

CHAPTER I

INTRODUCTION

1.1 Background of Study

Literature is writing that is produced by the writer imagination. Wellek and Warren (1963: 22) also state that the term literature seems to be the best if we limit it to the art of literature that is imaginative literature. Literature is also produced by the imagination of the author. Literature is not just a document of fact. It is not just the collection of real events though it may happen in real life. Literature can create its own world as a product of unlimited imagination. As we know that the function of literature is not only to get entertainment but also to get an education. Wellek and Warren (1989: 26) if literary work has a function that appropriates its nature; both of them (entertainment and benefit) must not only exist but also complement each other.

Grief is an emotional impassiveness, unbelief, separation anxiety, despair, sadness and loneliness that accompany the loss of someone we love. This means that we will feel some impassiveness, unbelief and despair when we lose someone we love. We will show these passions when we lose someone in both feelings and behaviour, as stated in the quotation, "Emphasis is on both internal and external responses" (Jeffreys, 2005: 29). According to Stroebe and Schut (1998: 7), "*Grief is the primarily emotional response to the loss of a loved one through death, which incorporates different cerebral and physical symptoms and is occasionally associated with mischievous health consequences.*" It means at utmost of the term loss someone in their statement because of death.



All of us have experienced sadness, the undesired emotion which accompanies undesired events, such as loss of a valued object or individual or failure to achieve a desired goal. While healthy people report days when they are “a bit down” for no apparent reason, in healthy people, significant sadness occurs only as a reaction to events. In the mood disorders, the mood shifts excessively in response to minor events or independently, that is, in the absence of stimulating events and once shifted the pathological mood position is sustained. The nature and intensity of our grief response are influenced by whom that loved one died. Sadness or grief is a feelings associated with losing something important or worth. Usually the intensity of sadness can be measured by measuring values, if something is lost that is very valuable then sadness can occur becomes very deep and vice versa.

The Lovely Bones is a story about the Salmon family, who lose one of their members, Susie Salmon. The narrative is engaging, with a clear plot, themes, and conflicts that make it easy for readers to follow. The story is about Susie Salmon, a girl who is raped and murdered by her neighbor. She comes to afterlife and sees everything that she wants to see. She watches how her family confronts the tragedy of her death. She also watches her murderer, her friends and a lovely boy that she puts her on. Susie’s father, who loves her so much and would do anything to get her back in his arms, is trying to reveal the mystery of her daughter’s death.

his action affects the family because he cannot move on as he gives less attention to carry on his life with his family. Susie’s family has to face



some problems that appear after her death. One by one, the problems are solved and Susie's family can understand.

In addition, there are similarities between this research and previous studies, namely the use of *The Lovely Bones* as an object of study. However, this research also has differences compared to previous research. The difference lies in the subject analyzed and the theory used. Four previous researchers focused on the concept of heaven as a subject of analysis, although they used different theories. Meanwhile, researchers are currently more interested in analyzing one of the main characters in *The Lovely Bones* as a study subject. Researchers also use a different point of view, namely the psychological aspects experienced by one of the main characters, especially the grieving process, using the Stages of Grief theory proposed by Elisabeth Kübler-Ross. With these differences, researchers find this research interesting to carry out. Besides, another reason for choosing *The Lovely Bones* as the object of study is because this novel is one of the most beloved American novels, which makes it worthy of analysis. The Great American Read categorized *The Lovely Bones* as one of America's 100 favorite novels based on a public opinion poll by "YouGov." This survey involved 7,200 Americans who were asked about the novels they liked most (The Great American Read, 2018).

Futhermore, the researcher chooses Susie's father, Jack Salmon as the subject to analyze because he was the only one in the novel who shown

ormous sadness over Susie's death. According to Jeffreys (2005), "*each
arent are different in grieving. They have a unique relationship with the*



child which affects how they grieving when their child was death.” Jack Salmon as a father has a good relationship with his daughter, especially to first his daughter, Susie. Therefore, her death change Jack Salmon’s life.

The researcher analyzes *The Lovely Bones* by using psychological approach Stages of Grief theory by Elisabeth Kübler-Ross. These Stages of Grief are denial, anger, bargaining, depression and acception. In general, someone experience most of these stages, but they should not through all stage in sequence as stated in the quote *“the responses do not always occur in the same order and you may visit stages more than once”* (Kübler-Ross & Kessler, 2000: 133). The purpose of this study is to analyze how the father’s grief from the death of a child can change the father’s life psychologically. Therefore, this study expected to be able to inform that grieving itself is crucial even though for a father, because grieving is one of the solutions to relieve people from pain and to keep them going on life. Finally, this study also aims to people to understand the father’s grief and facilitate their grieving process through literary work analysis used Stages of Grief theory by Elisabeth Kübler-Ross.

1.2 Identification of Problems

After reading this story, the writer has identified some problems that can be analyzed. The writer focuses on the following possible problems:



Jack, Susie’s father becomes obsessed with finding her killer.

Bigail, Susie’s mother becomes emotionally distant and disconnected from the family.

3. The failure to capture Mr. Harvey early on creates a sense of unresolved tension.
4. Susie herself struggles with letting go of the world of the living.
5. Jack and Abigail, who are trapped in their grief and desire for answers.

1.3 Scope of Problems

Based on the title of this thesis, the research object is this novel by Alice Sebold's entitled *The Lovely Bones*. There are two objectives. The first objective is to analyze Jack Salmon's responses toward Susie's death. The second objective is to find out Jack Salmon's efforts in dealing with Susie's death.

1.4 Research Questions

Based on the explanation above, the writer formulates the following questions as problems to answer in the analysis:

1. How does Jack Salmon's responses toward Susie's death?
2. What efforts did Jack Salmon's make in dealing Susie's death?

1.5 Objective of Study

Based on the explanation above, the following are the objectives of the analysis. Observing the formulation of the problem above, there are the two objectives in this study.

1. To analyze the responses of Jack Salmon's toward Susie's death.
2. To find out Jack Salmon's efforts in dealing with Susie's death.



1.6 Significance of Study

This study is supposed to give significance both theoretically and practically in the literary work analysis using the concept of Stages of Grief. Theoretically, this study is expected to enrich knowledge in literary criticism and contribute to the development of the study of literature, especially in psychoanalysis, Stages of Grief theory that is delivered by Elisabeth Kübler-Ross.

1.7 Sequence of Writing

This research contains five chapters. Chapter one is an introduction. This chapter covers the outlook of the whole writing which includes: background, identification of problems, statement of problems, objective of problems and sequence writing. Chapter two explains the literature review which consists of previous study, psychology literature, psychological criticism and stage of grief. Chapter three is research methodology, which explains about the method of research, method of collecting data, and method of analyzing data. Chapter four consists of analysis. Chapter five presents conclusion and suggestion from this study.



CHAPTER II LITERATURE REVIEW

2.1 Previous Study

The following analysis is a representation of previous studies on Alice Sebold's *The Lovely Bones*, which selected to give the descriptions of the analysis that have conducted on this novel. Grief is a complex emotional response to loss, especially to something or someone that means a lot in life. This is a natural and universal experience, but everyone deals with it in different ways. Grief involves deep emotional pain and can include a variety of feelings such as sadness, anger, guilt, and even relief. Factors such as the type of loss, the way a person copes, and the social support available can influence how a person experiences and manages grief.

The first study is *Hyper-reality in Sebold's The Lovely Bones*, conducted by Kiae and Safdari in 2014. The researcher used Hyper-reality and Simulacra and Simulation by Jean Baudrillard as an approach to their analysis. Then, the finding of the research is showing that the heaven of the novel is a hyperreality because as it is a copy of the religious one, but it has no origin. The things and places, as depicted in the novel have no place in the real religious heaven in different holy books such as The Bible and The Holy Quran.

The second study is *Analyzing The Grief of Naomi in The Book of Ruth* (2022) by Sia Kok Sin. This study analyze how Naomi dealt with her grief in the six stages of grief, namely: denial, anger, bargaining, depression, acceptance, and finding the meaning and then take the implication for the ministry during the pandemic of Covid-

19. The study showed that anger and depression are visible in the story of Naomi. e is not explicit. There is no denial, bargaining, and finding the meaning



stages in Naomi's grief. She was still struggling with her grief, although she could accept the new situation with the marriage of Ruth and Boaz and the birth of Obed.

The third study is *The Dynamics of Grief on Late Adolescence After Maternal Death in Terms of The Theory of Kübler-Ross* (2021) by Dyana Putry Cristanti Fitryani. This study aims to examine the dynamics of late adolescence grief after maternal death in terms of the Kübler-Ross theory. The results obtained are that some participants have not yet reached the acceptance stage because they still need time to accept the grief event that occurred. The discussion is expected to provide knowledge regarding the dynamics of late adolescent grief after maternal death in terms of the Kübler-Ross theory.

The correlation between the previous studies and this study is the same object to analyze with different approaches. They used various approaches that are appropriate to the object of the study. They tend to analyze the heaven that depicted by Alice Sebold. On the other hand, these studies focus on analyzing one of the main characters, Jack Salmon, in the novel. The researcher would apply psychoanalytic criticism and the Stages of Grief theory by Elisabeth Kübler-Ross to elaborate on the data, as no previous studies have explored this issue. Psychoanalytic Criticism is an approach in literary criticism that uses psychoanalytic concepts and techniques to analyze literary works. This approach focuses on the psychological aspects of the author, characters, and readers, and how these aspects reflect subconscious thoughts, emotional drives, and internal conflicts.

2.2 Psychology and Literature



Psychology and literature have a close relationship. Both are branches of science that study the human soul. According to Emir (2016), "*literature and psychology are two branches of social science that study human behavior, where*

psychology examines human behavior and its causes, while literature describes human behavior through fiction." This means that literature and psychology complement and need each other, thus creating a mutually beneficial relationship. When literature and psychology are connected, the basic relationship lies in literary works. Emir also stated that *"the basic component of the relationship between literature and psychology is literary works. Literary works study humans and describe their inner world in all its aspects because at the same time, they are the product of certain psychological conditions."* However, even though psychology and literature both discuss humans, they still have differences. As stated in the quote, *"the difference between literature and psychology is that literature discusses humans created by writers (imaginary humans), while psychology discusses humans created by God in the real world "*. (Wiyatmi, 2011: 19)

When psychology is used to understand the psychological aspects in literary works, it is called literary psychology. As stated by Ratna, *"basically, literary psychology pays attention to the psychological problems of fictional characters in literary works"* (2003: 343). Furthermore, according to Wellek and Warren (1956: 75), *"by 'literary psychology,' we may refer to the psychological study of writers, both as types and individuals, or the study of the creative process, or the study of types and the psychological laws existing in literary works, or ultimately, the impact of literature on its readers (audience psychology)."* This statement indicates that by using literary psychology, we can analyze literature from a psychological perspective regarding writers, readers and the literary work itself.



ological Criticism

There are several different terms related to psychological criticism. According to (1990: 29), "psychological criticism" is literary criticism that uses formal

psychology to analyze the writing, reading, or content of literary texts. According to Barry (2009: 92), *"psychoanalytic criticism is a form of literary criticism that uses several psychoanalytic techniques in literary interpretation."* In other words, despite the differences in terms of psychological criticism according to Holland and Barry, the main point of psychological criticism is a type of literary criticism that uses psychology or psychoanalysis to analyze and interpret literary works. The focus is on hidden or disguised motives, which help clarify literary works on two levels: the level of the writing itself and the level of the characters' actions in the text (Emir, 2016).

In addition, the person who was a colonist in the term of Psychological Criticism is Sigmund Freud. He had developed the dynamic of psychology as analysis and remedy for neuroses which he called psychoanalysis but soon it is enlarged for numerous developments and practices in the history of civilization, including warfare, tradition and religion, as well as literature and the other trades. Also, from that time to the present, psychological criticism has drawn primarily on three psychologies: psychoanalytic, archetypal and cognitive psychology (Holland, 1990).

2.4 Elisabeth Kübler-Ross's Stages of Grief

The word "stage" has several meanings based on the dictionary. As stated in *Merriam-Webster*, stage is a period or step in a process, activity or development. Then, according to Cambridge dictionary, stage is a part of an activity or a period of development. However, Elisabeth Kübler-Ross uses the word "stage" instead of "response" in her theory because at that time, 'stage' is deep-rooted in the culture and society. She introduces it in her final book, *On Grief and Grieving* (2005) that she



her co-author, David Kessler as Stages of Grief. As stated in David Kessler by Konigsberg, *"I said that the word response might be more accurate but*

both of the mind that the stages were so ingrained in the culture, so prevalent

in our society, that there was no pulling them back in ”. (2011: 69) Stages of Grief is described how grieving person response their loss by five stages, which are denial, anger, bargaining, depression and acceptance. Although the name is Stages of Grief, it is not means that the grieving person through all the stages or goes in a prescribed order when they face their loss as stated in Kübler-Ross book *Life Lessons* (2005), *“Not everyone goes through these five stages with every loss, the responses do not always occur in the same order and you may visit stages more than once.”* Known as the Five Stages of Grief, describes the emotional processes that people often experience after experiencing loss, such as the death of a loved one or significant life changes. Kübler-Ross identifies five main stages in the experience of grief.

a. Denial Stage

Denial is a momentary defense for the person. It is the conscious or unconscious refusal to acknowledge the reality of the circumstances. At times, seen as an absence of caring, the denial stage will fade as the ability to cope with the loss increases. According to Kübler-Ross and Kessler (2005), a person who has lost a loved one faces denial as the first stage in their grieving process. When they know that their loved one has died, at first their responses are being paralyzed with shock or blanketed with numbness. However, it gives impact too much for they psyche, which at first they may be saying, “I cannot believe he is or she is dead.” Also, they begin to question how and why, “how did this happen?”, “why she or he died?”

Although the grieving person knows that their loved ones have died, they often thought if the death of their loved ones is not real so they kept thinking if their are still alive and will return someday. They may think if their loved ones the way to get home. Also, people who are in this stage may feel the world meaningless and overwhelming. As stated by Kübler-Ross & Kessler (2005),



“They feel their lives are nothing without their loved ones. They may wonder how they can go on, so they try to find a way to get through each day simply”. However, when they feel hard to get through their lives, their feelings full of anger. It may bring them into the anger stage.

b. Anger Stage

It can be very difficult to care for the individual with misplaced feelings of rage and envy due to anger. Anger can harbor many different feelings and display itself in many different ways. Some individuals may lash out in anger towards the people that are closest to them such as family and friends. Anger itself is a natural reaction of a grieving person to the unfairness of loss. They may feel angry at the deaths of their loved ones, which they never imagine, such as committing suicide, being murdered, getting in an accident. Then, anger appears by feelings of sadness, panic, hurt and loneliness, stronger than ever. As a consequence, it can isolate a grieving person from their friends and their family whom they need most at a precise time. Also, anger is just another indication of the intensity of their love for their loved ones. In this stage, grieving person anger presents in many ways, such as anger at they loved one because she or he did not take care of her or himself or anger to themselves because they did not take better care of they loved one as stated by Kübler-Ross & Kessler (2005), *“Besides becoming angry with others, we become angry with ourselves, mad at what we did or did not do.”*

Furthermore, anger itself does not have to be logical or valid. A person who is grieving may be angry at the bad situation which happens to their loved ones but they stop it. They may be angry with the doctors who are not being able to save l ones. They may be angry that they left behind and they should have had together.



They may be angry to God because he did not take better care of their loved ones. Intellectually, the grieving person knows that their loved ones did not want to die but emotionally all they know is that he or she did die. They also may experience feelings of guilt when anger turned into themselves. When the feeling of guilt is too much for a grieving person, they may try to bargain by willing to do anything, so their loved ones return to their lives (Kübler-Ross & Kessler, 2005).

c. Bargaining Stage

The third stage consists of the hopefulness that the individual can, in some way, delay death. Typically, the bargaining for a longer life is made with God in exchange for living a better life. In this stage, the grieving person hopes that the death of their loved one is not happening or delayed, so they mostly said “if only” and “what if” statements. For example, when their loved ones are died because of a car accident while they were driving, unconsciously the grieving person will say ‘if only I had driven that car, he or she would still be alive’ or ‘what if he or she was at home, he or she would still be alive.’ It is happening because grieving person feels guilt to themselves, which is part of bargaining as stated by Kübler-Ross and Kessler (2005), “guilt is often bargaining companion.”

Eventually, the bargaining stage is the grieving person effort to postpone or reverse the inevitable grief and loss by remaining the past. They try to negotiate their way out of the hurt of the loss of their loved ones because of the tragic reality that happened to them; their loved ones are truly gone. Besides, they want to escape from the painless and the sadness reality of their lives without their loved ones. From this,



grieving person will enter the next stage, the depression stage as they could not do what they want to do in the bargaining stage.

d. Depression Stage

In the course of stage four, the dying person is beginning to comprehend the inevitability of death. The individual is likely to be quieter, decline guests and company and fill their time with crying and grieving. A separation from family, friends and affection is occurring during this process. It is an important time for grieving that must be managed with care. The depression is a type of understanding with emotional attachment. It is natural to feel sorrow, remorse, fright and uncertainty while working through this stage. These emotions are a confirmation that the individual is now beginning to accept the reality of his circumstances.

When the grieving person's life is filled with overwhelming feelings of depression, it gives impact to how they through your their life. According to Kübler-Ross and Kessler (2005), *"if you find a way to get through your daily activities, each of them seems as empty and pointless as the last one."* Then, they do not want to care about anything. They lose appetite, have difficulty in sleeping, feel impaired in work, have difficulties to concentrate and have lack of energy, as stated by Kübler-Ross and Kessler (2005), *"mourner may be in the midst of life and yet not a participant in all the activities considered living: unable to get out of bed; tense, irritable, unable to concentrate; unable to care about anything."* In the other hand, not all people can see the way the grieving person response to their depression as something commonly happened. Some of them may think that the grieving person depression as a sign of mental illness. However, depression as a way to help the grieving person to explore their loss.

e. Acceptance Stage



At this stage, the acceptance for the grieving person is not about they being alling the situation of the loss of a loved one but it is about them accepting the that their loved ones are physically gone and recognizing that their loved ones

are never back to this world. According to Kübler-Ross and Kessler (2005), the grieving person in this stage “*start the process of reintegration, trying to put back the pieces that have been ripped away*”. Then, they read just their lives. They try to move forward with hope, without anger and a better understanding of oneself.

When the grieving person heals, they learn who they are and who their loved one. They realize their lives have been ripped away when they are grieving, so they should go back. In addition, the acceptance stage brings them closer to other people who also they love, such as families, friends, etc. Furthermore, they will begin a new relationship. Their bonds are stronger than before.

