

**COPING WITH GRIEF IN KATHLEEN GLASGOW'S NOVEL
HOW TO MAKE FRIENDS WITH THE DARK (2019)**

Thesis

**Submitted as Partial Fulfilment of Requirement to Obtain
the Strata One (S1) Degree**



By:

Sarifia Larasati Putri

18019108/2018

Advisor:

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

NIP. 197105251998022002

**ENGLISH DEPARTMENT
FACULTY OF LANGUAGES AND ARTS
UNIVERSITAS NEGERI PADANG
2023**

HALAMAN PERSETUJUAN SKRIPSI

Judul : Coping with Grief in Kathleen Glasgow's Novel
How to Make Friends with the Dark (2019)
Nama : Sarifia Larasati Putri
NIM : 18919108/2018
Program Studi : Sastra Inggris
Jurusan : Bahasa dan Sastra Inggris
Fakultas : Bahasa dan Seni

Padang, 9 Februari 2023

Disetujui oleh,

Pembimbing



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

NIP. 19710525 199802 2 002

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

*Coping with Grief in Kathleen Glasgow's Novel How to Make Friends
with the Dark (2019)*

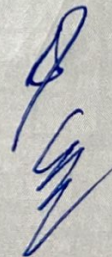
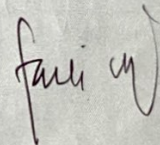
Nama : Sarifia Larasati Putri
NIM : 18019108
Program Studi : Sastra Inggris
Jurusan : Bahasa dan Sastra Inggris
Fakultas : Bahasa dan Seni

Padang, 9 Februari 2023

Tim Penguji

Tanda Tangan

1. Ketua : Dra. An Fauzia Rozani Syafei, S.S., M.A. :
2. Sekretaris : Dr. Muhd. Al Hafizh, S.S., M.A. :
3. Anggota : Desvalini Anwar, S.S., M.Hum., Ph.D. :





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 : Sarifia Larasati Putri
NIM / TM : 18019108/2018
Program Studi : Sastra Inggris
Jurusan : Bahasa dan Sastra Inggris
Fakultas : Bahasa dan Seni

Dengan ini menyatakan, bahwa Tugas Akhir saya dengan judul "Coping with Grief in Kathleen Glasgow's Novel *How to Make Friends with the Dark* (2019)" 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,



Sarifia Larasati Putri

NIM. 18019108

ABSTRACT

Putri, Sarifia Larasati. 2023. Coping with Grief in Kathleen Glasgow's Novel *How to Make Friends with the Dark* (2019). Thesis. English Department Faculty of Languages and Arts. Universitas Negeri Padang.

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

The purpose of this analysis is to expose the issue of coping with grief in novel *How to Make Friends with the Dark* (2019). It explores the issue of coping with grief which is experienced by the main character while she is experiencing grief. This analysis is text-based interpretation based on the concept of coping mechanism theory proposed by Lazarus and Folkman (1984). It is also aimed to reveal how the main character copes with the grief. This analysis uses fictional devices such as character, plot, and setting that contribute in revealing the issue. The result of this analysis shows that the main character copes with her grief through two ways, problem-focused coping by seeking for social support and emotion-focused coping by distancing self from stress triggers, doing escape avoidance, and accepting responsibility.

Key words: *grief, coping mechanism, coping with grief*

ABSTRAK

Putri, Sarifia Larasati. 2023. Coping with Grief in Kathleen Glasgow's Novel *How to Make Friends with the Dark* (2019). Skripsi. Departemen Bahasa Inggris Fakultas Bahasa dan Seni. Universitas Negeri Padang.

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

Tujuan dari analisis ini adalah untuk mengungkap isu cara mengatasi kedukaan yang dilalui oleh tokoh utama di dalam novel *How to Make Friends with the Dark* (2019) ketika sedang dirundung duka. Analisis ini merupakan interpretasi berbasis teks berdasarkan konsep teori coping mechanism yang dikemukakan oleh Lazarus dan Folkman (1984). Analisis ini juga bertujuan untuk mengungkap bagaimana tokoh utama mengatasi kedukaannya. Analisis ini menggunakan perangkat fiksi seperti karakter, plot, dan setting yang berkontribusi dalam mengungkap suatu isu. Hasil penelitian menunjukkan bahwa tokoh utama mengatasi kedukaannya melalui dua cara yakni, melalui *problem-focused coping* dengan mencari dukungan social dan *emotion-focused coping* dengan menjauhkan diri dari pemicu stress, menghindari masalah, dan menerima tanggung jawab.

Kata kunci: *kedukaan, coping mechanism, mengatasi duka*

ACKNOWLEDGEMENT

All praises to Allah and His blessings for the completion of this thesis entitled “Coping with Grief in Kathleen Glasgow’s Novel *How to Make Friends with the Dark* (2019)”.

The writer would like to thank the writer’s thesis advisor Desvalini Anwar, S.S., M.Hum., Ph.D., for the guidance, understanding and time that she has provided in finishing this thesis. I would like to thank also to the examiners, Dra. An Fauzia Rozani Syafei, S.S., M.A. and Dr. Muhd. Al Hafizh, S.S., M.A. for their patience, precious advice, critics and correction from the beginning up to the end of the writing.

Moreover, I would like to express my appreciation to Desvalini Anwar, S.S., M.Hum., Ph.D., as the Head of English Department and Dr. Muhd. Al Hafizh, S.S., M.A., as the secretary of English Department. I do also want to thank to all the lecturers of the department and faculty who taught and guided me during my academic years.

The writer wishes to show her appreciation to herself who can finish this thesis with her blood, sweat, and tears. Alhamdulillah. The writer thanks to herself who choose not to give up over this thesis journey.

The writer addresses the deepest gratitude to the family for their endless support. The writer is most profoundly grateful to her parents, who have patiently guided and accompanied the writer while completing this thesis.

The writer wants to thank her siblings for the endless support over the

time. Also, the writer wants to thank to her nephews, Radhi and Athan, who always cheering the writer up with the cuteness of them.

The writer also wants to thank all her friends for accompanying through the ups and downs of this thesis journey especially to Tadika Mesra (Mayang, Sipa, Siska, and Tipa), Syrli, Dheana, Amel, and Titi.

Last but not least, the sincere love to the 7 members of BTS (Kim Nam Joon, Kim Seok Jin, Jung Hoseok, Park Jimin, Kim Taehyung, and Jeon Jungkook) for accompanying the writer over the time with their warm support and endless encouragement through their music and talents.

Padang, Januari 2023

The Researcher

Specially dedicated to my beloved father and mother

BUDHI ANTORO

SARIFAH

To my beloved family and friends

TABLE OF CONTENT

ABSTRACT.....	i
ABSTRAK.....	ii
ACKNOWLEDGEMENT.....	iii
TABLE OF CONTENT.....	vi
CHAPTER 1.....	1
INTRODUCTION.....	1
1.1. Background of the Research.....	1
1.2. Focus of the Problem.....	7
1.3. Research Questions.....	7
1.4. Purpose of the Research.....	7
1.5. Conceptual Framework.....	8
CHAPTER II.....	10
REVIEW OF RELATED LITERATURE.....	10
2.1. Review of Related Studies.....	10
2.2. Previous Research.....	21
CHAPTER III.....	24
RESEARCH METHOD.....	24
3.1. Data and Source of Data.....	24
3.2. Technique of Data Analysis.....	24
CHAPTER IV.....	26
ANALYSIS.....	26
4.1. Problem-focused coping.....	26
4.1.1. Seeking social support.....	27
4.2. Emotion-focused coping.....	28
4.2.1. Distancing self from stress triggers.....	29
4.2.2. Doing escape avoidance.....	32
4.2.3. Accepting Responsibility.....	33
CHAPTER V.....	36

CONCLUSION	36
BIBLIOGRAPHY	39

CHAPTER 1

INTRODUCTION

1.1. Background of the Research

Living as a human being will certainly go through the ups and downs in life. Hard times is unavoidable. The hardship can come in any aspects as like finance, health, relationship, and so on. When adversity strikes, it can make people feel powerless, stressed out, and anxious (Robinson & Smith, 2023). Humans may be wracked by a lot of tough, conflicting feelings, overcome with intense grief over what they have lost, or unsure of how to carry on with their lives. Humans also have a tendency to feel a complete loss of control over their lives and a sense of helplessness over the potential outcomes in the future. While there is no way to avoid the hardship in life, there is way to accept and deal with the bad or unpleasant things that happen which named coping mechanism.

In order to deal with the hardship, humans tend to activate their coping mechanisms. Lazarus and Folkman (1984) stated that coping is defined as continuously modifying cognitive and behavioral attempts to manage certain stressful internal and/or external demands. Humans employ coping mechanisms as coping methods when confronted with stress and/or trauma to help manage challenging and painful emotions. Furthermore, coping refers to how people perceive the stressful state and circumstance, as well as their efforts to deal with the problem. It does not

emphasis whether the coping is successful or not; it only addresses the efforts

After studying a substantial amount of coping research, Matheny et al. came at a similar conclusion. They defined coping as any effort, whether healthy or unhealthy, conscious or unconscious, to avoid, neutralize, or mitigate pressures or to endure their effects as generously as possible. This term draws attention to one thing: coping techniques aren't always beneficial and healthy (Baqtayan, 2015). There are times when people utilize coping methods that lead to further problems. One illustration is a person who embezzles funds to face personal financial issues. (Baqtayan, 2015). Therefore, efforts to manage demanding circumstances must be incorporated into definitions of coping, regardless of the outcome. This suggests that no method is considered to be inherently superior to all others.

The terms *coping mechanism* and *stress* are inextricably linked. According to the definition of stress, it is an uncomfortable condition of mental and physiological agitation that people experience when they perceive a harm to their safety or well-being. (Lazarus & Folkman, 1984). Additionally, stress is a common response to pressures from day-to-day life, but it can turn harmful when it interferes with daily activities. Stress alters nearly every physical system, affecting how people feel and act. (American Psychological Association, 2022). In order to learn more about stress, it has been divided into three categories depending on the stressor,

which is the cause of the stress. The first is Cataclysmic Stressor. This term describes a sudden occurrence that significantly affects both an individual and a society at the same time, such as a war or a natural disaster (such as an earthquake or a hurricane). The second is Background Stressor. Background stressor, sometimes known as "daily troubles," is a result of ordinary concerns. This stressor is seen as a minor issue, but it persists. As a result, it may interfere with daily lives and result in negative stress for people, such as having a lot of duties, feeling alone, and having arguments with their spouse, family, and other people. The third stressor is Personal Stressor. This stressor impacts individuals and might be unpredictable. However, it has a significant impact and calls for a lot of coping, much as dealing with life-threatening illnesses, losing a job, being divorced, losing a loved one, and other similar situations. Due of the absence of support from those who suffer the same fate, personal stressors are much harder to overcome than cataclysmic stressors.

Grief is categorized as one of the *stressor* which is named Personal Stressor. Since it is unpredictable, grief as well as another personal stressor needs more efforts for someone to cope with. Grief is inevitable. It can come to anyone and anytime. Mostly, grief comes all of sudden without any reminder, which often makes people shocked and deny it. The term grief refers to the state of death or loss of someone or something. Grief is such a feeling when someone or something you love is taken away. According to Merriam-Webster Dictionary (2022), grief is a term used to

describe the intense, acute sadness that is brought on by or as a result of loss. Grief is the agony experienced after a significant loss, most frequently the passing of a loved one (American Psychological Association, 2022). Common grief symptoms include physical aches, separation anxiety, perplexity, longing, excessive past pondering, and fear of the future. Due to the immune system instability, self-neglect, and suicidal thoughts that often accompany intense grief, it can be fatal. Regret for something lost, guilt for a thing done, or sorrow for one's own misfortune are other ways that sadness might appear.

The loss of an important person is one example of grief that may occur to someone's life. There is as much grief as the way people deal with it. There are people who are less capable of overcoming grief, but there are also people who manage to deal with it. People who are not able to deal with it will result in anxiety, stress, trauma, and so on. According to Dowdney L (2005), it is a devastating, irreparable loss that leaves a person feeling very distressed when a parent or sibling passes away during adolescence. The majority of grieving teenagers struggle with self-esteem concerns, sleep disorders, anger, impatience, and other behavioral problems (Silverman & Worden, 1992). The psychological adjustment that follows parental loss is most frequently accompanied by depressive symptoms. Teenagers who have lost a parent are more likely to experience significant depressive episodes and internalizing disorders. In addition, kids who have lost a parent or a sibling are more likely to experience the

same mental health problems (Harrison, L & Harrington, R, 2001). On the contrary, for those who succeed, they will be able to accept the problems of life that befall them as a real reality and should be faced with grace, which will eventually lead to the acceptance of themselves.

People frequently deal to the loss of a loved one in different ways. People express their grief over loss in different ways and for varying lengths of time. It may be damaging to define or judge someone else's grief, especially in the early stages of mourning, because every person and every loss experiences grief differently (Zisook & Shear, 2009). The different reactions experienced by different people depend on their personalities, histories of bereavement, cultures, upbringings, and relationships with the deceased. There is no such thing as a proper or improper method to handle grief. Some people may communicate their feelings and emotions in an open way. On the other side, some people will decide to keep their thoughts, feelings, and emotions to themselves While some people are able to get over their sense of loss quickly, others will need a lot of time to recover.

Additionally, there is the earlier research by Gabriela Ajeng Cahyaning Puspitajati titled *Maria's Stress Coping in Paulo Coelho's Eleven Minutes on coping with stress*. The researcher, in this research, focuses on the way the character copes with the stress which is divided based on the effects of the stress in the main character's life; eustress and distress. Eustress is viewed as a form of healthy stress with positive

consequences (Donatelle, 2003). Distress, or negative stress, is seen as the opposite of eustress. This type of stress results from negative situations and has negative consequences (Donatelle, 2003). While the earlier research gives the perspective of coping mechanism from the effect of the stress; eustress and distress, the research of coping mechanism in Kathleen Glasgow's novel *How to Make Friends with the Dark* (2019) focuses on the cause of the stress; personal stressor.

The phenomena that discuss about coping with grief can also be found in literary work written by Kathleen Glasgow entitled *How to Make Friends with the Dark* (2019), one of the *New York Times* bestselling novels. She was inspired to write *How to Make Friends with the Dark* (2019) since grief is the kind of thing that is still taboo for people to talk about, since it is very personal. By writing this novel, she hopes that grief will have more concerned because all human being, without exception, have to go through grief. This novel was published in New York in 2019. This novel talks about *Tiger*, a 16 years old girl, who loses the most important person in her life: her mother. She must endure a tragic loss that completely changes her life. *How to Make Friends with the Dark* (2019) offers an intriguing look at sorrow in all its expressions and how it's okay to live with it.

The issue of coping with grief is reflected by the main character in coping while experiencing grief. It is represented by the main character named *Tiger* whose mother suddenly died and puts her into misery. Since

Tiger does not have anyone but her mother, she lost. She does not know how to react and deal with the grief. In facing the situation, she does sort of things to distract her mind from the grief. At the end, Tiger can accept the reality because some of the coping mechanism she did.

In order to further realize how to cope with grief, this study analyzes how *Tiger*, the main character in *How to Make Friends with the Dark* (2019), copes with her grief while she is facing the loss of her loved one.

1.2. Focus of the Problem

The novel *How to Make Friends with the Dark* (2019) written by Kathleen Glasgow reflects the issue about coping with grief after experiencing the loss of her loved one. The research focuses on the way the character *Tiger* copes with her grief.

1.3. Research Questions

There are two research questions to analyze the issue in the novel:

1. How does the novel *How to Make Friends with the Dark* (2019) by Kathleen Glasgow expose the issue of coping with grief?
2. What are the ways the character does to cope with grief in the novel *How to Make Friends with the Dark* (2019)?

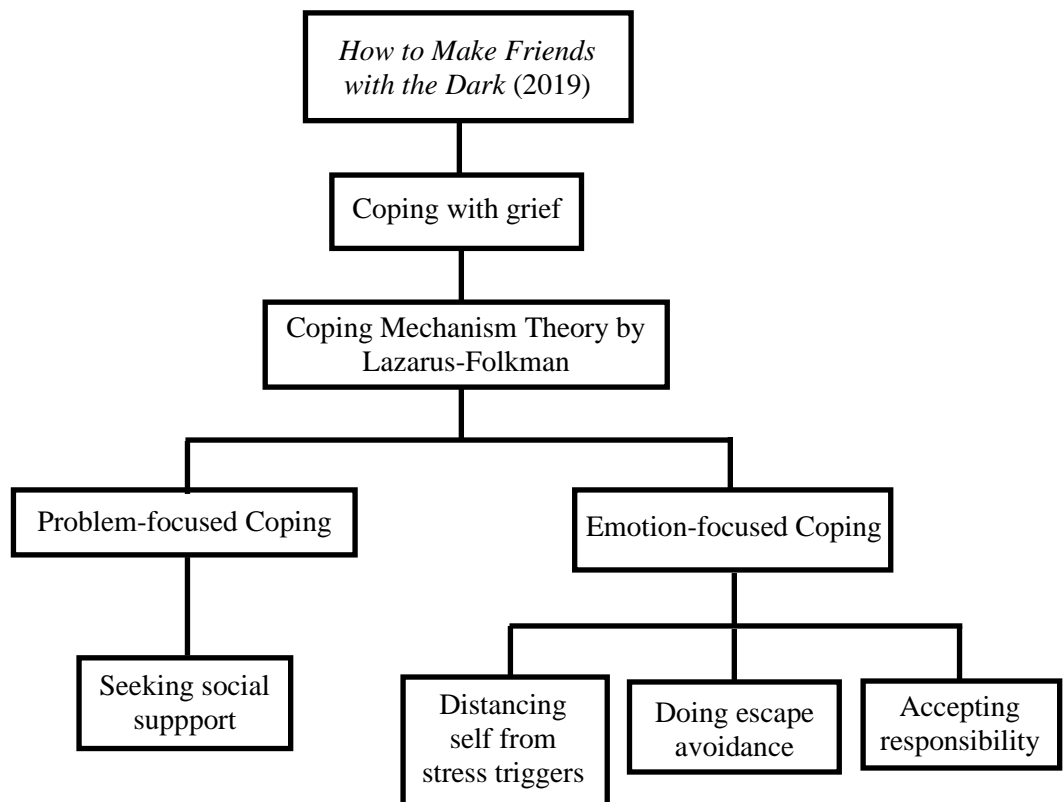
1.4. Purpose of the Research

This research is aimed to see how far the novel *How to Make Friends with the Dark* (2019) by Kathleen Glasgow exposes the issue of

coping with grief. Furthermore, this research analyzes the role of character, plot, and setting in novel *How to Make Friends with the Dark* (2019) by Kathleen Glasgow in revealing the issue of coping with grief.

1.5. Conceptual Framework

Researcher creates the conceptual framework in order to show how the process of the research accomplishment. The conceptual framework is revealed as following:



This research discusses the issue of coping with grief in the novel *How to Make Friends with the Dark* (2019) by Kathleen Glasgow based on Lazarus Folkman's coping mechanism theory. In this research, coping mechanism is divided in two, problem-focused coping and emotion-focused coping. While in problem-focused coping it shows through seeking social support, in emotion-focused coping it shows through distancing self from stress triggers, doing escape avoidance, and accepting responsibility.

CHAPTER II

REVIEW OF RELATED LITERATURE

2.1. Review of Related Studies

Motivation is the fundamental force that steers human behavior, and psychology understands and defines this force. The most crucial factor in obtaining and maintaining the life that people anticipate is motivation. Motivation is the source of everything humans have achieved and will achieve (Guerin, 2005). Similar to psychology, fiction in particular has a connection to human existence. Novels are artistic creations with life-enhancing significance. Real life and novels are related. Usually, when writing a novel, authors use real-life occurrences as the inspiration for how they want to feel. A deeper understanding of the novel's message, characters, and other features may be gained by using psychology. The causes of character conduct can be found with the aid of psychology. It shows the root of human motivation and behavior (Guerin, 2005).

The goal of psychological research is divided into three categories (Guerin, 2005). The primary goal of behavior understanding is to identify the variables that integrate behavior development and expression. Second, the psychologist is working to create a method for correctly predicting behavior. Thirdly, psychology seeks to provide methods for molding or controlling the path of psychological development by modifying those

fundamental elements that influence the formation and expression of behavior.

More specifically, there is a functional relationship between literature and psychology since both disciplines systematically explore a person's mental state. In psychology, a person's psychiatric symptoms are real; in literature, personality is revealed via characters. Therefore, it is possible to draw the conclusion that literary psychology is a discipline that views work as a type of mental disease. Humanistic psychology, a school of psychoanalysis that originated from Sigmund Freud's theory and is the same as literary psychology, claims that human personality and behaviour are impacted by drive to achieve something. It is used in the study of literary psychology.

Over the course of several years, Lazarus and his associates created a theory of psychological stress and coping. For more than 40 years, the idea of coping has been significant in psychology (Lazarus & Folkman, 1984). However, it will also discuss the idea of stress while talking about coping.

Everyone experiences stress sometimes, yet it is difficult to define. When asked to define it, people usually describe how it makes them feel or what it causes them to do instead of being able to identify what it is. Some individuals describe stress as incidents or circumstances that make them feel pressurized, tense, or unpleasant feelings like anger and worry. Some individuals think that stress is a reaction to these circumstances. This

reaction involves both emotional and behavioral changes in addition to physiological alterations including elevated heart rate and muscular tension. However, the majority of psychologists believe that stress is a process that involves how an individual interprets and reacts to a harmful situation (Baqutayan, 2015). Stress is an uncomfortable condition of emotional and physiological arousal that people feel under circumstances that they view as harmful or threatening to their well-being, according to Lazarus and Folkman (1984) in their book *Stress, Appraisal, and Coping*. It can be mentioned that stress is a condition that people generally dislike, yet they still have to cope with it and look for solutions.

However, in order to have a better knowledge of the idea of stress, it is necessary to realize that stress has some sources, which are referred to as stressors. According to the definition of stress, it is an uncomfortable condition of mental and physiological agitation that people experience when they perceive a harm to their safety or well-being. (Lazarus & Folkman, 1984). Additionally, stress is a common response to pressures from day-to-day life, but it can turn harmful when it interferes with daily activities. Stress alters nearly every physical system, affecting how people feel and act. (American Psychological Association, 2022). In order to learn more about stress, it has been divided into three categories depending on the stressor, which is the cause of the stress. The first is Cataclysmic Stressor. This term describes a sudden occurrence that significantly affects both an individual and a society at the same time, such as a war or a

natural disaster (such as an earthquake or a hurricane). The second is Background Stressor. Background stressor, sometimes known as "daily troubles," is a result of ordinary concerns. This stressor is seen as a minor issue, but it persists. As a result, it may interfere with daily lives and result in negative stress for people, such as having a lot of duties, feeling alone, and having arguments with their spouse, family, and other people. The third stressor is Personal Stressor. This stressor impacts individuals and might be unpredictable. However, it has a significant impact and calls for a lot of coping, much as dealing with life-threatening illnesses, losing a job, being divorced, losing a loved one, and other similar situations. Due of the absence of support from those who suffer the same fate, personal stressors are much harder to overcome than cataclysmic stressors. As a result, sources of stress or stressors are differentiated into three, and each of these stressors has distinct pressure and various strategies to handle it.

Additionally, individuals and groups vary in their susceptibility to certain kinds of stressful situations as well as in how they perceive and respond to them. A person may react to stress in one way—with anger, despair, worry, or guilt—while another may respond by feeling encouraged rather than threatened (Lazarus & Folkman, 1984). As a result, coping mechanisms varied as well. The usage of coping mechanisms in a stressful circumstance as well as the perception of stress are both undoubtedly influenced by personality. People who are very emotional often report more stressful situations and irritations, and they are more

inclined to deal in ways that exacerbate emotional pain, such as drinking or using other drugs, denying things, and so on (Aldwin, 2007). As a result, when faced with a difficult circumstances, people specifically attempt to manage their stress. Thus, the idea of coping is introduced.

Beside the fact that stress and coping may be neutral concepts, most individuals see them as being diametrically opposed. Some individuals could see stress negatively and cope positively. However, stress can have either a beneficial or negative psychological impact, and coping mechanisms may be successful or unsuccessful in overcoming the challenge posed by the stressful event (Baqtayan, 2015).

According to Lazarus and Folkman (1984), coping is defined as the cognitive and behavioral attempts to control, minimize, or accept pressures. This definition has three essential components. The first one is process-oriented, it implies that it concentrates on what an individual really thinks and does in a particular stressful encounter and how these changes as the encounter progresses. Second, coping is seen as contextual. Due to the emphasis on context, coping strategies are impacted by the individual's assessment of the real demands in the encounter and resources for handling them. As a result, coping strategies are influenced by both the individual and the situational factors. Third, because coping is characterized as a process, there are no presumptions about what is good or bad coping. Thirdly, there are no presumptions about what is good or bad coping; coping is defined as an individual's attempts to manage

expectations, whether or not those attempts are effective (Folkman S. , Lazarus, Dunkel-Schetter, DeLongis, & Gruen, 1986). So, it becomes clear that dealing with stress involves dealing with how individuals perceive the stressful state and circumstance as well as how they attempt to solve the issue. It only recognizes the effort and makes no mention of whether or if the coping is successful.

After studying a substantial amount of coping research, Matheny et al. came at a similar conclusion. They defined coping as any effort, whether healthy or unhealthy, conscious or unconscious, to avoid, neutralize, or mitigate pressures or to endure their effects as generously as possible. This term draws attention to one thing: coping techniques aren't always beneficial and healthy (Baqtayan, 2015). There are times when people utilize coping methods that lead to further problems. One illustration is a person who embezzles funds to face personal financial issues (Baqtayan, 2015). Therefore, efforts to manage demanding circumstances must be incorporated into definitions of coping, regardless of the outcome. This suggests that no method is considered to be inherently superior to all others.

Then, in order to comprehend and assess coping, it's critical to grasp what the individual is dealing with. It is simpler to connect a certain coping idea or behavior to a contextual need when the context is more precisely specified (Folkman & Lazarus, Dynamics of a Stressfull

Encounter, 1986). Knowing the root of the issue that individuals must deal with makes understanding the concept of coping simpler.

Grief is an example of a stressor that people deal with. Grief causes a variety of responses, including behavioral, psychological, physical, and spiritual ones. Shock, grief, anger, despair, and hopelessness are a few examples of psychological responses. Physical effects might include difficulty sleeping, a change in appetite, and health issues or physical challenges. Spiritual responses might include criticizing God, questioning the purpose of existence, and desiring death. Behaviors that might be displayed include sobbing, avoiding reminders of the departed, and losing interest in activities.

Lazarus and Folkman (1984) categorized coping strategies based on their intended uses. A strategy's objective is referred to as its coping function. Although people can anticipate that some functions will have certain outcomes, functions are not defined in terms of results. The categories are then classified as problem-focused coping and emotion-focused coping by Lazarus and Folkman (1984).

When it has been determined that there is nothing that can be done to change unpleasant, threatening, or difficult environmental situations, emotion-focused ways of coping are often more likely to occur. On the other hand, problem-focused strategies of coping are more likely when such situations are considered changeable (Lazarus & Folkman, 1984).

Therefore, coping mechanism refers to a method that people utilize to deal with the demands of stress. The process of coping can be approached in two distinct ways. These two types of coping are problem-focused and emotion-focused.

2.1.1. Problem-Focused Coping

The goal of problem-focused coping is to solve problems or take action to change the stressor. Problem-focused coping is a logical strategy that seeks to alter the circumstance by altering the environment or the way the individual interacts with it (Lazarus & Folkman, 1984). If the situation can be modified, psychologists claim that problem-focused coping frequently increases emotions of control while lowering stress and its negative effects (Baqutayan, 2015). As a result, this method of coping is frequently utilized when the individual thinks that the need is modifiable since it aims to lessen the demands of the circumstance or increase the resources for dealing with it. Lazarus and Folkman (1984) defined problem-focused coping as including confrontative coping, looking for social support, and comprehensive problem-solving.

a. Confrontative Coping

Confrontative coping is defined as a tactic when a person actively and aggressively looks for solutions to change the circumstance. As like, people try to keep their ground and fight for what they want, persuade the offender to alter his or her thoughts, or express the emotions to the offender.

b. Seeking Social Support

In order to obtain social support, one must make an effort to obtain emotional, material, and informational assistance. For instance, when someone is having a difficulty, they try to talk to someone who can take action to solve the issue; another example is when someone offers them sympathy and understanding.

c. Plan Full Problem-Solving

Plan complete problem-solving is defined as purposeful, problem-focused actions to change the environment along with an analytical strategy to solve the issue. For instance, when individuals were aware of what needed to be done, they increased their efforts to make things work; they created a plan of action and followed it; and they came up with a few potential solutions to the issue (Lazarus & Folkman, 1984).

Therefore, each of the three problem-focused coping strategies focuses on the problem and creates the possibility of altering or resolving it.

2.1.2. Emotion-Focused Coping

Emotion-focused strategies involve making an effort to control painful emotions, often by cognitively reframing the stressful circumstance without really altering it (Lazarus & Folkman, 1984). Therefore, those who utilize emotion-focused coping simply concentrate on how to regulate the feeling in a demanding situation.

Emotion-focused coping, according to Baqutayan (2015), is the employment of activities to make oneself feel better about the duty. The

cognitive techniques used in these coping mechanisms include avoidance, reduction, distance, selective attention, making positive comparisons, and attributing positive value to unpleasant situations. Certain cognitive strategies for emotion-focused coping modify how we perceive a situation without really changing it. These tactics serve as reappraisal (Lazarus & Folkman, 1984).

Other emotion-focused coping mechanisms, however, do not immediately alter the meaning of an occurrence. Similar to behavioural methods, such as exercising to distract oneself from a problem, doing meditation, drinking, expressing anger, and seeking for emotional support, reappraisals might result from but are not the result of such behaviours. Lazarus and Folkman stress that while some emotional oriented coping strategies involve reappraisals, others do not, and yet other strategies occasionally involve reappraisals and occasionally do not (Lazarus & Folkman, 1984). As a result, some emotion-focused coping techniques incorporate reappraisals or reinterpreting the stressful situation, while others do not. Lazarus and Folkman (1984) also classified emotion-focused coping as self-control, looking for social support, distancing, positive appraisal, accepting responsibility, and escape-avoidance.

a. Self-Control

Self-control is defined as an individual's attempts to control their own emotions and behaviours. For instance, one person attempted to keep

their emotions to themselves and prevent others from realizing how horrible things were.

b. Seeking Social Support

Seeking social support is defined as attempts to get emotional, material, and informational help. Talk to someone who can take action to solve the issue, for instance; receive sympathy and understanding from others. In this instance, Lazarus et al. divided seeking social assistance into both problem- and emotion-focused coping.

c. Distancing

Distancing is defined as an attempt to separate oneself from the difficulty. As an example, continue as if nothing had happened; refuse to worry about the stress too much; attempt to forget the entire circumstance dealing with the problem; make light of the situation by using humour; and refuse to become overly concerned about the stress problem.

d. Positive Reappraisal

Positive reappraisal is defined as endeavours to build positive significance by putting a focus on individual development. It also has a spiritual undertone. Likewise, develop fresh faith; pray to God. Also, alter or grow as a person in a positive way.

e. Accepting Responsibility

Accepting responsibility is recognized as one's own involvement in the situation, with the concomitant of attempting to correct things. For

instance, criticizing or lecturing oneself; realizing and taking responsibility for the issue; attempting to apologize or taking action to make amends.

f. Escape-avoidance

The final is avoidance and escape. It is defined as imagination and behavioural attempts to escape or avoid stress. In contrast to the items on the distancing scale, which show detachment, these items suggest escape-avoidance. For example, wishing that the situation would end or finding other ways to make one feel better; avoiding social interactions in general; sleeping more than normal; or trying to make oneself feel better by eating, drinking, smoking, taking drugs or prescriptions, and so on (Folkman S. , Lazarus, Dunkel-Schetter, DeLongis, & Gruen, 1986)

In the end, Lazarus and Folkman created the idea of coping mechanisms to address how individuals react to and engage with a stressful circumstance. Additionally, they are categorizing the theory into two categories that are connected to function. They are Problem-focused coping and emotion-focused coping. The two kinds of coping often serve the dual purposes of immediately focusing on the problem or stress and controlling emotions.

2.2. Previous Research

The analysis of *How to Make Friends with the Dark* (2019) that focuses on coping with grief in the same novel has not been found yet. However, there are several studies that are related to this analysis and give contribution and inspiration in analyzing this novel. First, the study

entitled *Maria's Stress Coping in Paulo Coelho's Eleven Minutes* written by Gabriela Ajeng Cahyaning Puspitajati. In this study, the researcher examines Maria's coping mechanisms in Paulo Coelho's novel *Eleven Minutes*. Maria is a young Brazilian woman from a modest family. Her desires for a better life lead her on various destinies adventures. She thus starts working as a sex worker in Switzerland, a country she is unfamiliar with. The primary focus of this study is stress coping, which is covered by a psychological perspective on the literature review. According to the analysis, Maria's stresses can be divided into two categories: eustress and distress. Maria's eustress comprises her responses to a Swiss man's offer, which include problem- and emotion-focused coping, and her response to her first day of work as a sex worker, which uses only emotion-focused coping. Maria's distress is a result of her struggles with establishing a connection with Ralf and adjusting to the new society in Switzerland. They use problem- and emotion-focused coping.

In the second research entitled *Alaska Young Copes with Grief in John Green's Looking for Alaska* written by Wasilatut Thoyyibah. This study aims to investigate *Looking for Alaska* author John Green's central figure, Alaska Young. It focuses on Alaska's persona and how she manages her grief throughout her entire life. The primary theory used to investigate the way Alaska copes with her grief is coping mechanisms. The findings show that Alaska Young possesses the following traits: intelligence, unpredictability, self-blame, hopelessness, and impulsivity.

Based on how Alaska is portrayed, it is clear that she struggles to deal with childhood trauma. Alaska's method of coping with grief can be observed in her usage of several emotion-focused coping techniques, such as self-control, accepting responsibility, distance, and doing escape-avoidance. However, coping does not always work, and some of Alaska's techniques have prevented her from successfully confronting her issue. It's possible to say that Alaska is still grieving.

Similar to the relevant study, this study entitled *Coping with Grief in Kathleen Glasgow's novel How to Make Friends with the Dark* (2019) focuses on the way the main character's coping mechanism in facing the stress. Besides, there is gap between this research and the previous research. Likewise the previous research, which the character is still in grief after doing the coping mechanism, this research shows the character's journey in coping with grief until the character can accept the reality and make her life better.

CHAPTER V

CONCLUSION

The issue of coping with grief can be revealed in the novel *How to Make Friends with the Dark* (2019) by Kathleen Glasgow. The fictional devices such as character, plot (conflict), and setting play a part in revealing the meaning beyond the novel. This analysis deals with the concept of coping mechanism by Lazarus and Folkman (1984). Coping with grief in this analysis refers to the way the character copes with stress which is grief. Coping with grief can be seen through problem-focused coping and emotion-focused coping.

In terms of problem-focused coping, it can be concluded that the actions of coping with grief including doing the rational approach that attempts to change the situation by changing either something in the environment or how the person interacts with the environment. The character and setting take a big part in revealing the issue. The character does rational approach to change the situation by changing the way she interacts with the environment; she seeks for social support. As before, she refuses to interact with others. The setting also shows the situation where Tiger has no one after her mother left. Tiger aware that she should have someone's help to facing her life to keep going on. Furthermore, Tiger asks her bestfriend's help when she has thought about suicide and it helps

her making the thought go away. In addition, Tiger also asks help from the foster care to find her father, since she has nobody. It can be seen that Tiger can change the situation she has by doing rational approach, it is seeking social support.

In terms of emotion-focused coping, it can be concluded that efforts to cope with grief when nothing can do with the situation is by managing the emotion itself to make the stress harmless. The character and setting have a big part in revealing the meaning beyond the novel. The character tries to regulate her emotion while facing the grief, so that she feels a bit better even the grief threatening herself. The setting also shows that Tiger tries some ways to distract her from the grief, the stress itself, by distancing self from stress triggers, doing escape avoidance, and accepting responsibility. In distancing self from stress triggers, Tiger makes herself has some space from the grief including recalling the memories she had with her mother. Moreover, in doing escape avoidance, Tiger has some behaviours to distract her mind from the grief, they are slept over and not eating properly. Also, another emotion-focused coping Tiger does is accepting responsibility. Along with the journey of grief that Tiger passes by, she tries to accept the new situation and circumstances around her. Tiger aware that she should accept and adjust herself in the new life of hers.

In this analysis, issue of coping of grief is reflected by Tiger character in the novel named *Tiger*. The way she copes with her grief,

alongside with the journey of grief itself, brings her into a new chapter of her life. In this research, the researcher found out that there are 4 out of 9 ways of coping mechanism. Tiger manages her grief by changing the situation through problem-focused coping by seeking for social support and regulating her own emotion through emotion-focused coping by distancing self from self-triggers, doing escape avoidance, and accepting responsibility. Thus, the analysis proves that coping mechanism helps to cope with grief.

BIBLIOGRAPHY

- Aldwin, C. M. (2007). *Stress, Coping, and Development: an Intregative Perspective* (2nd ed.). New York: Guilford Press.
- American Psychological Association. (2022, April 17). *Grief*. From APA Dictionary of Psychology:
https://dictionary.apa.org/grief?_ga=2.207117459.1617092694.1674271390-260587694.1670238846
- American Psychological Association. (2022). *Stress*. From dictionary.apa.org:
https://dictionary.apa.org/stress?_ga=2.238795264.1857448658.1675270854-260587694.1670238846
- Baqutayan, S. M. (2015). Stress and Coping Mechanism: A Historical Overview. *Mediterranean Journal of Social Sciences*, 6(2). From
<https://www.richtmann.org/journal/index.php/mjss/article/view/5927>
- Creswell, J. W. (2007). *Qualitative Inquiry & Research Design: Choosing among Five Approaches* (2nd ed.). London: SAGE Publications.
- Donatelle, R. J. (2003). *Access to Health*. San Fransisco: Benjamin Cummings.
- Dowdney, L. (2005). Children bereaved by parent or sibling death. *Psychiatry*, 4(9), 118-122. doi:10.1383/psyt.2005.4.9.118
- Folkman, S., & Lazarus, R. (1986). Dynamics of a Stressfull Encounter. *Journal of personality and social psychology*, 992-1003.
- Folkman, S., Lazarus, R., Dunkel-Schetter, C., DeLongis, A., & Gruen, R. J. (1986). Dynamics of a Stressful Encounter: Cognitive Appraisal, Coping and Encounter Outcomes. *Journal of Personality and Social Psychology*, 50(5), 992-1003. doi:10.1037//0022-3514.50.5.992
- Glasgow, K. (2019). *How to Make Friends with the Dark*. New York: Delacorte Press.
- Guerin, W. L. (2005). *A Handbook of Critical Approaches to Literature* (5th ed.). New York: Oxford University Press.
- Harrison, L, & Harrington, R. (2001, April). Adolescents' bereavement experiences. Prevalence, association with depressive symptoms, and use of services. *Journal of adolescence*, 24(2), 159-169.
doi:10.1006/jado.2001.0379
- Lazarus, R., & Folkman, S. (1984). *Stress, Appraisal, and Coping*. New York: Springer Publishing Company.
- Maryam, S. (2017, Agustus). Strategi Coping: Teori dan sumberdayanya. *JURKAM: Jurnal Konseling Andi Matappa*, 1(2), 101-107.
- Merriam-Webster. (2022, April 17). *Grief*. From Merriam-Webster:
<https://www.merriam-webster.com/dictionary/grief>

- Puspitajati, G. A. (2015, July). Maria's stress coping in Paulo Coelho's eleven minutes. From <http://repository.usd.ac.id/id/eprint/72>
- Robinson, L., & Smith, M. (2023, January 9). *Surviving Tough Times by Building Resilience*. From HelpGuide.org:
<https://www.helpguide.org/articles/stress/surviving-tough-times.htm>
- Silverman, P. R., & Worden, J. (1992, January). Children's reactions in the early months after the death of a parent. *American journal of Orthopsychiatry*, 62(1), 93-104. doi:10.1037/h0079304
- Thoyyibah, W. (2018). Alaska Young Copes with Grief in John Green's Looking for Alaska. *UIN Sunan Ampel Surabaya*.
- Zisook, S., & Shear, K. (2009, June). Grief and Bereavement: What Psychiatrists Need to Know. *World Psychiatry: official journal of the World Psychiatric Association (WPA)*, 8(2), 67-74. doi:10.1002/j.2051-5545.2009.tb00217.x