

Psychological Condition Reflected in Adam Haslett's Short Story *You Are Not Stranger Here* (2002)

THESIS



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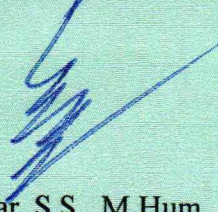
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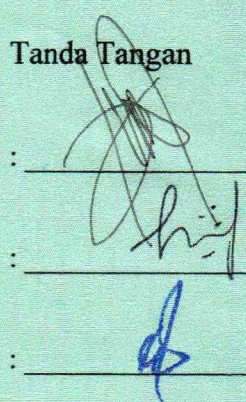
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ABSTRACT

This study aimed to discuss the psychological problem condition in Short story You're Not Stranger Here by Adam Haslett (2002). This analysis elaborated about the psychological problem (trauma) and the negative impact of the psychological problem itself. This analysis described about "Psychological Condition Reflected in Adam Haslett's You're Not Stranger Here (2002). This research conducted using the descriptive qualitative approach. This data analysis was to analyze novel You're Not Stranger Here (2002) by Adam Haslett. The data was collected from the quotation in the novel. The data was in the form of sentences, words and phrases. The source of data in this research was a novel written by Adam Haslett entitled You Are Not Stranger Here. The result of analysis "You Are Not a Stranger Here" by Adam Haslett delves deeply into the complexities of human psychology and mental illness through interconnected short stories. It portrays a range of psychological problems, including depression, anxiety, and trauma, and highlights their profound impact on individuals' lives. Through the characters' experiences, the short story sheds light on the various ways in which these conditions manifest, intertwine, and challenge their ability to function in their daily lives.

Keyword; *Human Psychology, Trauma, Anxiety, Depression*

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Thank God for the presence of Allah SWT, because thanks to His mercy and grace I was able to complete my thesis entitled "*Psychological Conditions Reflected in Adam Haslett's Short Story You Are Not a Stranger Here (2002)*". This thesis was written as one of the requirements for obtaining a bachelor's degree at the Department of English Literature, Padang State University.

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Realizing that the preparation of this thesis is still far from perfect, constructive criticism and suggestions are very necessary to perfect this thesis, hopefully this final assignment can be useful for anyone who reads it.

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CHAPTER I

INTRODUCTION

1.1 Background of the Research

Human beings are individual creatures who have personality and behavior within themselves. Human beings as individual creatures are characterized by some elements such as physical, spiritual, and psychological elements. Human beings are said to be an individual when these elements integrate within themselves. In this life, people are having their own problems. People have their own past. Even if it was the best or the worst. Sometimes, the past can affect the future. It depends how the person faces it. Problems come when people are in a process to achieve a goal. They need a mental process that involves discovering, analyzing and solving. A problem is an obstacle, impediment, difficulty or any situation that needs resolution. All of that are the various forms of matter which is likely to face. The problem needs to be overcome in order to find a solution that best resolves the issue.

This study aimed to explore the character in the novel named Lucas who is known as a therapist patient and he has mental illness. According to the American Psychiatric Association, a psychological disorder, or mental disorder, is “a syndrome characterized by clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a

dysfunction in the psychological, biological, or developmental processes underlying mental functioning. Mental disorders are usually associated with significant distress in social, occupational, or other important activities” (2013). The people around him think that he cannot live as normally people live their life because he has a mental illness. Thus, through the analysis the character wants to show that he can control his mental illness and can live normally like a human did. According to Freud (1990) states that there are two types of human reactions in facing the problems in life, the first is pessimistic and the second one is optimistic. Pessimistic people when solving their problems are dominated by negative thoughts. For them, life is full of indecision and doubt. They are not confident of their abilities. People with a pessimistic attitude have poor mental status. As a result, they become depressed when bad events occur. Furthermore, it leads to bad health and shorter lives.

Individuals can express their feelings by distinctive activity. It makes positive and negative activities depending on their feeling. They construct relationship with others or indeed they crush it. They adore somebody or they slaughter the individual. Their behavior is based on a certain reason. They adore another individual since they have yearned for it in their life. They murder another since they don't like someone and it could be the as it were

way to outlive in life. It is evident that they continuously have reasons for their life.

This analysis is analyzed based on literature and psychology theory by Sigmund Freud. The issue is going to be discuss in this Novel about someone who has mental issues or called mental health disorder. The fictional device which is used in this analysis is character. The character attempts to strengthen his life instinct to keep going in his life. Even though, he was abandoned by people around him because people think that he cannot socialize with others because he has a mental illness.

Mental disorder also called mental illness is a behavioral or mental problem that causes significant distress or impairment of personal functioning. Such features maybe persistent, relapsing and remitting, or occur as a single episode. Many disorders have been described, with signs and symptoms that vary widely between specific disorders. Such disorders may be diagnosed by a mental health professional. Such conditions may affect someone's ability to relate to others and function each day (Goodman, 2011:32). Each person will have different experiences, even people with the same diagnosis. Recovery, including meaningful roles in social life, school and work, is possible, especially when you start treatment early and play a strong role in your own recovery process.

Psychological condition problem seen in this novel is to see different cases of trauma which the character experienced in the novel. Different cases of trauma were caused by awful encounters, one of which can be demonstrated in Adam Haslett novel *You Are Not a Stranger Here* (2002). Trauma can also be called as PTSD (*Post Traumatic Syndrome Disorder*). PTSD, it is now listed among a group called Trauma-and-Stressor-Related Disorders. For a person to be diagnosed with PTSD, they must be exposed to, witness, or experience the details of a traumatic experience (e.g., a first responder), one that involves “actual or threatened death, serious injury, or sexual violence” (APA, 2013, p. 271). These experiences can include such events as combat, threatened or actual physical attack, sexual assault, natural disasters, terrorist attacks, and automobile accidents. This criterion makes PTSD the only disorder listed in the DSM in which a cause (extreme trauma) is explicitly specified.

This analysis aimed to discuss the psychological problem condition in Short story *You're Not Stranger Here* by Adam Haslett (2002). This analysis elaborated about the psychological problem (trauma) and the negative impact of the psychological problem itself. This analysis described about “**Psychological Condition Reflected in Adam Haslett’s *You’re Not Stranger Here* (2002)**”.

You’re Not Stranger Here (2002)

This short story tells about some spectacular moments, and also several inexplicable miscalculations in this extremely uneven yet unquestionably promising debut collection of nine stories by Yale Law student Haslett. Most of Haslett's characters are silent sufferers or unrequited lovers who live out lives of silent desperation unrelieved by full connection with others or disclosure of their innermost secrets. This is particularly true of stories that focus on gay characters, such as an orphaned high school boy powerfully attracted to a surly, violence-prone classmate ("The Beginnings of Grief"); an unmarried brother and sister who have loved and lost the same man ("Devotion"); and a terminal AIDS patient whose carefully planned withdrawal from job and relationships ends in (harrowingly described) surreal dementia ("Reunion").

These are edgy, disturbing explorations of loneliness that don't quite work—as are "My Father's Business," a mock-documentary look at a bipolar patient with a curious philosophical bent; and "The Volunteer," an initially gripping account of the relationship between a lonely elderly woman and the effectively motherless teenager who bonds with her that falls apart into inexcusable contrivance. And yet Haslett's riskiest, most far-reaching pieces are his best. "Divination," about a private school student who has inherited his father's unwanted prophetic "gift," grates expertly on the reader's nerves. Even better are "The Good Doctor," in which a callow physician's efforts "to

organize his involuntary proximity to human pain” are unsettled by the story of a luckless family’s destruction by economic failure and drug addiction; and “The Storyteller,” a hypnotically strange amalgam of Chekhov and Beckett, about an American in Scotland torn between suicidal guilt over his lingering depression and its erosion of his marriage, and his compulsive intimacy with a stoical old woman and a dying boy: it’s one of the finest, and most unusual, stories of recent years. Not by any means the book it might perhaps should have been. But don’t overlook those three terrific stories (Kirkus Review 2021).

You Are Not a Stranger Here is both almost the separating result of mental unsettling influence but moreover around the nexus of family in which such unsettling influence advanced. And in spite of the fact that this collection bargains in passionate limits, it is all things considered very much around the fundamental and all as well regularly heartbreaking delicate human wants to associate with others, to discover and keep love, to get it and be caught on. The creator composed from these nine chapters, appears that the author move toward the novel. He has sufficient covering viewpoints, story lines, and episodes to fill more than that. He moreover has more profound feelings than the despair that dries most of the others; excellent pity, and wholeness. This story takes after the fellowship of a schizophrenic volunteer and a grown-up

tall school who gone to him at an institution where he intentionally detained himself.

"You Are Not a Stranger Here" features several characters dealing with mental illness, each explored in different stories within the collection. This study analyzed three characters which experienced mental illness. First, Michael is a young boy who suffers from severe anxiety and obsessive-compulsive disorder. His struggles with these conditions are depicted in the story "*Notes to My Biographer.*" Second, Charlotte, Daniel's wife, grapples with his depression and her own emotional struggles in the same story, "*The Good Doctor.*" Last, Stephen: Stephen, a musician, experiences intense anxiety and panic attacks in the story "*The Volunteer.*"

1.2 Problem of the Study

This study focuses on the issues of psychological mental condition problems in the novel *You're Not Stranger Here (2002)* of the character. There are two research questions that give contributions to reflect the issues. This analysis is focused on mental illness in Adam Haslett's novel *You Are Not Stranger Here (2002)*. Therefore, to reveal the issue of mental illness, questions are formulated below. They are:

1. What are psychological conditions viewed from Freudian theory of personality in the novel *You Are Not Stranger Here (2002)* ?

2. What are the negative impact of mental problems in Novel *You're Not Stranger Here* (2002) ?

1.3 Purpose of the Study

This study aims to identify, analyze and to describe the character of each character contained in Novel *You Are not a Stranger Here*. Moreover, it is also to find out how the implied author gives a contribution to the meaning of mental illness. This study is going to investigate the negative impact of condition problems in Novel *You're Not Stranger Here* (2002).

1.4 Theoretical Framework

This considers points to analyze the characters within the novel *You're Not Stranger Here* by Adam Haslett. For this reason, the creator employs few speculations that support this investigation. In this therapy hypothesis, the author moreover explains uneasiness as an impact of his injury and the defense component as the way to decrease his uneasiness. While the essential concept about psychoanalysis is quoted in a short article for inclusion in an Encyclopedia that is stated by Sigmund Freud (Charter, 2006:7).

Under the heading The Corner-Stones of Psychoanalytic Theory: "The assumption that there are unconscious mental processes, the recognition of the theory of resistance and repression, the appreciation of the importance of sexuality and of the Oedipus Complex these constitute the principal subject

matter of psychoanalysis and the foundations of its theory. No one who cannot accept them should count himself a psychoanalyst”.

Sigmund Freud moreover defines the concepts therapy hypothesis which relates to the human mind such as cynical view of human nature, accentuation on nature organic powers, early encounters shape identity, all inclusive advancement stages. *You're Not Stranger Here* case relates with one of essential concepts related to early encounters shape identity, it implies that what individuals do since early involvement or childhood like cheerful encounters, despondent encounters, injury. It can shape people's identity in adulthood. That concept relates with the most character of his novel that experienced childhood injury. In other words, according to Freud, he formulated in 1916 on the very idea of trauma. He quotes:

We apply the term “*traumatic*” to an experience which within a short period of time presents the mind with an increase of stimulus too powerful to be dealt with or worked off in the normal way, and this must result in permanent disturbances of the manner in which the energy operates (Freud, 1916: 275).

Freud tells about trauma that his statement explain not only trauma relates to the causes but it also explains about the effects of trauma itself.

1.5 Conceptual Framework

The analysis of novel *You Are Not Stranger Here* (2002) by Adam Haslett is done by focusing this research on history, action and comments made by the characters in the novel *You Are Not a Stranger Here*, after finding the characters of the characters then immediately classifying them. In this part there are some definitions of the terms to avoid the misunderstanding. The writer provides terms basic on the title and problem formulations.