

**ESCAPING FROM ADVERSITY IN NOVEL *A MILLION LITTLE PIECES* BY JAMES
FREY (2003)**

*Submitted as a Partial Fulfillment of the Requirement to Obtain Strata One (S1) Degree in
English Department*



BY:

WINDA RAWILTA PUTRI

18019066

ADVISOR:

Dra. An Fauzia Rozani Syafei, M.A

NIP. 19660424 199002 2 001

ENGLISH DEPARTMENT

FACULTY OF LANGUAGE AND ARTS

UNIVERSITAS NEGERI PADANG

2023

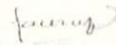
HALAMAN PERSETUJUAN SKRIPSI

Judul : Escaping from Adversity in Novel A Million Little Pieces by James Frey (2003)
Nama : Winda Rawilta Putri
NIM : 18019066/2018
Program Studi : Sastra Inggris
Jurusan : Bahasa dan Sastra Inggris
Fakultas : Bahasa dan Seni

Padang, Februari 2023

Disetujui oleh,

Pembimbing

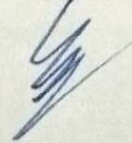


Dra. An Fauzia Rozani Syafei, M.A

NIP. 19660424 199002 2 001

Mengetahui

Ketua Departemen Bahasa dan Sastra Inggris



Desvalini Anwar, S., M.Hum., Ph.D.

NIP. 19710525.199802.2.002

HALAMAN PENGESAHAN LULUS UJIAN SKRIPSI

Dinyatakan lulus setelah dipertahankan di depan Tim Penguji Skripsi
Program Studi Sastra Inggris Jurusan Bahasa dan Sastra Inggris
Fakultas Bahasa dan Seni Universitas Negeri Padang
dengan judul

Escaping from Adversity in Novel A Million Little Pieces by James Frey (2003)

Nama : Winda Rawilta Putri
NIM : 18019066
Program Studi : Sastra Inggris
Jurusan : Bahasa dan Sastra Inggris
Fakultas : Bahasa dan Seni

Padang, Februari 2023

Tim Penguji

Tanda Tangan

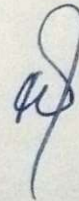
1. Ketua : Desvalini Anwar, S.S., M.Hum., Ph. D

:



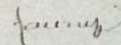
2. Sekretaris : Dr. Muhd. Al Hafizh, S.S., M.A

:



3. Anggota : Dra. An Fauzia Rozani Syafei, M.A

:





KEMENTERIAN PENDIDIKAN KEBUDAYAAN
RISET DAN TEKNOLOGI
UNIVERSITAS NEGERI PADANG
FAKULTAS BAHASA DAN SENI
DEPARTEMEN BAHASA DAN SASTRA INGGRIS
Jl. Prof. Dr. Hamka Air Tawar, Padang 25131 Tlp. (0751) 447347
Web: <http://english.unp.ac.id>



SURAT PERNYATAAN TIDAK PLAGIAT

Saya yang bertanda tangan di bawah ini:

Nama : Winda Rawilta Putri
NIM / TM : 18019066/ 2018
Program Studi : Sastra Inggris
Jurusan : Bahasa dan Sastra Inggris
Fakultas : Bahasa dan Seni

Dengan ini menyatakan, bahwa Tugas Akhir saya dengan judul "*Escaping from Adversity in Novel A Million Little Pieces by James Frey (2003)*" adalah benar merupakan hasil karya saya dan bukan merupakan plagiat dari karya orang lain. Apabila suatu saat terbukti saya melakukan plagiat maka saya bersedia diproses dan menerima sanksi akademis maupun hukuman sesuai dengan hukum dan ketentuan yang berlaku, baik di institusi Universitas Negeri Padang maupun masyarakat dan negara.

Demikianlah pernyataan ini saya buat dengan penuh kesadaran dan rasa tanggung jawab sebagai anggota masyarakat ilmiah.

Diketahui oleh,

Ketua Departemen Bahasa dan Sastra Inggris

Desvalini Anwar, S.S., M. Hum., Ph.D.

NIP. 19710525 199802 2 002

Saya yang menyatakan,



Winda Rawilta Putri

NIM. 18019066

**ESCAPING FROM ADVERSITY IN NOVEL *A MILLION LITTLE PIECES*
BY JAMES FREY (2003)**

*Submitted as a Partial Fulfillment of the Requirement to Obtain Strata One (S1)
Degree in English Department*



BY:

WINDA RAWILTA PUTRI

18019066

ADVISOR:

Dra. An Fauzia Rozani Syafei, M.A

NIP. 19660424 199002 2 001

**ENGLISH DEPARTMENT
FACULTY OF LANGUAGE AND ARTS
UNIVERSITAS NEGERI PADANG**

2023

ACKNOWLEDGEMENT

All praise belongs to Allah SWT who has given mercy and his grace, so that the researcher is eventually able to finish this thesis entitled **“Escaping from Adversity in Novel A Million Little Pieces by James Frey (2003)”**. Shalawat and greetings, the researcher send to the most intelligent and noble human being, who has struggled to erase ignorance on the surface of this world, namely our lord, the Prophet Muhammad SAW. This thesis was prepared in order to fulfill the requirements to obtain Strata One Degree of English in English Department, Faculty of Languages and Arts, Universitas Negeri Padang. In arranging this thesis, a lot of people have provided motivation, advice, support, and even remark that had helped the researcher. In the valuable change, the researcher aims to express her gratitude and appreciation to the following people:

1. Ma’am Dra. An Fauzia Rozani Syafei, M.A as the supervisor who has given me a lot of advices, guidance, and major contribution in preparing this thesis.
2. Ma’am Leni Marlina, S.S., M.A as the researcher’s academic advisory lecturer.
3. Ma’am Desvalini Anwar, S.S., M. Hum., Ph. D as the head of English Department, Faculty of Languages and Arts, Universitas Negeri Padang.
4. Ma’am Descvalini Anwar, S.S., M. Hum., Ph. D and Mr. Dr. Muhd. Al Hafizh, M.A as the researcher’s examiners who had given valuable advices, reversion, and suggestion to her thesis
5. All the lecturers of English Department during her academic year at Universitas Negeri Padang, who taught and given knowledges, encouragement, and invaluable advices for to complete this thesis.

The researcher realizes that her paper has not perfect yet, there are many mistakes contained in it. At the end, the researcher hopes that this paper will be a guidance for some literally study.

Padang, 2023
The Researcher

Winda Rawilta Putri

NIM. 18019066

DEDICATION

I decided my honor, my gratitude and my love to:

My beloved parents Ibu Ratnawilis and Ayah Tabrani thank you for always provide prayer and motivate me to not give up in any situations, especially in the process of writing my thesis, always listening to all my complaints, and always appreciating all my efforts, thank you for being my best support system physically and mentally. Next, thank you to my brother Aditio Rawilta Putra and my young sister Mutiara Shahira who always give me spirit. Furthermore, I also thank you to my best friends from the beginning of college until we be able to graduate together Meisha Rahmania and Verdi Firdaus, thank you for all the memories and emotional support during college, especially during writing my thesis. Besides that, thank you to my beloved best friend since Junior High School Dinda SF and Silvia Hayati who always listens all of my stories and give me emotional support. To my lovely cousin Tuffahati Rahman thank you for all of supports and be able when I need someone to talk. Next, thank you to Bunga Indahyani, Annisa Fadhila, Annisa Nur Fitriani, and Mutiara Oktavia Herlina who have given me support and motivation during my college. For NK-2 2018 thanks for the unforgettable memories.

Last but not least, I wanna thank me. I wanna thank me for believing in me. I wanna thank me for doing this hard work. I wanna thank me for having no days off. I wanna thank me for never quitting.

ABSTRACT

Putri, Winda Rawilta (2023). Escaping from Adversity in Novel *A Million Little Pieces* by James Frey (2003). Thesis. Padang: English Language and Literature Department. Faculty of Language and Art. Universitas Negeri Padang.

The purpose of this analysis is to expose the issue of escaping adversity in the Novel *A Million Little Pieces* by James Frey (2003). The issue of escaping adversity refers to the ways the character makes efforts to get out of drug addiction disappear. This analysis is text-based interpretation based on the theory life instinct by Sigmund Freud. This analysis uses fictional devices such as character, plot (conflict) and setting that contribute in revealing the issue. The result of the study reveals the main character escapes his adversity. It can be seen through his behaviors such as raising self-awareness, a desire cooperate with others, and doing pro-social action.

Keywords: Escaping Adversity, raising self-awareness, a desire cooperate, doing pro-social action, *A Million Little Pieces*

ABSTRAK

Putri, Winda Rawilta (2023). Melarikan Diri dari Keterpurukan dalam Novel *A Million Little Pieces* Karya James Frey (2003). Skripsi. Padang: Jurusan Bahasa dan Sastra Inggris. Fakultas Bahasa dan Seni. Universitas Negeri Padang.

Analisis ini bertujuan untuk mengungkap isu melarikan diri dari keterpurukan dalam Novel *A Million Little Pieces* karya James Frey (2003). Isu melarikan diri dari keterpurukan mengacu pada cara-cara tokoh ketika tokoh ingin keluar dari kecanduan narkoba. Analisis ini merupakan interpretasi berbasis teks berdasarkan teori naluri kehidupan oleh Sigmund Freud. Analisis ini menggunakan perangkat fiktif seperti karakter, plot (konflik) dan setting yang berkontribusi dalam mengungkap masalah. Hasil penelitian mengungkapkan karakter utama lolos dari keterpurukannya. Hal itu dapat dilihat dari perilakunya seperti menciptakan membangun kesadaran diri, bekerja sama dengan orang lain, dan tindakan pro-sosial.

Kata kunci: Melarikan diri dari Kesulitan, membangun kesadaran diri, kerjasama dengan orang lain, aksi pro-sosial, *A Million Little Pieces*

TABLE OF CONTENTS

TABLE OF CONTENTS.....	i
CHAPTER I INTRODUCTION.....	1
A. Background of Study.....	1
B. Focus of the Problem.....	4
C. Research Question.....	5
D. Purpose of the Research.....	6
E. Conceptual Framework.....	6
CHAPTER II REVIEW OF RELATED LITERATURE.....	8
A. Review of Related Theories.....	8
B. Previous Research.....	13
CHAPTER III RESEARCH METHOD.....	15
A. Data and Source Data.....	15
B. Technique of Data Analysis.....	15
CHAPTER IV DISCUSSION.....	16
A. Raising Self-Awareness.....	17
B. A Desire to Cooperate with Others.....	20
C. Doing Pro-social Actions.....	24
CHAPTER V CONCLUSION.....	29
BIBLIOGRAPHY.....	31

CHAPTER I

INTRODUCTION

A. Background of the Study

Every people face different problems in their lives. Humans can certainly solve any problem in a variety of ways. Some of them can solve problems wisely, while others cannot. A lot of people try to avoid problems by going down the wrong path. One of the wrong ways is to abuse alcohol and drugs. People commonly use the drug out of curiosity or to feel better as they try to alleviate the stress they are feeling. However, the ability of drugs to temporarily reduce panic and anxiety causes people to believe in these things. This trust develops into habits, making people unable to stop using drugs. They will become dependent on these dangerous substances. This is what drives a person to become a drug addict. Some people, on the other hand, are strong and persistent in dealing with their problems. Their efforts to confront problems frequently result in good solutions. Those brave people will face their life's problems, no matter how difficult the problems.

The result of facing problems make people strive for life. People do their best efforts to escape from adversity in their life. According to Cambridge, (2022) escaping means to get free for something or to avoid something. Furthermore, according to Stolz (2007:8) states that adversity is the intelligence that a person has in overcoming difficulties and surviving. Meanwhile, in Cambridge dictionary (2022) adversity means a difficult or unlucky situation or event. According to National Library of Medicine (2019) adversity can be identified as suffering and

discomfort aroused by difficulty, misfortune, or potentially traumatic events. The suffering and discomfort aroused by the difficulty that can be find or faced by a drug addict. The protagonist in this novel is a drug addict. In this analysis, escaping from adversity can be seen from the ways of the main character to survive and maintain himself from a drug addict to be a good person and get a better life. The ways to survive and maintain his good life happens because of his life instinct. According to Sigmund Freud (1920) life instinct can be seen through behavior. In this novel, the main character shows the behaviors of wanting to survive, such as he wants to get well because there is someone he loves. He does not want to lose his loved ones, so he tries hard to recover from drug addiction. The other behavior that Sigmund Freud categorizes is a desire or need to cooperate with others; for example, he wants to be rehabilitated and carry out all rehabilitation procedures. The last behavior is pro-social actions, such as helping and woman he loves to recover from drug addiction.

According to World Drug Report (2018), in 2016 around 275 million people were drug addicted. According to BNN (*Badan Nasional Narkotika*), in 2016 BNN provided rehabilitation services for 22.485 addicts and narcotics abusers (BNN,2017). Based on BNN's data, it can be seen that many people have experienced being drug addicts. When people experience addiction, they cannot control how they use a substance or partake in the activity and depend on it to cope with daily life. They continue using drug (Narkotika, 2017). substance or engaging in addictive behavior, even though they might be aware of the harm it can cause or when clear evidence of harm is apparent. Therefore, people who

experience addiction must be treated if they do not do that, so they will live a bad life and cannot get out of their problems in life.

The suffering from addiction can be treated and recovered. According to BNN (*Badan Nasional Narkotika*) People who are addicted to the drug must be treated immediately by rehabilitation (BBN, 2017). Through this recovery, they have to pass several treatment processes properly even though they are in a harsh situation. It is because the dangerous substances in their body already damaged them physically and mentally. This is why the treatment needs them to work hard to defeat the pains they feel during the process. This recovery may take quite a short time or even a long time. That all depends on how strongly the addict controls themselves from the effect of the substances. It is why addicts have to be more aware and wise to regain the freedom they deserve as human beings.

In reality, there are several people who can survive from the addiction. One of them is Robert Downey Jr. He is a Hollywood actor. According to *Dream Life Recovery in Robert Downey Jr.'s Heroic Recovery: From Addict to Iron Man (2022)*, he had the lowest point experienced in his life. When he was an addict, his wife left him and took their son. He was fired from his acting job on the show *Ally McBeal*. He was in massive debt and on the verge of bankruptcy. Then he decided it was time to take a year and fully address his substance abuse. It was time for recovery. In 2002, Robert Downey Jr made it through rehab and returned to his acting career. Robert Downey Jr.'s success out of addiction was also sparked when he fell in love with film producer Susan Levin. He committed to his recovery. He commits to recovering from reliving and reviving his acting career

to achieve his greatest success starring Tony Stark in Marvel's Iron Man and The Avengers film franchises. Today Robert Downey Jr. enjoys a relatively quiet life. The negative activities he did when he was an addict have now been replaced with positive ones, such as spending weekends with family. He said that his wife, his children, Eastern martial arts, yoga, and a twelve-step program help him overcome his addiction and stay sober.

The phenomenon of people who have escaped from adversity is not only can be find in real life, but also literary works. One of them is in the novel *A Million Little Pieces* written by James Frey (2003). It is an interesting issue because it shows the ways experienced by the main character, who is an addict in getting well and escaping from the addiction. The issue is important to be discussed because it will be an insightful shot for people who also have the same problems to get a better life.

1.1 Focus of the Problem

The issue of escaping from adversity has been exposed in the novel *A Million Little Pieces* written by James Frey. In this analysis, the escaping from adversity can be seen in character behaviors that experience difficult situations as an addict for better life. It is represented by the protagonist, James, who is twenty three years old. In his mind, only drugs and alcohol can make him feel happy and comfortable, but he can survive and maintain himself to be a good person without drugs or alcohol in some ways. Escaping from adversity can be seen from

character behaviors such as creating new life, desires or need to cooperate with others who help him, and do some pro-social actions.

The first form is raising self-awareness. He falls in love with the woman in rehabilitation, which makes him determined to recover. Falling in love makes him realized that he should recover and have a better life with the woman he loves.

The second form is a desire to cooperation with others. It can be seen as a relationship between the doctor and himself. He follows all rehabilitation procedures and all treatments. Even though he had some difficulties in establishing rehabilitation, but he continued his rehabilitation earnestly

The third form doing pro-social actions. He helps someone who does not have any motivation to continue their rehabilitation. He helps and brings back the woman he loves to rehabilitation because he wants her to get well and live a normal life together.

1.2 Research Questions

There are two research questions used to reveal the issue of escaping from adversity in the novel *Problems* (2016) by Jade Sharma, which is formulated as follows:

1. How far does the novel *A Million Little Pieces* (2003) by James Frey exposes the issue of escaping from adversity?
2. To what extent do the character, setting, and plot in revealing the issue of escaping from adversity in novel *A Million Little Pieces* (2003) by James Frey?

1.3 Purpose of the Research

This research is aimed to see how far the novel *A Million Little Pieces* (2003) by James Frey exposes the issue of escaping from adversity. Furthermore, this research analyses the role of the character, setting, and plot in the novel *A Million Little Pieces* (2003) by James Frey in revealing the issue of escaping from adversity.

1.4 Conceptual Framework

Escaping from adversity refers to the ways how to survive and maintain from difficulties of an addict to get well and better life. In this analysis, escaping from adversity is represented by the main character, that has been an addict for a long time and experiences many difficulties but finds several ways to get well. The ways of the main character get well as an addict can be seen from raising self-awareness, then a desires cooperation with others, and doing pro-social actions.

Escaping from Adversity

