

**LONELINESS IN *THE SECRET GARDEN* BY FRANCES
HODGSON BURNETT**

THESIS



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FEELING OF LONELINESS IN *THE SECRET GARDEN* BY FRANCES
HODGSON BURNETT

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ABSTRACT

Mentari, E. S. A., (2022), *Feeling of loneliness in The Secret Garden by Frances Hodgson Burnett*, UIN Sunan Ampel Surabaya. Advisor: Sufi Ikrima Sa'adah, M. Hum.

Keyword: Loneliness

This study aims to analyze feelings of loneliness in Frances Hodgson Burnett's novel entitled *The Secret Garden*. This study attempts to identify the feelings of loneliness experienced by the two main characters in the novel, namely Mary Lenox and Colin Craven. Therefore, the focus of this study is the description of the loneliness experienced by the two characters along with the factors that influence their feelings of loneliness and how they overcome this feeling of loneliness.

In this study, researchers used qualitative methods to collect data. After collecting data, the researcher uses New Criticism to observe the feelings, thoughts, and behavior of the characters, then uses psychological methods to identify the loneliness experienced by the characters.

The findings of the research show that the two main characters in the story, Mary Lenox and Colin Craven, share a sense of loneliness. The main reason for the loneliness of Mary Lenox and Colin Craven stems from parental abandonment. Lack of social skills, changing circumstances, and moving from India to England were other factors contributing to Mary Lenox's loneliness. At the same time, another contributing factor to Colin Craven's loneliness is the lack of a supportive environment. Mary Lenox and Colin Craven deal with loneliness in the same way: through friendship, physical activity, and being in nature.

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ABSTRAK

Mentari, E. S. A., (2022), *Feeling of loneliness in The Secret Garden by Frances Hodgson Burnett*, UIN Sunan Ampel Surabaya. Pembimbing: Sufi Ikrima Sa'adah, M. Hum.

Kata Kunci: Perasaan Kesepian

Penelitian ini bertujuan untuk menganalisis rasa kesepian dalam novel karya Frances Hodgson Burnett yang berjudul *The Secret Garden*. Penelitian ini berusaha mengidentifikasi rasa kesepian yang dialami oleh dua tokoh utama dalam novel, yaitu Mary Lenox dan Colin Craven. Oleh karena itu, focus penelitian ini yaitu deskripsi rasa kesepian yang dialami kedua tokoh tersebut beserta faktor yang mempengaruhi rasa kesepian mereka dan cara mereka mengatasi rasa kesepian tersebut.

Dalam penelitian ini, peneliti menggunakan metode kualitatif untuk mengumpulkan data. Setelah mengumpulkan data, peneliti menggunakan New Criticism untuk mengamati perasaan, pikiran, dan perilaku karakter, kemudian menggunakan metode psikologis untuk mengidentifikasi kesepian yang dialami oleh karakter.

Temuan dari penelitian menunjukkan bahwa kedua karakter utama dalam cerita, Mary Lenox dan Colin Craven, berbagi rasa kesepian. Alasan utama kesepian Mary Lenox dan Colin Craven berasal dari pengabaian orang tua. Kurangnya keterampilan sosial, perubahan keadaan, dan pindah dari India ke Inggris adalah faktor lain yang menyebabkan kesepian Mary Lenox. Pada saat yang sama, faktor lain yang menyebabkan kesepian Colin Craven adalah kurangnya lingkungan yang mendukung. Mary Lenox dan Colin Craven mengatasi kesepian dengan cara yang sama: melalui persahabatan, aktivitas fisik, dan berada di alam.

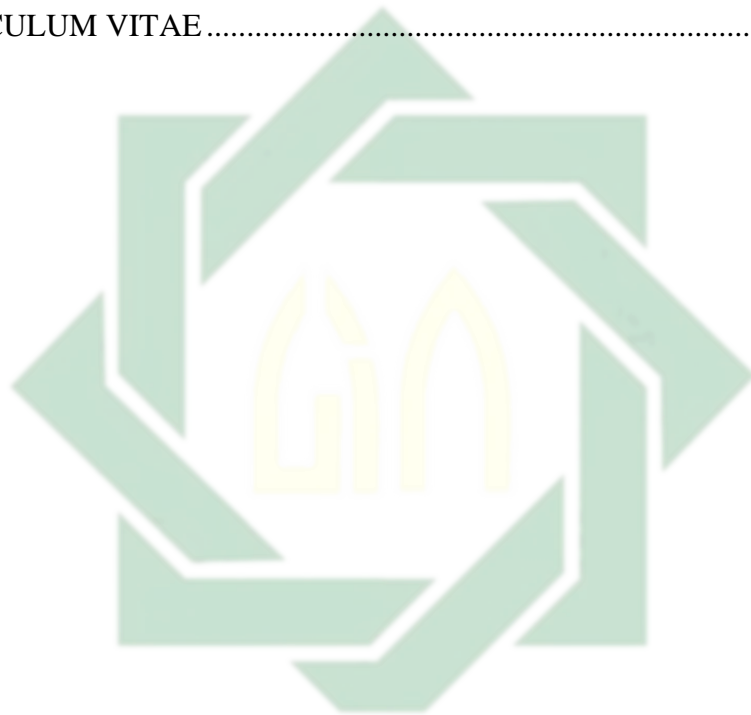
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CHAPTER 1

INTRODUCTION

1.1 Background of the Study

Humans are social creatures who cannot live without one another (Cacioppo, Fowler, & Christakis, 2009, p. 1). They must form some sort of connection with other individuals throughout their lives through a series of continual interactions. Loneliness is one of the many forms of emotion that humans have and is experienced by a human at large (Rotenberg, 1999, p. 3). It reflects the immense need for a human to connect. Feelings of loneliness also often arise when a person feels that he does not have someone who can understand and accept him. Weiss (as cited in Perlman & Peplau, 1981, p. 33) claimed that loneliness is caused by not having the necessary relationship or combination of relationships, not by being alone. Loneliness can also be caused by a lack of close, even intimate bonds, or it could be a reaction to the lack of meaningful friendships, collegial relationships, or community ties.

The simple definition of loneliness is "an unpleasant experience." There is evidence that loneliness is correlated with anxiety, depression, interpersonal hostility, and boredom. (Hanson, Jones, Carpenter, & Remondet, 1986, p. 1; Rubenstein, 1979, p. 212; Weiss, 1979, as cited in Perlman & Peplau, 1982, p. 33). Loneliness is also correlated to low self-esteem, anger, and a negative life outlook. A person is said to be lonely if he or she exhibits one or more of the characteristics associated with loneliness.

Anyone, young or old, male or female, single or married, can experience loneliness. Hawkley and Cacioppo (2010, p. 2) reported about "15-30% of people suffer from chronic loneliness". The loneliness that is not handled and is left to fester will almost surely have a negative influence on the physical and emotional health and well-being of persons who suffer from it, including an increase in mortality. Adolescents are at a high risk of experiencing loneliness (Perlman & Peplau, 1998, p. 44) as adolescence is a time when crises in a person's life are more likely to occur (Agriyanti & Rahmasari, 2021, p. 186). Chronic loneliness can result in self-harming impulses in adolescents (Muthia & Hidayati, 2015, p. 185).

Loneliness is also known to be high among the elderly. Loneliness is associated with a higher mortality rate in the older population. According to the findings of a study that was published in the Proceedings of the National Academy of Sciences (PNAS) in 2013, adults who are over the age of 52 and above face an increased risk of mortality due to feelings of loneliness. In addition, research indicates that loneliness is related to an elevated risk of dementia by 50 percent, heart disease by 29 percent and stroke by 32 percent (Steptoe, Shankar, Demakakos, & Wardle, 2013, p. 5799).

Loneliness is a common theme in literary works. Loneliness has appeared in the works of philosophers, poets, musicians, and novelists (Sonderby, 2013, p. 5). *The Secret Garden*, written by Frances Hodgson Burnett, is one of the novels with the theme of loneliness. *The Secret Garden* is a classic children's novel that is written in 1911. The story is about a little girl named Mary Lennox. She was an

Englishmen's daughter who was born and raised in India, which is not her homeland. She had never known anything about her homeland, Great Britain. One day, a cholera epidemic killed her parents and most of her servants. Shortly after, she was brought to Great Britain to live with her uncle. Her uncle lived in a manor called Misselthwaite Manor in Yorkshire.

Living in Misselthwaite was completely different from India. Mary had no servants to serve her daily needs. She had to learn to do things by herself. She even had to play alone. Moving from India to England and away from everything she was familiar with made Mary rather lonely. Mary had a cousin named Colin who she met later in the story and Colin was as lonely as Mary was.

There have been many studies using *The Secret Garden* as the main data source. These studies raise a variety of different topics. Wu (2019) focused on the writing techniques used by writers to reveal Burnett's unique way of depicting nature, social setting, plot, and characteristics that enticed readers to continue reading. Phunkitchar (2014), like Wu (2019), examined the artistic techniques of two picture books, *The Secret Garden* and *The Birds of Killingsworth*, which were used to raise environmental awareness. Phunkitchar (2014) observed not only the artistic techniques of the books but also the human-nature relationship. Nature, she discovered, can heal humans both mentally and physically. In contrast to Phunkitchar (2014), DiGiulio (2014) found that full immersion in nature does not result in children's moral and personal development. The next studies reviewed are the studies by Nuranisa (2015) and Cesar (2018) both showed the effect of parental neglect on children. Yet, the effects presented by both

researchers are different; Nuranisa (2015) found pampered children as the effect of parental neglect, while Cesar (2018) found the effect of parental neglect on children's development. More studies about *The Secret Garden* are by Rosemarie (2019) who focuses on the cultural issues in the novel and Gesperini (2020) who researched the relationship between food, hunger, and child health. Bertzfield (2020) analyzed The relationship between a child's nature, the availability of nurturing in their immediate developmental environment, and the resulting tendency to use escapism as a coping technique.

The writer found a new topic that is different from the previous studies mentioned above. The writer analyzed the issue of loneliness which has not been found in previous studies. Loneliness is a popular theme that is often used as a theme in literary work. Loneliness is interesting to study because it is universal, meaning that people from all walks of life can feel loneliness. Each person's experience of loneliness is different and each person also has a different way of responding to loneliness. In this study, the researcher analyzed two characters in *The Secret Garden*, namely Mary Lenox and Colin Craven. The researcher was interested in examining these two figures because they show prominent characteristics of lonely individuals and they give influence to each other in the journey of overcoming loneliness. The researcher wanted to describe the loneliness experienced by these two characters, as well as explore the contributing factors of their loneliness and the way they overcome it.

1.2 Objectives of the Study

Related to the background of the study, this study aimed to answer the following problem:

1. The description of loneliness experienced by Mary Lenox and Colin Craven.
2. The factors that contribute to the feeling of loneliness experienced by Mary Lenox and Colin Craven
3. How Mary Lenox and Colin Craven overcome loneliness.

1.3 Significance of the Study

The researcher hopes that by conducting this study, readers will become more aware of loneliness. By acknowledging the feeling of loneliness, hopefully, we can look for a way out to overcome it and quickly seek professional help when it already goes too far. The researcher expects this study can enrich and deepen the reader's understanding of the theories used, namely loneliness. The researcher also hopes this research can be used as a reference for future research with a similar focus.

1.4 Scope and Limitation of the Study

The scope of this study is Frances Hodgson Burnett's *The Secret Garden*. The researcher limits the discussion to the feeling of loneliness experienced by the main characters, namely Mary Lenox and Colin Craven. This study applied the psychological approach from the perspective of loneliness to examine the character's type of loneliness, factors that contribute to the feeling of loneliness, and the way to handle loneliness.

1.5 Research Methods

1.5.1 Research Design

This study used a qualitative method to get the result. The researcher analyzed the data through words and novel conversations which convey Mary Lenox and Colin Craven's feelings, behaviors, and actions in this study. This research described the loneliness experienced by Mary Lenox and Colin Craven as the main characters in the story.

1.5.2 Data and Data Sources

This study used the utterances and narrations in the novel *The Secret Garden* as the primary data source. The supporting data were taken from books, journals, theses, and online resources regarding the theory used in the research.

1.5.3 Data Collection

The researcher conducted the following steps to collect the data:

- a. Doing a close reading of the novel *The Secret Garden* to get a good understanding of the story.
- b. Making a data table to identify the meaning of each sentence in the novel.
- c. Collecting the utterances or narrations regarding Mary Lenox and Colin Craven's loneliness.
- d. Collecting the utterances or narrations regarding the contributing factors of loneliness experienced by Mary Lenox and Colin Craven.
- e. Collecting the utterances or narrations regarding the way Mary Lenox and Colin Craven cope with loneliness.

1.5.4 Data Analysis

The researcher followed the steps mentioned below to analyze the data:

- a. Analyze the data list showing the loneliness of Mary Lenox and Colin Craven.
- b. Analyze the data describing the contributing factors of loneliness experienced by Mary Lenox and Colin Craven.
- c. Analyze the data that describe the way Mary Lenox and Colin Craven overcome with loneliness they experienced.
- d. Conclude all of the analysis on the description of loneliness, contributing factors of loneliness, and the coping way of loneliness that is experienced by Mary Lenox and Colin Craven.



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CHAPTER 2

THEORETICAL FRAMEWORK

2.1 Psychological Approach to Literature

Psychology, according to Ahmadi (n. d., p. 21), is the science that studies human behavior and thought. Walgito defines psychology as "the science of behavior and activities that are regarded to be a part of human psychological life" (as cited in Wiyatmi, 2011, p. 7). Furthermore, Wiyatmi explained that in psychology, behavior or activities that exist in humans are considered to appear as a result of a stimulus or stimulation that affects that individual. In this situation, the action or activity is regarded as an answer or response to the stimulus that affects it (2011, p. 7).

In literature, psychology is employed as an alternative in comprehending and interpreting literary works by applying numerous psychological notions and theoretical frameworks (Wiyati, 2011, p. 2 & 6). Based on the explanation above, the writer uses the theory of loneliness from psychology to analyze the two main characters in *The Secret Garden*, namely Mary Lenox and Colin Craven.

2.1.1 Loneliness

The book *Loneliness: A sourcebook of Current Theory, Research, and Therapy* was published in 1982 and is known as the first core book about loneliness. Sullivan stated that loneliness is an extremely unpleasant feeling associated with an insufficient satisfaction of the demand for human connection for interpersonal

interaction (as cited in Perlman & Peplau, 1982, p. 4). According to Weiss, the root of loneliness is the lack of the necessary relationship or combination of relationships, rather than being alone (as cited in Perlman & Peplau, 1982, p. 33). Loneliness can also be caused by a lack of close, even intimate bonds, or it could be a reaction to the lack of meaningful friendships, collegial relationships, or community ties. According to Reichmann, loneliness develops in early life as a result of parental separation or a lack of gratifying physical touch and loving connection which will cause the feeling of isolation in the child (as cited in Perlman & Peplau, 1998, p. 572). From the explanation of several definitions of loneliness above, it can be said that loneliness is an unpleasant feeling that emerges from the unmet need of human intimate and interpersonal connection with one another.

Loneliness can be shortly described as “an unpleasant experience”. Evidence showed that anxiety, depression, interpersonal hostility, and boredom are correlated with loneliness (Hanson, Jones, Carpenter, & Remondet, 1986, p. 1; Rubenstein, 1979, p. 212; Weiss, 1979, as cited in Perlman & Peplau, 1982, p. 33). These findings are reinforced by several empirical studies, for instance, Russell reported that lonely pupils are likely to feel angry, self-enclosed, empty, and awkward (as cited in Perlman & Peplau, 1982, p. 35). Loneliness can lead to low self-esteem, headaches, and unexplained aches and pains (Mental Health America, n. d., para. 1). Loneliness has a negative impact on one's life outlook. Loneliness, according to Jones and Carver, influences one's attitudes toward people, life, and society to the point where lonely people are pessimistic,

apathetic, and negative (as cited in Rokach, 2007, p.180). Additionally, loneliness contributes to a person's self-centeredness. According to research done by Cacciopo, Chen, and Cacciopo, loneliness makes people more self-centered and motivates them to focus on their own desires and interests (2017, p. 1).

2.1.1.1 The Contributing Factors to the feeling of Loneliness

In contrast to its universality, the cause of loneliness differs from one individual to other. Perlman and Peplau (1981, p. 37) believe it is necessary to determine events that trigger the beginning of loneliness and the factors that influence an individual to remain lonely over time. Furthermore, they put the triggering events of loneliness into two major categories: changes in a person's achieved social relations and changes in a person's desired or expected social relations.

They emphasized that loneliness is typically triggered by changes in a person's social contacts, which result in lower social engagement. Rubenstein (1979, p. 215) subdivides this type into the first, termination which is the ending of a close emotional relationship. Second, a physical separation which happens when an individual is being physically distant from family members, friends, or lovers, reduces the number of interactions. It reduces the satisfaction that a relationship gives and is likely to cause anxiety that being gone would make the relationship less strong. Third, is a status change which appears when an individual's contacts with people both inside and outside of the group are greatly influenced by their status within the group or organization.

Meanwhile, the normal quantity and quality of a person's social relationships as well as the individual's characteristics are said to be the precipitating factors of loneliness (Perlman & Peplau, 1981, p. 41-42). A person's social relationship quantity concerns the number of social relationships that person is engaged in, while the quality concerns one's perceived satisfaction in the social relationship he or she engages in. Furthermore, personality traits such as shyness, self-esteem, and social skill that make it difficult to form or maintain satisfying relationships are likely to increase loneliness. Cosan (2014, p. 105) stated that childhood experiences, such as divorced parents (Rubenstein, 1979) can also contribute to the emergence of the deep feeling of loneliness.

2.1.1.2 The Way to Overcome Loneliness

According to Maryam, coping behavior can be defined as a transaction performed by humans to overcome different pressures, both internal and external, that burden and interfere with their survival (2017, p. 101). Rubenstein identified four kinds of ways to react to loneliness (1979, p. 215). Those reactions are sad passivity, active solitude, spending money, and social contact. The latter three of those reactions are in the form of ways to handle loneliness. A person who engages in productive activities to spend her or his time is said to have active solitude. Spending money is a way to divert one's attention away from the feeling of loneliness. Social contacts concern the attempt to alleviate loneliness by calling or visiting a friend, family, or colleague.

2.2 New Criticism

John Crowe Ransom developed the American New Criticism movement in the 1920s and 1930s as an artistic alternative to the industrial North's scientific rationalism. New Criticism arose in response to prior literary criticism, specifically biographical-historical criticism (Tyson, 2006, p. 136), which concentrated on literary history and author biographies. It was common in that period to interpret a text by examining the life and period of the author to determine the meaning the author intends to have in the text. As a reading method, New Criticism regarded a literary work as an artistic object separate from its historical setting and as a coherent totality that captured the unifying sensibility of the creator (Brewton, n. d., p. 4). The work of Eliot, Richards, and possibly also Leavis and William Empson, as well as several major American literary critics, including John Crowe Ransom, W. K. Wimsatt, Cleanth Brooks, Allen Tate, Monroe Beardsley, and R. P. Blackmur, is generally considered to be part of New Criticism.

Initially, new criticism was exclusively used in poetry, but as it has evolved, it may now be used in prose as well (Darma, 2004, p. 52). The focus of New Criticism was on close reading of the actual text. Bressler (2011, p. 53) explains that new criticism provides a method for the reader to arrive at the right understanding of a text just by using the text itself. It means that to understand and interpret the meaning of the story, the reader only needs to pay close attention to the elements inside the story.

As explained above, new criticism believes that the only source of proof to interpret is provided in the text itself. Hence, the researcher intended to apply new criticism to observe the behavior, feelings, thoughts, and speech of the characters in the story to reveal the feeling of loneliness that they experienced.

2.2.1 Character & Characterization

One of a story's elements that are essential to its enjoyment is the characters (Lynch-Brown, 1999, p. 29). Characters play a crucial part in a novel as carriers and transmitters of morals or other information that the author wishes to convey to the reader (Nurgiyantoro, 1998, p. 167). Characters, according to Abrams (1981, p. 4), are story performers who are portrayed in narrative works or plays as having specific moral characteristics and tendencies that are communicated through words and acts. Putri (2016) also explained that characters are the result of characterization, which means they were created in a specific way. Characterization, according to Lynch-Brown (1999, p. 29), relates to how an author describes the character's physical look and personality, as well as how the character's emotional and moral aspects are portrayed. It means that the author of the story has chosen to characterize his or her character in specific ways, such as the kind of conversation they have, the thing they do, their appearances, and so on.

2.3 Previous Studies

The first study is conducted by Brian Caesar (2017) entitled *Main Character's Resistance Against Traumatic Experience in Frances Hodgson*

Burnett's The Secret Garden: Freud's Tripartite Model Analysis. The purpose of the study is to examine the impact of parental neglect on children's development as depicted in Francis Hodgson Burnett's novel *The Secret Garden*. This study uses the theory proposed by Sigmund Freud, the tripartite theory. The findings of this study show the secret garden's contribution to Mary's transformation into a better child. The secret garden plays a role in helping Mary understand her own intentions, along with the other minor characters that drive the main character's "id" and "superego."

A study similar to Cesar is from Nuranisa (2015) with the title *Pampered Children as the Effect of Parental Neglect Portrayed in The Secret Garden by Frances Hodgson Burnett*. The study discovered child maltreatment and parental neglect toward their children. These occurrences result in spoiled children. Nuranisa (2015) examined parental neglect and its consequences in the novel using an individual psychology approach.

Another study by Rosmarie (2019) entitled *Cultural Issue of Frances Hodgson Burnett's Novel The Secret Garden*. The purpose of this study was to determine the cultural significance of Frances Hodgson Burnett's novel *The Secret Garden*. The result of this study shows the cultural issues in the novel include racism and bullying. Bullying and racism have existed for a long time. Both of them would have a negative impact on the victim. Sarcasm, hatred, vengeance, bullying, and racism are all disgraceful behaviors.

I know I'm fatter: hunger and bodily awareness in Frances Hodgson Burnett's The Secret Garden is a study conducted by Anna Gesperini in 2020. The

connection between food, hunger, and child health in Frances Hodgson Burnett's 1911 children's novel *The Secret Garden* is examined in this study. It focuses on Pasi Falk's idea of corporeality, which views the human body as a sensual and sensorial organ, to incorporate food in children's literature theory, medical history, and body studies (1994). The study contributed to position the novel within the Victorian and Edwardian medical discourse about child nutrition and healthy child physicality by tracing the two children's progress from illness/incorporeality to health/corporeality.

In 2019, Ying Wu conducted research entitled *An Analysis of the Writing Techniques of The Secret Garden*. This paper focuses on the novel's three essential elements: characters, plot, and setting, to reveal Burnett's unique writing techniques and provide a fresh perspective and understanding for the study of *The Secret Garden*. This study shows that Burnett's ability to depict nature and the social setting, as well as her great skill in characterization and plot design, entices the reader to keep reading while providing an enjoyable visual experience and spiritual consolation.

Bertzfield (2020) analyzed two books namely *The Secret Garden* and *Anne of Green Gables* which later she entitled as *The Secret Garden and Anne of Green Gables: Nature versus Nurture and Childhood Escapism*. The researchers wanted to see if there was a link between a child's nature, the presence of nurture in their immediate developmental environment, and the tendency to use escapism as a coping mechanism. Therefore, Bertzfield concentrated her research on the protagonists of the two novels. Despite the differences in their natures and how

they use escapism to control equally different environments, the results show that Anne and Mary exhibit the correlation between a child's nature and exposure to nurturing and their tendency.

Phunkitchar (2014) conducted a study with the title *Environmental Awareness in Children Picture Books: The Birds of Killingworth and The Secret Garden*. Ecocriticism was used in the study to determine environmental awareness, examine artistic techniques, the relationship between humans and the natural environment, and compare and contrast environmental awareness and artistic techniques. The study found that the book version reflected the communion between humans and nature. Nature is said to have the ability to heal humans both mentally and physically. Nature is also portrayed as a calming environment that can help children overcome their difficulties. The use of artistic techniques such as color and illustration to convey the story helps to raise awareness. The researcher also identified the novel's similarities and differences.

Last but not least, a study by DiGiulio in 2014 entitled *Between Misselthwaite Manor and the "Wild, Dreary" Moor: Children & Enclosures in The Secret Garden* found out that the children in the novel are similarly alienated from fully natural and civilized spaces. In fact, their moral and personal development does not result from full immersion in nature. Rather, spaces that have both natural and cultural elements allow characters like Mary to exert their own agency and experience personal growth. The study focused on the different ways that child characters interpret, negotiate, and interact with space in *The Secret Garden*. DiGiulio used spatial analysis to achieve the result.

After reviewing the previous studies above, the similarity between those studies and the current study is the use of *The Secret Garden* as the data source. Yet, the current researcher intended to examine the novel to observe the feeling of loneliness portrayed in the novel. The novel is examined through the lens of a psychological approach, specifically loneliness.



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CHAPTER 3

ANALYSIS

3.1 Loneliness Experienced by Mary Lenox and Colin Craven

The loneliness experienced by Mary and Colin was not shown directly by Burnett. Though some utterances mentioned the loneliness that Mary felt, the loneliness appears in the story mostly identified from the actions, behaviour, and dialogues of Mary and Colin with other characters in the story. Mary Lenox is an English girl who was born and raised in India. She had to move from India to England because her parents and caregiver whom she called Ayah had died from cholera. In England, she lived in a grand manor called Misselthwaite with her uncle, Mr. Craven. Later in the story, Mary met a boy named Colin who turned out to be his cousin.

3.1.1 The Description of Loneliness Experienced by Mary Lenox and Colin Craven

Mary Lenox was described as a self-centered girl who only cared about herself. According to Cacioppo, Chen, and Cacciopo, loneliness makes people more self-centered (2017, p. 1). "... and as she was a self-absorbed child she gave her entire thought to herself, as she had always done (Burnett, 1911, p. 8). From the proceeding quotation, Burnett stated that Mary had always been a self-absorbed little girl. When her parents and Ayah died from cholera, all Mary thought about was herself.

"I'm lonely," she said. She had not known before that this was one of the things which made her feel sour and cross (Burnett, 1911, p. 42)." Mary's feelings of loneliness reflect her irritable and unfriendly nature. However, Mary did not notice it right away. Mary's feeling of loneliness is also clearly illustrated in the quote below:

She was in such a rage and felt so helpless before the girl's simple stare, and somehow she suddenly felt so horribly lonely and far away from everything she understood and which understood her that she threw herself face downward on the pillows and burst into passionate sobbing (Burnett, 1911, p. 29).

Mary felt lonely because no one in England could understand her. She expressed her loneliness with anger because she felt helpless. Besides being easily got angry, Mary also often withdrew from others around her.

"They tried to be kind to her, but she only turned her face away when Mrs. Crawford attempted to kiss her and held herself stiffly when Mr. Crawford patted her shoulder (Burnett, 1911, p. 10)." Mary's withdrawn nature can be seen from the response she gave to Mr. and Mrs. Crawford when they showed support for Mary. She did not welcome the sympathy of the Crawfords and even seemed not open. Mary's behaviors, self-withdrawn and easily got angry, are associated with feelings of loneliness (Boivin & Hymel, 1997, p. 1; Russel, 1978, as cited in Perlman & Peplau, 1982, p.35).

Mary has low self-esteem. This was discovered when she was having a conversation with Martha.

"He wouldn't like me," said Mary in her stiff, cold little way. "No one does." Martha looked reflective again. "How does tha' like thyself?" she inquired, really quite as if she were curious to know.

Mary hesitated a moment and thought it over. "Not at all — really," had she answered (Burnett, 1911, p. 66-67).

In the conversation above, Mary thought that Dickon would not like her. Then Martha asked Mary if she liked herself and Mary said no. According to Mental Health America, loneliness results in low self-esteem in people (n. d., para. 1). From that explanation, it can be said that Mary had a low opinion of herself.

Colin's loneliness is reflected in the way he looks at life. Jones and Carver stated that loneliness influences one's perceptions of people, life, and society in such a way that lonely people tend to be pessimistic, apathetic, and negative (as cited in Rokach 2007, p. 180).

"If I live I may be a hunchback, but I shan't live (Burnett, 1911, p. 136)."

"Do you think you won't live?" she asked, partly because she was curious and partly in hope of making him forget the garden. "I don't suppose I shall (Burnett, 1911, p. 140)."

The conversation between Mary and Colin above shows how Colin viewed his life. Colin had always thought that he would not survive with his weak condition. Colin's outlook on his own life was terrible and not one that children should have.

"When I lie by myself and remember I begin to have pains everywhere and I think of things that make me begin to scream because I hate them so (Burnett, 1911, p. 209)." Colin started to feel his body ache when he was alone and when he thought about his illness. Furthermore, when he started to feel the pain, he would scream because he did not like it. One of the things experienced by someone who experiences loneliness is the appearance of unexplained pain (Mental Health

America, n.d., para. 1). The pain that Colin experienced every time he remembered his illness was caused by being lonely and having nothing else to take his mind off.

3.2 The Factors Contributed to the Feeling of Loneliness Experienced by Mary Lenox and Colin Craven

The feeling of loneliness is shown by Mary Lenox throughout the story. Many factors that cause loneliness emerged in the characters. Loneliness is influenced by a variety of circumstances. According to Perlman and Peplau (1981, p. 34), we can identify these elements by looking at the factors that prompted the onset of loneliness and the factors that cause loneliness to persist. The abandonment that Mary's parents did to her and the environment changes contributed to Mary's loneliness. The neglect that Colin Craven's father showed toward him was the root cause of his loneliness, just as it was for Mary. In addition to this, Colin's isolation is caused in part by the absence of supportive surroundings.

3.2.1 Contributing Factors of Loneliness Experienced by Mary Lenox

3.2.1.1 Child Mistreatment Committed by Parents

Child treatment is the focus of discussion in this section. The term child mistreatment refers to any act of violence or abandonment committed against a person under the age of 18 that has the potential to cause harm to that person (WHO, 2020, para. 1).

3.2.1.1.1 The Absence of Parents

Mary's parents were absent from Mary's life ever since she was a baby. This absence can be considered as abandonment. Abandonment is the failure of parents or other caregivers to provide for the basic needs of their children (Bekiroglu & Inan, 2021, p. 1). Ever since Mary was born, the parenting duties that should have been carried out by her parents were handed over to an Ayah. An Ayah, also known as a nanny, child-minder, or nursemaid, was a worker who looked for young Anglo-Indian children (Robinson & Sleight, 2016, p. 41). Mary's father worked under the English government and her mother did not care about Mary's existence; she didn't even want children in the first place:

Her father had held a position under the English Government and had always been busy and ill himself, and her mother had been a great beauty who cared only to go to parties and amuse herself with gay people (Burnett, 1911, p. 1).

She had not wanted a little girl at all, and when Mary was born she handed her over to the care of an Ayah, who was made to understand that if she wished to please the Mem Sahib she must keep the child out of sight as much as possible (Burnett, 1911, p. 1).

The quotation above shows the condition inside Mary's family. Her father was busy working and was also ill himself and her mother did not want a child at all. Her parents had never made time to give Mary the proper amount of attention and affection she needed throughout her life.

Mary's parents' neglect, particularly her mother's, did not result in the attachment relationship that is typically formed between parents and children. Attachment refers to the emotional bond that develops between a child and their primary caregiver. According to Bowlby, the main concept of attachment is that

newborns are born with a natural desire to associate with a primary caregiver (as cited in Scharfe, 2017, p. 2).

Mary did not call her mother. Instead, she called her mother as Mem Sahib just like how the servants called her mother. Everytime Mary had the chance to see the Mem Sahib, she only stared at her mother (Burnett, 1911, p. 8).

The quotation above shows that the relationship that exists between Mary and her mother can be characterized as poor. There was absolutely no emotional connection between Mary and her mother. Mary even did not call Mrs. Lenox as a mother; she called her Mem Sahib instead. Mary's mother had no interest in Mary's upbringing at all. This is evident from the following conversation between Mr. and Mrs. Crawford, who provided Mary with a place to stay temporarily after the passing of her parents and caregivers.

"Perhaps if her mother had carried her pretty face and her pretty manners oftener into the nursery Mary might have learned some pretty ways too. It is very sad, now the poor beautiful thing is gone, to remember that many people never even knew that she had a child at all."

"I believe she scarcely ever looked at her," sighed Mrs. Crawford (Burnett, 1911, p. 11).

The quote shows that Mary's mother never took care of Mary at all. Because Mary's parents did not pay enough attention to the little girl, she always had the impression that she did not belong to anyone. She had the belief that she was not belong to either of her parents. She experienced a sense of loneliness for the first time in her life as a direct result of the thought as shown in the narrative below:

She had begun to wonder why she had never seemed to belong to any one even when her father and mother had been alive. Other children seemed to

belong to their fathers and mothers, but she had never seemed to really be any one's little girl (Burnett, 1911, p. 12).

The narration above demonstrates the first time Mary started to think about her relationship with her parents. From that narration, it can be said that Mary's parents did not care about her to the point of making Mary think like that. Therefore, it can be concluded that Mary did not have any meaningful relationship with either of her parents as long as her parents were still alive.

All of Mary Lenox's physical needs are satisfied. She was not lacking in either clothing or shelter. In addition to this, she did not have to be concerned about the accessibility of food. Only her emotional needs cannot be met. The following line from the narration illustrates this point: "She had servants, as well as food and clothes, but no one had taken any notice of her." The fulfillment of Mary's emotional needs that her parents failed to fulfill should have been replaced by her Ayah.

The problem of Mary's emotional needs being met will be solved if Mary's Ayah can take on the role of Mary's mother and father in terms of meeting these emotional needs. But, it is unfortunate that this also cannot be accomplished because Mary thought that "they were obsequious and servile and did not presume to talk to their masters as if they were their equals (Burnett, 1911, p. 26)." The preceding quotation demonstrates that the Ayah's role is limited to carrying out Mary's commands. Ayah was unable to provide Mary with the emotional support and love she needed. This is due to differences in the social status that Mary and Ayah had at that time. These differences created boundaries that these caregivers cannot cross. Ayah was just a servant whose job was to do whatever Mary said

and not to disobey her. The role of parents, which could have been filled by Ayah in terms of nurturing and affection, was not fulfilled. Therefore, it can be said that Mary experienced emotional abandonment. According to Heer (2022, p. 2), emotional abandonment occurs when the primary caregiver fails to meet the children's emotional needs.

3.2.1.2 The Change in Circumstances

In one instance, Mary's life turned 180 degrees. Overnight, she lost both her parents and her nanny. Before she could fully comprehend what was going on, she found herself sailing towards a different place she had never been since her birth. In her new place, she must adjust to an entirely different environment and set of habits than she is used to. Mary felt lonely as her circumstances changed so quickly and dramatically.

The transformation of Mary's condition begins with a shift in her past social contacts. Mary's social relations changed due to the loss of an Ayah figure that had cared for her since she was a newborn. Another reason of loneliness, according to Perlman and Peplau (1981, p. 34), is the loss of a close emotional bond. Even though Mary and her Ayah's connection was not intimate, the Ayah was the person Mary was accustomed to.

One frightfully hot morning, when she was about nine years old, she awakened feeling very cross, and she became crosser still when she saw that the servant who stood by her bedside was not her Ayah.

"Why did you come?" she said to the strange woman.

"I will not let you stay. Send my Ayah to me (Burnett, 1911, p. 2)."

The preceding section of the story indicates that even though she was accompanied by another servant, she insisted on having her Ayah with her at all times. This is because Mary is accustomed to the presence of her Ayah, and Mary's Ayah is also familiar with Mary's mannerisms and routines. She would frequently comfort Mary by reassuring her with stories or by singing Mary a lullaby.

“The Ayah had been taken ill in the night, and it was because she had just died that the servants had wailed in the huts (Burnett, 1911, p. 4)”. The reason Mary's Ayah couldn't come to see her was that she had died of cholera. Mary did not feel her loneliness immediately; she did not even feel sad. Mary thought that she would get a new Ayah because since she was small she was always raised by an Ayah. Mary expected that she would be cared for by someone who would be as courteous to her and spoil her as her Ayah had been when she was alive. However, the expectations that Mary had built did not match reality.

"Are you going to be my servant?" Mary asked, still in her imperious little Indian way. Martha began to rub her grate again. "I'm Mrs. Medlock's servant," she said stoutly. "An' she's Mr. Craven's—but I'm to do the housemaid's work up here an' wait on you a bit. But you won't need much waitin' on."

Mary expected that she would have a new servant as her old one had died of cholera. Mary thought that the young maid named Martha whom she met was going to be her maid. But, Martha was not meant to be her maid. Martha was the maid of Mrs. Medlock, the lady who picked Mary up when Mary arrived in England.

“They were obsequious and servile and did not presume to talk to their masters as if they were their equals (Burnett, 1911, p. 26).”

"Aye, that I do," answered Martha, cheerfully polishing away at the grate. "I just love it. It's none bare. It's covered wi' growin' things as smells sweet. It's fair lovely in spring an' summer when th' gorse an' broom an' heather's in flower. It smells o' honey an' there's such a lot o' fresh air—an' th' sky looks so high an' th' bees an' skylarks makes such a nice noise hummin' an' singin'. Eh! I wouldn't live away from th' moor for anything' (Burnett, 1911, p. 26)".

The quotation above contrasts Mary's servants in India and the servant she met in England. Servants in India were always obedient and did not dare to go against their masters, including Mary's Ayah. Meanwhile, Martha, the maid who often saw Mary, was the complete opposite of Ayah. Martha spoke to Mary as if she were in the same position as Mary. Martha also did not hesitate to scold Mary. Martha did not spoil Mary as Ayah did.

She was in such a rage and felt so helpless before the girl's simple stare, and somehow she suddenly felt so horribly lonely and far away from everything she understood and which understood her that she threw herself face downward on the pillows and burst into passionate sobbing (Burnett, 1911, p. 29).

It is shown from the passage above how Mary felt about her situation. The abrupt change in circumstances left Mary with insufficient time to comprehend what was going on. She was confused by lifestyle differences and unfulfilled expectations. These experiences eventually prompted her emotions to explode. She felt alone and disconnected from everything she understood and everyone who understood her.

3.3.1.3 Moving from India to England

Mary was sent to England to live with her uncle, Mr. Craven. Mary did not know anything about England because since childhood she had lived in India and

never told anything about England. In other words, Mary sailed to England with zero knowledge about the place. A person is said to have experienced dislocation when they moved to an environment that was foreign to them (Rubenstein, 1979).

"You are going to be sent home," Basil said to her, "at the end of the week. And we're glad of it."

"I am glad of it, too," answered Mary. "Where is home?"

"She doesn't know where home is!" said Basil, with seven-year-old scorn. "It's England, of course (Burnett, 1911, p. 9)."

The quotation above demonstrates that England is very foreign to Mary.

As an English person, she should have known where she was come from. But, Mary had never been told anything about her homeland by her parents. That was the reason why she did not understand where home is when Basil talked about that.

In England, Mary lived in a big gloomy manor called Misselthwaite which was located in Yorkshire. The manor was very big and it had around one hundred rooms in it. But, most of the rooms were shut. There was a lot of garden and kitchen garden.

"This is such a big lonely place," she said slowly, as if she were turning matters over in her mind.

"The house is lonely, and the park is lonely, and the gardens are lonely. So many places seem shut up. I never did many things in India, but there were more people to look at—natives and soldiers marching by—and sometimes bands playing, and my Ayah told me stories. There is no one to talk to here except you and Ben Weatherstaff. And you have to do your work and Ben Weatherstaff won't speak to me often (Burnett, 1911, p. 88)."

Despite the grand size of the manor, there were not so many activities to do. While Mary was in Misselthwaite, she did not have a lot of things to keep her busy. It led to her feeling lonely and bored. Even though she was in India, she did

not engage in a lot of activities due to the heat. But despite that, there is still a lot to see in India. For instance, natives and soldiers walking by and sometimes bands playing. Mary also had no friends to talk to, only Martha and Ben Weatherstaff, a gardener. Mary could not talk to Martha and Ben because they had to work and Ben sometimes avoided her when he sees Mary.

3.3.1.4 Lack of Social Skill and Social Network

Mary's mother asked the maid to "hide" Mary because she did not want to see her. Mary was never seen to have had any peers in her life in India because of her isolated life, "I have no friends at all," said Mary. "I never had. My Ayah didn't like me and I never played with any one (Burnett, 1911, p. 43)." In India, Mary did not go to school, that was why she did not have any friends. She spent her time accompanied by her Ayah but her Ayah did not like her very much.

When he stayed with Mr. and Mrs. Crawford, she was unable to establish friendship with Crawford's children. According to Horowitz (as stated in Perlman and Peplau, 1982), those who lack important social abilities have trouble developing friends. This is demonstrated in the following quotation:

She was making heaps of earth and paths for a garden and Basil came and stood near to watch her. Presently he got rather interested and suddenly made a suggestion.

"Why don't you put a heap of stones there and pretend it is a rockery?" he said. "There in the middle," and he leaned over her to point.

"Go away!" cried Mary. "I don't want boys. Go away! (Burnett, 1911, p. 9)."

Mary was making a garden from some heaps of earth when Basil came and watched her. Basil tried to interact with Mary by suggesting Mary to put some

stones in her garden. However, she decided to drive Basil away and continue playing alone. Mary and Basil may have interacted and played if Mary had been more open to him. Weiss proposed that loneliness is associated with a lack of social skills, which may stem from childhood (as cited in Perlman & Peplau, 1982, p. 42). This idea is in line with attachment theory which suggested that children form internal working models of relationships with others by mimicking their relationship with their primary caregiver (Ainsworth & Bowlby, 1991, p. 9). These models serve as a foundation for later relationships. Since Mary did not have any good relationship with her parents that can be her model for initiating relationships, she had difficulty being more open and welcoming to people.

3.2.2 Contributing Factors of Loneliness Experienced by Colin Craven

3.2.2.1 The Absence of Parents

The experience that Colin had was comparable to that of Mary. Colin was also abandoned by his parents, specifically by his father. It is only that in Colin's particular situation, if his mother had still been alive, it would have been possible that his father would not have deserted him, "If she had lived I believe I should not have been ill always," he grumbled. "And my father would not have hated to look at me (Burnett, 1911, p. 145)." Colin thought that if his mother were still alive, he would not be a sickly boy and his father would not hate him.

"Yes, she died," Mrs. Medlock answered. "And it made him queerer than ever. He cares about nobody. He won't see people. Most of the time he goes away, and when he is at Misselthwaite he shuts himself up in the West Wing and won't let any one but Pitcher see him (Burnett, 1911, p. 17)."

The death of Colin's mother marked the beginning of Colin's father's abandonment of him. Colin's mother died in an accident shortly after he was born. Colin's father was devastated by his wife's death. The sadness that Mr. Craven's had of his wife's passing made him ignore many things including Colin. He often travels to distant foreign places to entertain himself. He often left Colin at home with the maids and nurses and a doctor to look after him. For ten years he wished he could forget Colin. He had frequently traveled to distant locations, yet he still had not healed from his grief. Mr. Craven's abandoning Colin was most likely due to his own tremendous grief about his wife's leaving and his worries for Colin.

He had not meant to be a bad father, but he had not felt like a father at all. He had supplied doctors and nurses and luxuries, but he had shrunk from the mere thought of the boy and had buried himself in his own misery (Burnett, 1911, p. 311).

Colin's material needs were also met. His father, Mr. Craven, had provided Colin with luxury goods and doctors and nurses. However, the doctors and nurses still couldn't give Colin the love he needed. Just like Mary, Colin's emotional needs cannot be met.

"Them's just like his mother's eyes, only hers was always laughin', they say," he said. "They say as Mr. Craven can't bear to see him when he's awake an' it's because his eyes is so like his mother's an' yet looks so different in his miserable bit of a face (Burnett, 1911, p. 174)."

Colin assumed that his father despised seeing him. Mr. Craven only visited Colin when the boy was asleep because Colin had his mother's grey eyes so he very much resembled his mother. The only difference was Colin's mother's eyes looked alive. That's why Mr. Craven never visited Colin when he woke up.

He wouldn't set eyes on th' baby. He just raved and said it'd be another hunchback like him and it'd better die (Burnett, 1911, p. 151).

He had refused to see it, and when he had gone to look at it at last it had been such a weak wretched thing that every one had been sure it would die in a few days (Burnett, 1911, p. 311).

Another reason that made Mr. Craven didn't want to see Colin because when Colin was born he looked weak. People whispered that Colin's baby would not live long; that the baby would die in a few days. Mr. Craven was afraid that his son would turn out to be as hunchbacked as he was and thought the boy would rather die.

3.2.2.2 Unsupportive Surrounding

Colin was born so weak that people thought he would not be able to survive to grow up. In the story, Colin is told to suffer from an illness. Colin spent his time isolating himself in his room before he meets Mary. He refused to go outside and refused to meet people. He thought that when he went out of the room people were whispering and looking at him, "Sometimes I have been taken to places at the seaside, but I won't stay because people stare at me (Burnett, 1911, p. 136)". At some points, he went outside but it would not be long because he felt uncomfortable of people staring at him.

Colin grew up in an unsupportive environment. He was surrounded by many people who would talk about his condition. Colin was diagnosed with a hunchback due to his weak condition. Therefore, doctors advised Colin not to tire himself. Colin's condition did not improve even though he was regularly examined

by a doctor. The doctor is Mr. Craven's cousin whom the people in Misselthwaite called as Dr. Craven.

Mary saw that Dr. Craven did not look pleased, but it was quite plain that he dare not oppose his patient. He sat down by Colin and felt his pulse.

"I am afraid there has been too much excitement. Excitement is not good for you, my boy," he said (Burnett, 1911, p. 161).

He must not talk too much; he must not forget that he was ill; he must not forget that he was very easily tired. Mary thought that there seemed to be a number of uncomfortable things he was not to forget (Burnett, 1911, p. 161).

Colin's recovery should be the responsibility of Dr. Craven. Instead of nursing Colin back to health, Dr. Craven instilled negative thoughts in him. He kept saying unpleasant things to Colin. This was exacerbated by the maids whispering behind him that he would never grow up. The bad talk about him eventually made Colin think it was true; that he would not grow up; that he will soon die.

"Do you think you won't live?" she asked, partly because she was curious and partly in hope of making him forget the garden.

"I don't suppose I shall," he answered as indifferently as he had spoken before.

"Ever since I remember anything I have heard people say I shan't. At first they thought I was too little to understand and now they think I don't hear. But I do (Burnett, 1911, p. 140)."

The servants also whispered that Colin would be a hunchbacked as his father. Just like before, Colin thought it was also true because he heard it too often. This situation was extremely unfair to Colin. Instead of comforting and supporting him so he could recover, the people around him whispered bad things to each other. This matter made Colin believe that his condition would never improve and always made him thinking of dying. Colin's father, Mr. Craven, who

was supposed to be the shelter and support source Colin needed, ignored him, “If I live I may be a hunchback, but I shan't live. My father hates to think I may be like him (Burnett, 1911, p. 136). Colin father hated the thought of Colin being a hunchback like him because of Colin’s weak condition.

3.3 The Way to Overcome Loneliness

Coping loneliness is a self-consolation effort to reduce feelings of loneliness. Rubenstein (1979) mentions several things that a person usually does to react to loneliness. These things include sad passivity, active solitude, spending money, and social contact. The later three are in the form of way of coping loneliness. The form of effort that Mary and Colin did to overcome her loneliness was by doing physical activity and making friends.

3.3.1 Making Friends

Engaging oneself in social contact is one of the common coping way of loneliness. Susan Sowerby, Martha and Dickon’s mother, believed that it is important for children to have peers. She said, “an' children needs children (Burnett, 1911, p. 210).” She went on to say that children gain knowledge from one another. According to Piaget and Sullivan (as cited in Santrock, 2010, p. 449), children and adolescents learn how to interact reciprocally and symmetrically through their interactions with their peers. This finding is consistent with what they indicated.

3.3.1.1 Mary's Friendship and Martha

In the story, at first Mary has difficulty making friends. The challenge that Mary faces in initiating friendship is not because she is insecure, but because she had lack of social skills needed to socialize. However, this began to change over time.

Martha was the first person Mary became friends with. Martha was the first maid Mary met in Misselthwaite. At first Mary was confused by Martha's attitude of treating her like an equal friend instead of an employer. However, it was Martha's attitude that made Mary like Martha for a long time. Martha's open and talkative personality plays a big role in her interactions with Mary.

She did not feel cross whe Martha chattered away. She felt as if she rather liked to hear her, and at last she thought she would ask her a question. She asked it after she had finished her supper and had sat down on the hearth-rug before the fire. (Burnett, 1911, p. 50).

Martha talked to Mary as if they were friends already. Martha talked to her with openness which Mary never experienced before. Martha's friendly nature also played a role in the formation of their relationship. Martha's behaviour, which was very different from her former nanny in India, left an impression on Mary that made the little girl attracted to Martha.

“... , Our Dickon, he's twelve years old and he's got a young pony he calls his own.”

"Where did he get it?" asked Mary.

"He found it on th' moor with its mother when it was a little one an' he began to make friends with it an' give it bits o' bread an' pluck young grass for it. And it got to like him so it follows him about an' it lets him get on its back. Dickon's a kind lad an' animals likes him (Burnett, 1911, p. 32)."

Martha often talked about her family to Mary. Most of the time, Martha talked about her younger brother, Dickon. He told Mary a lot of things that amazed Mary. One of the examples is shown in the quotation above. Martha told Mary that Dickon had wild animal friends. Furthermore, Martha said that Dickon found the animals when he played in the moor. Martha's story about Dickon having animal friends amazed Mary even more. If there were one thing in common between Martha and Ayah, it was, they liked to tell Mary things. The difference was that what Martha told Mary was mostly about the moor and her family, especially her mother and Dickon.

3.3.1.2 Mary's Friendship with Dickon

Martha was Mary's first friend. However, Mary's first friend who was the same age as her was Dickon, Martha's younger brother.

"Oh!" exclaimed Mary, "then I shall see him! I never thought I should see Dickon. "Does tha' want to see him?" asked Martha suddenly, she had looked so pleased.

"Yes, I do. I never saw a boy foxes and crows loved. I want to see him very much (Burnett, 1911, p. 92)."

Martha's tales about Dickon aroused Mary's interest in him, and she became rather curious about him as a result. The passage of conversation that was just given previously reveals that Dickon had some animal friends that he found in the moorlands. It was because of this interest that he desired to meet with Dickon.

It was a very strange thing indeed. She quite caught her breath as she stopped to look at it (Burnett, 1911, p. 101).

And on the trunk of the tree he leaned against, a brown squirrel was clinging and watching him, and from behind a bush nearby a cock pheasant was delicately stretching his neck to peep out, and quite near him were two rabbits sitting up and sniffing with tremulous noses—and actually it appeared as if they were all

drawing near to watch him and listen to the strange low little call his pipe seemed to make (Burnett, 1911, p. 102).

Mary's wish soon came true. In one of the parks in Misselthwaite, Mary and Dickon had their first encounter with one another. She heard a whistle and was curious about the origin of the peculiar whistling sound, so she went in search of it. Then she came across a boy who was sitting against a tree and leaning against it. The child plays a flute made of wood. The boy was not alone; he was accompanied by a pair of squirrels watching him from the top of a tree trunk and a pheasant in the bushes and two rabbits who were attracted to Dickon's presence. The unusual sight amazed Mary. She saw the animals as if called by the sound made by Dickon's flute.

Dickon was the one who initiated the dialogue between Mary and himself. He addressed Mary in a manner that suggested the two of them were good friends. Mary, who previously did not have any friends at all, let alone male friends, responded quite stiffly to Dickon's greeting because she was rather shy. Even though Mary felt shy, later in the story, she had no trouble getting along with Dickon as a result of his outgoing and positive nature. She even revealed her biggest secret about the secret garden she discovered to Dickon.

Mary could scarcely bear to leave him. Suddenly it seemed as if he might be a sort of wood fairy who might be gone when she came into the garden again. He seemed too good to be true. She went slowly halfway to the door in the wall and then she stopped and went back (Burnett, 191, p. 118).

Dickon was a wonderful person to Mary, who had never known what it was like to have friends. She thought that Dickon was too good to be true. When

they split up for lunch, Mary fears that Dickon will disappear when she returns to the secret garden. For Mary, Dickon was someone she could trust.

3.3.1.3 Mary's Friendship with Ben Weatherstaff

Mary met an old gardener who had worked at Misselthwaite for a long time. The gardener's name was Ben Weatherstaff. Mary met Ben when she was chasing a bird called a robin. She saw Ben. Ben Weatherstaff's personality was more or less similar to Mary's. They both looked sour and cross.

He had a surly old face, and did not seem at all pleased to see her—but then she was displeased with his garden and wore her "quite contrary" expression, and certainly did not seem at all pleased to see him (Burnett, 1911, p. 36).

"Tha' an' me are a good bit alike," he said. "We was wove out of th' same cloth. We're neither of us good lookin' an' we're both of us as sour as we look. We've got the same nasty tempers, both of us, I'll warrant (Burnett, 1911, p. 43)."

Because of their similar nature, Mary felt related to Ben and wants to be friends with him. He often looked for Ben Weatherstaff in the garden. "Once when she was walking toward him he picked up his spade and turned away as if he did it on purpose (Burnett, 1911, p. 47)". Unfortunately, when Ben detected that Mary was approaching him he would grab his shovel and walk away.

Determined Mary had many ways so she can interact with Ben. He surprised Ben by suddenly appearing next to him. She came quietly because she was afraid Ben would walk away if he knew Mary was walking towards him. "But, in fact, he did not object to her as strongly as he had at first. Perhaps he was secretly rather flattered by her evident desire for his elderly company (Burnett,

1911, p. 95)". The proceeding quotation shows that Mary's persistence eventually paid off. Ben finally gave in and allowed Mary to be around him.

3.3.1.4 Colin's Friendship with Dickon

Dickon and his creatures did more than just amazed Mary. They also astonished Colin Craven, the young master. Colin, like Mary, had no past peers. Therefore, it came as quite astonishment to him when Mary shared the incredible tales she had heard about Dickon. Colin, who did not enjoy it when anyone observed his frail condition, did not object at all when Dickon came to visit him.

"Would you hate it if—if a boy looked at you?" Mary asked uncertainly.

He lay back on his cushion and paused thoughtfully.

"There's one boy," he said quite slowly, as if he were thinking over every word, "there's one boy I believe I shouldn't mind. It's that boy who knows where the foxes live—Dickon."

"I'm sure you wouldn't mind him," said Mary.

"The birds don't and other animals," he said, still thinking it over, "perhaps that's why I shouldn't. He's a sort of animal charmer and I am a boy animal (Burnett, 1911, p. 165-166)."

Just like Mary, Colin was also attracted to Dickon because of Mary's story about Dickon's animal friends. Mary asked Colin what if a boy had seen him. Mary asked because Colin hated it when strangers saw him. Mary continued that the boy could attract the attention of the animals. Colin, who was interested in Mary's explanation, didn't mind meeting the boy.

Since then, Dickon has often visited Colin to show his pets or just to tell him about what happened on the moor and in the secret garden. These stories entertained Colin so he could forget his loneliness. His imagination of the state of

the secret garden and how much fun it would be there filled him with joy. The pain he had previously felt without him noticing was slowly disappearing.

Santrock (2010, p. 440) revealed that peers also provide physical support by providing resources and assistance when needed. "Dickon began to push the wheeled chair slowly and steadily,... And Dickon did it with one strong, steady, splendid push (Burnett, 1911, p. 277 & 299)". Colin's physique was so weak to the point that he couldn't even walk. He had to be put up on his chair whenever he wanted to go out. As Dickon always liked to walk for miles, he had a strong body. He always helped to push Colin carriage.

3.3.1.5 Mary and Colin's Relationships

Mary and Colin were cousins. One night, Mary was awakened at night by a raging storm. Mary, unable to go back to sleep, heard crying in the distance. She had heard this sound before. She then left her room to find the voice

She made her way down the hallways until she reached the destination, which was a room with a door that was concealed by a giant tapestry. After opening the door, she was immediately ushered into the space behind it. There, she witnessed Colin sobbing for the first time.

There was a low fire glowing faintly on the hearth and a night light burning by the side of a carved four-posted bed hung with brocade, and on the bed was lying a boy, crying fretfully. He looked like a boy who had been ill, but he was crying more as if he were tired and cross than as if he were in pain (Burnett, 1911, p. 133).

"I thought you were a ghost or a dream," he said. "You can't bite a ghost or a dream, and if you scream they don't care (Burnett, 1911, p. 165)."

The quotation above shows the first time Mary and Colin saw each other. It was the first time for Mary to see Colin. She saw a boy lying on the bed while sobbing fretfully. Colin was looking like a boy who had been ill but the cry was not because he was in pain. Colin's crying were sound more like he were tired and cross. On the other hand, Colin thought Mary was a ghost or a dream when he acknowledged Mary existence.

Mary and Colin's relationship was rather touching. One moment they got along and laughed together, another moment they fought and shouted at each other. Mary and Colin were spoiled children. Mary who was self-centered, stubborn and unsympathetic met Colin who is sickly, weak and pessimistic. Both would be angry if their wishes were not obeyed. The example is when they fight because Mary could not meet Colin in the morning:

Colin frowned and condescended to look at her.
 "I won't let that boy come here if you go and stay with him instead of coming to talk to me," he said." Mary flew into a fine passion. She could fly into a passion without making a noise. She just grew sour and obstinate and did not care what happened. "If you send Dickon away, I'll never come into this room again!" she retorted. They were a nice agreeable pair as they glared at each other (Burnett, 1911, p. 181).

Mary did not see Colin in the morning because she had to work in the secret garden with Dickon and she was planning to see Colin after the work done. When Mary finally came to see Colin in his room, Colin was already mad at her. Colin forbade Mary from seeing Dickon if it kept her from visiting Colin. Mary, who did not like Colin's attitude, finally got angry as well.

Both Mary and Colin were influencing each other on their journey of overcoming loneliness. Mary learnt some things about herself from Colin. “Mary had indeed been rather like him herself and since she had been at Misselthwaite had gradually discovered that her own manners had not been of the kind which is usual or popular (Burnett, 1911, p. 251).” She had thought of herself when she saw Colin’s rude behavior to his doctor. She immediately thought about her own old manner too that she had been a rude and selfish little girl during her time in India.

Meanwhile, the influence of Mary on Colin is she always put confidence in Colin, “When I was going to try to stand that first time Mary kept saying to herself as fast as she could, 'You can do it! You can do it! (Burnett, 1911, p. 258). The previous quotation is one of the examples. Mary whispered words of encouragement to Colin as Colin tried to stand up for the first time. She tried to instill confidence in Colin and make Colin feel supported. Not only that, Mary also always comforted Colin with her company. One of the examples of Mary comforting Colin was after Colin’s tantrum. Mary comforted him by singing the song Mary’s Ayah used to sing her:

"Would you like me to sing you that song I learned from my Ayah?" Mary whispered to Colin.

His hand pulled hers gently and he turned his tired eyes on her appealingly. "Oh, yes!" he answered. "It's such a soft song. I shall go to sleep in a minute (Burnett, 1911, p. 194)."

He closed his eyes and lay quite still and she held his hand and began to speak very slowly and in a very low voice. ... The soft drone of her voice was making him stiller and stiller and she saw it and went on. ... And Colin was asleep (Burnett, 1911, p. 195-196).

Colin had one of his tantrums that night and it was very bad. Even the nurses were afraid of Colin's tantrums. They could not manage to calm Colin down that they asked Mary for help. Mary agreed to that and she came to Colin's room to calm the boy down.

3.3.2 Physical Activity

3.3.2.1 Outdoor Activity

Mary finally enjoyed her time outside of the manor. She found herself an activity to spend her time. Rubenstein (1979, p. 215) defined active solitude as spending time doing useful and creative activities. He mentioned several examples of active solitude, namely writing, watching movies, reading, working or studying, walking, playing music, doing hobbies, and sports. Most of the activities mentioned by Rubenstein include physical activities.

She walked round and round the gardens and wandered about the paths in the park (Burnett, 1911, p. 47).

Mary did not ask where the library was, because she was suddenly inspired by a new idea. She made up her mind to go and find it herself (Burnett, 1911, p. 56).

Before Mary found her secret garden, she spent her time discovering Misselthwaite and its surrounding areas. She took a stroll through the many gardens that were present. She made the most of her time by venturing about Misselthwaite. She made the decision not to ask with Mrs. Medlock regarding the location of the library. Instead, she came up with the bright idea of attempting to find it on her own when she was out wandering in the wide Misselthwaite.

The skipping-rope was a wonderful thing (Burnett, 1911, p. 78).

She counted and skipped, and skipped and counted, until her cheeks were quite red, and she was more interested than she had ever been since she was born (Burnett, 1911, p. 78).

Mary skipped round all the gardens and round the orchard, resting every few minutes (Burnett, 1911, p. 79).

Not long after, Mary got a skipping rope from Martha. Skipping rope was amazing Mary thought and it made Mary very happy. She started playing with her skipping rope. She skipped while counting until her face turned red. She hopped around the garden then took a break every few minutes. One day when she was playing jump rope, she met the robin. She followed the robin while skipping. At that moment, the robin showed Mary the way to the secret garden.

She went from place to place, and dug and weeded, and enjoyed herself so immensely that she was led on from bed to bed and into the grass under the trees (Burnett, 1911, p. 85).

She worked and dug and pulled up weeds steadily, only becoming more pleased with her work every hour instead of tiring of it (Burnett, 1911, p. 95).

After she discovered the secret garden, she spent most of her time working inside it. She really enjoyed her time there. She bought spades and flower seeds with money given by Mrs. Medlocks every week. She dug the ground and pulled the weeds. She did not feel tired but feels more satisfied with the activities she was doing.

Initially, Mary just wanted to keep the secret about the secret garden to herself. But because she did not know anything about plants, she finally accepted Dickon's offer to help her. "Could you keep a secret, if I told you one? It's a great secret. I don't know what I should do if any one found it out. I believe I should die!" She said the last sentence quite fiercely (Burnett, 1911, p. 106). The preceding quotation shows that like it or not Mary had to share her secret with

Dickon. Fortunately, Dickon is a trustworthy child. Dickon looked over the condition of the secret garden while he was there. He was surprised that Mary did such a good job of digging and pulling even though she knew nothing about gardening. Dickon worked a lot of the time and Mary helped him, as shown in the following quotation, “And then they began to work harder than ever and more joyfully (Burnett, 1911, p. 117)”. The work they did in the garden made them very happy instead of tired. Both Mary and Dickon really liked the place.

Colin was the last person to know about the secret garden. Before Mary told Colin about the secret garden, Mary only told how the garden was. Mary told him in detail about the condition of the secret garden. Even though he had only heard about it through Mary, Colin was already fascinated by the secret garden. It took some time for Mary to finally tell Colin.

The first time Colin stepped out of his room was the moment he finally got to see the secret garden. There Mary and Dickon showed Colin lots of things as they worked. Colin only watched them while sitting in his chair due to his weakness. But that did not dampen his spirits.

They brought him things to look at Dickon pushed the chair slowly round and round the garden, stopping every other moment to let him look at wonders springing out of the earth or trailing down from trees (Burnett, 1911, p. 233).

They took Colin around the secret garden while they were there. While Dickon pushed Colin's chair around, they showed him a lot of things. They paused every now and then to allow Colin to enjoy the breathtaking scenery of the secret garden.

After the ceremony Colin always took his walking exercise and throughout the day he exercised his newly found power at intervals. ... From that time the exercises were part of the day's duties as much as the Magic was (Burnett, 1911, p. 277 & 279). Mary, Colin and Dickon's later days were spent in the secret garden. Apart from gardening, they had new activities to do. Colin started practicing to make his body stronger. He was always practicing walking and he was getting stronger with each interval. Since then, exercise had become their mandatory routine.

3.3.2.2 Indoor Activity

Their activities were not only carried out in the secret garden. There were times when Mary and Colin did not have the opportunity to meet Dickon or play in the secret garden.

She had spent hours of every day with Colin in his room, talking about Rajahs or gardens or Dickon and the cottage on the moor. (Burnett, 1911, p. 163).

They had looked at the splendid books and pictures and sometimes Mary had read things to Colin, and sometimes he had read a little to her (Burnett, 1911, p. 163).

Mary and Colin spent hours in Colin's room. They talked about many things, ranging from Rajahs, gardens, or Dickon and his cottage on the moors. They also looked through amazing books and sometimes took turns reading to each other.

"A hundred rooms no one goes into," he said.

"It sounds almost like a secret garden.

"Suppose we go and look at them. There are galleries where you could run. We could do our exercises." They went to the Indian room and amused themselves with the ivory elephants. They saw

more rooms and made more discoveries than Mary had made on her first pilgrimage. "We will ramble about every rainy day (Burnett, 1911, p. 287)."

On boring rainy days, Colin found himself getting bored with constant silence. Mary and Colin's creative brains were trying to find ways to pass the time. They thought about exploring Misselthwaite together. There were lots of rooms to visit, one of which has a gallery where they can exercise and run around. Then they went to see more of the room. This exploration activity becomes an activity that they always do every rainy day.

3.3.3 Being in Nature

It seems Mary and Colin's feelings were starting to change for the better not only because of their physical activity in the secret garden. The spring that was coming made the nature around them turned greener and more colorful. Spending time in blue spaces and green spaces is linked to improved life satisfaction, reduced anxiety and increased happiness (McMahan & Estes, 2015, p. 1).

"It's so beautiful!" she said, a little breathless with her speed.

"You never saw anything so beautiful! It has *come!* I thought it had come that other morning, but it was only comin. It is here now! It has come, the Spring! Dickon says so!" "Open the window!" he added, laughing half with joyful excitement and half at his own fancy.

"Perhaps we may hear golden trumpets!" And though he laughed, Mary was at the window in a moment and in a moment more it was opened wide and freshness and softness and scents and birds' songs were pouring through.

"That's fresh air," she said.

"Lie on your back and draw in long breaths of it. That's what Dickon does when he's lying on the moor. He says he feels it in his veins and it makes him strong and he feels as if he could live forever and ever (Burnett, 1911, p. 212)."

This was how Mary and Colin felt when they knew that spring would come soon. Mary was excited to tell Colin that spring would soon be coming to the secret garden. When spring finally arrived, Mary hurriedly announced this to Colin excitedly. She told Colin to breathe fresh air outside by opening Colin's bedroom window wide. Mary listened to Dickon who said the fresh air made him strong and felt as if he could live forever. Maybe Colin would felt the same way when he felt the fresh spring air.

Mary had seen herself in the glass sometimes lately when she had realized that she looked quite a different creature from the child she had seen when she arrived from India. This child looked nicer (Burnett, 1911, p. 164).

Mary was glowing with exercise and good spirits (Burnett, 1911, p. 179).

He was a tall boy and a handsome one. He was glowing with life and his running had sent splendid color leaping to his face. He threw the thick hair back from his forehead and lifted a pair of strange gray eyes—eyes full of boyish laughter and rimmed with black lashes like a fringe. It was the eyes which made Mr. Craven gasp for breath (Burnett, 1911, p. 317).

Everything that happened to Mary and Colin made a big difference for both of them. Mary's nature, which was initially spoiled, stubborn, and irritable, gradually turned into a cheerful and lively girl. Mary's physique also changed from being thin and easily sick to becoming fuller and healthier. Colin also experienced the same change. Colin turned into an optimistic and cheerful person from the previous pessimistic boy. Just like Mary, Colin's body also looks fuller and healthier.

CHAPTER 4

CONCLUSION

The Secret Garden is a children novel written by Frances Hodgson Burnett in 1911. The story tells of a little girl named Mary Lenox who has to move to England from India to live with her uncle. In England, Mary Lenox met Colin Craven whom she later learned to be her cousin. These two young children both experience feelings of loneliness which in their stories together try to overcome this feeling of loneliness.

The researcher reached the conclusion based on the study's objectives, which include the loneliness experienced by Mary Lenox and Colin Craven, the contributing causes to the sense of loneliness, and, last but not least, the method Mary Lenox and Colin Craven overcome with loneliness.

The researcher found two forms of loneliness experienced by Mary Lenox and Colin Craven. Both Mary Lenox and Colin Craven experienced different types of loneliness. Mary Lenox exhibited the characteristics of positive external type of loneliness. Positive external type is identified when the person experiencing loneliness looks for any positive activities to do. Mary Lenox embodied her loneliness through doing any physical activities in the secret garden. On the other hand, Colin Craven dwell in his loneliness by isolating himself in his room and refused to make contact with other people.

Furthemore, the researcher identified the contributing factors that trigger the emergence of loneliness in both children. The factors that play a role in the emergence of loneliness experienced by Mary Lenox and Colin Craven is similar but not exactly the same. Mary and Colin were both neglected by her parents. In Mary's case, her parents did not want to raise her at all and left Mary's care to a father. The loneliness that Mary felt was also caused by a drastic change in habits and her move from Indies to England. Not only that, the lack of social skills is also the cause of Mary's loneliness. The loneliness that Colin Craven felt was also caused by neglect. He was neglected by his father since his mother died some time after Colin was born. Colin's environment which is not supportive of his condition also influences Colin's loneliness.

Lastly, the researcher identified the way to overcome with loneliness. Mary Lenox and Colin Craven have the same way of dealing with loneliness, namely by initiating interactions that end in forming friendships, doing physical activities, and being in nature. The people who became friends with Mary Lenox and Colin Craven were a little different. Mary and Colin were both friends with Dickon, Martha's younger brother. Beyond that, Martha and Ben weatherstaff whom Mary considered friends were just ordinary workers to Colin.

During their friendship with Dickon, Mary and Colin spent a lot of time doing lots of physical activities in the secret garden. The spring that had come made the nature around them come alive. Many flowers began to bloom and many green plants began to come to life. This made them very excited to do something in the secret garden. The activities they do include farming and exercising. Even

though they don't have time to do activities in the secret garden, their creative brains find another way to have fun, namely by exploring Misselthwaite.



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