

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Goodbye Days is a novel by Jeff Zentner. This novel was first published in 2012, but for the translated version in Indonesian, it was only published in January 2019 by Spring Publishers. The novel is 435 pages long. Jeff Zentner is the author of the New York Times Notable Books *The Serpent King* and *In the Wild Light*, as well as *Rayne & Delilah's Goodbye Days* and *Midnite Matinee*. Among several awards he has successfully received, he has won the William C. Award. Morris of ALA, Amelia Elizabeth Walden Award twice, Muriel Becker Award, International Literacy Association Award, and twice longlisted for the Carnegie Medal.

Jeff Zentner was twice a finalist for the Southern Book Prize and was a finalist for the Indie Choice Award. He was also selected as the publisher of *Weekly Flying Start* and *ePick Indie Introduce*. His books have been translated into fifteen languages. Before becoming a writer, Jeff Zentner was a musician who recorded with Iggy Pop, Nick Cave, and Debbie Harry. She became interested in writing a young adult genre book after volunteering at a Tennessee teen rock camp and a Southern girls' rock camp. As a child, his parents would take him to the library and drop him off, where he would read until closing time. He also worked in various bookstores through high school and college. One of his famous books is *Goodbye Days*.

Goodbye Days tells the story of Carver Briggs, who has to lose all three of his best friends at once-Blake Lloyd, Eli Bauer, and Thurgood Mars Edward, in an accident. Unfortunately, the accident happened to coincide with the time when Carver sent a message to one of his best friends, Mars, who was driving the car. The

message is quite short. Namely: "Where are you? Reply to my message". Upon investigation, the accident was caused by Mars sitting behind the wheel and replying to Carver's message. Since then, Carver has always thought that he was the cause of three of his best friends deaths. Losing three friends at once was the biggest blow to Carver. especially after he found out that the cause was because of the message he sent. Not only that, Carver had to face various other problems. People consider him a murderer, the twin sister of one of his best friends also hates him, and the father of one of his best friends, who is a judge, sues him. Not quite tormenting Carver to that point, Carver also has to face his last year in high school without the three friends he has known since 8th grade. The only person who supports her at school is the girlfriend of her late best friend Eli, Jesmyn Holder. Her day was pretty good after Jesmyn took her side and didn't blame her. but one day it all turns even more difficult for him when he has feelings for Jesmyn. This stacking problem is also what causes Carver to have panic attacks. because the panic attacks she experienced in several places and at different times made her family and sister very worried. Therefore, his brother suggested that he see a therapist with Doctor Mendez, which he also did with that doctor. Carver's problems were too much for him to go through, and he was only 17 years old. Not only was there mental pressure, but the problem also attacked him physically.

The reason the writer chose this title was because she was interested in the main character in the novel, who still tries to be strong to deal with the guilt she feels, and also because no other researchers have researched this novel. So the researcher took the topic of this novel to study.

According to Wahyuningtyas and Santosa (2011: 3), "the main character is the character whose story is prioritized in the prose in question, he is the most widely

told character, both in terms of the perpetrator of the incident and the subject of the incident itself". The protagonist is a figure who has a good character and is liked by the reader (Aminuddin, 2015: 80).

Guilt can be defined as a feeling of sin, evil, wrong, and failure to do something (Narramore, 1981: 105). Guilt is "the painful affect arising from the belief that one has hurt another. (O'Connor et al., 1997). Guilt is a painful emotion. (Mosher et al., 1980: 35)

Guilt is an introspective emotion that is the result of self-reflection and negative events (Baumeister et al., 2007). This explains that there is a mismatch between self-behavior towards what has been done and creating an unwanted situation.

Based on some of the above notions, it can be concluded that guilt is a negative emotion that arises from self-awareness, self-reflection, and evaluation of an action that is not supposed to be taken and gives rise to negative events because of the discrepancy between the action and the values, norms, and morals that prevail in society and ultimately can encourage individuals to improve their behavior.

1.2 STATEMENT OF THE PROBLEM

Based on the above background, the problem of this study is formulated as follows:

1. What is guilt in the novel *Goodbye Days* by Jeff Zentner?
2. How is the protagonist's guilt described in the novel *Goodbye Days* by Jeff Zentner?

1.3 OBJECTIVE OF THE STUDY

The purpose of this study is to get answers to questions in the formulation of the problem, and there are two objectives to be achieved in this study, namely:

1. To analyze the guilt of the protagonist in the novel Goodbye Days by Jeff Zentner
2. To describe the protagonist's guilt in the novel Goodbye Days by Jeff Zentner

1.4 SCOPE OF THE STUDY

This research focuses on the guilt of the protagonist in Jeff Zentner's Goodbye Days. The study includes how the protagonist reconciles with guilt over the deaths of his three friends, as well as the struggle to be sincere and reconcile with his friends' families, and will not be out of the context of the research that is the focus of the author.

1.5 SIGNIFICANCE OF THE STUDY

1. Theoretically, this study is expected to be useful for readers in terms of both information and knowledge. In addition, the author hopes to be studied by reviewers, lecturers, or others who will be interested in the novel.
2. In practice, this study is expected to provide lessons and motivation for readers about solving every problem by fighting the guilt that exists in a person's life. Because in real life, every human being will face a situation where he will find a problem that makes him feel guilty about something.

CHAPTER II

LITERATURE REVIEW

2.1 Protagonist

A protagonist is the main character in a story. Usually, this character is the opponent of the antagonist. Usually the protagonist gets a lot of support and sympathy from the audience or readers. As stated by Beckson and Ganz (1990: 217), the protagonist is the first actor who plays the main role. This opinion is in accordance with the opinion expressed by Baldick (2001: 157). Initially, in ancient Greek theater, the protagonist was the main actor in the play, and this character played an important role in running the plot. This definition is in line with Cuddon's (2013: 565) definition that the protagonist is the first actor in a play who is the main actor or character.

Nurgiyantoro (2002: 178-181) states that the protagonist is the main character who supports the main idea in the story and usually has a specific plan and goal. The protagonist represents kindness and is commendable for being able to attract the sympathy of the reader. Nurgiyantoro (2010: 176-177) also said that the protagonist is a character whose story takes precedence in the novel in question. He is the most prominent character, both as the perpetrator of the incident and as the one affected by it. He also added that the protagonist's character shows some things that are in line with our views. Abrams (1999: 224) also says that the protagonist (or vice versa, the hero or heroine) is the head of the character in a plot, which is the center of our attention.

Based on some of the opinions above, the protagonist can be concluded to be the main character in a story where he greatly influences the plot of the story, which

is commonly found in some literary works such as novels, dramas, films, or other literary works. The protagonist usually gets a lot of sympathy or support from readers or viewers. The protagonist is not always played by a man; a woman can also take on the role of the protagonist. This character is considered very important in the story.

2.2 Guilt

Guilt can be defined as a feeling of sin, evil, wrong, and failure in doing something (Narramore, 1981: 105). Guilt is "the painful affect arising from the belief that one has hurt another" (O'Connor et al., 1997). Guilt is a painful emotion (Mosher et al., 1980: 35). This opinion is in line with the opinion of O'Connor et al., 1997: 74, who say that guilt is a painful influence. From some of these opinions, it is concluded that guilt is an act that, if done to others, we will also bear what that person feels.

Another opinion holds that guilt involves "regret for one's thoughts, feelings, or actions" (Klass, 1987: 36). Where remorse for guilt will bring up a sense of responsibility for the actions that have been taken. Guilt involves a "desire to make amends" (Ferguson et al., 1991: 829), in accordance with the following opinion, which says that guilt is something for which "one is responsible for oneself. Hoblitzelle (1987: 209), in line with the opinion expressed by Caprara and his collaborators, who say that guilt includes "feelings associated with self-perceived responsibility (Caprara et al., 1992: 519).

Guilt is an introspective emotion that is the result of self-reflection and negative events (Baumeister et al., 2007). This explains that there is a mismatch between self-behavior towards what has been done and creating an unwanted situation. The opinion is similar to that expressed by Xu et al. (2011) that guilt is

unwanted self-acceptance. Guilt is also a negative emotional state that arises when an individual's behavior is at odds with the standardization of his supposed behavior.

With values, norms, and morals that prevail in society and can ultimately encourage individuals to improve their behavior. Based on some of the above understanding, researchers conclude that guilt is a feeling of regret in a person about feelings, thoughts, or actions that he has taken, whether intentionally or not, that requires him to take responsibility and improve the situation as before.

2.2.1 Categories of Guilt

According to Bruce Narramore (2005), guilt exists in every psychological problem that every person faces. So that guilt is shared in two categories, namely:

A. Objective Guilt

Objective guilt is guilt that becomes a problem because there is a violation of the law, both written and not written. The objective of guilt is divided into four, namely:

1. Legal guilt is guilt that is a problem because of violations of laws in society, growth, theft, etc. Thus causing problems, although not everyone feels a sense of guilt.
2. Social guilt, which is guilt that becomes a problem because of a violation of an unwritten law in society. For example, insults and threats to each other may have no concrete evidence that could bring them to justice, there may not even be a written law against such things, but problems arise.
3. Personal guilt, namely guilt that becomes a problem because of a violation of “conscience” or awareness of the truth that is in the heart of the person

concerned, For example, blame the student who left the prayer when he knew that was the sin he had committed.

4. Theological guilt, i.e., guilt that becomes a problem due to violation of laws, is when standards of human behavior are violated, either by thoughts or deeds, and problems arise even if the person concerned is innocent.

B. Subjective Guilt

Subjective guilt is guilt that causes feelings of guilt and regret in people who concerned. In terms of this, Narramore (1974) divides subjective guilt into three parts, namely:

- 1) Fear of Punishment
- 2) A loss in self-esteem
- 3) A feeling of loneliness, rejection, or isolation

2.2.2 Characteristics of Guilt

According to Narramore (1981: 106), there are characteristics of guilt, including actual guilt and pseudo-guilt:

1. Exemplary Behaviour

The individual behaves more obediently and better in order to mask his true feelings of guilt.

2. Somatic (Bodily) Complaints

It is an emotional trait that shows itself in physiological reactions such as fatigue and headaches.

3. Feelings of Depression

The person who feels guilty constantly blames himself. This reaction pattern can be a major cause of depression.

4. Further Indulgence

This includes continuous indulgence in wrong actions that are the result of an attitude of defeat or actions that bring an added feeling of guilt, thus inflicting a form of punishment on oneself.

5. Self-Condensation

People constantly condemn or blame themselves for having done something wrong, shameful, or evil. It is associated with feelings of depression.

6. Self-Punishment

People punish themselves by denying themselves the need for food, clothing, or other materials.

7. Expectation Disapproval (Rejection of the Environment)

People anticipate rejection and condemnation from people about him and feel that the world will consider him worthless.

8. Projection and Undue Criticism

People are constantly looking for faults in others, and he himself finds little flaws in himself.

9. Hostily (Hostility)

People are generally hostile toward others because of their own feelings of guilt.

10. Compensation (Compensation)

It is an attempt to follow the individual's heart by doing good deeds, joining respected organizations, and giving in the form of charity.

2.2.3 Overcoming Guilt in Oneself

According to Enright and the Human Development Study Group (1996), psychological self-forgiveness is the desire to let go of self-loathing.

Practicing self-forgiveness will greatly help us manage the guilt that exists within us. Self-forgiveness also helps us bounce back from guilt to ultimately be happier and clearer in determining our goals, vision, and mission in life.

To be able to forgive yourself, here are some steps you can take:

1. Identify the circumstances and your behavior that you consider wrong.
2. Find out how you can fix it.
3. Accept the guilt that arises in you.
4. Apologize to those you hurt, including yourself.
5. Try to let go of any discomfort in your heart.

2.2.4 The Emotional Impact of Guilt

Guilt is basically not bad. Colleen Wenner, a licensed mental health counselor from Fort Walton Beach, Florida, says that guilt can motivate you to positively change your behavior so you don't feel guilty again.

He points out that guilt is often associated with emotional effects such as anger, sadness, fear, shame, embarrassment, disgust, disgrace, and an inferiority complex.