

# **CHAPTER I**

## **INTRODUCTION**

### **1.1 Background of the research**

Literature is closely related to psychology because of their relation to human beings and their mindset. Psychology is related to mind and the behavior of human. Psychology helps to understand human emotional progression to be the person they are now. With psychology, it is possible to understand the reasons and factors behind someone's decision and action. Psychology can be used beneficially in analyzing literary work. Psychology is able to give another level of understanding to the literary work because of its close relation to human nature as psychology gives insight regarding the character's behavior, feeling and also reasoning behind decision making. Characters in literary work carry human traits similarly to human in real life although it is not entirely similar.

Adler (1956) defined Individual Psychology as a constant need to strive for power and social interest, a person's attitude to the existing demands in human society. Individual Psychology studies human progression and approach toward life by the effort to strive and to achieve goal. By having a goal, human has the motivation to move forward in order to achieve the goals they had. Adler proposed individual psychology with his interpretation as a Freudian. Different with Freud who emphasized the

importance of sex, Adler emphasized on human as a whole entity or individual who progressed to the future goals to be better.

Motivation is needed as a push to be better. A prominent figure in Indonesia named Chairul Tanjung who rise from poverty. Born from a couple of a small journalist who published local newspaper and a house wife, Chairul lived with together with his other 6 siblings. During the new order era, his father was forced to shut down his business because of the opponent political view. His family was forced to sell their house and later fell into poverty. Chairul was determined to finish his study in Universitas Indonesia and started a business. He started from selling stationaries as a way to earn more for his university fund. During his study, he also established a shop for medical school and laboratory equipment but was reported to experience bankruptcy. After he finished with his study, he established a company with three of his partners but later on decided to part away because of different idealism with his partner. After leaving his partners, his was able to be successful as an entrepreneur for himself due to his expertise in building networks which made his business grew bigger and bigger. In 2014, Chairul was listed as the 375<sup>th</sup> richest people in the world with the net worth of 4 billion USD. Chairul inferiority was having not enough money for him and his family. He compensated that by building business and being successful which fulfil his goal to provide for his family and to make a name for himself. Chairul struggled in his life due to poverty but strived greatly to build his business despite multiple failures.

One of the novels which has an interesting psychological phenomena is called "Dreamology" written by Lucy Keating. The novel revolves around Alice who

lived with her scientist father. Alice had had whimsical dream with a boy named Max. Alice always thought that Max was not a real person but later realized that Max was real when she saw him in her psychology class in her new school in New York. Real Max and dream Max are nothing alike at all. They were connected to each other through their dreams but when their only escape from reality started to interfere with their life during waking hours. They have to find a way to make the dreams stop.

In the novel, Alice had had severe nightmares due to her mother abandonment when she was just a kid. The abandonment issue she had deeply scarred her that left her with nightmares.

“As I said, after your mother left, you started having nightmares. You were only six. I think you felt vulnerable. It got so bad that you were barely sleeping. I was barely sleeping. So a colleague of mine at Harvard recommended a sleep study on brain mapping” (Keating, 2016).

In the quotation above, Alice’s father stated that Alice felt vulnerable after her mother abandoned her. The aftermath of the abandonment was that Alice had constant nightmares when she was just six years old. Alice still struggled with the abandonment issue even after the nightmare ended which caused her to refuse to address her mother as mom but rather address her with her mother’s first name instead. The way Alice handled her abandonment issue in her teenage year was to cut off her mother because she did not want to be associated with the pain her mother brought her when she was a child. This reflects on Alfred Adler’s style of life which is a unique pattern developed on inferiority and the compensation a person do in order to feel complete. Alice’s inferiority was that she was left by her mother as a child and the action she took was to

cut off her mother in her life because she did not want to feel the pain of her abandonment again.

In the novel, Alice had always been with Max in her dream for years because of the sleep study that her father took her to when she was a child. Alice did not know that Max was actually a real person in real life. After the encounter with real Max in her new school, Alice needed to accept that Max was not the perfect fantasy she had been dreaming of. Max was a real person with real feeling and the dreams was just a fantasy. Alice had everything she wants in her dream which is dream max but the reality that she had to face is real max.

Sorry, Soph, you know I appreciate it. I'm just disappointed. I'm dying to figure out how I know him. Especially since despite all my best efforts, he's made it pretty clear I'm nothing more than some new girl who showed up in his psychology class (Keating, 2016).

In the quotation above, Alice felt inferiority during her conversation with her best friend, Sophia. Alice had just met Max in her psychology class. After a failed attempt to talk to Max, Alice realized that the Max she just met wasn't the same person as the one she has always dreamed of which made Alice felt inferior. Alice struggled to accept the difference between dream max and real max. She dreamt of max for so long and live in her fantasy with max all this time. Because of the inferiority, Alice saw it as a motivation to strive harder to know the real Max and the origin behind her dream. According to Adler in Schultz & Schultz (2013), inferiority is seen as a motivation to human striving. As in the quotation above, Alice strived to get to know Max because he was the same person she had been dreaming of for years. Getting to know Max became Alice's goal

and the inferiority she felt as she was not familiar or even recognize this real life version of Max drove her forward to give her best effort. Alice's struggled to achieve her goal to get the real life Max because Max acted like Alice was not more than a stranger to him.

Adler's individual psychology has been used in literary analysis to understand fictional character. As per my understanding, the data source used in the present study had not been analyzed using individual psychological approach. In conduction the research, the researcher took some previous researches as a comparison and reference. Lestari (2012) investigated Bella Swan's struggle as the major characters. The objective is to analyze Bella Swan's struggle for love. In the study, it is found that Bella Swan Struggled greatly to maintain her love for her lover. She was willing to sacrifice herself to save her lover and to live her life as a vampire so that she was able to stay with her lover forever. This study used the same theory of the present study which is individual psychology but used the different data source.

Next, Juidah (2020) described the main character's personalities in novel written by Tere Liye entitled "Rindu". The objective is to analyze the personalities of the main character using individual psychology theory by Alfred Adler. Qualitative descriptive method is used in the research with the additional of content analysis techniques. Data analyzed in the research includes words, sentences, and quotations from the novel. The result showed six principles of the personality theory found in the main characters of Ahmad Karaeng and Gurutta.

Based on the phenomena above, the researcher is interested in conducting the research on the novel by using the individual psychological approach by Alfred Adler which takes the title as follows: “Alice’s Goals and Struggles to Accept Reality in Lucy Keating’s “Dreamology” Novel; Individual Psychological Approach”.

### **1.2 Identification of the Problem**

1. Struggles to be successful despite of misfortune
2. Obstacles faced in order to achieve goals in life.
3. Alice’s struggles to accept reality in Lucy Keating’s “Dreamology” novel.
4. Alice’s obstacles to accept reality in Lucy Keating’s “Dreamology” novel.

### **1.3 Limitation of the Problem**

In this research, the writer will focus on analyzing goals and struggles to accept reality on the main character, Alice in “Dreamology” novel by Lucy Keating (2016).

### **1.4 Formulation of the Problem**

1. What are Alice’s struggles to accept reality found in Lucy Keating’s “Dreamology” novel?
2. What are Alice’s obstacles to accept reality found in Lucy Keating’s “Dreamology” novel?

### **1.5 Objectives of the Research**

1. To find out Alice’s struggles to accept reality found in Lucy Keating’s “Dreamology” novel.

2. To elaborate Alice's obstacles to accept reality found in Lucy Keating's "Dreamology" novel.

## **1.6 Significance of the Research**

### **1. Theoretically**

This research has some purposes. First, this research is made to give information about individual psychology which. This research is dedicated as a reference for the development of literary studies in the study of individual psychological approach among the students of Putera Batam University.

### **2. Practically**

This research may enhance knowledge about the characterization of fictional character. This research may enhance our knowledge in personality theory. In other way, also helps the reader to discover what the reader does not know about themselves. This research is hoped to give insight from fictional characters regarding goals and struggles which might happen in reality to the reader so that the readers able to identify their own struggles in life.

## **1.7 Definition of key terms**

**Goal** : the end toward which effort is directed. Something that you are trying to do or achieve. The result or achievement toward which effort is directed. An idea of the future or desired result that a person or a group of people envision, plan and commit to achieve.

**Struggle** : a violent effort or exertion; an act of strongly motivated striving. To proceed with difficulty or with great effort. To experience difficulty and make a very great effort in order to do something. An energetic attempt to achieve something. Strenuous effort.

**Individual Psychology** : Individual Psychology is a psychology on three interlocking planes: From the child's feeling of inferiority there emerges an overstimulated striving for power which either finds its limits in the demands of society and in the admonitions of social interest, which is physiologically and socially founded, or goes astray.