#### **CHAPTER II**

#### REVIEW OF RELATED LITERATURE

In order to make the discussion of this study clearer, in this chapterthe writer will elaborate the theory and related study. The theories that uses in this research are new criticism theory, theory of psychology and theory of depression.

## 2.1. Psychology of Literature

Endraswara (2003: 39) states psychology of literature can be defined as a study that considers a literary work as a psychological activity in which the author not only the use thought, sense, and creative process to produce his work but also their own psychology.

According to Jatman in Endaswara (2003: 97) states that literary work and psychology have close relationship indirectly and functionally. Indirect relationship comes from the similarity of object to be analyzed, which the human life. Meanwhile, the functional relationship comes up because both of psychology and literature attempt to understand the other psychological condition. The difference is that the symptom in psychology is real, while symptom in literature is imaginative.

While, according to Wellek& Warren (1995: 30) that psychology and literature are similar. Both of them are studying human being. Literature shows human's characteristic as people in the real life. It means that literature is realized as a form that helps human to gain better life. It is because the information such as human

psychology can be found inside in literary work. It means that the information gained can broaden and deepen human understanding.

Wellek & Warren (90) also state the term of psychology of literature has four possibilities in meaning. They are; (1) A study to an author's psychology as an individual. (2) A study of creative process. (3) A study of types and the theories of psychology. (4) A study of the impact of literature on the readers.

Thus, according to Endraswara that psychology and literature is a study of that considers a literary work as a psychological activity, then according to Jatman, that literature and psychology have close relationship indirectly and functionally, and the last is according to Wellek & Warren they say that both of literature and psychology are studying of human being in the real life.

From explanation above, we can conclude that literature and psychology have a connection, literature as a source of insights for psychology and literature is also as understood through psychology.

## 2.1.1. Psychology Theory

In this sub chapter, the researcher refers to Freud's psychoanalysis theory.

According to Freud, he claimed that psychoanalysis aims at and achieves nothing more than the discovery of the unconscious in mental life (Pervin, 1993: 71).

According to Blum (1953: 19) in his book "*Psychoanalytic Theory of Personality*", Freud thought that human behavior was motivated by the unconscious, a part of the

personality of which a person is not aware. The existed of the unconscious is an assumption that forced itself upon psychoanalytic research when it sought a scientific explanation and a comprehension of conscious phenomena.

## 2.1.2. Freud Theory of Personality

Freud, (Pervin, 1996: 84) developed a more formal structural model for psychoanalysis. It featured three personality structures; the id, the ego and the superego. Each refers to a different aspect of people's functioning.

As to the Id, Freud (Pervin, 1993: 85) states the id represents the source of all drive energy. The energy for a person's functioning originally resides in the life and death, or sexual and aggressive instincts, which are part of the id. In its functioning, the Id seeks the release of excitation, tension and energy. Freud (Pervin, 1993: 85) also states that the id cannot tolerate frustration and is free inhibitions. It shows no regard for reality and can seek satisfaction through action or through imagining that it has gotten what it wants the fantasy of gratification is as good as the actual gratification.

Freud, (Allport, 1960: 183) states the id cannot tolerate increases of energy that are experienced as uncomfortable states of tension. Consequently, when the tension level of the organism is raised, as a result of either external stimulation or internally produced and excitations, the id function in such manner as to discharge the tension immediately and return the organism to a comfortably constant and low energy level.

According to Suryabrata (1983: 145), the id is original system of the personality, which is matrix within which the ego and the superego become differentiated. Further, Hall (1983: 414) states the id consist of everything psychological that is inherited and that is present at birth, including the instincts. It is the reservoir of psychic energy and furnishes all the power for the operation of the other to systems.

As to the Ego, Freud, (Pervin, 1993: 86) states the ego is able to separate wish from fantasy, can tolerate tension and compromise, and changes over time. The egos function is to express and satisfy the desires of the id in accordance with two things; opportunities and constraints that exist in the real world, and the demands of the superego. Accordingly, it expresses the development of perceptual and cognitive skills, the ability to perceive more and think in more complex terms.

Further, Freud, (Lundin, 1969: 18) the Ego said to obey *the reality principle* and to operate by means of *the secondary process*. The aim of the reality principle is to prevent the discharge of tension until an object that is appropriate for the satisfaction of the need has been discovered. Freud also add his statement (Pervin, 1993: 85) whereas the Id operates according to the pleasure principle, and the Ego operates according to the reality principle: gratification of the instincts is delayed until a time at which something in reality enable one to obtain maximum pleasure with the last pain or negative consequences.

Further, Suryabrata (1983: 147) states that the secondary process is reality thinking. By means of the secondary process the Ego formulates a plan for the satisfaction of the need and than tests this plan, usually by some kind of action to see whether or not it will work. The hungry person thinks where he or she may find food and then proceeds to look in that place is called *reality testing*.

Although, Freud (Pervin, 1993: 86) states that the Ego may sound like the decision maker, or the executive of personality, Freud though that Ego was weaker that the metaphor of executive implies. Whether, according to Guerin (1992: 121) the Ego said to be the executive of the personality because it controls the gateways to action, selects the features of the environment to which it will respond and decides that instincts will be satisfied and in what manner.

As to the superego, Freud says that the last system of personality to develop is the Superego. It is the internal representative of the traditional values and ideals of society as interpreted to the child by its parents and enforced by means of a system of rewards and punishment imposed upon the child (Pervin, 1993: 80).

Superego is the internalized moral arbiter of conduct develops in response to the rewards and punishments meted out by the parents. To obtain the rewards and avoid the punishment, the child learns to guide its behavior along the lines laid down by the parents. Whether they say is improper and punishes the child for doing tends to

become incorporated into its conscience, which is one of the two subsystems of the Superego (Lundin, 1969: 18).

Furthermore, Freud states that there are three main function of the Superego are;

- To inhibit the impulses of the Id, particularly those of a sexual or aggressive nature since these are the impulses whose expression is most highly condemned by society.
- 2. To persuade the Ego to substitute moralistic goal for realistic ones. The last is
- 3. To strive for perfection. The Superego is inclined to oppose both the id and the ego and to make the world over into its own image.

In conclusion, this description of the three systems of the personality by pointing out that the id, ego and superego are not to be thought of operating the personality. The personality normally functions as a whole rather than as three separate segments. In general way, the id may be thought of as the biological component of personality, the ego as the psychological component, and the superego as the social component. Besides, the novel *Adultery* can be analyzed in three categories of the system of personality.

In relation with the discussion in the next chapter, the writer will use the three personality system to analyze the depression which is suffered by the main character

in the novel chosen. Those three personality systems are biological components of personality (Id), psychological components of personality (ego), and social components of personality (superego).

## 2.2. Perspectives on Female Adultery

According to Els Van Der Werf in her book entitled *Brief Affairs*, there are five aspects of the adulterous affair, which she has labelled: desire, transgression, retribution, jealousy, and liberation;

#### a) Desire

Desire focuses on the wife's inclination to or motivation for adultery. It has a variety of motives to start an adulterous affair, for example to take revenge on or out of spite towards the husband, to relieve boredom, or out of curiosity (Van Der Werf: 52)

## b) Transgression

The second aspect that Van Der Werfdistinguishes are predominantly anecdotal and focus on the act of transgression of the adulteress and the events surrounding it, rather than on the emotions involved (Van Der Werf: 56)

#### c) Retribution

The emotional consequences of an adulterous affair, whether or not consummated, and the ensuing social repercussions form the central focus of a category that has chosen to label 'retribution' (Van Der Werf: 59)

# d) Jealousy

Jealousy as an overall qualification of a large variety of emotional reactions displayed by the deceived husband, ranging from anger and indignation to disappointment and dejection (Van Der Werf: 63)

#### e) Liberation

Patricia Stubbs (Van Der Werf: 70) argues that female adultery is often treated not as a transgression, but as a liberation from the constraints of marriage and as a discovery of sexual identity.

As addition, Lorraine Gaudefroy also identifies various reasons for female adultery. She distinguishes between female who are unfaithful as a result of their husband's character and/or behaviour and those who commit adultery for a variety of reasons of their own. She distinguishes seven reasons: love for the other man, boredom, vanity, curiosity, lust or sensuality, money, and perfidiousness (32). Moreover, the study only uses the first factor which labelled desire as the supporting theory in order to answer the statement of problems. Toward the Van Der Werf's explanation, the study deals that desire is the one that have correlation with the problem stated in this study.

## 2.3 Theory of Depression

Depression is one of the most common psychological problems, affecting nearly every one through either personal experience or family involvement. The Encyclopedia Americana, International edition states, depression or melancholia as states of sadness, decreased initiative or introduction (1996: 747).

According to James C. Johnson in *Freedom From Depression:* depression is a feeling tone of sadness, generally brought on by a loss disappointment and frustration (1980: 3).

From the definition above, we can conclude that depression is psychological condition that changes people's feeling and though, it can be understood that depression is one of human being's problem. Depression can affect all kinds of people, young and old, rich and poor, famous and unpopular people. It means everybody can suffer from depression.

## 2.3.1 Symptoms of Depression

According to James C. Johnson in his book *Freedom From Depression* (1980: 147), there are ten major psychological symptoms of depression, they are;

#### 1. Appetite's Change

If one feels depressed, one does not want to eat something or any kinds of food. He loosed his appetite. It usually happens to a woman.

## 2. Insomnia

A depressed person is hard to sleep. One always thinks about his problem. So, the brain cannot relax, it works all the time.

## 3. Shunning responsibility, retreating to bed or couch

One will avoid to work or any other activities, which need some responsibilities. One only stays in bedroom and tries to forget his problem.

# 4. Believing no one cares

One will not trust anyone but himself. One feels that there is no one who cares himself anymore. One isolates himself from other people and environment. One looses the connections with other.

# 5. Feeling it is impossible to reach God

One feels that the burden is so heavy to bear. One feels that God is not fair to him or her. One think that God has left and forgot him or her. One stops to pray to Him (God).

## 6. Living in the past

One remembers that only his past time when everything is under his control.

One does not want to face the fact nowadays.

## 7. Self-centeredness

One only thinks about himself. He ignores everything and everyone. One does not put attention to other people or what happens in his environment.

8. Lose of hope, believing there is nothing to live for

A depressed person will lose his hopes. One will feel desperate and feels that there is nothing to struggle in his life anymore. There is nothing to do in his life.

9. Losing interest in one surrounding

One does not have spirit to interact with his surroundings. A depressed person ignores everything surround him. He loses their energy to do his hobbies or to do any activities of the society. One even ceases to interact with the society.

# 10. Difficult in making decision

A depressed person hardly makes to decide something. One is not able to making decision. Sometimes he will be confused about what he has to do when he must make decision

Further, according to Carnwath and Miller, they divide physical symptoms into 6, as follow;

a. Lost of Energy. Depressed patient usually report being "drained" of energy and continually tired, to the extent that they cannot often face conventional

activities that may require dressing and even short periods out of doors. In other instances, activities may induce fatigue very quickly, compounding the feeling of inadequacy and frustration.

- b. Retardation and Agitation. Physical function becomes slow and awkward or, in severe case, movement may be absent for long periods. Similarly, facial expression may appear fixedly glum and despondent. With agitation, considerable anxiety is combined with restlessness, distractibility, nervousness and fidgeting.
- c. Appetite and Weight Disturbance. A loss interest in food is characteristic, with eating becoming an effort. However some of them may respond to depression by bingeing on high-carbohydrate food, and weight may increase.
- d. Sleep Disturbance. 80-90% of depressed patients' experience sleep disturbances, including problem falling asleep, early morning waking, unrefreshing sleep, and frequent waking in the middle of night. Some others will sleep more. While most find that their insomnia leaves them feeling exhausted and vulnerable.
- e. Reduce Libido. This is common early sign of depression, and is associated with erectile dysfunction in men, and lack of desire in women. And the last is,
- f. Bodily Symptoms. Bodily symptoms are especially common and disrupting in the elderly, most depressed patient will express some indications. Complaints

include headache, necklaces, muscle cramps, neuralgia, dry mouth, breathlessness, low backaches, sweating, blurred vision, and rheumatic-type pains. Where pain has pre-existed, depression may make it worse and impossible to tolerate.

All of these symptoms have been seen in depressed patients, but not all of them necessarily appear in the individual being assumed. Some will have may symptoms other will have just a few. The severity of the symptoms may also be different for every person and even vary overtime.

From explanation above, we know that there are many kinds of symptoms of depression, but the writer only take some of them that relation with the novel which chosen by the thesis writer. From the psychological symptoms the writer just takes two of them. They are; insomnia and the last is losing interest in one surrounding, then the physical symptoms also two they are: lost of energy and sleep disturbance.

#### 2.4 Review of Related Study

In this part will show the previous study closely similar to type of analysis in this thesis, and the theories which used to analysis the data. Because the novel Adultery is published on august 2014, so there is no analysis yet before, but the writer finds the thesis that also analyze about depression.

 Thesis of A Study of Laura's Depression in Tennessee William's The Glass Menagerie by BambangRadityaPurnomo. Bambang is a student in State University of Surabaya. In his thesis, he also discuss about depression but with another novel. In his thesis, he describe about the depression of Laura as the main character in Tennessee William's The Glass Menagerie. He also uses theory of depression in his thesis, theory from James to analyze the experience of the main character.

2. Thesis of Willy Loman's Depression in Arthur Miller's "DEATH OF A SALESMAN".

Nina Triningrum also the student of State University of Surabaya. To get the Sarjana Degrees, she takes novel of *Death of A Salesman*by Arthur Miller as her thesis. In her thesis she also discuss about the main character depression. She is also use theory of depression from Carnwath and Miller to answer the statement.

From the explanation above, Bambang with his thesis, he uses theory of depression and the thesis writer also uses theory of depression. But the differences from the thesis writer is the object of analysis, which the thesis writer uses novel Adultery by Paulo Coelho. Besides, in his thesis the symptoms that used are; self-centeredness and pessimism that include in feeling it is impossible to reach God. And Nina Triningrum uses theory depression from Canwarth and Miller with another novel and the symptoms of depression that used in her thesis are; thinking difficulties that include in difficult in making decision and anxiety. Although this thesis is also

about depression but the differences from other thesis are the symptoms which used by the thesis writer, she takes some of the symptoms which relation with the novel, they are; insomnia and loss of interest in one surrounding then loss of energy and sleep disturbance.

