

CHAPTER I

INTRODUCTION

1.1 The Background of the Study

Identity crisis is a phenomenon that can occur in a person's life. This happens because a person's life will continue to experience changes. When a person enters a new environment, which has different values and views from those he holds, he will adapt to these values or question the values he holds. This triggers problems in him where he has difficulty combining the organization's values with his personal values.

Symanyuk and Devyatovskaya (2015) say crisis is a brief phase of life that is marked by a fundamental transformation of the activity's subject and a shift in its nature. The crisis has an impact on the areas of professional directionality of personality, including motivation, needs, values, and senses. It "forces" the person to expand the bounds of their field that is focused on values and senses and actualizes the experience process.

Adams (2007) states an essential aspect of shaping one's identity involves undergoing an identity crisis. In times of transition, adolescents and young adults grapple with inquiries concerning their future paths. They aim to discover the right career, determine their religious, moral, and political beliefs, make decisions about marriage and parenthood, and decide the timing and quantity of children they want, all while contemplating which social group to become a part off (Shaffer, 2009).

People who had gone through such hard times, which were so difficult to justify (Lazarus, 1998), would be engrossed in the crisis, unsure of their true selves and their purpose in life (Jr. Darity, 2008). These people could accept the state of identity diffusion or get stuck in the identity moratorium, unable to reach the position of identity attainment.

Erikson (1968) argues everyone experiences and owns an identity crisis at the same moment, which can be recognized if it is observed. The developing adult has the challenge of transforming all of who he has been into all of who he/she wants to be during an identity crisis. It requires a reformulation of childhood identifications, a synthesis of significant vocational and ideological alternatives, a relinquishment of infantile sources of fulfillment, and a transformation of ideas of youthful power. An individual may form a symbiotic relationship with his culture and maintain a sense of continuity for himself by developing an ego identity in this way.

A study conducted by Dea and Gustaman (2022) on Analysis Identity Crisis in The Jungle Book shows that every stage of a person's life might experience the phenomena of an identity crisis. Mowgli as a main character is going through an identity crisis. Since he was a newborn, he has had a lot of issues in his life. His early experiences had hindered the development of his individuality and personality. Because of his anxiety, illness and inability to accept reality, he experiences an identity crisis. In actuality, he employs a few defensive strategies, including intellectualization, suppression, regression, and denial.

A crisis often occurs in teenagers who are experiencing a period of change from children to adults. But an identity crisis can also occur at any stage of life and at any age. Marcia (1980) states that identity can change with age and experience. Even though adolescence is a time for the normative identity crisis to emerge, identity crises can still happen in adults. This can also happen to adults who have passed their golden age and are entering middle age. The phrase "midlife crisis" first emerged in 1965 to refer to the crisis of confidence and self-identity that many people go through at this age.

Erickson (2017) states experiencing a midlife crisis might help people identify possibilities to make changes in their lives that will increase their level of fulfillment. He also mentioned how much this process shift has affected people's wellbeing. It can be particularly distressing for individuals who believed they squandered their time and committed mistakes, and thought they were out of time to make the required corrections.

The American Psychological Association states that serious depression and midlife crises frequently have comparable characteristics. However, it's important to remember that the midlife crisis refers to the identity transition process that can occur in middle-aged people, or those between the ages of 35 and 55. There is also disagreement on the range of ages that encompass midlife. While Neugarten (1976), offered age ranges of 35 to 45 and between 35 to 55 years old.

According to James Hollis, "the questions suddenly come in the second half of life: Who am I, separate from the roles I have to play? What is the request of my soul? Can I muster the guts to change my direction and lose everyone's support?"

Hollis (1993) thinks that in order to comprehend the significance of this process, we must emotionally distance ourselves from society. It implies that the pursuit of personal identity and the bravery to pursue one's genuine calling frequently surface in the second half of life. In order to appreciate the importance of this process completely, we need to emotionally remove ourselves from society norms.

This phenomenon also occurs in the novel *The Midnight Library* by Matt Haig. It is the story of Nora Seed, a lady who feels unloved and unfulfilled while leading a routine, regular existence. She kills herself one night when her desperation reaches its height. However, the narrative doesn't end there. Nora is given the opportunity to witness several possible outcomes for her life if she had made a few little adjustments. She awakens at the Midnight Library, which is a place between life and death. It is full of books that describe countless parallel lives she could have had. She is given the chance to start where her other self would have been on the night she committed suicide in order to test out various lives and remove her mistakes. Nora has to decide what sacrifices she is willing to make in order to lead one of these "ideal" lives. Although she initially appears to be ideal. Nora's self-discovery is fascinating as she seeks to figure out what is most important in life.

The *Midnight Library* novel explores many of important life lessons, including regret, taking tough choices, and the value of living in the present. The way these topics are presented is perceptive and obscene, inspiring youth to consider their own lives and decisions. The novel also has a strong mental health

message, encouraging readers to seek help and support when they are struggling with mental health issues. By raising the topic of identity crisis, the midnight library can be a powerful source for recognizing the identity crisis experienced by the main character. It is important to acknowledge an identity crisis because every human being will eventually go through this stage at least once in their life.

The researcher observed cause it is essential since identity crises are common experienced by in people who have passed through adolescence, namely the period of searching for identity. In this case, the researcher wants to examine Nora, the primary character, as someone who has overcome her identity dilemma. It is expected that this study can contribute to a better understanding of Nora's identity crisis, which she experiences as the protagonist of the Midnight Library Novel. This is an example of the data:

“I had all the chances to make something of my life, and I blew every one of them. Through my own carelessness and misfortune, the world has retreated from me, and so now it makes perfect sense that i should retreat from the world”

The data above is categorized as one kind of identity crisis on Nora using the Baumeister et al theory, namely Identity Deficit. The researcher identified it occurs when Nora feels like she has failed in achieving her potential and dreams in life, causing doubts in her identity as a successful individual.

Although previous research has discussed identity crisis, a process when someone searches for and explores themselves, this research focuses on the identity crisis experienced by middle age, which has not been done much before, considering that people only speculate that teenagers often lose their identity

without It is known that it can occur in adults. This research focuses on analyzing the identity crisis of the character Nora through the search for identity caused by her identity crisis. Thus the research seeks to analyze the causes of the identity crisis that Nora experienced and how the resolution of her identity crisis. For this reason, this research is entitled "Exploration of Middle-age life Identity crisis in the Novel "Midnight Library" Psychological Perspective"

1.2 Research Problem

This study has the intention to answer three questions, those are:

1. What kind of identity crisis experienced by Nora in Novel "The Midnight Library"
2. What causes the identity crisis faced by Nora in Novel "The Midnight Library"?
3. How does Nora resolve her identity crisis in Novel "The Midnight Library"?

1.3 Objectives of the Study

The objectives of this study are as follows, based on the problems of the study are formulated:

1. To find out kinds of identity crisis experienced by Nora in Midnight Library novel
2. To describe the causes of identity crisis faced by Nora in Midnight Library novel

3. To explain how Nora resolved her identity crisis in *Midnight Library* novel

1.4 Scope of The Study

The scope of this research only focuses on Identity Crisis on selected Novel *Midnight Library*. This research exclusively focuses on identity crisis middle age on the main character. This research was conducted to describe the kinds, causes and the resolution of the identity crisis of Nora in Novel *Midnight* using theory by Baumeister et al (1985).

1.5 Significance of the Study

It is expected that this research will advance the literature study, particularly for the English Literature Department. There are also both practical and theoretical uses for this research.

1. Theoretically Benefits

The research primarily intends to advance the English Literature Department's literary studies. This study's examination of a literary text—specifically, a novel—from the standpoint of psychoanalysis is evident, and it is anticipated that this research would serve as a catalyst for more relevant scholarly investigation. Furthermore, it can enhance readers' awareness of identity crises and provide new insights; as a result, it is anticipated that they will be more conscious of these two problems.

2. Practical Benefits

This study can serve as a reference for researchers in the future who pursue related fields.