CHAPTER I

INTRODUCTION

1.1 Background of the Study

Behavior is something that always attached to every human in this world and becomes people's characteristics. One of which factors that influence our behavior development is our surroundings. Someone's behavior can change throughout many factors, for instance is after people are having traumatic experiences. Trauma relates to the level of growth that a patient will undergo (Tyson 2015). Anyone in their childhood can encounter trauma because of losing their close people such as family because of sickness, death due to injuries or suicide, and can also result from a trauma that is followed by anxiety, rejection and even conflict. This traumatic experience provokes a discomfort feeling which called as anxiety. A reaction as guilt or remorse does not serve to modify or ameliorate the anxiety or memory constellation which resulted from injury to the ego (Juni 1999).

Every human being has their fear toward something that they are not like or afraid of. People unconsciously will do something to protect themselves in confronting or avoiding it which might create new behavior called a defense mechanism. In Freud's definition of defense mechanism is a defense against unpleasant recollections by means of forgetting, seldom fail to raise the objection that they, on the contrary, have had the experience that just the painful is hard to forget, inasmuch as it always comes back to mind to torture the person against his will—as, for example, the recollection of an insult or humiliation (Freud 1930). According to Tyson (2015, 15), a defense mechanism is the processes by which the

content of our unconscious is kept in the unconscious, which means that they are processes by which we keep the repressed repressed to avoid knowing what we feel we cannot handle knowing it. According to Freud, understanding the function of a defense mechanism means not only fathoming the origin of pathological symptoms but also comprehending a model of the mind that includes both conscious and unconscious mental processes (Cramer 1991).

There are many factors of change behavior and one of them is losing someone that really important in our life such as family, lover, or friends. The losing itself could be caused by death or the person just walk out from someone's life wordless. An unexpected death of a loved one is the most frequently reported potentially traumatic experience, making mental health consequences of unexpected death an important public health concern (Keyes, et al. 2014). Although any death of a loved one can be emotionally devastating, unexpected deaths provoke especially strong responses, as there is less time to prepare for and adapt to the death. Grieving for the loss of a loved one is a time often characterized by extreme stress (Pratt 2017). This issue is demonstrated in the novel which is discussed in this study.

The Girl on the Train is a psychological thriller novel written by Paula Hawkins, a British author who was born on 26 August 1972 in Zimbabwe. Formerly, Paula Hawkins is a journalist at The Times newspaper who reporting about business. Besides, Paula Hawkins was also freelancer in several publications and wrote a financial advice book for women titled *The Money Goddess*. After her first novel, *The Girl on the Train*, Hawkins also wrote another novel titled *Into the Water* that released in 2017. Her first work spotted on the number one of The New

York Times Fiction Best Sellers of 2015. Besides, it won the nomination of Mystery and Thriller category in Goodreads Choice Award in 2015 and also the Audie Award in the nomination "Audiobook of the Year" in 2016. Many reviewers such as the New York Times said that this book is another *Gone Girl* book in a tale of betrayal. *Gone Girl* is a previous novel published in June 2012 written by Gillian Flynn. The story of Flynn's work is similar to Hawkins's which is about a woman in a failed relationship with her partner. The other review of this book coming from Suzi Feay in The Guardian in 2015, Feay said that this novel has a less flashy twist that usually violates the psychological plausibility. Overall, this novel has a more solid creation.

The story of this novel is delivered from three points of view of the characters that are Rachel Watson, Megan Hipwell, and Anna Watson. The story is about a depressed woman named Rachel after getting divorced from her husband and decided to drink a lot of alcohol so she could forget all of her pain. She travels to the same place with the same train every day and she always looks out of the window to a backyard of houses which it passes on that train route. She feels like she knows all the people who live in that house. Until one day something wrong happened. She thought that she knows everything when it turns out that she knows nothing about them. However, in the end, she is part of all those things that happened.

The issue of this novel is that one of the characters, Megan, is not a perfect human being even if people see her that she is the most beautiful woman who is lucky to have a handsome husband who is able to balance her beauty. Megan denies

the truth that she has a trauma of having a baby and she keeps in her own mind for years to years behind her husband when he wants to have a baby with her. Therefore, Megan acts that she does not really care about it and released her anger and burden to something that is not appropriate.

There is a previous study that discusses the same literary work conducted by Fita Febriani in 2018, a student of Universitas Islam Negeri Sunan Ampel Surabaya with the thesis title *Megan's Trauma in Paula Hawkins' The Girl on the Train*. Febriani found out that Megan experiences PTSD symptoms since Megan had an unbalanced emotion and insomnia. There is also a previous thesis titled *Anxiety and Defense Mechanism of Rachel Watson in Paula Hawkins' novel The Girl on the Train* conducted by Atun Farkhatun, a student of Universitas Sunan Kalijaga of Faculty of Adab and Cultural Studies, in 2017. She found out that the main character named Rachel in the novel titled *The Girl on the Train* has several anxieties that occurred because of many factors that she already had experienced. She believes that those anxieties' feelings cannot easily disappear in everyone's life. This study discusses different issues compared to the one which already studied by Febriani. She studied only about Megan's trauma, while this study also analyzed Megan's defense mechanism and core issue. This study attempts to fill the gap from the previous studies.

The psychoanalysis approach is a relevant theory that would be used in analyzing *The Girl on the Train*. This study analyzes one of the characters, Megan's loss of a loved one experience affects her current personality and Megan's relationship with her husband. The writer applies Sigmund Freud's theory about

defense mechanisms and core issues. This study focuses on displacement and projection, and fear of abandonment and low self-esteem as well. Since this study focuses on different issues, the writer hopes that this study would fill the gap from the previous studies.

1.2 Statement of the Problem

In order to analyze the impact of the brother loss toward Megan's character in the novel *The Girl on the Train*, the writer wants to elaborate on some questions to analyze the novel. Those questions are:

1. How does Megan's loss of her loved one experience affect her current personality?

2. How do Megan's displacement and projection affect her relationship with her husband?

1.3 Objectives of the Study

The aims of the study are formulated as follows in line with the statement of problems:

1. To reveal Megan's loss of her loved one experience affects her current personality.

2. To reveal Megan's displacement and projection affects the relationship with her husband.

1.4 Significance of the Study

This study discusses Paula Hawkins's novel titled *The Girl on the Train*. Meanwhile, in the previous studies which analyzed the novel using the same literary criticism with this study, the writer wants to analyze the different issues to discuss the novel which are defense mechanisms and core issues. As this study using

different issues, the writer hopes that this study would fill the gap from the previous studies.

The focused analysis of this study is the woman character named Megan Hipwell who is not the main protagonist but still remains the major characters who take an important role in the whole story of the novel. There are several theses that discuss the same literary works, but they are more focused on the main character named Rachel Watson. Accordingly, the writer aims to make the readers put more attention to the other character besides the main character. There is also another thesis which discuss about Megan, but they focused only on the trauma and the PTSD symptoms which experienced by Megan. While this study focused on discussing about defenses mechanism and core issues. The other aim of this study is to give a contribution to the development of literary study, especially in the English Department of Universitas Airlangga. Other than that, this study aims to deliver an additional study about defense mechanism and core issue and to give contribution in the discussion of the novel *The Girl on the Train*. The writer hopes this study will fill the gap from the previous study.

1.5 Definition of Key Terms

Core issues   : The core issue is a deeply rooted psychological problem that is the source of our self-destructive behavior (Tyson 2015, 16).

Defense mechanism : Defense mechanisms are psychological strategies that are unconsciously used to protect a person from anxiety

arising from unacceptable thoughts or feelings (McLeod 2019).

Displacement : Displacement involves taking out our frustrations, feelings, and impulses on people or objects that are less threatening (Cherry 2020). Omission, modification, regrouping of the material, these, then, are the effects of the dream censor and the devices of dream distortion. The dream censorship itself is the author, or one of the authors, of the dream distortion whose investigation now occupies us. Modification and rearrangement we are already accustomed to summarize as displacement (Freud 1930).

Projection : Projection is a defense mechanism that involves taking our own unacceptable qualities or feelings and ascribing them to other people (Cherry 2020). A projection outwards of the danger of libido can never succeed thoroughly. For that reason, in other neuroses other systems of defence are in use against the possible generation of anxiety (Freud 1930).

Psychoanalysis : Psychoanalysis brings forward so much that is new and among it so much that contradicts traditional opinions and wounds deeply rooted feelings. Moreover, it is worth knowing and is indispensable for anyone

who wishes to understand the mind and human life

(Freud 1930).