

# CHAPTER I

## INTRODUCTION

### 1.1 Background of The Study

Literature is any written work, which can refer to personal works or absolute understanding of literature. The notion of literature in academia can be more concentrated on literary works such as novels, processes, poetry and drama, although the form of writing of these works is less academic. For example a letter or email can also limit or cover the scope of a literary work in a broader sense.

Rexroth (Britannica.com) says that literature is a form of human expression, a place to express the thoughts, opinions, and ideas of the author. In terms of artistic value, literature is often seen as imaginative or creative. Literature and literary works are two parts that are interrelated and cannot be separated. Literary work is the part that deals with both fictional and non-fictional experiences. Literary works are a product of the human subconscious (Endraswara, 2011), so that many literary works can be discussed from a psychological perspective, for example the types of conflicts that occur in stories, difficulties and tragedies.

According to Wellek and Warren (2016) defined that “Psychology of literature has 4 meanings. The first is the psychological learn about of the writer, as kind and as an individual, second is the study of the innovative process, the third is the study of psychological kinds and legal guidelines

current within works of literature, and the closing is the find out about of the outcomes of literature upon its readers”. Based on the perception of literary psychology, the study of the impact of literature on readers will be of interest. So this find out about will be targets or profitable to the readers that interest to examine it.

Anxiety disorder is a disease that is not only existing in the existence of a fixer, but is often observed in actual life. People who have anxiousness disorders often have excessive, reflex or intense and persistent fear and worry in their day by day lives. Anxiety disorder is recognized as chronic immoderate anxiety which is related to many somatic symptoms. This sickness will have a large influence on the satisfactions of life, together with work, social aspects, training and can even injure the future so that it requires long-term therapy to cure this disease. According to Freud, nervousness is the worry of ignorance, when a man or woman can't imagine what they are afraid of. When someone is able to imagine what they are afraid of, the time period concern is used. Anxiety is an equally essential part of Freud's theory. That is, this nervousness is an vital thing in almost all present character theories. In general, anxiety can be defined as a feeling of concern, anxiety, uncertainty, or fear of actuality (Rejo, 2012: 228). Therefore, extra commonplace, and greater severe panic assaults will end result in greater avoidance phobias experiencing. To some extent, this is born out of empirical research. (Kutch, et al. 2018: 3).

In this study, will be attempted to focus on psychological analysis to

analyze one of literary works that is novel. This study uses a psychoanalytic approach to analyze *The Woman in The Window* novel by A.J. Finn and use the theory of Freud.

This novel is a grownup teen novel that tells the psychological issues confronted by the major character and refers to psychological symptoms, namely anxiety. Moreover, this study focuses on the major components of anxiety disorders. Anna Fox personality who feels anxious about her sad life and feels locked up because of previous events. Anna Fox as the primary personality in the novel A.J. Finn is additionally concerned about what happened to her dropping her infant and husband in an accident. The researcher tries to discover all sorts of elements through looking for in-depth data about the nervousness disease that appears in Anna Fox's behavior as the fundamental personality in the novel. Finally, this study desires to describe a generic description of anxiousness problems that affect the conduct of the major characters and the normal shape of nervousness disorders in this novel.

In the novel *The Woman in The Window*, it is informed that the main character is named Anna Fox. Anna Fox is a child psychologist with anxiety disorders, triggered with the aid of an accident that brought on her husband and toddler to die, at which time Anna Fox used to be driving the car. That's why the main character has an anxiety disorder. Anna is an alcoholic, to overcome her nervousness about the accident, she consumes a good deal extra alcohol, she even drank her doctor's medication with wine. Anna

herself even became a psychologist friend who used to be affected person in overcoming this psychological disorder. The main character additionally has a habit of seeing her neighbor's lifestyles from the window with the digicam lens that she has. That is why Anna Fox, who is afraid of having panic attacks in public places, is afraid to leave the residence and chooses to keep away from the situation and prefers to stay at home, watch old movies, reminisce about completely happy instances and undercover agent on her neighbors.

This study is taken from one of the social phenomena of the novel entitled *The Woman In The Window*. This is New York's 1-time bestseller and fictional story published in 2018, and will quickly end up the Major Motion Picture, this novel have to be screened this year due to the Covid-19 pandemic so there has been a delay in the release of the film. Researchers will inspect the story in the novel, which consists of 427 pages. Anna Fox is a character who lives alone, in New York City, she is an alcoholic, fantasizes about the stunning matters she has experienced, and she usually spies on her neighbors' things to do through the window. This is a daily pastime that is usually carried out by way of the most important person in the novel.

From the explanation above, choosing the novel *The Woman in The Window* by A.J. Finn as the research data to this study. The writer is additionally interest in conducting the study entitled “*Anxiety Disorder on The Main Character of A. J. Finn Novel The Woman In The Window*” which

is aimed to describe the anxiousness of Anna Fox and use the Sigmund Freud theory.

## 1.2 Research Questions

In connection with the research background above, the following problems will be analyzed in this study:

1. What causes anxiety disorder to the main character in the novel *The Woman in The Window*?
2. How are the treatments done by the main character to reduce her anxiety disorder in the novel *The Woman in The Window*?
3. Why are the treatments done by the main character in the novel as a cure for his anxiety disorder?

## 1.3 The Objective of The Study

In accordance with the focus and research questions put forward by the researcher, the objectives are as follows.

1. To investigate the causes of anxiety disorder through to the main character in the novel *The Woman in The Window*.
2. To explain how the treatment done by the main character to reduce her anxiety disorder in the novel.
3. To explain the reason for the treatments done by the main character in the novel.

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

To avoid over-discussion, based on problem identification will be mentioned in more detail. This analysis issue occurs in the important character of the novel *The Woman in The Window* who has several disagreeable life experiences that affect her psychological state and make her go through from anxiety disorders. The focus of the analysis is on anxiousness problems determined in the fundamental personality of the novel, first the motives of anxiety disorders in the main character, 2nd is the cure executed to decrease the fundamental personality from the anxiety disorder she is suffering from, and finally to provide an explanation for the reasons. Because anxiety disorders happened in the essential personality in the past which had fatal consequences.

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

The which means, of this research has two ways, theoretically and practically. Theoretically, the findings of this study are expected to make bigger knowledge about the relationship between psychology and literature in human life. This study additionally goals to provide an effective aspect of research as a literary work in literary criticism, namely anxiety problems as a phase of psychoanalysis. Practically, this study is anticipated to be useful not only for the writer, but additionally for the reader at the equal time. And hopefully this study can be continued for anybody who is involved in exploring this study with quite a number perspectives respectively.