

CHAPTER II

LITERATURE REVIEW

A. Psychology and Literature

Literature is a product of human thought. It can be influenced by the environment of the author; even it may contain the author's way of life. Whilst, most people consider that literary works are mirror of human life. In other words, literary works are used by authors for telling what they feel and see and what they face in the social life involving human activities. Literary works are known by people in the written form, those are novel, poetry, and also play (Sangidu, 2004:2).

Literature is also called as work of art. Mostly "literary works are created by the imagination of the authors. They are arranged with the authors' style as the authors are acquitted to write their works in their style." It makes the literary works to have artistic point and uniqueness. That is why; literary works are always appreciated by people around the world in looking at the artistic side and looking for the interesting issues. Many messages can be found from those works, but these messages can be known usually by reading and comprehending the works. It cannot be caught easily and directly. Even, the style of the authors itself in writing should be understood so the main theme and important information can be found by the readers. It is about the background of the writer and the setting of place and time that should be known to support the comprehension of certain works.

Psychology and literature has deep connection in human life. Both deals with the human behaviors, expression, thought, and motivation. Kartono describes psychology as the science of human behavior (Kartono, 1980:94). "Psychology, broadly defined, is the scientific study of behavior, both external observable action and internal thought

(Wortman, et.al., 1999:4). Psychology can be used to explore and explain things and phenomena of human life by applying the principle of psychology in the literary work."For some conscious artist, psychology may have tightened their sense of reality, sharpened their powers of observation or allowed them to fall into hitherto undiscovered patterns. However,"in itself, psychology is only preparatory to the act of creation, and in the work itself, psychological truth is an artistic value only if it enhances coherence complexity, in short; it is art (Wellek & Warren, 1977:92-93).

Literature art can be defined by knowing the psychological background of an"expression of the writer. The expression is influenced by the feeling of the writer"when he is writing it."This feeling is formed by the situation around the writer and the writer's individual experience. Psychology always connected with the human life. People cannot separate psychology from their life."Psychology explains and describes the basic thing that moves human next life that is motivation. Motivation is the most important thing in achieving and continuing the life that people expected. All things that people already achieve and will achieve are derived from motivation (Guerin, 1979:12).

Whether realized or not, our everyday life is very complex but it is explainable. Man can understand the problem that they face and solve the problem by using psychological theory. By using theory of psychology, the complexity of problems can be made simpler. Psychology can shape people's mind to recognize the problem as a challenge not as a destiny. All things human face are not as complicated as they imagine. People can solve all the problems if they see them from the positive way. In this case, psychology has an important role to create a positive way of thinking.

Like psychology, literature especially novel also has a relationship with human life. Novels are works of art that contain value in life. This is the feeling of encouragement and expression of the author. Novels have a real-life relationship. Typically, authors take

events in real life as a basic idea to express their feelings in a novel. The novel is a representation or mirror of life, then psychology has a deep connection with the novel. Psychology can be used to understand more deeply about message, characterization and other elements of the novel. Psychology can help reveal the reasons for character behavior. It reveals the basis of human behavior and motivation (Guerin, 1979:1).

There is a close relationship between literature and psychology. Cohen (1971:348) thought that ““psychology helps to clarify some literary problems, and literature presents insights to psychology”.” To gain deeper understanding, literature can be studied by various approach includes psychological approach. Conversely, Cohen (1971:351) assumes that ““the psychologist’s manner of conceiving and representing the personality is supported by the intuitive representations made by novelists, dramatists, and other creative writers”.” It can be seen that there is mutual relationship between literature and psychology.”

“Psychological approach reflects” the effect that modern psychology has had upon both literature and literary criticism. Fundamental figures in psychological criticism include Sigmund Freud, whose ““psychoanalytic theories changed our notions of human behavior by exploring new or controversial areas like wish-fulfillment, sexuality, the unconscious, and repression”” as well as expanding our understanding of how ““language and symbols operate by demonstrating their ability to reflect unconscious fears or desires”.” Psychological criticism has a number of approaches, but in general, it usually employs one (or more) of three approaches:” (1) “An investigation of “the creative process of the artist: what is the nature of literary genius and how does it relate to normal mental functions?”;” (2) The psychological study of a particular artist, usually noting how an author’s biographical circumstances affect or influence their motivations and/or

behavior;”and (3) The analysis of fictional characters using the language and methods of”psychology.

“The aim of psychological study folds in three natures. Foremost, the objective of understanding”behavior, that is by defining factors that combine the”development”and”expression”of”behavior.”Secondly,”the”psychologist”striving”to develop procedure for the accurate prediction of behavior. Thirdly, psychology aims at developing techniques that will permit the control of behavior that is, way of “ shaping” or course of psychological development through manipulating those basic factors to the growth and the expression of behavior.

The psychological approach leads most directly to the substantial amplification of the meaning of literary works. Discussing psychology and its place in literary works, is studying the author's imagination. Since all literary works are based on some kind of experience, and since all writers are human, we need to be caught up in a wide spectrum of emotional problems (caused by experience). Not all psychological paths in the analysis of literary works are done to arrive at the understanding of literary works, to some extent.

Literature contains several phenomena related to the human soul. The author reflects the phenomenon through characters in literary works. It makes literature can be analyzed using psychological theories that also find the human soul in real life. Literary psychology is defined as a discipline that views literary works that contain some events of human life played by imaginary characters or even factual characters (as quoted in Sangidu, 2004:30). Wellek and Warren (1977:81), in *Theory of Literature*, explain that there are several definitions of literary psychology based on the subject of research, they

1. Psychology of literature that studies the psychology of the author as an individual. It means that a writer is a human being who cannot be separated from the nature that has

the desire and emotion. Based on his passion and emotional background he can create a literary works

2. Psychology of literature psychology that studies the creative process. It means that this study looks at how the process of a work can be made into a whole literary work.
3. Psychology of literature that studies the types and principles of psychology applied to literary works. It means that this study looks at how topics and cases in psychology are applied in the character of literary works.
4. Psychology of literature that studies the influence of literary works on the reader. It means that this study sees the influence of literary work on the reader, whether it affects the way of thinking and the way of life of the reader or not.

“This study is kind of the third research.”It studies the types and principle of psychology”which is applied in *The Martian*.

B. Theory of Individual Psychology by Alfred Adler

Alfred Adler was born on February 7, 1870 in a suburb of Vienna. Adler and the other nine members founded The Society for Individual Psychology in 1912. He examined the personality around the same time as Carl Jung and Sigmund Freud. His most famous works are *The Practice and Theory of Individual Psychology* (1923).

Adler's theory is focused on individual personality theories.”The theory can be used to express the basic motivations that drive other motivations. His theory of the six key concepts in personality”can reveal the reasons and effects of why people do things.”Adler has a tendency to change his theory of personality throughout his life but he ultimately believes that people focus on maintaining control over their lives.”He believes in a "boost" or motivates the power behind our behavior, claiming that our desire to fulfill our potential becomes closer and closer to our ideals.”Adler makes awareness a center of

personality."Man is a conscious being; he is usually aware of the reasons for his behavior. He is aware of his inferiority and is aware of the goals he is striving for. Moreover, he is a self-conscious individual who is able to plan and guide his actions with full awareness of his meaning for his own realization (Lindzey and Hall 1978: 118).

Alfred Adler postulates a single "drive" or motivational force behind all our behaviors and experiences."By the time his theory has turned into his most mature form, he mentions that motivating forces force for superiority or perfection. It is our desire to fulfill our potential, to be closer and closer to our deal. While striving for superiority does refer to the desire to be better, it also contains the idea that we want to be better than others, rather than better in our own right."The use of this phrase reflects one of the philosophical roots of his ideas:"Friederich Nietzsche developed a philosophy that considered the will to move the basic motives of human life"(Adler in Lindzey and Hall, 1978: 118-120).

"Adler studied various types of people and he came to this conclusion. There are four main types of people,"three out of four are negative. The powerful type tries to control others."Getting types tend to be very passive and in line with other people's ideas, rarely inventive. Avoid types try to isolate themselves to avoid defeat."They are usually very cold. The socially useful types, values that have control over their lives and strive to do good things for the sake of society."There are six main concepts of personality theory according to Alfred Adler:

1. Inferiority Feeling

Everyone suffers from inferiority in one form or another. Adler begins his theoretical work by considering the inferiority of organs, namely the fact that each of us has a weaker, more powerful, part of anatomy or physiology. Adler notes that many people respond to this organic inferiority with compensation. They make up for their

shortcomings in different ways. Under normal circumstances, a feeling of inferiority or a sense of incompleteness is the great driving force of mankind. In other words, Humans are driven by the need to overcome their inferiority and are attracted by the desire to be superior (Adler in Lindzey and Hall 1978: 121- 122).

Feelings of inferiority can be used as a stimulus to fight or as a blockade of sense and reason for not trying. A person who feels blocked from achievement in one area can cross into another and compensate or compensate for low self-esteem. According to Adler, feelings of inferiority are formed from early childhood. Our childhood experiences are very important in shaping the development of our next life. The situation that we live in and find in us is very important in our development. A significant childhood experience in personality development (Burger, 1987:79). Weaknesses, small, helpless and dependent on children are the factors that make up the inferiority feelings. These factors are the product of children's situations that are too burdensome and under stressful children's situations. Situations that burden childhood are provoked by sibling rivalry, poverty, depreciation, neglect, rejection, disability, harassment and domination. While under the situation of infant childbearing is provoked by pampering and overprotection conditions.

Adler states there are five types of inferiority feeling. The first is a feeling of physical inferiority that comes from physical weaknesses such as organ deficiency, physical disability, deformity, ugliness, weakness, height or abnormal weight and disease. As compensation usually someone will strive for strength, beauty, athletic ability, good health, sensual pleasure, sexual satisfaction and physical closeness.

Second is psychological inferiority feeling. The characteristics of negative characters are real or imagined, feeling or acting crazy, not liking or hating, self-embarrassment, feeling bad or guilty are some of the situations that provoke

psychological inferiority feelings. This kind of low self-esteem will form a person who strives for a positive character, prides himself, is liked by others, admired by others, loved by someone and self-actualizes.

Next is a feeling of intellectual inferiority formed by ignorance, illiteracy, feeling ignorant, lack of skills, learning difficulties and boredom. Someone in this situation will strive for knowledge, understanding, skills, artistic ability, academic success, musical enjoyment, art, drama, and literature.

Fourth is the social inferiority feeling.”It happens when a person experience a situation of being alone, isolated, excluded, uninvited, abandoned, socially awkward and non-existent in society. This kind of people will seek to relate to others, membership in organizations, identify with groups, socially adept, social acceptance, social consent and self-existence in society. Last is the feeling of inferiority that is economically provoked by poverty, financial difficulties, underpayment for work and not following the norm. The compensation is wealth, getting rich, good income, financial security, etc.

2. Fictional Finalism

According to Adler, human is motivated more by his future expectations compared to past experiences (Adler in Hall and Lindzey, 1978: 119). All the partial and realistic goals a person undertakes are always on that line, in that direction and toward that goal. And because that is the purpose that determines one's thoughts, feelings, desires, and actions. A normal person can free himself from the effects of these fictions and face reality when necessity is needed, something that neurotics can not do (Adler in Hall And Lindzey, 1978:120).

3. Striving for Superiority

Adler's first basic assumption is that life is the ultimate movement and that he must continue to strive for better adaptation to the environment. The drive to achieve a better adaptation never ends. In this case, this becomes the basis for the concept of struggle to master, striving to overcome, striving for superiority. For Adler, everything that people do is designed to overcome feelings of inferiority and build a sense of superiority (Hjelle and Ziegler, 1992:143).

Striving for superiority strives for a perfect finish. This is an "great upward drive". The effort for superiority is innate, it is a part of life. The struggle for superiority can manifest itself in a thousand different ways, and that everyone has his own concrete way of attaining or trying to achieve perfection (Adler in Hall And Lindzey, 1978:120-121).

The strivingfor superiority always indicate that all psychological phenomena contain movements that start from feeling inferiority and reaching up. The Theory of Individual Psychology about psychological compensation states that the stronger the feeling of inferiority, the higher the goal for personal power.

The purpose of personal superiority is one in which the individual seeks to overcome and be above the other. This type of purpose is pushed further and further so that the person cannot be defeated again. All these goals are heading in the same direction. They are superiority over others, saving face, domination and prestige. All the aims of personal superiority are objectives that cannot be attained, fictitious, and similar to God, perfection and absoluteness.

4. Creative Self

Creative self is something that intervenes between the stimuli acting on the person and the response he makes to this stimulus. The doctrine of the creative self affirms that man has his own personality. He built it out of the heredity of raw materials and experience. Creative self gives meaning to life; it creates goals and means toward the goal. This creative self can be seen in different views, in the power of evolution, in the power of life, in forces that achieve the ideal goal of completion to overcome adversity (Adler in Hall and Lindzey 1978:124-125).

5. Style of Life

Adler believed that personality is formed within the first 5 or 6 years of life, and often the personality of the child is formed in direct response to the family situation. A child tries very hard to please the parents and avoids feelings of inferiority. Certain behavior patterns "work" in the context of a particular society or family, but the others do not. For example, some children always get their way by being nice, and this can establish into a friendly lifestyle. Other children may learn to be hard and do not care. Adler will say these patterns are formed in childhood will carry over to the properties of the adult personality. Adler calls the individual habits approach to someone else's lifestyle. For Adler, lifestyle is the key to all one's behavior (Anbacher and Anbacher, 1956:56).

Currently the word lifestyle refers to one's surroundings and activities, such as living in Palm Beach, owning two cars, or going jogging every day. However, what Adler meant by lifestyle is the social orientation of habits. Lifestyle, for Adler, is the way a person reacts to other people and social situations. A child who twists, does bad things then tries to speak for himself out of trouble, may preserve that orientation in adulthood. Lifestyle can also be positive. Some children are consistently kind and

helpful. This results in social reinforcement for them in childhood, and (as a result, Adler will say) they tend to maintain social orientation in adulthood. Adler thinks lifestyles tend to be consistent, reflected in various ways throughout one's life.

Adler gives special emphasis on what is translated from German as "spoiled" children. These are people who learn in childhood to manipulate caregivers to do their wishes by whining and complaining and making a fuss until they get their way. If the parents give up, this pattern can be locked into place as a lifestyle, according to Adler. Adler thinks that spoiled children turn into adults who feel "entitled," as we say today. Someone with this attitude thinks good things should be provided by others, without obligation, and if things do not go well, the best tactic is to make a scene until someone fixes the problem.

6. Social Interest

As a social animal, we do not exist, let alone develop, without others, and even the most resilient human haters form hatred in a social context. Social interests are made up of individuals who help people to achieve the goals of a perfect society. "Social interests are the true and inevitable compensation for all the natural weaknesses of individual human beings." Adler feels that social concern is not only born, not just studied, but a combination of both: It is based on an innate disposition, but has Fertilized to survive. On the other hand, the lack of social concern is, for Adler, the very definition of mental illness (Adler in Hall and Lindzey, 1978: 122).

In this study, researchers did not use all six major humanistic concepts in personality. Researchers use five personality concepts. They feel inferior, struggling for superiority, creative self, fictional finalism, and lifestyle. Researchers also use Adler's motivational theory. It states that a "drive" or motivational force behind all our

behaviors and experiences. The strength of this motivation is the struggle for excellence or perfection.

C. Previous Studies

There are some related studies on this object of study. It can be essay to compare the differences and similarities of this study with the previous study, so it can keep the originality of the writer study. The first previous study is by Agatha Dwi Lestari (2016) entitled *An Analysis of Rukmani's Personal Struggle for her Life as Reflected in Kamala Markandaya's "Nektar in A Sieve"*. The research presents a woman who struggles for life and has to try to survive with her family. The reasons of her struggle are family financial condition and her family member's life. Rukmani has to work hard to survive, asking Kenny to help Ira's infertility and going town to find some help. Finally, Rukmani can survive and overcome her problems.

In accordance with the study above, there is a similarity of the present study with the study above, that is, both studies use Adler's Theory as a means of analysis. The difference between the two studies are: (1) Beside using psychological perspective, Agatha Dwi Lestari's study also uses structuralism, while the present study does not use structuralism; (2) the two studies use different novel with different author too.

The second study was conducted by Alies Wirimiarti (2014) entitled *Struggle for Normal Life in Stephanie Meyer's Twilight Novel (2005): An Individual Psychological Approach*. The purpose of this study is to analyze the novel *Twilight* written by Stephenie Meyer based on the novel structural elements and describe the struggle for normal life in the *Twilight* novel by Stephenie Meyer (2005) based on individual psychological approach. The results show that Edward Cullen, as the main character must conquer the obstacles of life after he arrives in Forks, Washington's grim. She should know everything about her boyfriend (Isabella Swan), Bella's family and friends, about the situation and the

rules at Forks High School. And finally, he has to fight to keep his girlfriend's life from the hunters (sucking human blood).

The third study was conducted by Jenny Karlson (2015) entitled *Alice's Vacillation between Childhood and Adolescence at Lewis Carroll's "Alice Adventures in Wonderland"*. The result show that vacillation can be traced between childhood and adolescence in Alice looking for identity. Carroll's seven-year-old description of Carroll has many sides as his son the quality of curiosity and sciolism is contrasted with the cognitive abilities of teenagers as he is questioning his own identity and in assuming his authority controls the situation in which adult characters cause chaos. Alice's size changes caused him to re-evaluate frequently the world around him and thus he thrives on his intellect and an emotional journey through Wonderland.