

## CHAPTER I

### INTRODUCTION

#### A. Background of Study

Loss is a state in which a person is disconnected from everything that existed previously or was possessed, either partially or entirely (Riyadi and Purwanto, 2009). Sobbing, shouting a deceased person's name continuously, being furious, sad, and disappointed are some of the reactions that occur when someone suffers loss, particularly the death of a loved one. According to Puri, Laking, and Treasaden (2011), this condition is referred to as the grieving process, which is a psychological and emotional process that may be exhibited both inwardly and externally following a loss. Grieving people require time to absorb a loss, and the grieving process is extremely personal. The acute period of grief generally lasts 6-8 weeks, and the total loss or grieving reaction can take anywhere from one month to three years (Keliat, Helena, and Farida, 2011). According to Rotter (2009), the grieving process has distinct features, requires time, may be assisted but not pushed, and typically follows a predictable course. For each person, the grieving process is distinct and different. No one can predict when someone will go through all of the phases of the grieving process; however, what can be done is to support the grieving process so that the individual can reach a stage of acceptance. Sanders said in Bobak, Lowdermilk, and Jensen (2005) that the intensity and length of the grief reaction are affected by several factors, one of which is age. According to Indriana (2012), the age gap between parents and children influences their attitudes about death; as children grow older, they become more

mature to confront death. As individuals become older, they should have more direct experiences with death when their friends or family get to be sick and die, so that death is no more an occurrence they can't confront. Positive personality traits that emerge in late adulthood or old age indicate that the individual is prepared to die (Erikson in Nasir and Muhith, 2011). As a person's age grows, so does their understanding and acceptance of death, making it simpler for them to go through the process.

People may encounter a variety of reactions as they attempt to come to terms with death. A natural human response to loss is identified by Swiss psychiatrist Elisabeth Kübler-Ross as five stages of grieving. While working with David Kessler on the book *On Grief and Grieving* in 2005, Kübler-Ross used the five stages of grief to explain how people grieve after losing someone they love. In this book, she applies her models to describe the grieving process that a person goes through after losing someone they love. Ross and Kessler state that, "The five stages denial, anger, bargaining, depression, and acceptance are part of the framework that make up our learning to live with the one we lost" (Ross & Kessler, 2014: 7). Not all people experience the exact stages, and some people experience them differently. All stages of the grieving process that must be completed before arriving at the stage of acceptance of a loss incident. It is extremely difficult for us to accept death as a genuine and natural kind of loss, which must eventually be acknowledged and let go was something that would have happened, whether we like it or not. Someone who has lost will constantly appear unhappy, self-critical, have a pessimistic outlook on life, pay less attention to self-care, retreat from socializing even with family members, speak slowly and

with a weak tone of voice, and gaze down and focus more on himself in his everyday life. This event has the potential to endure a long time, if not his whole life. Human beings use a variety of methods to alleviate their suffering throughout the grieving process, including expressing their emotions both orally and writtenly. In writing, humans create literary works. Literary works are human creative efforts that convey admiration via the medium of language. Many literary works have been written by someone who grieved throughout history. Whether in the shape of a novel, a play, or a poem. In history, many famous writers whose literary works were made in a state of mourning. One of whom is Meghan O'Rourke. Meghan O'Rourke was born in Brooklyn, New York on January 26, 1976. In 1997, she received a bachelor of arts degree in English language and literature from Yale University, and in 2005, she received a master of fine arts degree in poetry from Warren Wilson College. Poems of hers have appeared in literary journals and publications such as *The New Yorker*, *Best American Poetry*, *The New Republic*, and *Poetry*, as well as Perrine's *Literatures* Twelfth Edition. *Halflife*, her debut collection of poems, was released by Norton in 2007. She lost her mother due to cancer at the age of 55.

“Since my mother’s death, I have been in grief. I walk down the street; I answer my phone; I brush my hair; I manage, at times, to look like a normal person, but I don’t feel normal. I am not surprised to find that it is a lonely life: After all, the person who brought me into the world is gone. But it is more than that. I feel not just that I am but that the world around me is deeply unprepared to deal with grief. Nearly every day I get e-mails from people who write: “I hope you’re doing well.” It’s a kind sentiment, and yet sometimes it angers me. I am not OK. Nor do I find much relief in the well-meant refrain that at least my mother is “no longer suffering.” Mainly, I feel one thing: My mother is dead, and I want her back. I really want her back—sometimes so intensely that I don’t even want to heal. At least, not yet.” (*The Long Goodbye* by Meghan O'Rourke)

She wrote *The Long Goodbye*, a memoir of loss and grieving written following the death of her mother. It was released in April 2011 and received widespread critical acclaim. In addition to *The long Goodbye*, She wrote many more poems dedicated to her mother while trying to overcome her grieving process.

With this context, the researcher decides to use the Ross-Kessler theory to investigate the *grieving process in Meghan O'Rourke's selected poetry*.

#### **B. The Problem of Study**

Two problems were formulated in order to achieve the goals of this analysis:

1. What stages of grieving process does the poet go through?
2. How does the poet realize the stages of grieving process through diction, tone of voice and symbol

#### **C. The Objectives of Study**

In relation the problems stated above, the objective of the study were:

1. To investigate the stages of grieving process the poet has passed
2. To describe the realization of the stages of grieving process the poet went through diction, tone of voice and symbol

#### **D. Scope Of The Study**

In relation to keep the study stayed on the focus, the limitation of the study was needed. This study analyzed the grieving process in Meghan O'Rourke selected poetry. The researcher used Ross & Kessler (2014) to investigate the grieving process and theory of element of poetry to dig the poetic element that convey the grief and used Semantic and Semiotic theory to find the realization of the poem's Mourning then again use Ross & Kessler (2014) to affirm the grief. The researcher used five poems in the first collection of Meghan O'Rourke poetry ,*“In defense of pain, Localized, My mother, Faith, and Diagnosis.*

#### **E. The significances of the study**

The findings of this study were expected to be useful theoretically and practically. Theoretically, The finding was expected to enrich the knowledge about grieving process in literary works especially poetry

Practically, the readers would consider this thesis as an enrichment to their knowledge about grieving process found in literary works especially poetry. For Students,it is useful as a reference to expand insight about grieving process in literary works especially poetry. Finally to a researcher who are interested in this study, would consider this thesis as their reference.