

# CHAPTER I

## INTRODUCTION

### 1.1 Background of the Study

Literature presents a picture of human life. In this sense, life includes attitudes and relationships between individuals with each other, between communities, and between events that occur in human life. Each individual has a character that is different from other individuals. The interaction between these characters often causes problems in human life.

Literary works, especially novels, always feature characters who have characters so that novels also describe the human psyche, even though the picture of the characters is only fiction. With that fact, literary works are involved in aspects of human life including psychology. Research that uses a psychological approach to literary works is a form of understanding literary works from a psychological perspective because every character in literary works, especially novels, is always given a human body and soul in his life. One of the novels that contains this point of view is the novel *Bound* by Okky Madasari.

Okky Madasari is one of the novelists who has contributed to the development of Indonesian literature. He is famous for his social critique by raising social issues, such as injustice and discrimination, and especially about humanity. Novels that he has published include *Entrok* (2010), *86* (2011), *Maryam* (2012), novel *Bound* (2013), *Kerumunan Terakhir* (2016), *Mata dan Rahasia Pulau Gapi* (2018), *Mata di Tanah Melus* (2018) , *Mata dan Manusia Laut* (2019), and *Nyala Api Purba* (2021).

This novel is included in literary psychology because it tells a lot about psychological processes and activities. According to Minderop (2011: 53) psychological fiction is a term used to describe a novel that struggles with spiritual, emotional and mental

characters by studying character rather than studying plot or events. As explained by Ratna (2003:343), basically literary psychology pays attention to the psychological problems of fictional characters contained in literary works.

*Bound* tells about the life journey of four characters who have different backgrounds, namely Sasana (Sasa), Cak Jek, Kalina, and Elis. Sasa is a transvestite whose existence is not accepted by her family and community around her residence, who then meets Cak Jek and they sing together. At another time, Cak Jek meets Elis, a prostitute, and Kalina, a pregnant factory worker, who is raped by his foreman.

Indirectly, this novel is revealing atrocities in the past during the reign of President Soeharto. Not only in that year, the chaos and injustice that occurred was also shown in the year after the fall of the ruling regime. This can be seen from the date written on the prologue page of the novel *Bound* dated September 13, 2003. The four characters try to break free from the shackles of power that overwhelm them. By being themselves, they will find existence in real life.

The drive and thought from within individuals to strive for true happiness brings them into big trouble. Sasa, who is a transgender, is considered to be insulting and harassing religion. Some people think that a transgender person is a mental disorder and is considered to have a mental illness.

The condition of society that rejects it makes a person deny his existence and inhibits himself from achieving his real self (Minderop 2011: 49). This situation also causes a person to experience psychological problems and behavioral imbalances. Inequality in behavior occurs because there are certain individuals and groups who feel they have power over others, including taking away their most basic rights. This is supported by the existence

of media that are tools to discriminate between communities, such as special schools, mass organizations, and customary rules.

The existence of pressure and violence from certain parties causes trauma and fear to individuals from oppressed groups. This is not widely known by readers. By reading this novel, the reader will know how the mental polemics of the people who have their rights shackled and tried to identify themselves to be recognized by the general public. In addition, society will also know that every individual needs recognition for himself and is entitled to an opportunity for himself to express himself freely.

In the novel *Bound*, Okky Madasari tells the life journey of the main character named Sasana who since childhood was more interested in things related to women such as clothes, shoes, and also makeup tools. Sasana likes it when she wears women's clothes and behaves like a girl. Sasana even felt jealous of his own sister because he was born as a girl while he was a boy. Sasana increasingly regrets being born as a boy. He was sent to a male-only high school which caused him to be bullied.

He graduated from high school and continued his studies at the University of Malang. In Malang, Sasana met Cak Jek, then chose to leave college and sing on the streets looking like a woman with Cak Jek. Disaster befell Sasana when he took part in a demonstration and was arrested and held by the authorities. While in captivity, Sasana was used as an outlet for lust by members of the TNI. Sasana was sodomized and forced to take turns serving their lust. This is what causes Sasana to experience depression, anxiety and fear.

After returning from Malang, Sasana became a closed person, always feeling anxious and afraid. The situation experienced by Sasana continued to drag on until a situation where Sasana felt he was an insane person. His depression become worse when he was taken by his family to a mental hospital. Sasana thought that no one else could help him and

thought he was sane. That desperate attitude also made Sasana commit suicide. He thought that by committing suicide all problems would be solved and there would be no more burdens in his life so he felt free.

Psychological problems are caused by health irregularities with psychological behavior that lead to thought, feeling, and mental disorders caused by biological, social, and genetic disorders. Psychological problems can also be said to be abnormal behavior because an individual performs actions that are not the same as someone in general.

Based on the things that have been described above, the reason of the researcher takes abnormal behaviors because in the *Bound* novel the researcher finds main character, namely Sasana who has abnormal behaviors that is not experienced by common individuals in social life, so researcher is interested in analyze it.

## **1.2 Statement of the Problem**

Based on the background that has been stated above, it is necessary to make the statement of the problems that arise for later research and investigation. The problems are as follows.

1. What are the abnormal behavior experienced by the main character in the novel?
2. What are the factors causing abnormal behavior experienced by the main character in the novel?

## **1.3 Objective of the Study**

From the formulation of the problem above, we can find out what the purpose of this research are, such as:

1. To reveal the abnormal behavior experienced of the main characters in the novel.
2. To reveal the factors causing abnormal behavior experienced of the main character in the novel.

#### **1.4 Scope of the Study**

This study discusses abnormal behaviors which are experienced by the main character in the *Bound* novel. There are two aspects that are to be discussed. They are: Abnormal behaviors of the main character and the factors that caused the abnormal behaviors in the perspective of psychological problem. The researcher will not discuss other aspect which are not related to the study. Therefore, the researcher limits the problem only to the Sasana character. The reason why the researcher only examines the character Sasana is because in the novel *Bound* this character is the most prominent in terms of abnormal behaviors.

#### **1.5 Significance of the Study**

Theoretically, this research is expected to contribute to the development of linguistics and literature so that it can be used as a basis for further research, especially the study of literary psychology. Practically, the results of this study are expected to provide knowledge to the public about abnormal behaviors in the perspective of psychological problem and the factors that cause them. In addition, this research is expected to be used as a reference for other similar studies and provide positive input for evaluating and the results of this study are also useful for enriching references on literary studies, especially in novels.

## **CHAPTER II**

### **LITERATURE REVIEW**

#### **2.1 Psychology**

Psychology is a science that broadly discusses the soul. However, because the soul is invisible, what can be seen is the behavior or activities that are the incarnation of the soul's life. It is well known that human behavior or human activity does not arise by itself. There must be causes that make people behave deviantly. Phenomena that often occur regarding psychological problems, namely human behavior or activities with suicide problems caused by very severe stress conditions, so they choose a shortcut by committing suicide.

Psychology formed by a Greek word *psyche* which means soul and *logos* which means science. So psychology means a study of soul or a study which studies human's behavior (Minderop 2011:3). According to (Syah, 2010: 8), psychology is a science that seeks to understand human behavior, reasons, and the way humans do things, as well as understanding how these creatures think and feel. Psychology is the study of science about the basics or principles of behavior (Siswantoro, 2005: 26). According to (Sarwono, 2018: 9) psychology is a science that studies all open and closed behaviors or actions that exist in humans.

Human behavior or behavior can reflect the person's psyche, therefore psychology also examines the existence of abnormal psychology which studies abnormal behavior. Abnormal behavior is sometimes used to designate the inner aspects of personality, the observable aspects of behavior or both. Sometimes what is meant is only certain specific behaviors such as phobias or more complex categories of behavior such as schizophrenia. Not infrequently it is also interpreted as a problem or problem that is chronic in nature or only in the form of symptoms such as the effect of certain drugs that are acute and temporary or

disappear quickly. Roughly synonymous with mental disorders and in a broader context the same as maladaptive behavior (Supratiknya, 1995:15).

## **2.2 Literary Psychology**

This novel is included in literary psychology because it tells a lot about psychological processes and activities. According to Minderop (2011: 53) psychological fiction is a term used to describe a novel that struggles with spiritual, emotional and mental characters by studying character rather than studying plots or events. As explained by Ratna (2003:343) basically, literary psychology pays attention to the psychological problems of fictional characters contained in literary works.

Literary psychology is a literary study that views literary works as a psychological activity. The author will use creativity, taste and intention in his work. Likewise with the reader, in responding to the work will also not be separated from the psyche of each. Even as the sociology of reflection, the psychology of literature also recognizes literary works as a reflection of the soul. The author will capture the symptoms of the soul and then process it into the text and be equipped with the psyche. The projection of one's own imaginary experience into a literary text (Endraswara, 2003: 96).

Literary psychology is a discipline that looks at a literary work that contains the events of human life which are played by imaginative characters who are in or may be played by factual characters. This is stimulating to find out more about the intricacies of various human beings (Sangidu, 2004: 30).

Literary psychology was born as a type of literary study that is used to read and interpret literary works, authors of literary works and their readers using various concepts and theoretical frameworks in psychology (Wiyatmi, 2011: 6).

Literary psychology according to Wellek and Warren (1990: 90) the term literary psychology has four possible meanings. First, is the study of the psychology of the author as a type or as a person. Second, the study of the creative process, Third, the study of types and psychological laws applied in literary works, and fourth, studying the impact of literature on readers (reader psychology).

Based on the opinion of Wellek and Warren above, the research on the novel *Bound* leads to the understanding of the third type, namely the psychological approach as a study of types and laws applied to literary works. Specifically, it can be explained that the analysis that will be carried out is mainly directed at the psychological condition of the main character who plays a role in the story, to reveal his personality as a whole.

### **2.3 Relationship Between Psychology and Literature**

Psychology is a science that can be related to literary works because psychology itself leads to a science that investigates and studies behavior and activities in which these behaviors and activities are manifestations of mental life (Walgito, 2002:13).

Psychology and literature are closely related because often the characters, situations and plots formed in novels or dramas are in accordance with the existence of psychology, because authors sometimes use psychological theories in describing characters and their environment (Wellek & Warren, 1995: 106).

Psychology and literature basically have something in common, namely that both sciences are sciences with the object of study of humans and their lives. Psychology itself is the science of human consciousness and the behavior of individuals who talk about the soul so that the science of literary psychology is appropriate if it is used to examine literary works, both characters and authors by using various concepts and theories in psychology.



As it is known that the behavior or activities that exist in individuals do not arise by themselves but arise because of the stimulus or stimuli that affect the individual. The environment is one of the factors that is quite influential because it becomes the formation of an individual's personality.

There are three ways that can be done to understand the relationship between psychology and literature, namely 1) Understanding the psychological elements of the author as a writer, 2) Understanding the psychological elements of fictional characters in literary works, and 3) Understanding the psychological elements of the reader. . Basically, literary psychology pays attention to the second problem, namely the discussion in relation to the psychological elements of fictional characters contained in literary works. (Ratna, 2013:343).

As a world in words, literary works incorporate various aspects of life into it, especially humans. In general, these aspects of humanity are the main objects of literary psychology, because it is only in humans that, as characters, psychological aspects are grafted and invested. In the analysis, in general, the goal is the character, it can be the main character, the second character, the third character and so on.

## **2.4 Abnormal Behaviors in Perspective of Psychological Problems**

### **a. Abnormal Behaviors**

Abnormal behaviors is an emotional condition such as anxiety and depression that is not in accordance with the situation so that it can be said to deviate from normal behavior. The standard of normal behavior itself varies from each community group. In essence, the concept of normality and abnormality is very vague, because individual habits and attitudes that are perceived as normal by a group of people can be considered as abnormalities by other cultural groups. Individuals who are considered abnormal by several generations before us, for example, are considered normal at this time (Kartono 2009: 2).

Abnormal behavior has various meanings. It is sometimes referred to as the inner aspect of the personality, the observable aspect of behavior, or both. Sometimes what is meant is only certain specific behaviors such as phobias or more complex categories of behavior such as schizophrenia. Sometimes it is interpreted as a problem or problem that is chronic, prolonged or only in the form of the influence of certain drugs that are acute and quickly disappear (Supratiknya, 1995:15).

Liftiah (2009: 1) states that in fact there are some difficulties to define exactly what is called normal and abnormal behaviors. These difficulties are related to several things, among others; first, the difficulty of finding a truly ideal or perfect human model. Second, in many cases there is no clear line between normal and abnormal behavior, because people who are generally normal sometimes also have abnormal characteristics or perform actions, for example, normal people have experienced anxiety, panic, which are abnormal symptoms.

An abnormal personality is generally accompanied by psychological problem. Abnormal people are always filled with many inner conflicts, unstable souls, without attention to their environment, separated from society, always anxious and afraid, and the emergence of behavioral problems.

#### b. Criteria of Abnormal Behaviors

According to S. Nevid, A. Rathus, and Greene (2003: 5) there are some of the most common criteria for determining or measuring abnormalities. Some of the criteria referred to are unusual behavior, behavior that is socially unacceptable or violates social norms, wrong perceptions or interpretations of reality, being in significant personal stress, maladaptive or self-defeating behavior, and dangerous behavior. The most commonly used classification system today is largely the development and expansion of Kraepelin's work: Diagnostic and Statistical Manual of Mental Disorders (DSM). The DSM classifies abnormal behavior patterns as mental disorders on the basis of specific diagnostic criteria. However, in general,

the term psychological problems is more often used to refer to these mental problems. This is because it is more appropriate to place the study of abnormal behavior in the context of psychology. Moreover, the term psychology has the advantage of covering behavioral patterns as well as mental experiences such as emotions, thoughts, beliefs and attitudes.

### 1. Adjustment Disorder

Adjustment disorder (adjustment disorder) is a maladaptive reaction to a stressor that is recognized and develops several months after the emergence of the stressor. Adjustment disorders include adjustment disorders with depressive mood, adjustment disorders with anxiety and adjustment disorders with behavior.

### 2. Anxiety Disorder

Anxiety disorder is a state of understanding or a state of worry that complains that something bad will happen soon. Anxiety is an appropriate response to threats, but anxiety can become abnormal if the level is not in proportion to the threat. Diagnostic features of anxiety disorders include agoraphobia, panic disorder without agoraphobia, generalized anxiety disorder, specific phobia, social phobia, posttraumatic stress disorder, acute stress disorder.

### 3. Dissociative and Somatoform Disorders

Major dissociative disorders include dissociative identity disorder, dissociative amnesia, dissociative fugue, and depersonalization disorder. Psychological disorders that are included in the next category of somatoform disorders are hypochondriasis disorders.

The main characteristic of hypochondriasis is the focus and fear that the physical symptoms experienced by a person are the result of a serious underlying disease. Meanwhile, somatization disorder is characterized by various and recurring somatic complaints before the age of 30 years. These complaints cannot be explained by physical causes, they also appear dubious or exaggerated.

#### 4. Mood Disorders and Suicide

Mood is a condition persistent feeling that characterize psychological life. Feeling sad or depression is not abnormal in the context of events or situations that full of pressure. However, people with mood disorders have an unusually severe or long-lasting mood disorder and interfere with their ability to function and fulfill their responsibilities normally.

Mood disorders consist of depressive disorders (unipolar) and mental disorders mood changes (bipolar). Depressive disorders (unipolar) are subdivided There are two types of depression: major depression and dysthymic depression. Major depression is the occurrence of one or more periods or episodes of depression with no history of manic or natural hypomania. Generally, people who have experienced major depression can recurrence between normal periods. The characteristics start from a decreased mood to impaired appetite and sleep, to a lack of interest and motivation.

Unlike major depression, dysthymic depression is a depression with a mild pattern but this may be difficult for children and youth. Dysthymic depression usually occurs over a period of time in adults of several years. Characteristics of feeling down all the time, but not as heavy as people with major depression.

Mood swing disorders (bipolar) are divided into bipolar and cyclothymic disorders. Bipolar disorder is a disorder of mood swings between joy and depression. It is characterized by alternating cycles of rapid, alternating mania and major depression without periods of normal mood.

Cyclothymic disorder is a milder mood change than bipolar disorder. Characteristically, a pattern of chronic mood changes and cycles from hypomanic episodes to mild depressive states. This disorder occurs from depressed mood or loss of interest or pleasure in activities, but not in the severity of major depression.

Discussions about depression and mood disorders are often associated with suicidal behavior. According to Shneidman (1993) suicide occurs, he says, when the person experiencing the psychache deems the pain unbearable, suicide having to do with differences in individual thresholds for enduring psychological pain. Linehan (1997) also points out that people who commit suicide may hope that they will be remembered after their death, or that the living will feel guilty because they have wronged them.

## 5. Personality Disorder

A personality disorder is a very rigid pattern of behavior or way of relating to other people. This rigidity prevents them from adapting to external demands, so that the pattern is ultimately *self-defeating*. The disturbed personality becomes apparent in adolescence or early adulthood and persists into adult life and becomes increasingly difficult to change.

### **2.5 Factors Causes Abnormal Behaviors**

S. Nevid, A. Rathus and Greene also stated the factors causing abnormal behavior, who classified abnormal according to the DSM model. Classification of causes for each type of abnormal behavior according to the DSM model based on cognitive, biological and socio-cultural factors.

#### 1) Cognitive Factor

The focus from a cognitive perspective is on the role of distorted and dysfunctional ways of thinking that may play a role in the development of anxiety disorders. These cognitive factors include excessive sensitivity to threats and self-defeating or irrational beliefs. Beck & Clark (1997) suggested that oversensitivity to threat signals is a major feature of anxiety disorders. We all have internal alarm systems that are sensitive to threat signals. This system had an evolutionary advantage for early humans as it increased the chances of

survival in a hostility-laden environment. The emotion of fear is a key element in this alarm system and may have motivated our ancestors to take defensive action.

Today's people with anxiety disorders may have inherited highly sensitive internal alarms that make them extraordinarily responsive to threat signals. Instead of helping them to effectively deal with threats, it's a possibility lead them to inappropriately anxious reactions in response to a range of signals that do not actually harm them.

In addition to being overly sensitive to threats, another cognitive factor is self-defeating beliefs or irrational beliefs. Self-defeating thoughts can increase and perpetuate anxiety disorders and phobias. Irrational thoughts intensify autonomic arousal, interrupting plans, increase the aversiveness of stimuli, encourage avoidance behavior and decrease self-efficacy in relation to one's ability to control the situation.

## 2) Biological Factor

Biological factors in terms of including genetic factors, neurotransmitters and biochemical aspects. Genetic factors are one of the important factors that may underlie the easy development of personality disorders because most personality disorders are caused by family factors and partly due to environmental factors. This genetic factor can be in the form of physical abnormalities and psychological disorders that occur due to birth, which may be other family members who experience the same thing.

In addition to genetic factors, other factors related to biological factors are neurotransmitters. According to Gooddart *et al* (2001) the neurotransmitter that affects anxiety is called gamma aminobutyric acid (GABA). GABA is an inhibitory neurotransmitter, which means it reduces the overactivity of the nervous system and dampens stress responses. Research shows that people with acute panic disorder show low levels of GABA in several parts of the brain.

The third factor which includes biological factors is the biochemical aspect. Support for a biological basis for the biochemical aspects of panic disorder is found in studies showing that people with panic disorder when compared with a group of non-panic disorder patients, they are more prone to experiencing anxiety, and panic symptoms in response to biological challenges such as infusion of sodium lactate or manipulation of carbon dioxide (CO<sub>2</sub>) in the blood either through intensive hyperventilation (which reduces the level of CO<sub>2</sub> in the blood) or inhalation of carbon dioxide (which increases CO<sub>2</sub>).

### 3) Socio-cultural Factor

Abnormal or normal behavior depends on social or the influence of the cultural environment in which they live (Kartono, 2009: 5). In this case, the family including the social system is also influential in abnormal development.

Environmental conditions in modern life as it is today can also make it difficult for a person to obtain and maintain a stable self-identity. In addition to parenting and family conditions, other factors that can cause psychological disorders are economic level, housing, education level, minority group problems which include prejudice and inadequate health facilities, education and welfare, racial and religious influences and values.