

CHAPTER I

INTRODUCTION

1.1 Background of the Study

According to Lianawati (2019: 11), it states that "Literature is an absorption word from Sanskrit, a text containing instructions or guidelines". Literature is divided into oral literature and written literature. One example of written works is a novel.

A novel is a story that plays out in the world of people and things around us, not in-depth and mostly describing the events of the author's life. Novels reveal a concentration of life in every tense moment by focusing on life. In each story, it always displays the building blocks of an imaginative literary work. Talking about novels, there are so many novels in the world with various stories and genres. One of the best novels is *The Murder of Roger Ackroyd*, written by Agatha Christie.

Agatha Christie was born in Torquay in 1890. Agatha Christie became, and remains, the best-selling novelist of all time. She is best known for her 66 detective novels and 14 short story collections, as well as the world's longest running play - *The Mousetrap*. Her books have sold over a billion copies in English and a billion in translation. She is a legendary novelist. One of her best works is *The Murder of Roger Ackroyd*.

The Murder of Roger Ackroyd written by Agatha Christie is a popular novel. The novel is famous for its unique ending and is one of Christie's most controversial novels. The detective character in this novel is named Hercule Poirot. At the beginning of the story, Christie describes the plot through the eyes of a first-person village doctor who lives an unpretentious life and enjoys gardening. One day, he meets his new neighbor, Roger Ackroyd and tells him that he has just received an inheritance. The doctor often chats with Roger. He once visited his large house and left late at night. Moments after returning home, he was informed that Ackroyd had died. The mystery began at this point. What is interesting are the details given by the doctor to his neighbor, Hercule Poirot, which eventually lead the reader to the real murderer. But it turns out that the murderer is the doctor. In the story there is a sentence: "On leaving the room, I saw Roger asleep in a strange position. But I didn't have the heart to wake him up. Of course, it was strange, because it was the doctor who had killed him. This makes me interested in making further analysis of guilt-tripping's character development in the novel. From this study, the moral lessons can be found that can lead us and the readers of this study, and it can give motivation for them in real life.

1.2 Statement of the Problem

Based on the description above, this study is focused on analysis of guilt tripping. In order to make simple understanding, there are two subject matters to be discuss tha are t formulated as follow:

1. What are the reasons of guilt tripping found in the novel?
2. What are the types of guilt tripping committed by the manipulator found in the novel?

1.3 Objectives of the Study

Regarding to the statement of the problems above, this study has two purposes. They are as follows:

1. To reveal the reasons of guilt tripping found in the novel.
2. To reveal the types of guilt tripping committed by the manipulator found in the novel.

1.4 Scope of the Study

The scope of this study focuses on the reason and the form of the guilt tripping in Agatha Christie's novel *Murder of Roger Ackroyd*. There are several types of guilt tripping in this novel which would be analyzed in this study. All of them reflected by the character of the novel by the name of James Sheppard and it would be analyzed in chapter IV of this study.

1.5 Significance of the Study

The significance of a study is its importance. It refers to the contribution and impact of the research on the field of research. Significance also signifies who benefits from the research findings and how it contribute its findings of the analysis. There are several benefits that researchers hope to gain from this research, theoretically and practically. Theoretically, this research is expected to

provide insight for readers to take the moral values in Agatha Christie's *The Murder of Roger Ackroyd* as the object of analysis. Practically, this research provides several benefits, namely:

- a) For students, hopefully they can appreciate literary works and invite students to give birth to extraordinary new ideas later.
- b) For the University, it can use this novel as a reference for learning novel studies courses.
- c) For the author, to increase knowledge about the novel of inquiry, especially about the moral values contained in the story in the novel.
- d) For the general public, to provide information on good and interesting novels to read and open the horizons of thought for lovers of novel literature.

CHAPTER II

LITERATURE REVIEW

2.1 Guilt Tripping

Guilt-Tripping is one of 5 types of manipulative behavior. They are gaslighting, silent treatment, guilt-tripping, flattery, and love bombing McPhillips (2022). Mandara and Pikes (2008) stated that guilt trips along with manipulative strategies that tempted under psychological control patterns. According to Humeny (2013), holding a guilt trip is about someone holding a burden to change their actions opposing what they want. Guilt trips is a form of manipulative behavior aimed at making other people feel guilty or responsible for changing certain behavior or decisions. On the other hand, the perpetrator also seems to want to control other people's actions. Because the feelings of guilt that arise can make the perpetrator control the thoughts, behavior and feelings of the victim.

According to McPhillips (2022), guilt-tripping is a phenomenon when a person attempts to modify their behavior and acts as if they are trying to meet the expectations of the victim. The occurrence of guilt-tripping is because they have expectations to avoid negative emotions about the subject. Victims who feel guilty will feel they must take responsibility so that their behavior and emotions can be controlled by the perpetrator. Manipulators attempt to manipulate the victim's feelings by acting as if it is not their fault and psychologically manipulate the victim by using quality, reality, and ownership

to make the victim feel guilty. This can lead to social control, which makes this phenomenon also a sociological phenomenon if it occurs in numerous people to lead them into the manipulator's desires (Scholz et al., 2021). Guilt-tripping has several factors, namely intersection and natural obligation. Guilt-tripping has the goals of social exclusion, anxiety and empathic arousal, both of which are interpersonal (Baldassar, 2014). Guilt is found to be adaptive and strengthens relationships. It triggers empathy in the observer, reduces conflict, encourages moral behaviours, interpersonal sensitivity, and good social adjustment, Leith & Baumeister (2008), Tangney (1994).

2.2 Reasons of Guilt Tripping

Emotional Dependency

Emotional dependency is a form of emotional needs that are not met but always strive to be met, causing maladaptive behavior towards others. It refers to a chronic pattern of affective demands, which individuals desperately seek to meet through close interpersonal relationships, Castello (2005)

Power to Manipulate

Guilt may become a powerful tool for controlling other people's emotions in the context of the power to manipulate them. These manipulators could use this technique to get what they want or maintain their position of power in the relationship.

Low Self-Esteem and Insecurity

Low self-esteem refers to a negative perception of oneself and a sense of worth. It involves having a critical and often inaccurate view of one's abilities, appearance, and value as a person. Insecurity refers to a persistent feeling of uncertainty, self-doubt, and unease about oneself or relationships. Insecurity often contributes to low self-esteem but can also extend beyond self-perception to affect how individuals view their relationships with others.

2.3 Types of Manipulative Behaviour

According to McPhillips (2022), there are 5 types of manipulative behavior. Those are gaslighting, silent treatment, guilt-tripping, flattery, and love bombing.

Gaslighting

Gaslighting is psychological abuse that aims to make victims feel so wrong by creating a "surreal" interpersonal environment to capture the public attention (Sweet, 2019). The cause of gaslighting is the gaslighting perpetrator who wants to get recognition from the victim in order to satisfy the desire to be fulfilled. This happens when somebody starts to use their manipulated reality to fight against their victims. As a victim, you will feel helpless because you have shown weaknesses and strengths through manipulation.

Silent Treatment

Silent Treatment is relational violence that often occurs in a disappointment in communication or an interpersonal relationship (Rittenour et al., 2019). The feeling of disappointment and dissatisfaction in a relationship is often seen when communication rarely ends up well.

Guilt Tripping

According to McPhillips (2022), guilt-tripping is a phenomenon when the person is trying to modify their behavior and acts like they are trying to fulfill the victim's expectations. The occurrence of guilt-tripping is caused because they have expectations in order to avoid negative emotions of about the subject. Victims who feel guilty will feel like they have to be responsible so that their behavior and emotions can be controlled by the perpetrator.

Flattery

Flattery is a manipulative strategy that involves the feeling that the other is believed to be special by consistently complimenting the victim out of nowhere and too much (McPhillips, 2022).

Love Bombing

Love Bombing is an act of manipulation where the manipulator gives a feeling to their victims in the form of blossoming love in a massive amount of it. It makes the victim feel loved and forget about what just happened (Deck, 2017).