

CHAPTER II

REVIEW OF RELATED LITERATURE AND THEORETICAL FRAMEWORK

2.1 Psychological Approach

Psychologists investigate many different types of phenomena, such as nervous system physiological processes, genetics, environmental events, personality traits, human growth, mental capacities, health, and social interactions. As depicted by Martin et al. (2010) owing to this variability, a psychologist is rarely characterized by the subfield in which they practice; instead, they are identified by their specific area of specialization. For instance, a clinical psychologist is a person who measures and treats psychological disorders; a developmental psychologist is a person who studies child development; and a person who investigates the connection between physiology and behavior may refer to themselves as a neuropsychologist, physiological psychologist, or psych biologist, depending on whether they study the brain or other physiological processes, like heart rate.

Martin et al. (2010, p. 7) explained the ultimate goals of research in psychology are to understand, predict and change human behavior: to explain why people do what they do. Different kinds of psychologists are interested in different kinds of behavior and different levels of explanation. For instance, whilst one psychologist may be interested in romantic attraction, another may be more interested in visual perception. Psychologists may examine behavior at different levels of analysis, even when their interests align. Additionally, the expert discussed cognitive

psychology, which is the study of complex behaviors and mental processes like perception, attention, learning, memory, concept formulation, and problem solving. According to cognitive psychologists, the processes in the human brain that arise in reaction to external stimuli are what ultimately determine behavior. They provide explanations based on features of presumed mental processes, including linguistic mechanisms, attention, and images. It is often mentioned in psychology studies that social psychology is the study of how people affect other people. Social psychologists study a variety of phenomena, including how people perceive themselves and others, how human interactions are caused and affected, attitudes and opinions, interpersonal relationships, group dynamics, and emotional behaviors including aggression and sexual attraction.

2.2 Social Anxiety Disorder (SAD)

Social anxiety disorder is a condition that is used to refer an excessive fear and worries relating to facing social situations. According to Schneier & Goldmark (2015) social anxiety disorder is the term used to characterize intense and persistent fear that is followed by avoidant behavior when it comes to social situations. As cited in This particular condition is also referred as social phobia where the individual who suffers from this condition experience persistent anxiety that resulted in the avoidant behavior in facing social interactions or any interaction that requires them to present themselves out in social surroundings. In other words, social anxiety disorder is identified when an individual feels unnecessary and often non-logical fear to interact with people and being present in social conditionings. Moreover, Schneier & Goldmark (2015) also explained that social anxiety disorder

or SAD majorly affected the sufferers' life, especially when it comes to social interactions such as at work, school, and other social settings to the point of interference. It means that people with SAD typically have poor social skills, excessive fear of social situations, and low perception of their own representation in social encounters.

In addition to Schneier & Goldmark's assertion, Leary & Jongman-Sereno, (2014, p. 582) provided an explanation of social anxiety in their book, Social anxiety can also arise because of expectations about the perceived discrepancy between other people's imagined or perceived reactions to the individual and what the standard reaction should be. In one study, participants who were preparing to give a speech were told that standards for performance were high, low, or ambiguous. There are several aspects that are used in identifying social anxiety disorder based on the sufferers' reaction to social interactions. Leary & Jongman-Sereno (2014) explained that social anxiety disorder is shown through cognitive, physical, and behavioral aspects of individuals that further demonstrated the condition of high distress and fear of social interactions. Each aspect that characterized social anxiety disorder are provided below:

2.2.1 Cognitive Aspect

The cognitive aspect that shows the symptom of social anxiety disorder refers to the negative thoughts and ideas that the individuals have regarding social interactions and expectations towards themselves and other people around them. According to (Leary & Jongman-Sereno, 2014, p. 582) cognitive aspect on people with SAD includes the thought pattern relating to how they think of themselves and

their social world that often disrupted with the negativity. The negative cognitive pattern on people with SAD includes the feeling of unworthiness or incapability to fulfill social expectations, excessively high standard in social encounters, negatively-biased perception on their own self, and so forth. According to Williams et al (2014) one view, social anxiety is largely caused by thought and belief habits, and treating these patterns can be beneficial in treating social anxiety. Their thought habits often cause them to shy away from social situations. People who suffer from social anxiety frequently overestimate the dangers of social situations, the possibility of bad things happening, and the fallout from bad things happening. People who suffer from social anxiety also frequently underestimate their capacity for social interaction. As per the cognitive aspect, those who suffer from social anxiety typically overestimate the degree of threat they face in social interactions. For instance, "This individual will be evaluating me." They underestimate their capacity for social interaction.

2.2.2 Physical Aspect

The physical symptom of SAD refers to the bodily reactions that show intense anxiety and fear before and during social encounters. According to Leary & Jongman-Sereno (2014, p. 588) the physical symptoms of social anxiety disorder is more intense on people that are required to confront social situations which is shown through excessive sweating, stuttering, being jittery, and so forth. A person's physical appearance frequently affects relational worth. People tend to devalue connections with unattractive people, and physically attractive people are liked more than ugly ones. Because of this, the majority of people try to achieve the

minimal requirements for beauty in their social groups (by maintaining proper hygiene, controlling their weight, dressing a certain way, and other means), and many also aim to project an extremely appealing image. Even worse, those who experience anxiety because they think their appearance will make them undesirable will be less inclined to communicate with others. This particular condition leads the decreased quality of communication and social presentation.

2.2.3 Behavioral Aspect

The behavioral aspect that is considered as one of the symptoms in social anxiety disorder refers to the actions or behavior triggered by anxiety-induced reasoning which is often including the avoidant behavior. Leary & Jongman-Sereno (2014, p. 585) explained that the behavioral aspect of people with SAD is seen from how they tend to avoid any activities that are considered as ‘threats’ to them such as social interactions and presentation that triggers the level of their anxiety. It means that the behavioral aspect focuses on the behavior of people with SAD that avoid any social interactions and encounters caused by their excessive fear-induced thoughts that are often unrealistic. These further stresses that SAD does not only affect people through their perception and physical reaction, but also through their behavior in society.

2.3 Previous Research

There are several previous researches relating to the issue of social anxiety disorder portrayed in literary works. The first previous research by (Putra, 2012). This reserach explore about the character of Mort Rainey in secret window film. That anxiety disorders affect Mort Rainey's personality in his daily life, based on

the Arrangement's Anxiety Hypothesis in the movie *Secret Window*. Is to proceed with the explanation of. The character has experienced a mental disorder. Descriptive evaluation approach in examining the Mort Rainey Character of the film; the writer would love to analyze the facts with the tension disease concept. This study use verbal facts and other non-numeric facts; along with talk and scene caption as the primary evaluation and in fixing the studies problems. Through the observation of the scene, dialogue and the script the Filmmaker gives Mort Rainey such a complex character in the *Secret Window*. The film's story developed from the composition of those anxiety disorders in Mort Rainey Character and characterizations.

The second previous research by Farokhah (2015) aimed to determine the psychological condition of Holland in Anna Godebersen's *Splendor* novel in terms of the kinds of anxiety, the cause of anxiety, and the defense mechanism relating to overcoming the anxiety. This study applied qualitative research method in presenting the data analysis. Moreover, the theory of psychoanalysis by Sigmund Freud is used in identifying the anxiety suffered by the character in the novel. The result showed that the kind of anxiety suffered by Holland is categorized as neurotic anxiety that is shown through persistent panic and fear. The second result included the cause of anxiety which is the threat from Holland's second husband and the pressure from her environment. Lastly, the defense mechanism in overcoming anxiety portrayed by Holland consists of repression, sublimation, denial, fantasy, projection, asceticism, and aggression.

The third research by Terananda (2016) entitled “Jack’s Effort to Overcome His Social Phobia After His Great Escape in Emma Donoghue’s Room : A New Criticism Study” The purpose of this study is to clarify how Jack's social anxiety is expressed and how Emma Donoghue's novel's symbol and tone aid Jack in his attempts to get over his social anxiety. In analyzing this book, the author draws on Thomas A. Richards' New Criticism theory, which defines social anxiety as the fear of social interaction that results in emotions of self-consciousness and being adversely assessed and judged. The problem statement is addressed by the author using a qualitative approach. The writer gathers and categorizes the data in the second step. Subsequently, the author examines the information and presents proof to bolster the claim. By examining the characterization, symbolism, and tone, the author comes to the conclusion that Jack made an effort to overcome his social anxiety following his spectacular escape.

The forth research by Riswahyudi (2017) aimed to determine the representation of social anxiety disorder of the main character in the novel entitled Finding Audrey. Moreover, this research also analyzed the causal factors of the social anxiety disorder suffered by the main character as well as the process of resolving the social anxiety disorder portrayed by the main character in the novel. This research applied qualitative research method to present the data analysis. This research also used the psychoanalysis approach by Sigmund Freud and the perception of social anxiety disorder to guide the analysis. The result showed that the social anxiety disorder captured by the main character shown in the forms of panic attacks and somatic reaction when the main character faced social encounter.

The last result showed that the social anxiety disorder is resolved by the help of professional therapist, the main character's own self, and the support of the people around her.

The fifth previous research by Karlina (2019) This study focused on the anxiety seen in the discovery of Sophie Kinsella's finding Audrey. This research is based on Sigmund Freud's theory. The data used a descriptive method. In this survey, the scribe was the instrument because the writer played a major role in collecting data. The results showed that there were 16 dates about the horror presented in the novel and 9 dates about the role of the other protagonists in the healing of the Audrey horror. Two dates of neurotic anxiety, three dates of moral anxiety, three dates of threats, one of oppression, one of fear, one of reaction, and 5 emotional dates. The author concludes that the other protagonist's roles in the novel to heal Audrey's anxiety are Ann Turner, Chris Turner, Frank Turner, and Linus. The authors conclude that there are two types of fear: neurotic fear and moral fear. The authors conclude that there are five causes of fear: threats, oppression, fear, reactions, and emotions.

The sixth research by Ummah (2020) aimed to determine the anxiety disorder portrayed by the main character in Rainbow Rowell's novel Fangirl. This study applied qualitative research method in presenting the data analysis. Moreover, the psychoanalysis theory by Sigmund Freud is used in guiding the analysis in this research. The result showed that the main character of the novel named Cath suffered from two different types of anxiety disorder including generalized anxiety disorder (GAD) and social anxiety disorder (SAD). The generalized anxiety

disorder is shown through three different aspects of cognitive, physical, and behavioral. Meanwhile, social anxiety disorder is shown through the persistent fear of social encounters. Both types of anxiety disorder limits Cath from properly functioning as social being and participate in a good social relationship with others.

The seventh research by Setiawan et al. (2021), this study focuses on the ways that Michonne, the main character in the video game *The Walking Dead*, used her ego protection mechanisms to deal with her fear. It seeks to define the many ego defense mechanisms and the ways in which the protagonist can use them to manage her worry. The conversation was grounded in psychoanalytic theory, specifically in Sigmund Freud's Ego Defense Mechanisms. Using a qualitative approach, this study clarified the protagonist's actions when she experienced anxiety. The four categories of ego defense mechanisms—aggression, sublimation, rationalization, and repression—were adopted by the protagonist, according to the analysis. It was discovered that the mechanism that was used the most was violence, which was followed by sublimation, rationalization, and, least of all, suppression. This result suggested that the protagonist resorted to violence as a way to vent anger or unhappiness, particularly when confronted with things or people who make them feel uneasy or frustrated. It suggests that the ongoing presence of risks in the environment that humans are meant to survive could be the reason behind the persistence of hostility, sublimation, rationalization, and repression.

The eighth research by Yuniarti (2023) issue of social anxiety disorder has been taken by 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.

2.4 Theoretical Framework

This research first explains about psychology, Martin et al. (2010, p. 4) stated that the vast range of phenomena are studied by psychologists, such as nervous system physiological processes, genetics, environmental events, personality traits, human growth, mental capacities, health, and social interactions. Owing to this variability, a psychologist is rarely characterized by the subfield in which they practice; instead, they are identified by their specific area of specialization. Then explained about social anxiety disorder by (Schneier & Goldmark, 2015). In social anxiety disorder theory explains differential diagnose that are used in identifying social anxiety disorder based on the sufferers' reaction to social interactions. Social anxiety disorder is shown through panic disorder, specific phobia, major depression, personality disorder that further demonstrated the condition of high distress and fear of social interactions. Theories about social anxiety will be used to examine social anxiety disorder in Convenience Store Woman novel by Sayaka Murata (2018).

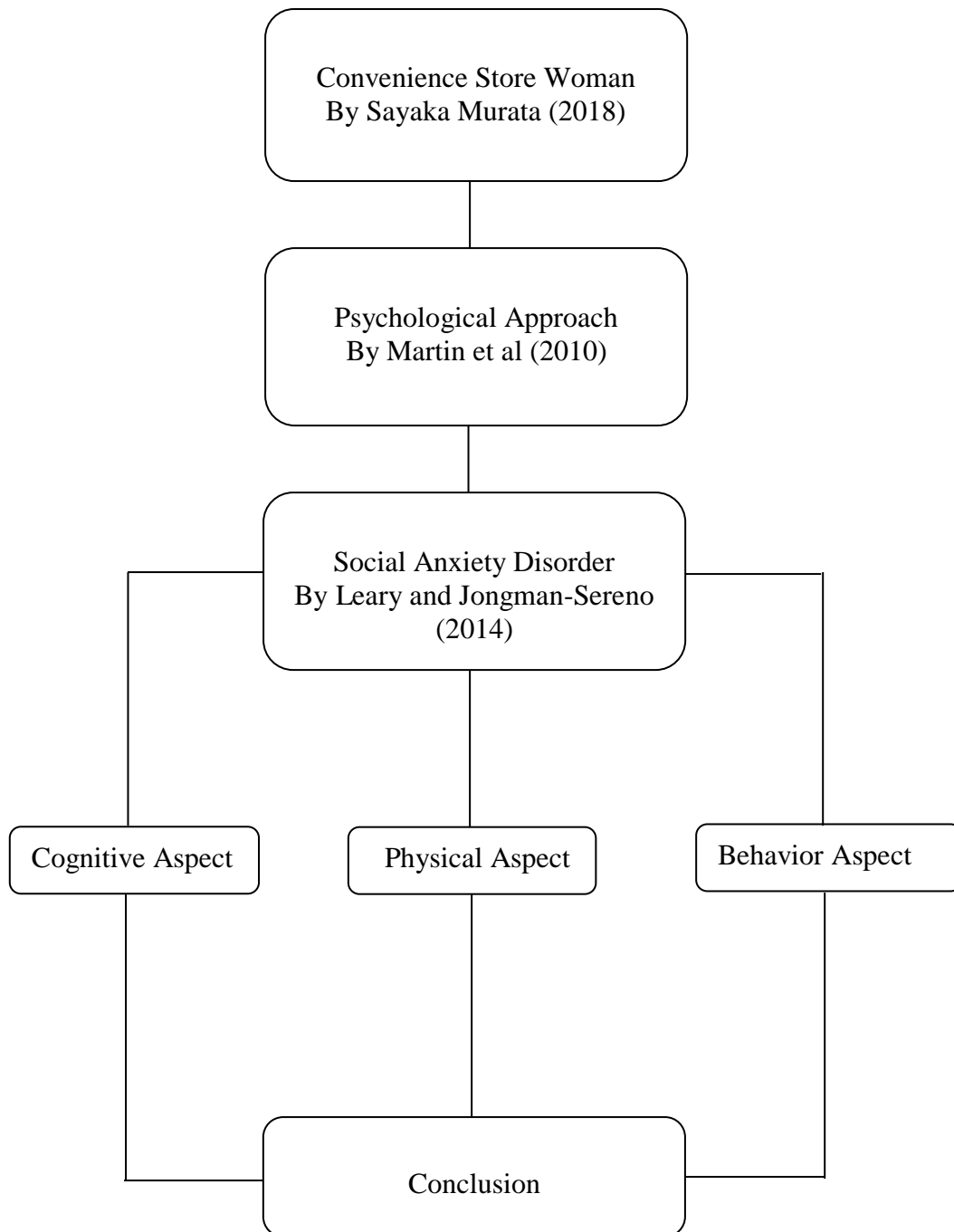


Figure 2.1 Theoretical Framework