly be able to help us understand human behavior better, and also it must certainly be able to help us understand literary texts, which are about human behavior (11).

Sigmund Freud's psychoanalytic theory is one of the great intellectual contributions of modern times, and it continues to influence western thought

9

today. The term psychoanalysis has three distinct meanings. Firstly it is a school of psychology, which emphasizes psychic determinism and dynamics. As a school of psychology it also emphasizes the importance of childhood experiences in molding one's adult personality and behavior. Secondly, psychoanalysis, with its emphasis on the role of unconscious in determining human behavior, is a specialized method for investigating the unconscious mental activities. Finally, psychoanalysis is a therapeutic method for the investigation and treatment of mental disorders, especially the neurotic disorders (Freud 179).

Pervin, Cervone, & John in *Personality theory and research*, Psychoanalysis has influenced the western thoughts to a degree that probably exceeds all other personality theories combined. It influences the social sciences, the arts, the humanities, and other subjects of study (12). Our concern here is the theoretical one, taking psychoanalysis as a study of psychic determinants of human behavior. Psychoanalysis as a psychological theory has undergone constant revisions both during Freud's time and afterwards. Psychoanalysis is considered to be a High-Level theory containing various sub theories such as 'levels of consciousness', 'psychic structure of personality', 'psychosexual development', 'defense mechanisms' and 'theory of Instincts and *it serves to unify them to some extent* (Farrel 21).

2.1.1.1 The Organization of Personality

According to Freud, the personality of a person consists of three parts of personality, they are unconscious, pre-conscious, and conscious. Myers in *Psychology* is trying to explain these parts, as follows:

Underlying Freud's conception of personality was his belief that the mind is like an iceberg –mostly hidden. Our conscious thoughts are the part of the iceberg above the surface. Below that is a much larger unconscious region, a whole reservoir of thoughts, wishes, feelings, and memories of which we are unaware. Some of these thoughts are merely temporarily out of mind in a pre-conscious area, from which they can be retrieved at will into conscious awareness (Myers 396).

Based on Myers's explanation, it can be understood that unconscious part is the bulk of human thought, it consists of human basic desires and memories, while conscious part is awareness in human psychology, and the bridge between these parts are pre-conscious part, where the thought and memories from the unconscious can be taken at will into consciousness.

Furthermore, according to Freud, the personality also consists of three major systems, they are *id,* ego, and superego "These are called the *id*, ego, and superego. In the mentally healthy person these three systems form a unified and harmonious organization" (Hall 22). Based on the statement above, these systems of personality are connected to each other and they are creating the main sources on human personality.

The first is *Id,* according to David G. Myers in his *Psychology* mentioned about *id* is "a reservoir of unconscious psychic energy that constantly strives to satisfy our instinctual drives for survival" (398). Based on Myers's explanation, it can be defined that *id* is the source for human basic desires especially in the field of human survival. These survival instincts can be in the forms of hunger, thirst or passion for sex. The nature of *id* is it only looks for happiness or pleasure, Feist and Feist explain this nature of *id* as follows "*Id* pours the energy for the purpose of seeking pleasure without caring whether the pleasure is appropriate to display

or not to display" (Feist and Feist 32). Based on their explanation, it can be understood that the nature of *id* is not caring for social norm and moral in its way to obtain pleasure, and the *id* is operating on the principle of pleasure.

Furthermore, Hall describes the pleasure principle as follows "The pleasure principle is a special case of the universal tendency found in all living matter to maintain constancy in the face of internal and external disturbances" (Hall 23). Based on Hall's statement, the pleasure principle is the principle to avoid danger and to maintain the safety at all times in all living things like humans or animals.

The second personality system is the *Ego*. The ego as Hall states in *A Primer of Freudian Psychology* is "The executive of the personality, controlling and governing the *id*" (Hall 28). Based on that statement, the ego can be defined as a system that executes the *id*'s desire, and also controls the *id* if *id*'s desire cannot be fulfilled right away.

Furthermore, Myers explains the nature of ego is following the principle of reality "The ego operates on the reality principle, which seeks to gratify the *id*'s impulses in realistic ways that will bring true pleasure rather than pain or destruction" (Myers 398). Based on that statement, the ego can be considered as logic in human life, this is the source where we try to find a way in order to fulfil the *id*'s desire.

And the third personality system is the superego. Below is the definition of superego by Hall:

> The superego is the third major divisions on human personality. The superego is the person's moral code (ego ideal). It develops out of the

ego as a consequence of the child's assimilation from his parent regarding what is good and virtuous and what is bad or sinful (conscience) (Hall 31).

Based on Hall's definition, *Superego* is a totally different personality system from ego and *id.* The superego can be defined as norm or social code, and based on the definition above, the superego also has two other functions such as ego ideal and conscience.

Furthermore, according to Hall, the ego ideal is The ego ideal corresponds to the child's conceptions of what his parents consider to be morally good (Hall 31). Based on the statement above, the ego ideal can be defined as a person's knowledge of good deeds in human morality. Whereas, the definition of conscience is Conscience, on the other hand, corresponds to the child's conception of what his parents feel is morally bad, and these are established through experiences with punishment (Hall 31). Based on the statement, the conscience is a person's knowledge of what is considered as bad deeds, this person knows that the deeds are bad from the punishments that he/she receives.

2.1.2 Anxiety

In psychoanalytic theory, anxiety is painful emotional experiences representing threat of danger to the person (Pervin, Cervone, & John 89). In other words, anxiety is triggered by threat of dangerous situation or pressure in someone's life. As stated in *A Primer of Freudian Personality,* when a person encounters a dangerous situation then her heartbeats faster, she breathes more

rapidly, her mouth becomes dry, and the palms of her hands sweat (Hall 61). This means that anxiety affects someone not only emotionally, but also physically.

Anxiety is usual symptom which normally suffers on people's mind, but how anxiety can come to human's mind is by the process. There are many causes which can trigger anxiety on human's mind one of them is the family suppression. Freud identifies that on human's psychic life consist of three part are the conscious, preconscious and unconscious (Boeree 32). The conscious part is what somebody realizes in the reality, direct vision, fantasy, one's thinking and feeling. The preconscious is the available memory which is easy to be called ones conscious. The biggest part of the psychic life is unconscious mind. In this part includes everything that is very difficult to be brought into consciousness, including everything that is derived from unconscious itself like instinct, desire and emoticons from traumatic event.

Hall states further that anxiety differs from other painful states, for instance tension, pain and melancholy that are the quality of consciousness. The quality of anxiety is unknown: "people can be unaware of the reason for their anxieties, but they cannot be unaware of the feeling of anxiety" (62). Significantly, even though anxiety is often vague, however anxiety itself always felt. According to Feist:

> "Only the ego can produce or feel anxiety, but the id, superego and external world are involved in one of three kinds of anxiety"(33).

Sigmund Freud in *Feist's Theories of Personality*, states that anxiety is uncomfortable condition, having emotional character and giving strong psychic's

sensation which reminds somebody about the danger situation (Jess Feist 31). Human are always trying to search the way in order to reduce feeling of anxiety because in everyday life they will face many problems which disturb the mind. Anxiety is an indication from inner state that people seek to avoid or escape. In other word, anxiety is unpleasant feeling of stimulation that brings the symptoms such as rapid heartbeat, perspiration, and feelings of fear.

Hall states that Freud conceptualized three types of anxiety are the neurotic anxiety, moral anxiety, and reality anxiety.

2.1.2.1 Neurotic anxiety

It is defined as "apprehension about an unknown danger" (Feist 34). Hall states neurotic anxiety is aroused by a perception of danger from the instincts. It happens because the anti catches is which is the checking forces that are possessed by ego and superego fails to prevent the instinctual object catches is from discharging themselves in some impulse action (65). The feeling itself exists in the ego, but it originates from id impulses. In other words, neurotic anxiety happens because there is a clash between the id and reality.

According to Hall, neurotic anxiety can be displayed into three forms. First, there should be a free floating type of apprehensive which attaches itself to more or less suitable environmental circumstance. It is usually characterized by a nervous person who always expects something dreadful to happen, for instance a man who is afraid of his own shadow. In other words, a man who is afraid of something dreadful will happen in his life. It means that he is afraid of his own id

which pressures upon his ego. His id seems to take control over his ego and reduce it to a state of helplessness. Second, neurotic anxiety is an intense and irrational fear (65). It is usually called a phobia. The intensity of the fear here is out of all proportion to the actual danger of the object which the person is afraid, for instance a person may be deathly afraid of high places, water, mice, and so on. In each case, these cases of fear are irrational. It happens because people are often in such distress, sometimes even in panic which they cannot think clearly. The id prevents them from distinguishing between what is imaginary and what is real. Furthermore, Hall and Lindzey, state that Neurotic anxiety is said to develop often out of early childhood experience in which parental training and behavior is harsh and uncaring (41).

When a person is neurotically anxious, he is afraid of the imaginary of punishment that he receives from imaginary parental or authority figures for satisfying his instinctual impulses

2.1.2.2 Moral anxiety

According to Hergehahn, moral anxiety is the fear that one will be punished internally (by feeling of guilt) if the dictates of one superego's are violated (474). Pervin concludes that moral anxiety stems from the conflict between the ego and superego (34). In other words, when people are morally anxious, they are afraid of being punished by their superego. Specifically, Hall and Lindzey emphasize that moral anxiety is aroused when a person violates his incorporated parental standards (41).

Moral anxiety, for example, will result from sexual temptations if a child believes that submitting to the temptation will be morally wrong. It may also result from the failure to behave consistently with what they regard as morally right for instance failing to care for aging parents. Moreover, the person cannot escape from feelings of guilt by running away from them. Hall and Lindzey state that to see imaginary punishment and imaginary parents differ from one's conscience by seeing the difference that lays essentially in the degree of control the ego exerts (42). They states further that moral anxiety is rational and capable of thinking a problem through; the superego is exerting its demands, but the ego is able to withstand them and to decide on a course of action.

2.1.2.3 Reality Anxiety

Freud also considers it as objective anxiety. Hall describes anxiety as "a painful emotional experience resulting from a perception of danger in external world" (63). A danger itself comes from any situations of the environment which threatens to harm the person, for instance fear of poisonous snake, a man with a gun or a dog bite. Hall states further that the perception of danger and the arousal of anxiety may be brought since a baby was born in the sense that it inherent a tendency to become afraid in the presence of certain objects or environmental conditions or even is acquired during the person's life time (63). Furthermore, Hall states that fears are more easily acquired during infancy and childhood in any events when the helplessness of the immature organism prevents a child of being able to cope with external dangers (64). It happens because the immature

organism of human is overwhelmed by fear that actually his ego has not already

bounded excessive stimulation from the external world. Since the immature

organism cannot deal with, he experiences traumatic, for instance:

> "A newly baby born is bombarded with excessive stimulation from the world which his protected fetal existence has not already prepared for him. During his early years, the child encounters many other situations which he cannot cope and these traumatic experiences lay the groundwork for the development of a whole network of fears" (Hall 64).

Thus, any situations in later life which threat to reduce the person to an

infantile state of helplessness bring to the anxiety signal. In other words, fear are

all related and derived from early experiences of helplessness.

2.1.3 Symptoms of Anxiety

According to Cristina, There are basically three symptoms of anxiety,

there are generalized anxiety disorder, panic disorder and stress disorder (9).

1. **Generalized anxiety disorder**

Generalized anxiety disorder (GAD) is a relatively common anxiety

problem, affecting 3-4% of the population that turns daily life into a state of

worry, anxiety, and fear. Excessive thinking and dwelling on the "what its"

characterizes this anxiety disorder. Generalized anxiety usually does not cause

people to avoid situations and there isn't an element of a "panic attack" involved

in the prognosis either. At other times, thoughts seem almost non-existent because

the anxious feelings are so dominant. Feelings of worry, dread, lack of energy,

and loss interest in life are common.

People with symptoms of GAD tend to always expect disaster and cannot stop worrying about health, money, family, work or school. In people with GAD, the worry often is unrealistic or out of proportion for the situation. Daily life becomes a constant state of worry, fear and dread. GAD can cause a change in behavior and the way you think and feel about things. Psychological symptoms of GAD include:

- Restlessness

- A sense of dread

- Feeling constantly "on edge"

- Difficulty concentrating

- Irritability

- Impatience

There are a lot of symptoms of anxiety that are complex, caused by issues that are difficult to explain. Restlessness is not one of those symptoms. The cause of restlessness is very clear: a constant surge of adrenaline as a response to the fight or flight system (10).

2. Panic disorder

Panic disorder is anxiety disorder characterized by recurring severe panic attacks. It may also include significant behavioral change lasting at least a month and of ongoing worry about the implications or concern about having other attacks.

3. **Stress disorder**

Anxiety (also known as post-traumatic stress disorder) caused by the exposure to either death or near death circumstances such as fires, floods, earthquakes, shooting, automobile accidents, or wars for example. The traumatic event is re-experienced in thoughts and dreams. Common behaviors include the following:

- Avoiding activities, places, or people associated with the triggering event
- Difficulty concentrating
- Difficulty sleeping
- Being vigilant
- Feeling a general sense of doom and gloom with diminished emoticons such as loving feelings or aspirations for the future.

There are some symptoms that one can be said experiences a state of anxiety from Cristina. The one who feel anxious would be easily effected by feelings, be suspicious of others, e apprehensive and self reproaching, have an inadequately formed self-concept, and be tense and excitable (11).

2.1.4 New Criticism

New Criticism replaced the biographical historical criticism that dominated literary studies in the nineteenth and early decades of the twentieth century. The theory rose to prominence in literary studies from 1940s through the 1960s and has since left an enduring influence on the way we read and write about

literature**.** According to Tyson New Criticism is not so new anymore, in fact, she reports that it's "no longer practiced by literary critics" (117). New Criticism searches for meaning within the structure of the text, and finds it by examining the text though the close reading and analyzing the formal elements (elements that form the text) within the text. That is why New Criticism seems to be a kind of new formalism, although the purpose is different here. In New Criticism, one may examine "all the evidence provided by the language of the text itself: its images, symbols, metaphors, rhyme, meter, point of view, setting, characterization, plot and so forth" (119), to find their relationship with the theme, in a way that confirms the single best interpretation of the text, because New Criticism believes that there is such a single complete interpretation, which is timeless and is not related to individual readers or social events. New Criticism is the best way to begin study a work of literature, because it emphasizes the work as an independent creation, a self-contained unit, something to be studied in itself, not as part of some large context, such as the author's life or a historical period (137).

2.1.5.1 Character

According to Perrine (85), reading for character is more difficult than reading for plot. Character is much more complex, variable, and ambiguous. Anyone can repeat what a person has done in a story, but considerable skill may be needed to describe what a person is. Therefore, the study needs some theories that talk about characters in order to reveal the complexity and the ambiguity of the characters.

Characters are divided into two meaning, one means the actors who are presented in the story, and the others means behavior, emoticons, and moral principles of the characters. Consequently, character means the actor of the story and the characterization. Foster stated that characterization divided into flat character and round character. A flat character is relatively simple and usually has only one trait, usually static (at the end of the story the character is pretty much what she at the start), it means that the characters do not show the change of the previous character. Round character embodies several or even many traits that cohere to form complex personality. Round character is likely to be dynamic, changing, and considerable as the story progresses. Therefore, the character at the end of the story has changed, that is different with the character at the beginning of the story (Barnet 196).

2.1.5.2 Characterization

Characterization is the technique an author uses to help the readers become acquainted with a person or character in his writing. The presentation of character can be understood by the reader if an author uses characterization. The reader will be able to understand the behavior, personality, attitude and the character of the fictional person by the characterization of the author (Pooley 516). Basically there are four methods of characterization an author uses to reveal the personality and characters of a fictional person. An author will likely reveal a character's personality and traits by describing: the physical appearance which

follows them, the speech and action, the effects on other characters, and the inner thoughts and feelings.

Perrine elaborates is revealed through direct presentation (of character) and indirect presentation (of character. In direct presentation, he tell us straight out by exposition or analysis, what a character is like or has someone else in the story tell us, what a character is like (86). Examples of direct presentation would be:

- "Bill was short and fat, and his bald spot was widening with every passing year."
- "I looked in the mirror and saw how dark the circles under my green eyes had become."

Whereas, indirect presentation, he shows us the character in action, the reader infer what the character is like from what he thinks or says (86). While it takes more time to develop a character through indirect characterization, it often leaves a deeper impression on the reader than direct statements about what a character is like. Here are examples of indirect characterization:

- "Bill sighed as he looked at the offer of a gym membership. He really should join. But just thinking about it made beads of sweat collect at the top of his bald spot."
- "I yawned, trying to keep my eyes open in the meeting. I reached for my coffee cup and was disappointed to realize it was empty."

2.2 Review of Related Studies

The researcher has looked for the preview study about *Handle with Care's* novel by Jodi Picoult but the researcher gets difficulties to find previous studies that use *Handle with Care* as the object of the research. But the researcher finds some theses that relation with research.

The first is a thesis titled *Mariam's Anxiety And Her Defense Mechanism In Khaled Hosseini's A Thousand Splendid Suns* by Aginta Erbinda from University of Surabaya 2012. In her thesis she analyze the main character Mariam, problem talks about depiction of Mariam anxiety as the result of her family suppression in her life and problem reveals Mariam's defense mechanism to deal with her anxiety which she suffers. She is uses anxiety theory and defense mechanism to analyze the novel. The second is a thesis titled *Augustus Waters's In John Green's Novel The Fault In Our Stars* by Eka Imamatus Solikhah from Islamic University Sunan Ampel Surabaya 2015. She analyze the main character Augustus Waters is a good person who get osteosarcoma in his teen and he is falling in love that causes anxiety of Augustus waters. And the last is a thesis titled *A Study On The Main Characters Anxiety In Ann Widdecombe's An Act Of Treacher* by Mila Ratnasari from Petra Christian University Surabaya 2005. She focus analyze on Catherine as the main character who experiences psychological problem because of her authoritarian parents.

The similarity with the three previous studies and this research is a theory being used. Anxiety theory is the main theory that is used by the three researchers

and also similarities are the main characters who experience anxiety disorders

because someone.

      While the difference with the three previous studies and her research is

from the novel and focused on the study.