

CHAPTER I

INTRODUCTION

1.1 Background of the Study

One of the negative human emotions is anxiety. Every human being experiences nervousness, concern, or fear since anxiety is our emotional reaction to circumstances that make us feel unpleasant, unfamiliar, or difficult. We experience this level of worry in both young and old people. According to Nevid et al. in Shaleh (2019: 63), anxiety is a state of fear or worry that expresses concern about the likelihood of a negative event occurring soon. People will worry and experience anxiety about leaving their loved ones and making them sad. This kind of anxiety typically has an emotional impact on the person, who may hesitate to make choices. People with this kind of anxiety simply need trust, confidence, and the safest location to share experiences or receive affection from family, friends, lovers, or friends.

The Fault in Our Star is a work fiction by Jhon Green that was published by Duttons Book, Penguin Group (2012) this novel was first released in the United States and has been translated into many languages, which became Good Reads Choice Awards Winner For The Best Young Adult Fiction (2012), the 1st position The New York Times Best Seller (2012) John Green was included in Times Magazine's List or the most influential people in the world. Jhon Green was met with wide critical acclaim, unprecedented in Green's career.

The Fault in Our Star tells the story of Hazel, a patient with liver cancer who is forced by her parents to join a support group, where she meets Augustus, a fellow cancer survivor. Hazel falls in love with August at first sight, this August is a cheerful child. The two of them finally become friends and share their life stories,

when hazel almost succeeds in achieving his wish Hazel is disease recurred and made hazel think of keeping his distance in august but august still tried to contact hazel when august began confessed his feelings to Hazel that liked Hazel, however, Hazel rejected him even though he also liked August, Hazel did not want to hurt August because Hazel is worried that she would leave August waters. Although many people can experience anxiety and worry about acceptance and mutual feelings in a relationship, anxiety tends to develop when a person experiences excessive fear or worry. For example, anxiety can make a person worry about the future or a relationship. People with relationship anxiety may end their relationship out of fear, or they may stay in the relationship but with great anxiety.

From the points above, this research clarifies that the anxiety can affect human emotional where sufferers will find it difficult to control their emotions. All of these anxiety are started by protagonist. Her worry affects her emotion in deciding something. In general, a cancer patient might feel such anxiety because they have to do treatments ride of the cancer and the pain they feel. The treatments can make they feel worried or overthinking about their condition.

In this condition, sufferers can reduce their anxiety by manipulating the focus of their attention. It is like the protagonist who is trying to establish a relationship with August Waters and getting friends from his support group so that the protagonist's anxiety can be controlled. Then, she can think more positively. It is deductive to know about the type of the protagonist' anxiety and what the protagonist does to overcome her anxiety. It is important to discuss since nowadays such anxiety becomes common to attack modern people. As it is known that modern people tends be depressed due to life or need pressure. This causes anxiety to such people. It seems important to analyze anxiety in order that people can avoid the anxiety attack

from what the protagonist in the novel has done. Therefore, the types of anxiety and the protagonist is defense mechanism to avoid the anxiety are the focus of this study as the main factors defined so far to address the protagonist is anxiety-induced analysis.

1.2 Statement of the Problem

The statement of problem in this study is focused on the protagonist's anxiety in novel *The Fault in Our Star*. The research questions are stated as follows:

1. What are the types of the protagonist's anxiety in the novel
2. What are the deffense mechanisms done by the protagonist to avoid her anxiety in the novel?

1.3 Objectives of the Study

The objectives of this study are to analyze what become the research main problems mentioned above in this study. They are as follows:

1. To find out the types of protagonist's anxiety in the novel.
2. To describe the deffense mechanisms done by protagonist to avoid anxiety in the novel.

1.4 Scope of the Study

A scope should be created by doing a research or even a study. It is used to direct to research on the subject matter specifically. As the make up of the study is more practical in real sense of scientific work, this study should be focused on the protagonist is anxiety in the novel *The Fault in Our Star*. This study includes the

type of the protagonist is anxiety and her defense mechanisms to survive from the anxiety attack.

1.5 Significance of the Study

Practically, this research was made to develop an additional understanding for students of English literature from novels through the anxiety protagonist. Theoretically, using Freud's theory (1893) of psychoanalysis to describe the protagonist is anxiety, this research is useful for readers to understand the main problem in *The Fault in Our Stars* novel as a source of knowledge and also to know how important it is to educate oneself about anxiety. This study is also useful for enriching research in literature, especially for making studies of anxiety as the main protagonist problem.

CHAPTER II

LITERATURE REVIEW

2.1 Protagonist

A supporting character in the narrative is the protagonist. This particular figure has a counterpart who is the antagonist. A character who has a significant role in the story is the main character (protagonist). Characters who appear throughout the entire story. It is important. Character possessing traits that are the antithesis of those of the protagonist (antagonist). These individuals help to focus the issue and provide life and intrigue to the narrative. To have the reader accept the character, the writer must choose traits that are well-known to the reader, familiar to him, and perhaps even true of the reader himself, according to Sudjiman in Sudarti (2012: 1-140). Although the characters themselves are not all tied to one another, the protagonist is related to other characters (Sudjiman in Sudarti, 2012: 1-140). In the given novel, the character whose story is given the most attention is the main character. He is the one who is most frequently mentioned as both the incident's cause and its victim. In contrast, other characters only make an appearance if they have some sort of link, whether direct or indirect, to the primary character (Nurgiyantoro in Martyarini (2009: 1-8)).

2.2 Psychology of Literature

Psychology is the study of human behavior and emotions. Psychology is a branch of science that studies the behavior and mental processes that humans experience and do this means the use of psychology in analyzing literary works from

the psychological side of the authors, characters, and readers. Literary works are always related to psychology because psychology greatly influences literary works, including novels.

This psychology includes the psychology of the author as the creator of the work, the psychology of the characters and the psychology of the reader as a connoisseur of literary works. Psychology in literary works is closely related to psychology or human nature. through psychology we can know the character of the author and the characters in the novel. Writers produce literary works with the intention that their readers will read, appreciate, and use them. Literature can also be defined as the expression of literary authors or writers who draw on their own experiences, as well as something that is thought, something that is felt, something that is owned, the spirit of the author, and a true picture that heightens emotion through words. (Sumardjo, Febry (2017: paragraph 1-3) The psychological reaction of the protagonist will be included in this study while analyzing the protagonist's worry.

According to Roekhan, who is referenced by Febry (2017: paragraph 9), the contextual method in literary psychology is an approach that considers the characters' psychological perspectives. One of the methodologies examined in literary psychology is the contextual approach, which is based on the psychological framework put out by Sigmund Freud and C. Gustaf Jung. Psychology is a real or actual circumstance, whereas literature is an unreal or imagined situation. This is a key distinction between the two. Literature is frequently used to reflect a person's personality. The imaginary characters in literary works will be strongly tied to the works' writers. In making a literary work, it requires a story that attracts its readers so that the authors make the story even more interesting by adding characters who have unusual or strange traits and characters. The character of the character will later be related to psychological problems and affect the emotions of the characters in the novel and become a problem in psychological terms. Literary works not only provide pleasure and inner satisfaction, but also as a means of conveying moral messages to society regarding social reality. Literary psychology is an analysis of a literary work using the considerations and relevance of psychology.

2.3 Human Emotion

Emotions are a strong hold on negative thoughts, so they are difficult to get rid of. Emotions control the way we think, act and feel, so they can be quite difficult to deal with. Humans can recognize emotions such as anger, sadness, happiness, and others because they can also respond in the same way. Having emotions really helps humans to respond to the circumstances around them, such as a conscious response to the emotions experienced when humans receive threats, consciously, human emotions will respond with emotions of fear.

Goelman in Khoerunnisa (2011: 30-43) says that emotion refers to a typical feeling and thought, a biological and psychological state and a series of actions. Emotion itself is a feeling of stimulation from outside the human body, for example, feelings of worried will encourage changes in one is mood and it will be more difficult to act, psychologically this feeling of worry will encourage humans to behave in doubt.

Kurnia in khoerunnisa (2011: 30-43) as follows Emotions are a combination of several feelings that have a relatively high intensity and creates an emotional turmoil. A variety of common emotions, usually experienced by children are fear, worry/anxiety, anger, jealousy, guilt, sadness, curiosity, happy, as well as love and affection. Emotions also describe a feeling that is felt by someone when there is a change that he feels in himself. Emotions are also very important to form human character. emotion itself is activity, agitation of mind, passion and also every mental state that is in a state of greatness or overflowing. Emotions can also refer to the state of the human mind in taking action based on those feelings.

2.4 Anxiety

Anxiety is a state of apprehension or a state of worry that complains that something bad will happen soon. Anxiety is the right response to threats, but anxiety can become abnormal if the behavior is not in proportion to the threat, or the feeling comes without a cause (Nevid, et al, in Shaleh (2019: 63) .

Anxiety disorders can also be classified as neuroses for most of the 19th century. The term neurosis is taken from the word meaning "an abnormal or diseased condition of the nervous system" in the 18th century Cullen in Shaleh (2019:63) .

Then replaced with the understanding of Freud in the 20th century. Freud said that neurotic behavior occurs when there is a threat that unacceptable anxiety-provoking ideas will emerge into the subconscious. Anxiety is also a certain condition in which a person faces something that is uncertain about his ability to deal with that object. This is in the form of unpleasant emotions experienced by a person and not anxiety as a trait inherent in personality (Ghufron in Wijaya (2017: 8).

2.4.1 Type of Anxiety

According to Freud (1893) in Andri (2007: 233-238) , anxiety can be divided into three, namely neurotic anxiety, moral anxiety, and realistic anxiety as follows:

2.4.1.1. Neurotic anxiety

Neurotic anxiety is an apprehension about an unknown danger. The feeling itself exist in the ego, but it originates from id impulse. Neurotic anxiety is not much fear of the instinc themselves as it is a fear of the punishment.

2.4.1.2. Moral Anxiety

This anxiety is the result of the conflict between Id and superego. Basically a fear of individual's own conscience. When individuals are motivated to express instinctual impulses contrary to the moral values referred to in the individual's superego then he will feel ashamed or guilty. On everyday life he will find himself as a “beaten conscience”. Moral anxiety explain how the superego develops. usually

individuals with a strong and puritan conscience will experience more intense conflict than that individuals whose condition has a moral tolerance looser. Moral anxiety is fear of negative self-evaluation from the conscience or superego. The anxiety maybe felt as guilt, and those with strong superego may feel guilt or anxiety when they do (or even think of doing something). They are raised to believe is wrong.

2.4.1.3. Realistic Anxiety

Realistic anxiety is the fear of real dangers from the external world. It comes from real threat or threats in the environment. The level of anxiety that will be felt commensurate with the existing or anticipated threats.

Anxiety is a feeling or instinct towards a possible threat or danger which in reacting still allows for anticipation. Anticipation is possible because basically anxiety arises precisely because there are no circumstances or objects around that can be said to be dangerous, but only have the potential to become a threat of danger (Tuan in Warkey (2020: 93-107).

Anxiety or worry is the fear of something that is not known for certain. Anxiety is different from fear, where the fear will arise because there is a clear cause. Meanwhile, anxiety arises as a response to a situation that is actually not scary, or is just an invention of one's own (subjective) thoughts and personal prejudices. Humans will feel anxious and tense when faced with a threatening or stressful situation. These feelings are a normal reaction to stress.

2.4.2 Defense Mechanism.

Defense mechanisms are a person's strategy to try to survive or hide their anxiety consciously or unconsciously. Sigmund Freud used the term defense mechanism to denote unconscious processes that protect a person from anxiety through distorting reality. This means that this self-defense mechanism is in the form of self-deception. Various kinds of self-defense mechanisms according to Freud (1893) in Andri (2007: 233-238), namely:

2.4.2.1. Projection

Projection is a mechanism by which a person protects himself from being aware of the consequences of his own bad habits, or feelings of accusing him of others. Or in other words, projection is an attempt to blame other people for their failures, difficulties or bad wishes. This technique can be used to reduce anxiety because a person must accept the fact that he is bad.

2.4.2.2. Rasionalization

Rationalization is an attempt to prove that his behavior is reasonable (rational) and is considered rational, can be approved, can be justified, and can be accepted by himself and society. Rationalization is often referred to as an individual is attempt to find socially acceptable reasons to justify or hide bad behavior. Rationalization also arises when individuals deceive themselves by pretending that what is bad is good and what is good is bad.

2.4.2.3. Reaction Formation.

Reaction formation or reaction planning prevents harmful desires, whether expressed by exaggerating the opposite attitudes and behaviors and using them as obstacles to their actions. In this way the person can avoid the anxiety caused by having to face unpleasant personal characteristics.

2.4.2.4. Evasion or Displacement

The process mechanism by which suppressed emotions are given a different purpose toward ideas, objects, or people other than the primary source of emotion. The outburst of emotion towards a person or object is diverted to another person or object.

2.4.2.5. Repression

Mechanisms by which a person has inappropriate desires and interferes with needs or motivations. Removed from the conscious and pressed into the subconscious. Unknowingly one pushes inappropriate or depressing thoughts out of the conscious to the subconscious. According to Freud, repression is an important mechanism in the occurrence of neurosis. Neurosis, also known as psychoneurosis, is a general term that refers to a mental imbalance that causes stress but does not affect rational thinking.