

LOVE AFFAIR REFLECTED IN PAULA HAWKINS' *THE GIRL ON THE TRAIN* (2015): A PSYCHOANALYTIC STUDY



**Submitted as a Partial Fulfillment of the Requirement
for Getting the Bachelor Degree of Education
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by:

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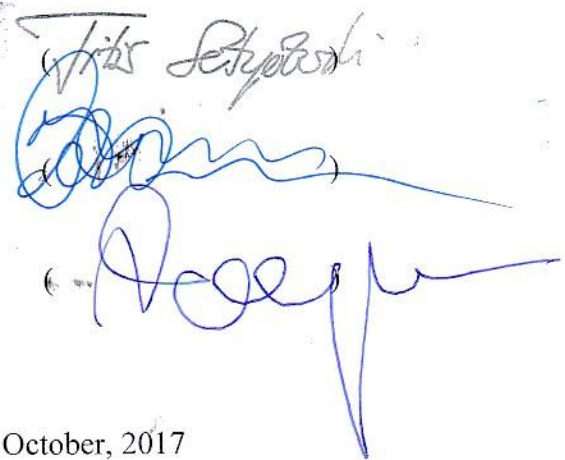
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Abstract

This research is purposed to reveal the love affair that appears in *The Girl on the Train* novel. The research describes how the psychological condition of the three main characters and reveals the love affair reflected in *the Girl on the Train* novel. The type of this research is qualitative study. In analyzing this novel, the researcher uses Psychoanalytic analysis. The primary data source for this research is *The Girl on the Train* novel (2015) by Paula Hawkins. The secondary data of this research are taken from any information or all referential data related to the novel. The result of the research shows the different psychological condition of the three main characters, such as: (1). the psychological conditions of Rachel, (2) the psychological conditions of Megan, (3) psychological conditions of Anna. Second the researcher found (1) the love affair between three characters (2) the cases of affair (3). the impact of affair.

Keywords: *The Girl on the Train, Psychoanalytic Analysis, The Love Affair.*

Abstrak

Penelitian ini bertujuan untuk mengungkapkan perselingkuhan pada novel *The Girl on the Train*. Penelitian ini menjelaskan bagaimana kondisi psikologis pada tiga karakter utama dan untuk mengungkapkan perselingkuhan yang tercermin dalam novel *The Girl on the Train*. Penelitian ini adalah penelitian kualitatif. Untuk menganalisis novel ini, peneliti menggunakan Analisis Psikologi. Sumber data utama untuk penelitian ini adalah novel *The Girl on the Train* (2015) oleh Paula Hawkins. Sedangkan sumber data ke dua penelitian ini diambil dari beberapa informasi atau semua data referensial yang terkait dengan novel tersebut. Hasil dari penelitian menunjukkan perbedaan kondisi psikologis dari ketiga karakter utama tersebut, seperti: (1). Kondisi psikologis dari Rachel, (2). Kondisi psikologis dari Megan, (3).Kondisi psikologis dari Anna. Kedua, peneliti menemukan(1) Perselingkuhan antara tiga karakter,(2) Kasus dari perselingkuhan, (3) Dampak dari perselingkuhan.

Kata Kunci: *The Girl on the Train, Analisis Psikologi, Perselingkuhan.*

1. INTRODUCTION

This study is about Love Affair in Paula Hawkins' *The Girl on the Train* Novel (2015) by using a psychoanalytic study. The issue of affair has been discussed in several sciences especially in religious science. Affair is prohibited and it is adultery. Affair is "A sexual relationship between two people, especially when at least one of them is married or in another

committed romantic relationship” (Definition of affair, 2016:20). Affair is not only becomes the attention of scientist in the field, but also becomes the attention of the authors in the literary world, one of them is Paula Hawkins.

Paula Hawkins worked as a journalist for fifteen years before turning her hand to fiction. Of all the works that have been created by her, *The Girl On The Train* is the most surprising novel which shows her concern about of drug abuse, alcoholism and domestic violence among others and affair. It tells a story of woman named Rachel Watson (main narrator) is a 32 years old alcoholic reeling from the dissolution of her marriage to Tom, who left her for another woman, Anna Watson. She began drinking since she reportedly could not have a child, then Tom started an affair with Anna and divorce her. She was riding the commuter train to London every day. She also passed her old home together with her ex-husband, but now occupied by Tom with his new wife, Anna, and their daughter named Evie. But, when the train stopped at a crossing signal, Rachel always pays attention on their neighbors. The house number fifteen through the window train. Rachel did not know the husband and wife owners of the house but she liked to imagine how their lives, who then called them Jess and Jason.

The researcher is the first person that chooses this novel to be analyzed by using psychoanalytic theory. Theory of psychoanalytic according Freud in Newman (1983: 385) is mental process of an individual that has three systems, namely is *id*, *ego*, and *superego*. These systems are interacted each other in order to organize human behavior. There is no other previous research that takes *The Girl on the Train* novel as the subject or object of the study. But the researcher found some researcher that deal with Love Affair. The first researcher is Ferichayati, (2008) a student of Muhammadiyah University of Surakarta entitled **‘LOVE AFFAIRS IN GUSTAVE FLAUBERT’S MADAM BOVARY: A PSYCHOANALYTIC APPROACH’**. In this study, the researcher analyzes Madam Bovary by Gustave Flauvert novel with same focuses on love affair, the writer also based on psychoanalytic approach. The

second researcher is Aprillia, Andita (2015) a student of UIN Sunan Ampel Surabaya entitled '*A STUDY OF A LOVE AFFAIR ON THE MAIN CHARACTER IN NICHOLAS SPARK'S THE BEST OF ME*'. In this study, the writer analyzes *The Best of Me* by Nicholas Sparks with same focuses on love affair, the writer also based on psychoanalytic approach.

2. METHOD

In writing this study, the type of this research is descriptive qualitative research, because it does not need statistic data to get the fact. The object of the study is *The Girl on the Train Novel* by Paula Hawkins (2015) which is published in 2015 by Riverhead Books. The type of data in *The Girl on the Train* novel consists of words, phrases, and sentences which are used to analyze the novel. There are two types of data sources which are needed to conduct this research; they are primary data source and secondary data source. The technique of data collection the writer used in this study is library research by collecting and selecting both of primary and secondary data source compatible with the problem statement and objectives of the study. The steps are as follows: a). Reading *The Girl on the Train novel* repeatedly. b). Browsing to the internet for some articles and journals to get several information related to the object of the study. c). Taking notes of important information that is used for both primary and secondary data. d). Identifying the problem and finding the data. e). Arranging the data into several parts according to its classification. In order to analyze *The Girl on the Train* novel the writer uses psychological of literature and applies it using descriptive analysis which concerns to make some interpretation of dealing with the novel. Descriptions are consisting of the perceptions, inclinations, sensitivities, and sensibilities of the describer.

3. THE FINDING AND DISCUSSION

3.1 The psychological condition

The psychological condition of this novel divided into three main characters. Based on the data analysis above, the researcher found the differences in the psychological condition of three characters. From the analysis above Rachel's id is the biggest than her super ego and ego. The id is the dominant condition; the super ego and the ego are too small. She didn't think the risk of her action. The example was when she got drunk she didn't care with anything. She always follows her pleasure. It means that her id is too big and her ego is very small. Her super ego is also very small because she didn't hear anything that people said. She always refused advice from her friends and her family. She didn't care and not really aware with her fault. The psychological conditions of Rachel are depression woman and psychological setback. She really lost her life and her family. She lost her job and became poor. A homeless woman who staying at her friend's apartment. She had a blackout and shoddy memory after get drunk, she couldn't remember the action that she was doing before.

The second character is Megan. From the analysis above, Megan had the same psychological condition with Rachel. Her id is very big. She only thinks about her pleasure. She always tried to having an affair with another man. First, she had an affair with Tom, Anna's husband also ex-husband of Rachel. Second, she always seduced her therapist to have an affair and forced him to do sex with her. She did it again and again as long as she felt happy with another man although she had a husband, Scott. She also always followed to distribute the sexual desire of her husband. It showed that her ego and her super ego are very small. She just follows to get a pleasure. The psychological conditions of Megan are a traumatic woman and seducer. First, she had a traumatic tragedy, a bad past that she couldn't forgotten. That past is because she lost her first baby (Libby) with her ex-husband. Her baby died

because her carelessness and she felt guilty. Second, her ex-husband left her alone in the house and never come back again. And the third, her new husband, Scott is overprotective and always get jealous. He also a rude man. Megan had became a seducer because she felt enjoy having affair and thought that she had a power of someone. She was not happy with Scott and dispense her sex desire to another man.

The third character is Anna. From the analysis above, Anna's id is the biggest also, but her ego is large. The example is she had an affair with Rachel's husband until make them divorced. She didn't care with the feeling of Rachel. She just thought her pleasure to have Tom as a husband. She is really selfish. Behind it all, although her id and her ego is large she really loves Evie as her daughter. She won't Evie hurted by someone include Tom, her husband. The psychological condition of Anna is a normal woman. Her character is stuck and never does something wrong except having an affair with Tom.

3.2 The Cases of Affair

This novel includes family conflict between three woman, Rachel, Megan , Anna with one man, Tom. From this novel, there are three cases of affair. The first case is Tom had an affair with Anna from Rachel. The second case is Tom had an affair with Megan from the Scott and the third is Megan had an affair with Tom from the Scott and seduce her therapist to do affair. So from this novel, there are three characters who have an affair, these are Tom , Megan and Anna.

From all the cases, after analyzing the psychological condition of the main characters of Rachel, Megan and Anna in *The Girl on the Train* Novel, the researcher would like to analyze the cases of affair in the Girl on the Train novel. The researcher found five cases of affair from the character that have an affair.

According to Whitbourne (2012:), the cases of affair are :

3.2.1 Lack of sexual satisfaction in your primary relationship.

Both women and men who enter into affairs are hoping to improve their sex lives. They may enjoy many other mutual activities but, for whatever reason, the sex is not working out for them. So they refer do affair because the dissatisfaction in having sex in a relationship. Through other couples they seek satisfaction.

From the novel, we can see that Megan and Tom were really enjoy having an affair until Megan was pregnant. She didn't care that Tom was Anna's husband and had a child, Evie. Not only with Tom, but she also seduce her therapist to having sex. They had an affair when Megan became a babysitter for his baby, Evie. They had an affair during Megan works at his house. Megan met him in the hotel so Scott and Anna didn't know about it. The sexual desire of Megan also very large. While she always having sex with her husband, she still did affair with Tom because she felt dissatisfaction with her husband. And so on for Tom, he always having sex with her wife, but he still met Megan to satisfy his need.

3.2.2 Lack of emotional satisfaction in your primary relationship.

Seeking emotional intimacy can be nearly as compelling a reason to have an affair as can seeking physical intimacy. This is one of the reasons people do affair.

From the novel, the researcher found that Megan is more dominant to seeking emotional intimacy. She really enjoy having an affair with the other man because she felt there was less in her marriage with Scott. So when there was other man she can talk to, she feels cared for and desired. Throughout the wedding trip, over time couples can become less appreciative of each other's existence. This

award becomes one of the key to building emotional closeness that may then be obtained from others. Megan always seeking emotional intimacy from one man to another man. Start from Kamal her therapist and after that to Tom until they having sex. Megan having an affair when she was vulnerable and experiencing major changes in her lives. She lost her ex-husband and her first child, Libby. So she did affair to fulfill her emotional. Megan was really happy and enjoy having affair with Tom. She got her pleasure when she felt that Tom could never leave her. She felt that she had a connection with Tom and got her emotional with Tom. She said win and felt victorious. It means her emotional has been fulfilled.

3.2.3 Desire for additional sexual encounters.

It's possible that more people had this as a reason but didn't want to admit to it as it is not a very socially desirable wish to articulate. From the novel, the researcher found this at Megan also. She had a big desire to do additional sexual encounters, even though she has received sexual satisfaction from her husband. She still seeks additional sexual relationships from other man. Initially from Kamal her therapist, she always teases him and invites him to have sex, but Kamal didn't want to. And finally she also cheated on Tom and had sexual intercourse.

Megan always to do sex and never enough for get a pleasure. She always seduces her therapist and teases him. It means that she never get enough with Scott and look for the other man to additional sexual encounters.

3.2.4 Falling in love with someone new.

Very few people indicated that they had fallen head over heels for the person with whom they had the affair. This is the most reason people do affair. The emergence of feelings of interest other than the couple, so involved closeness and physical closeness other than the couple is a symptom of affair.

From the novel , the researcher found this at Tom. He had an affair with Anna from Rachel. The first reason that the researcher found is Tom divorced Rachel because Rachel became a drunk. She couldn't pregnant and couldn't have a child so she stressed and became a drunk. Finally, Tom had affair with Anna until Anna got pregnant. He falling in love with Anna until divorced Rachel and built his new family with Anna. They lived happily. He had affair until Anna pregnant and divorced Rachel. He wanted to have a child, it was one of the reason why Tom falling in love with Anna.

3.3 Impact of affair

3.3.1 Distrust

According to Lewicki et al. (2006), trust can be defined in terms of confident positive and negative expectations of the relationship. Unfaithfulness obliterates the feelings of faith that are sacred in your marriage. After Anna knew Tom had affair with Megan , Anna was distrust with Tom. Someone who has been hurt, let alone cheated tends to be more introspective and become over protective against her partner. It happens because someone who has been trapped still has a sense of trauma and fear that his partner will repeat the same mistake. She started to think all the action of Tom. Her unfaithfull made her realized that Tom was a liar. Start for that, Anna didn't believe with Tom.

3.3.2 Grief

Grieving the loss of trust in the relationship can manifest itself in the victim in various emotions simultaneously. Feelings of insignificance, anxiety and depression may be mixed with frustration, anger and self-deprecating behavior. Sleeplessness and inability to eat, function or concentrate are enduring symptoms that may last long after the infidelity has ended. A victim of an affair may withdraw from those around her in order to avoid the pain of confronting the reality of the circumstances.

After Anna knew that Tom had affair with Megan. Anna got stress. She took a bottle of wine and drank it like what Rachel doing. She never do it before. She always snooping to Tom and couldn't think clearly. She felt betrayed because of Tom. She was too believe him. She always hates Rachel who thinks she's a bully. Now she had knew how the feeling of being a Rachel because of Tom's bad deeds.

3.4 Discussion

The Psychoanalytic analysis focuses on the personality of human being. It is used to analyze the psychological condition of three main characters. After analyzing the psychological conditions of three main characters of personality, the researcher uses three components of personality to explain the psychological condition of Rachel, Megan and Anna consisting her id, ego and superego. The first character is Rachel, her id is more dominant than her superego and ego. She got drunk and stressed because she couldn't have a child. After that, she became really a drunk when her ex-husband divorced her. She lost her job and homeless. She still disturb Tom's life with Anna because she still love Tom so much. She couldn't think everything clearly because every day she got drink. Her day always begin with the train, she always go to London with train and had overactive imagination. She never diverted her view for her home with Tom and Megan's house. She always observes Jess and Jason's home.

Jason and Jess are Megan and Scott in her imagination as a perfect couple. Until she saw Megan kissing with someone but not with her husband. And the next day Megan disappearance. It makes her want to find Megan.

The second character is Anna. Her id is very large, she always hate Rachel. Her ego and superego is very small because she ever had an affair with Rachel's husband until make them divorced. Finally she pregnant and become Tom's wife and has a child, her name is Evie. She just think her pleasure to have Tom as a husband. She is really selfish. But in the other hand, she really cares with Evie.

The third character is Megan. Her id is too big. She has a big desire for having a sex with many men. She became a seducer woman. Always tease her therapist. Her marriage with Scott is unpleasant so she seeking for happiness with the other man because Scott is overprotective man. She is a terrible woman. She had affair with Anna's husband until she pregnant. But Tom didn't want to be responsible for her child, then Tom murdered Megan because she didn't want to get abortion.

Related to three of characters, Tom is a man who is manipulative, a liar and cheat three women, Rachel, Anna and Megan. First he had affair with Anna until had a child and then he had affair with Megan until she pregnant and died because Tom didn't want to take the responsibility. In this novel, there are three people who had affair which are related to each other. They are Tom, Megan and Anna. From all the cases, after analyzing the psychological condition of the main characters of Rachel, Megan and Anna in the *Girl on the Train* Novel, the researcher found five cases of affair in the *Girl on the Train* novel.

1. The cases of Tom, Megan and Anna's affair, they are :
 - a. Lack of sexual satisfaction in their primary relationship.
 - b. Lack of emotional satisfaction in their primary relationship
 - c. Desire for additional sexual encounters.
 - d. Falling in love with someone new.

2. The impact of Tom's affair with Megan made Anna distrust and grief with him.

Anna didn't trust with Tom and she felt stress and depression. She distributed her grief with drank alcohol and became overprotective.

4 CONCLUSION

After analyzing the psychological conditions of three main characters of personality, the researcher uses three components of personality to explain the psychological condition of Rachel, Megan and Anna consisting her id, ego and superego. The first character is Rachel; her id is more dominant than her superego and ego. She got drunk and stressed because she couldn't have a child. After that, she became really a drunk when her ex-husband divorced her. She lost her job and homeless. She still disturbs Tom's life with Anna because she still loves Tom so much. She couldn't think everything clearly because every day she got drink. The second character is Anna. Her id is very large, she always hates Rachel. Her ego and superego is very small because she ever had an affair with Rachel's husband until make them divorced. Finally she pregnant and becomes Tom's wife and has a child, her name is Evie. She just thinks her pleasure to have Tom as a husband. She is really selfish. But in the other hand, she really cares with Evie. The third character is Megan. Her id is too big. She has a big desire for having a sex with many men. She became a seducer woman. She always teases her therapist. Her marriage with Scott is unpleasant so she is seeking for happiness with the other man because Scott is overprotective man. She is a terrible woman. She had affair with Anna's husband until she was pregnant. But Tom didn't want to be responsible for her child, then Tom murdered Megan because she didn't want to get abortion. Related to three of characters, Tom is a man who is manipulative, a liar and cheats three women, Rachel, Anna and Megan. First he had affair with Anna until had a child and then he had affair with Megan until she was pregnant and died because Tom didn't want to take the responsibility and murdered her. In this novel, there are three people

who had affair which are related to each other. They are Tom, Megan and Anna. From all the cases, after analyzing the psychological condition of the main characters of Rachel, Megan and Anna in the *Girl on the Train* Novel, the researcher found five cases of affair in the *Girl on the Train* novel. The cases of Tom, Megan and Anna's affair, they are : a). Lack of sexual satisfaction in their primary relationship, b). Lack of emotional satisfaction in their primary relationship, c). Desire for additional sexual encounters, d). Falling in love with someone new.

The last, the researcher also finds the impacts of affair. When Tom had affair with Megan, it made Anna distrust and grief with him. Anna didn't trust with Tom and she felt stress and depression. She distributed her grief with got drink and became overprotective. So the impact of affair in this novel is distrust and grief.

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