

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Effort is issued by people in carrying out their duties. Good business is influenced by good motivation and work spirit. People must have a high effort towards his work so that create a high performance. The effort is affected by motivation, work ethic, attendance and task design (Mathis & Jackson, 2006).

Effort is one of the most important concepts in theory of motivation, and can be interpreted as the amount of energy into a form of behavior or part of behavior, (Mohr and Bitner in Karatepe, et al, 2006: 549). Parsons in Brown and Leigh (1996: 362) defines effort as a way in which motivation can be manifested into a superior work. This can indirectly be done as a task of mediation between the invisible psychology of motivation and work output. It can be concluded that effort is a number of physical and mental strength mobilized by individuals to achieve goals.

We need survive in any kind and everywhere, like survive in daily life. Survive in daily life is very important because in living life we should always be grateful to be able to stay alive and maintain our life, be optimized when our desire will be accepted, to control our life and control positive emotions.

In this thesis, the writer focuses on Main Character'S Efforts to Survive in Rachael Lippincott's novel *Five Feet Apart*. *Five Feet Apart* is a romantic drama told about two teenagers, Stella Grant (Haley Richardson) and Will Newman (Cole Sprouse), with cystic fibrosis (CF) diseases who fall madly in love. Stella is a cheerful patient and takes pride in following a strict treatment schedule as she waits

for a lung transplant. Her regimented routine, however, is thrown into disarray when she meets fellow Will Newman.

Unlike Stella, Will is cavalier about taking his medicine, even though his life depends on it. With a “Abandon all hope, ye who enter here” sign hanging on his ward door, Will has given up on life.

Although there is a spark between the two, they clash over Will’s fatalistic attitude about his condition he’s struck off the lung transplant list after being tested positive for a dangerous bacteria, and is on a new drug trial. Therefore he can't do a lung transplant like Stella so he won't be able to recover.

The pair becomes friends as Stella convinces Will to take his treatment schedule seriously in exchange for allowing him to sketch her, and friendship soon turns into love. But as with terminal romance stories, there is a catch. Cystic Fibrosis patients can cross infect each other, so Stella and Will cannot be within five feet of one another.

In preparing this proposal, the writer chose the title the main character's efforts to survive because the writer is interested in the name of a rare disease that has never been heard before, namely Cystic Fibrosis. The writer wants to know what efforts can be made to recover from the disease with the title “Main Character’s Efforts to Survive in Rachael Lippincott’s Novel *Five Feet Apart*”.

1.2 Statement of the Problem

Based on the description above, this study concerns the analysis of the Main Characters’ Efforts To Survive in Rachael Lippincott *Five Feet Apart*. The statements of this problem are formulated as follows :

1. What are the main character’s efforts to survive with a rare disease in the novel?

2. How are the impacts of the main character's efforts to survive in the novel?

1.3 Objective of the Study

The objectives of this study constitute the answers of the above statement of the problem. They are as follows:

1. To know how main character's efforts to survive with a rare disease in the novel.
2. To know how the impacts of the main character's efforts to survive in the novel.

1.4 Scope of the Study

This research describes the main character's efforts to survive in Rachael Lippincott's novel *Five Feet Apart*. This research was made to find out how important effort is in doing everything, especially in suffering from a very serious illness. The efforts made are also very diverse in order to get results that are in accordance with our goals. And the efforts we make can succeed and may fail.

1.5 Significance of the Study

Theoretically, this research hopes to provide a lot of knowledge about this rare disease and how to fight and believe in recovering from this rare disease called "cystic fibrosis". Because this disease is rarely found in any country, so with this research we are increasingly aware of our health and our struggle to fight against all diseases.

Practically, the result of this research can give information about the cure rare diseases such as cystic fibrosis.

CHAPTER II

LITERATURE REVIEW

2.1 Efforts to Survive

According to Massin (2017, 16), in his journal, effort can be explained as a primitive feelings and action. He also states that effort contains mental episodes which do not indicate anything. Effort may also refer to the category of feelings that can be compiled together with pains, tickles, and nausea. On the other hand, this primitive feeling can be viewed as the effort that belongs to the category of actions, not of feelings.

Effort is the use of physical strength or power of mind; trying hard with mind or body (Oxford Advanced Learner's Dictionary, 1989). From the above definitions, it can be concluded that an effort is the way to get something that people wants. Without doing the effort, people can get nothing.

As long as a human being is still living in this very world, he or she must do effort in this life, no matter how difficult it is. Efforts done by people have many purposes for example to make this life better, to make their dreams come true and also to help others save their life. However it is not deniable that there are many people do their efforts in this life for other people in certain condition. They may have good and bad aims. It all depends on the people themselves.

Furthermore, survival is derived from the word 'to survive' which means endurance or life support. Survive may also mean to maintain life. Anyhow, everyone who lives must have a strategy in his life. Meanwhile, 'survive' needs to be linked with the term 'strategy' to enable us to bring it into research or study. Survival strategy is a way to defend themselves so that humans can continue their lives. A

survival strategy is a plan of action or activities carried out in order to survive in any situation. Strategy can be said as a plan that is built to achieve goals. According to Suharto (2009), in general, survival strategies can be defined as “a person's ability to apply ways to overcome various problems that interfere with life.” It can be taken into account that the effort to survive is an activity or action which is carried out by a person with the aim of overcoming the problems that exist in his life, so that he/she can survive to continue his life. As depicted in the novel, the protagonist survives owing to her eagerness to do therapies as pleasing herself, and to have some medical treatments. Behind the goal of maintaining life, of course there are efforts that accompany it, therefore these efforts are what make a person able to maintain their life.

If we suffer from a very dangerous disease, of course we need efforts so that we can survive and recover from the disease. For example, the therapist is a form of effort in healing a disease, not only that, the therapist must also be accompanied by regularly taking medicines that have been recommended by a doctor. Apart from that, another form of effort is the importance of maintaining a healthy lifestyle in any condition and interacting with others a lot in order to keep the spirit of facing a disease. It can be concluded that effort is a number of physical and mental strength mentality mobilized by individuals to achieve goals.

Chronic disease is a type of degenerative disease that develops or persist for a very long period of time, i.e. more than six months. People who suffer from chronic diseases tend to have higher levels of anxiety high and tend to develop feelings of hopelessness and helplessness because various kinds of treatment could not help him recover from chronic disease (Sarafino, 2006).

When faced with a diagnosis of a serious illness, many people struggles with emotional and existential issues. When the days are filled with health care and visits, the role of spouses, parents, or workers can make way for the patient. As a result, many live with serious illness reported a desire to emphasize other aspects of their lives that are not related to physical function.

Chronic lung disease is a chronic disease that attacks the lungs and other parts of the respiratory system. Chronic here refers to the length of time the disease is experienced by the patient and the long-term impact it has. A disease is called chronic if it persists for a year or more and requires on going medical care or limits the patient's daily life or both. Some of the most common types of chronic lung disease include chronic obstructive pulmonary disease or COPD, lung cancer, pulmonary fibrosis, asthma, sleep apnea, and occupational lung disease. COPD and asthma are the two most common lung diseases. People of all ages can get chronic lung disease, from infants to the elderly. The impact of this disease is enormous not only on the patient's life, but also on his family and other people around him. Chronic lung disease is listed as one of the most common health disorders in the world. Around 4 million people die worldwide from this disease. Most chronic lung conditions cannot be completely cured. But if the treatment is right, people with chronic diseases can still lead normal lives.

According to Centers For Disease Control And Prevention (2018), the goal of treatment for chronic lung disease is to control symptoms and prevent the disease from getting worse while helping the patient live a normal life. Treatment for patients with chronic lung disease depends on the problems experienced, including:

1. Pulmonary rehabilitation

These treatment methods include physiotherapy, exercise, breathing techniques, nutritional therapy, relaxation, emotional support counseling, education about the patient's condition and treatment, and strategies to improve quality of life.

2. Drugs

Your doctor may prescribe special medications to reduce inflammation and help with breathing, depending on the symptoms and severity of the lung disease. In high-risk cases, your doctor may also suggest oxygen therapy.

3. Surgery

Surgery is usually the last option for treating COPD to reduce lung volume. Patients may also undergo a transplant surgery procedure if lung function is completely damaged.

4. Lifestyle Changes

In order to maintain a good quality of life, patients will also be asked to change unhealthy lifestyles that contribute to the severity of the illness. For example, by quitting smoking if previously used to smoke.

Massin (2017) classifies effort into six types as set out in the following :

1. Feelings are episodes. People have a feeling of pain, or a strong feeling for persons. Meanwhile, efforts are made by us; we have feelings, but make efforts.
2. Efforts have many given purposes that feelings lack. Efforts are necessarily related to a goal, which its complete point is intended to reach, while feelings do not show such goal-directedness. This can be seen from at least two ways. First, someone may confirm that feelings have adaptive value. Feelings do not definitely wish for something. Second, someone may think that feelings, such as the feeling of pain, call

for some reaction for example, pain should be avoided. Efforts do not in any sense call for the pursuit of an end. They are pursuits of ends.

3. Efforts are productive. One can lift weights, convince people or solve equations. One cannot do these things with feelings although feelings certainly do have other sorts of influences on our behavior

4. Efforts have success conditions. When an effort achieves the goal, it is successful. If it does not achieve the goal, it is a failure. Feelings by contrast have no success conditions. However, feelings have accuracy conditions which efforts lack. Efforts cannot be veridical; feelings cannot be successful.

5. Efforts typically are accompanied by some resistance, which the agent tries to overcome. Things resist our efforts, but they do not resist our feelings.

6. The case of efforts is, under certain conditions, not clearly the case of feelings. When one praises a student for his efforts, we do not praise him for his feeling.

Efforts are primarily not feelings, in the same way that hardness, hotness, or pains are. Then, efforts, therefore, should be differentiated from feelings. Even if efforts are not feelings but actions, perhaps one of their essential components their difficulty or unpleasantness is necessarily felt (Massin (2017, 16–17).

Referring to some understanding of effort above, effort is made to solve a problem and to achieve the expected goals. The word “effort” is a noun which has meaning “a serious attempt” or “conscious exertion of power or hard work”. Effort can also be interpreted as a means or work that we make towards an activity. However, in doing some activity, everyone has problems in their life. It can be taken into account that the effort to survive is an activity or action which is carried out by a person with the aim of overcoming the problems that exist in his life, so that he/she can survive to continue his life.

2.2 The Impact of Efforts to Survive

According to Halodoc.com (2019) patient compliance is something that is highly expected in all circles, not only in developed countries but also in developing countries, including Indonesia. Because, if patients comply with treatment of chronic diseases, the patient's quality of life will also increase.

Some things that can be categorized as patient compliance in medical treatment include:

1. Redeem drugs that have been prescribed by a doctor.
2. Appropriate dosage.
3. Continue treatment until it is time to stop.
4. Take prescribed medication.
5. Taking medication at the right time.
6. Take the drugs in accordance with recommended drink.
7. Taking drugs that have not passed the expiration date.
8. Taking drugs that are still good.
9. Store medicines according to storage rules.
10. Using drugs in accordance with how they are use.
11. Carry out the therapy that has been scheduled by the doctor.

These various forms of compliance can lead to benefits for the patient himself, as well as for health workers/facilities. For patient, adherence to medication can result in the illness being healed, getting better, or experiencing complete recovery.

Treatment of cystic fibrosis aims to thin the mucus in the lungs and the impact is the lungs are easier to expel, prevent lung infections or treat them when

they occur, prevent intestinal blockage, and maintain adequate nutrition for the patient. The impact of surgery is to provide relief in illness that will make our body's defenses last long enough, but that doesn't mean it makes us fully healed.