

CHAPTER 1

INTRODUCTION

1.1. Background of the Study

Human and personality are two related things. A personality makes a human different with each other. Trauma is one of the psychological problems that influences human personality. It usually relates to something bad happening in the past that makes us stress or feel afraid to do something in the future. Almost every human has a kind of trauma in their lives. Trauma might be a kind of invisible pain. That is why some people take it easy and tend to underestimate it without realizing that it can give a big influence to someone's life (Giller 14). Trauma deals with the psychological condition of an individual. It also can affect somebody's behavior or view towards something, such as family and friends.

Trauma can be caused by an overwhelmingly negative event that causes a long term effect on a person's mental and emotional condition. Many sources of trauma are physically violence in nature, others are psychological ones. Emotional and psychological trauma can be caused by a sudden event, such as a horrible accident, a natural disaster, or a violent attack (Tucker-Ladd 55). During the traumatic event, all aspects of functioning of the individual change, such as feeling, thinking, behaving, will change. The traumatic event may be over, but the person's reaction to the trauma will not.

Someone being disturbed does not spend a lot of time thinking about the future or making a survival plan. Some common signs of trauma usually can be seen. For instance, people who have traumatic events will often appear shaken and disoriented. They may not respond to a conversation as they normally would and will often appear quietly or not present even when speaking. Another sign of trauma on people is anxiety.

Trauma has various effects on people's life aspects, including attachment and relationships, physical health, emotional responses, behavior, and future orientation. Most of them are related to the behavior of the people. In dealing with the effects of trauma, people tend to use defense mechanism. It is used to hide the causes of childhood fears, urges, and shame (Tucker-Ladd 59). Defense mechanism is a kind of way to handle the fear or reduce the anxiety felt by a traumatic person. In other words, we can say that defense mechanism helps people dealing with their trauma.

According to Freud, defense mechanisms play an important role in pushing unrealistic thoughts out of awareness (qtd. in Ellis 116). Fear or anxiety caused by trauma can influence many things that we do in life; not only in activity, but also ability to socialize with other people. It is not impossible if the victims of trauma become a loner, an introvert, or even an antisocial because of the trauma they experience. That is why traumatic people sometimes find difficulties in making friends or dealing with their society. Trauma and defense mechanism are two related things.

In developing his theory of psychoanalysis, Freud has often related it to art and literature. For Freud, literary work is analogous to a daydream. Like a daydream, a literary work contains in its fantasy the fulfillment of an unsatisfied wish and thus improves on an unsatisfactory reality.

“The essential *ars poetica* lies in the technique of overcoming the feeling of repulsion in us which is undoubtedly connected with the barriers that rise between each single ego and the others. We can guess two of the methods used by this technique. The writer softens the character of his egoistic day-dreams by altering and disguising it.” (Freud 153)

Literary work is seen as a dream real (or latent) content behind obvious (manifest) content. The process of changing from latent to manifest content is known as a dream work, and involves operations of concentration and displacement (Freud 153). The critic analyzes the language and symbolism of a text to reverse the process of the dream work and arrive at the underlying latent thoughts. Literary works contain of symbols which must be understood, and according to Freud, psychoanalysis is able to reveal the meanings of these symbols. The basic assumption underlying Freud’s theory of creativity is that the literary work can reveal something about its author.

Trauma that can affect a person’s personality has become the main theme in some literary works, including *Please Don’t Stop the Music* by Jane Lovering. This novel gives a good description of trauma because it tells about the

adolescence past experience of the main character. It tells how a traumatic experience influences the main character's personality when she grows up. The main character is Jemima, a young adult woman who tries to build a business by making jeweled belt buckles. She has a traumatic experience in her adolescence caused by the death of her parents, brothers, and lover. Her parents died in a car accident, her older brother died in a knife fight, her younger brother is OD, and her lover is killed by her older brother. All the people she loves died, so it causes her to have a trauma in building a close relationship with other people again. The traumatic experience creates a kind of fear and anxiety in her life. It also influences her ability in socializing with others. She makes suppression to every person in her life as her defense mechanism in dealing with her trauma.

The author of the literary work, Jane Lovering, is a British writer. She works in a local school and teaches creative writing. Jane is a member of the Romantic Novelists' Association and has a first class honors degree in creative writing. Jane writes romantic comedies which got award-winning, and articles for newspapers and magazines. She has two previous novels published in the United States (Lovering, *From Behind the Keyboard*). *Please Don't Stop the Music* was her first novel published in the United Kingdom and it won the 2012 RONA (Romantic Novel of the Year Award) as well as the Best Romantic Comedy Novel (Gover). The novel rose to popularity, especially among teenage readers. It makes the writer interested in analyzing the text, especially the psychological processes involved in Jemima, the main character.

The novel centers on themes, such as individual growth, society, psychological romance, indie band, drugs, and love. The novel tells from Jemima's point of view. It tells everything about her life, starting from the day she lives in York and supplies the jeweled belt buckles. She meets Ben, a former front man of a hugely successful Indie rock band, Willow Down, who will stock her buckles. In the middle of the story, Jemima tells Ben about her dark past that she never tells anyone before. That is the reason why she always moves from one city to another, becomes a loner and an introvert, and avoids getting close with people. It is just because she does her defense mechanism in dealing with her trauma. That is why the writer chooses Freud's psychoanalytic approach as an appropriate theory to analyze the issues of the novel. There are six defense mechanisms by Freud, and the one that will be analyzed by the writer is about suppression done by Jemima.

The writer conducts a library research in trauma and defense mechanism to support this study. This study is the most recent issue that aims to highlight the psychoanalytic approach in the literary text. This study is originally from the writer and has been approved that there is no other studies analyzing the same literary text before. Based on the common issues in this study, there are some related studies which support the writer's analysis. The first is Watcharapipat Simma journal about *An Analysis of Defense Mechanisms Used By The Main Characters In Mark Twain's The Adventures Of Huckleberry Finn And The Prince And The Pauper*. The second is Duwi Wahyu Utami's journal about *Humbert Humbert's Defense Mechanism in Vladimir Nabakov's Lolita*, and the

last is Setya Octaviani's thesis about *Sublimation Of Charlie In Stephen Chbosky's The Perks Of Being A Wallflower*. They analyzed the issues and the main character using defense mechanism of psychoanalytic approach as the writer does. They also supported their analysis with much strong evidence. However, suppression has not yet been studied in depth. That is why in this study, suppression will be used as one of the defense mechanisms on psychoanalytic approach to analyze the main character. Therefore, the writer can learn and understand what she has to do in analyzing the character in the novel. Some ideas, generalizations, principles or conclusions related to the analysis of the writer are summarized and paraphrased.

1.2. Statement of the Problems

The writer of the study will discuss these main points to be analyzed in this proposal:

1. How does the trauma shape Jemima's personality?
2. How does Jemima's suppression work to repress the trauma through the novel?

1.3. Objective of the Study

In connection with the statement of the problems, the objectives of this study can be formulated as follows:

1. To find out what trauma that Jemima experienced in the past that influences her personality.
2. To portray how Jemima's suppression works to repress the trauma through the novel.

1.4. Significance of the Study

There is significance expected in this study. The first is to give deeper understanding about trauma and its defense mechanism, especially in the study of literature. The second is to make people motivated about their lives although they have experienced the past that causes the trauma. This study hopefully can remind people that they cannot just ignore trauma just the way it is and they should not face their problems alone. For teenagers who share similar background with the main character, it also can be a reminder that they cannot just run away and feel desperate to escape from their problems, but they should overcome it instead. Furthermore, this study is expected to be a related study for future similar studies. It is also expected that it will lead the audience to a deeper understanding about the issue in the novel.

1.5. Scope and Limitation

This study focuses on the major issues, that are defense mechanism of the main character in the novel, Jemima, and how her trauma influences her personality. This study is an exploration of major events and experiences which have served to shape Jemima's personality. Thus, the writer is in no position to analyze about other characters in the novel. The other characters in the novel are explained simply to support Jemima's defense mechanism. This is only a simple attempt to show the relevance and applicability of Freudian Psychoanalysis in the novel, and a contribution for the developing of written works in psychoanalytic approach.

1.6. Theoretical Framework

This study focuses on suppression as Jemima's defense mechanism and things that cause trauma for her. Anxiety is resulted by trauma that is created by the conflict of id, ego, and super-ego. In analyzing those issues, the writer will use Sigmund Freud's psychoanalytic approach, especially about suppression as the defense mechanism.

Psychoanalytic approach explains human behavior in terms of the interaction of various components of personality. Sigmund Freud is the founder of this theory.

“A particular crisis in self-perception may arise when an internal or external event occurs that clearly violates the preferred view of self. In such cases, it is necessary for the self to have some mechanism or process to defend itself against the threatening implications of this event. Such processes are commonly called defense mechanisms. Freud also stated that a defense mechanism that is resulted by a trauma, consist of denial, suppression, regression, repression, displacement, projection, and many other defenses based on their personal background.”(Baumeister 1082)

However, one defense mechanism that will be discussed in this paper is suppression. Suppression is about the defense to stay away from people or situations that are liable to make anxious. For the present, suppression can be considered as the simple refusal to face certain facts and keep it in the unconscious mind (Baumeister 1111).

1.7. Methods of the Study

This study is focused on defense mechanism done by Jemima in *Please Don't Stop the Music* which affects her personality and attitude towards her friends. In gathering the information to analyze the issue in the novel, the writer uses a qualitative method.

The first step done by the writer is reading the novel in order to acquire the important parts related to the issue in this study. The second step is collecting the data from the novel itself. Other sources such as books, journals, articles, and printed materials, which are related to this study, are needed as the secondary sources. In addition, internet sources are used to support and complete the study. The next step is analyzing the parts of the novel which is related to the issue of defense mechanism in order to answer the statement of the problem. The collected data is read and analyzed to support the analysis and make a deeper understanding to answer the statement of the problem.

In conducting the analysis, the writer searched for every part of the story which is related to the issue by reading the book, highlighting the parts, and also taking notes and then related them to the theory. The writer decided to use psychoanalytic approach to analyze the novel. Because the issue is about suppression of the main character that is influenced by her trauma, the writer has to find out the past that is experienced by Jemima and caused a trauma for her. As the trauma causes the anxiety, it can reveal the core issues experienced by Jemima. After finding all of the supporting parts, the writer related those parts to the theory and other related sources. Then, the last is the writer arranged the

conclusion as the final part to sum up and give more understanding about the result of this study.

1.8. Definition of Key Terms

Trauma : A very difficult or unpleasant experience that causes someone to have mental or emotional problems usually for a long time. (American Psychological Association)

Personality : Personality refers to individual differences in patterns of thinking, feeling and behaving. (American Psychological Association)

Defense Mechanism : An often unconscious mental process (as repression, suppression, or projection) that makes possible compromise solutions to personal problems. (American Psychological Association)

Anxiety : Anxiety is characterized by feelings of tension, worried thoughts and physical changes. (American Psychological Association)

Suppression : One of the defense mechanism that decide or act to postpone attention to a conscious impulse or conflict which does not avoid issues, but cuts them off. (American Psychological Association)