CHAPTER I

INTRODUCTION

1.1 Background of Research

The issue of social relationships within a society has a close relation to how individuals put themselves amongst the others. As social beings, people interact with one and another to carry with their lives in the society. However, social relation is often disrupted in the society when an individual feels the incapability to join in with the crowd and maintain a good relationship with others. This condition affects the personality as well as how they perceive people in general. This kind of condition is further reflected through the behavioral aspect when one would prefer to retreat from the community and unconsciously submit to isolation.

The condition where people show incapability in joining the community or facing a social situation on is referred as social anxiety. Social anxiety happens to anyone and varies in terms of intensity regarding the fear of negative evaluation of others towards themselves (Kennair & Kleppesto, 2018). The closest example of social anxiety can be seen in social settings where one is required to interact with many people such as working directly with customers in the job environment. The intensity of anxiety that an individual would feel is considered normal only when it does not linger or develop into an even stronger sensation. Schneier & Goldmark (2015) the persistent fear of social situations and extreme avoidance is categorized as a condition referred to as social anxiety disorder that further interferes with one's life starting from school, work, and other aspects of social life. In other words, when the fear and avoidance of social situations are persistent and stronger in sense, the

condition itself is referred to as social anxiety disorder which influences how an individual would retreat from the community and isolate themselves before resulting in poor social relationships with others.

The discussion of social anxiety disorder is defined through several aspects that affect an individual presents themselves in society and how they perceive perceptions relating to social situations. According to Leary & Jongman-Sereno (2014) social anxiety is rooted in the feeling of wanting to present a certain impression yet they doubt themselves from doing so which triggers the feeling of anxiety and avoidance. This is closely related to one's concern about people's perceptions of themselves and the failure to fulfill the expectation established in society for someone to be accepted in the dynamic. Moreover, Leary & Jongman-Sereno (2014) divided several main factors in identifying social anxiety disorder from an individual that consists of their cognitive, physical, and behavioral aspects. The cognitive aspect includes how an individual views themselves and the social world (Leary & Jongman-Sereno 2014). This means that the cognitive aspect includes the thoughts, ideas, and concepts that are anxiety-induced that indicate the individual is struggling with the perception of themselves and other people to face a social situation.

The second aspect is physical which refers to the bodily reaction of intense fear and anxiety when it comes to facing social interactions or situations. According to (Leary & Jongman-Sereno, 2014) the physical aspect refers to the physical reaction of being in a state of intense anxiety such as rapid heartbeats, excessive sweating, jittery, and so forth. This means that people with social anxiety show the symptoms

visibly through their bodily reactions which often cause them to retreat to avoid this condition. The last aspect of identifying social anxiety disorder is through the behavioral aspect. (Leary & Jongman-Sereno, 2014) explained that social anxiety disorder often interrupted people's behavior to minimize the condition of 'threats' that refers to any social situations and interactions. This means that the behavior of people with social and anxiety disorder is affected by the avoidant tendency to keep themselves away from any confrontation which results in the act of self-isolation and retreat.

The portrayal of social anxiety disorder is often identified in literature as one of the most well-known from novel. The novel entitled Convenience Store Woman by Sayaka Murata (2018) is one of the literary works that are interesting to be further analyzed within the discussion of social anxiety disorder representation. The novel talks about Keiko Furukura who has been considered 'strange' by her parents for not being able to mingle with her community well starting from her childhood to her adulthood. The plot describes how Keiko Furukura struggles to face social situations and problems as she does not feel the capability of overcoming those like how the 'normal people' would. It further captures the portrayal of an individual who struggles with social awkwardness and excessive fear that resulted in poor social connection with others. This is seen from the line taken from the novel,

> "I didn't make any friends at school, but I wasn't particularly picked on or bullied, and **I managed to get myself through elementary and secondary without saying anything uncalled for**" (Murata, 2018, p. 7)

The narration taken from the novel above describes Keiko's condition throughout her elementary and secondary school years where she decided to stop

saying anything to the people around her to avoid saying something uncalled for. This refers to Keiko's initial difficulty in empathizing with things ever since her childhood which caused her to get scolded by the people around her. Keiko's retreat from making friends during her school days is rooted in her fear of not being able to fulfill social expectations and standards established in the society which fits into the category of behavioral aspect of social anxiety disorder. According to Leary & Jongman-Sereno (2014) the behavior of people with a social anxiety disorder is characterize by of being avoidant as they believe that they will devalue the relationship between themselves and others by not fulfilling the expectations in social situations which leads to rejections and negative perceptions. This describes Keiko's behavior that is considered as avoidant from how she completely retreated from any social interaction with her peers in school based on her fear of saying something wrong to them.

The issue of social anxiety disorder has been taken by Yuniarti (2023) entitled "Social Anxiety Disorder in the Novel Eleanor Oliphant is Completely Fine By Gail Honeyman" aimed to determined how the protagonist in Gail Honeyman's book "Eleanor Oliphant is Completely Fine" represents social anxiety disorder. Eleanor's social anxiety disorder symptoms and causes are included in the analysis. The study applied social anxiety disorder by Leary & Jongman-Sereno and the psychological approach by Wellek and Warren that found in literature serve as the foundation for this study's investigation. This study has a number of findings, the Diagnostic and Statistical Manual of Mental Disorders, (2013) Fifth Edition stated:

> *"*Anxiety disorders include disorders that share features of excessive fear and anxiety and related to behavioral disturbances. Symptoms include

feelings of nervousness, panic and fear as well as sweating and a rapid heartbeat. Severe anxiety disorders can lead the person to alter someone's lifestyle to accommodate the anxiety. They can keep someone from carrying on with his or her life normally.*"*

The extreme fear of social situations is referred to as social anxiety in the statement above. The fear of always being observed, rejected, and evaluated by others. In addition, those who struggle with social anxiety want to be with others but are terrified of coming across as uninteresting, naive, or unlikable. In this way, it's possible that the speakers who are opposing them have a hard time identifying someone who has social anxiety. In addition, they can assume that the person with the disease is not trying to communicate with them, which could cause miscommunication. Yes, that is the cause of an individual with social anxiety disorder's inability to lead a fulfilling life. This is typical of someone with social anxiety disorder (SAD).

Meanwhile, the second previous study by Utami (2021) entitled "The Construction of Social Anxiety Disorder Sufferer's Identity in Francesca Zappia's Eliza and Her Monsters" aimed to determine the portrayal of social anxiety disorder through the main character in Eliza and Her Monsters. This study applied the psychoanalysis theory by Sigmund Freud and the perception of social anxiety disorder to guide the analysis. The result showed that the causes of the social anxiety disorder of Eliza are rejection, bullying, traumatic experiences, and parents' pressure. The result further showed that the social anxiety disorder affected her personality and her relationship to her friends and family.

From the reviewed previous studies above, the similarities and differences related to this study are determined. The similarities laid in the focus of study which is social anxiety disorder portrayed in literary work. Moreover, the differences are laid in the guiding theories applied in the studies. The previous studies used the psychoanalysis approach and social anxiety disorder theory to determine the identification of social anxiety disorder along with its causes. Meanwhile, this study focuses more on determining the social anxiety disorder through the aspects of cognitive, physical, and behavioral of the individual. This study also aims to determine the main character's struggle to overcome the social anxiety disorder. Therefore, this study is conducted by applying the theory of social anxiety disorder Leary & Jongman-Sereno (2014) and Schneier & Goldmark (2015) within the psychological approach to provide coherent analysis regarding the identification of social anxiety disorder. The title of this study is: "Social Anxiety Disorder of The Main Character in "Convenience Store Woman" Novel by Murata: Psychological Approach".

1.2 Identification of Problem

Based on the background of the study, there are the identifications of problem as followed below:

1. Portrayal of social anxiety disorder in literary work.

2. The representation of social anxiety disorder issues in society.

3. Cognitive aspects of social anxiety disorder depicted through the main character.

4. Physical aspects of social anxiety disorder depicted through the main character.

5. Behavioral aspects of social anxiety disorder depicted through the main character.

1.3 Limitation of the Problem

Based on the problem identifications, the limitation of problems applied in this study is as followed below:

1. Cognitive aspects of social anxiety disorder depicted through the main character in "Convenience Store Woman" by Sayaka Murata.

2. Physical aspects of social anxiety disorder depicted through the main character in "Convenience Store Woman" by Sayaka Murata.

3. Behavioral aspects of social anxiety disorder depicted through the main character in "Convenience Store Woman" by Sayaka Murata.

1.4 Formulation of the Problem

Based on the limitation of the problem in this study, the analysis is formulated into two questions as followed below:

1. What are the cognitive aspects of social anxiety disorder depicted through the main character in "Convenience Store Woman" by Sayaka Murata?

2. What are the physical aspects of social anxiety disorder depicted through the main character in "Convenience Store Woman" by Sayaka Murata?

3. What are the behavioral aspects of social anxiety disorder depicted through the main character in "Convenience Store Woman" by Sayaka Murata?

1.5 Objectives of the Research

Based on the formulation above, the objectives of this research are as followed below:

1. To determine the cognitive aspects of social anxiety disorder depicted through the main character in "Convenience Store Woman" by Sayaka Murata.

2. To determine the physical aspects of social anxiety disorder depicted through the main character in "Convenience Store Woman" by Sayaka Murata.

3. To determine the behavioral aspects of social anxiety disorder depicted through the main character in "Convenience Store Woman" by Sayaka Murata

1.6 Significance of the Research

The significance of this research is divided into two aspects as presented below:

2. Theoretical Significance

This study has the aim to contribute to the field of literature, especially in the portrayal of social anxiety disorder in literary work that often reflected the real-life conditions. This study provides the analysis regarding the symptoms of the aspects based on the main character in the novel, thus, demonstrating the relationship between literature and the psychological approach to an individual's relationship to their society.

3. Practical Significance

This study has the aim to provide a coherent analysis of social anxiety disorder portrayed in literary work. This study is hoped to become a reliable

source for future research on the same topic. This study also has the aim to enhance the readers' knowledge regarding the representation of social anxiety disorder in literary work.

1.7 Definition of Key terms

Psychological : Psychology encompasses a diverse range of phenomena, including physiology, genetics, environment, personality, development, and social interactions. Psychologists specialize in specific areas of study. The overarching goals are to understand, predict, and modify human behavior. Cognitive psychology focuses on complex behaviors and mental processes such as perception, attention, learning, memory, and problem-solving, attributing behavior to brain functions influenced by environmental events and mental processes like attention and anxiety.

Social Anxiety Disorder : The hallmark of social anxiety disorder (SAD), also known as social phobia, is a persistent dread of being judged by others, which causes the sufferer to avoid social interactions. Because sufferers of SAD avoid social or performance circumstances, the disorder can be extremely distressing and interfere with social life, career, and education. There hasn't been much

research on gender differences in SAD, despite the fact that many people with the disorder claim that their anxiety level changes depending on the gender of people they interact with and that men are more likely than women to seek treatment for SAD than other anxiety disorders. However, the gender literature that is available for SAD has intriguing implications for clinicians and researchers.