CHAPTER I

INTRODUCTION

1.1 Background to the Study

Ageing is a biological process that comes naturally to every human. It appears when someone grows old and there is a physical change that can be seen clearly such as wrinkles on face or neck. Therefore, there are some of us who can accept the ageing and some not. The reason why some people cannot accept ageing is that they realize that ageing may limit their activities, such in particular careers. People who cannot accept the ageing tend to do everything in order to avoid the ageing and they never know where it leads.

For example, someone who works in entertainment field or as a public figure tends to take ageing as an important problem since everything they do will get many people's opinions or judgments from public. Therefore, they want to look perfect in front of public. Many people or public may have a high expectation to the public figure, so they think that they have to be more concerned about their appearance in order to have a good looking.

There are some reason why some people do not like being old, this is not only because of the physical changes which give the limitation to their body but also the needs to satisfy their life. In this case, we can see the public figure's life; they must always be concerned about their appearance since their job requires not only skills but the good looking also. That is why ageing is such a terrible thing for

their life. At the same time, ageing becomes something that they should avoid and this action is a shape of the self-defense because they try to defense from the reality, the ageing itself. In this term, there are many kinds of self-defense and sometimes people unconsciously use one of them when they have such problem.

In relation to that, the writer found the illustration of the above mentioned case in the 'Happy Birthday' novel, represented by the main character, Valerie. It is told she has everything; career, money, and beauty. Her life seems perfect until her birthday, she realizes that she is sixty years old and this fact disturbs her so much. She does not like the fact that now she is in sixty and should go through the process of ageing. On her top of career, she cannot let her age limits her work so she tries to avoid the ageing by doing a surgery and Botox. As a generally acknowledged procedure, doing surgery is not as simple as it seems; it needs a great courage and costs. In short, this effort can be said as one form of self-defense.

In line with that, as a public figure, money is not the matter but the courage is. She cannot do the surgery if she does not have whether a great support or pressure from friends or family. In this case, Valerie has a lot of friends and families who always support and be there for her. In the other hand, they become a problem too for Valerie. The perspectives of her friends or families about her age become another problem for Valerie.

Since the effect of ageing that she gets is a depression, she covers it with her appearance; she keeps her beauty by doing surgery. The surgery is not the end of her depression; it gives another effect to her. Regarding on that, the writer tries to

analyze about the ageing from the main character's experience. The writer focuses on the psychological effect of ageing on the main character in this novel because it is interesting to find out the effect of ageing which has an influence to someone's mental such as a depression. Additionally, it is more interesting to know the impact of the depression itself to the main character in this novel. Thus, this *skripsi* is entitled "***The Psychological Effect of Ageing on Valerie in Happy Birthday novel by Danielle Steel***".

1.2. Research Question

1. What psychological effect of ageing showed by Valerie in this novel?
2. What is the impact of psychological effect resulted from Valerie's defense to ageing in this novel?

1.3 Objectives

1. To describe the psychological effect of ageing showed by Valerie.
2. To discuss the impact of psychological effects resulted from Valerie defense to ageing.

1.4 Significant to Knowledge

The writer hopes that this research gives a new knowledge to the reader about the definition of ageing, explanation about the process of ageing and the effect of ageing on physically and mentally. The writer also expects this research become a guideline for English Department students who make an analysis based

on the psychoanalysis especially in mechanisms of defenses theory. They can focus on one kind of defense to analyze the data.

It is also expected to give more knowledge about someone's personality. The writer wants to show that when someone tries to avoid something beyond human's control then there will be effects on his mental. Meanwhile, it is also expected to enrich the writer's knowledge about herself who will through the process of ageing which is shown in the main character of the novel.

1.5 The Framework Theory

In this research, the writer analyzes the 'Happy Birthday' novel from Danielle Steel by using The Mechanism Defense theory by Anna Freud (1966). The mechanism defenses appear when id, ego, and superego are not in balance. It is when id or superego demands too much and the ego cannot handle it. The mechanism defenses are used to protect someone from feeling anxiety or guilty.

Based on Anna Freud's theory, there are ten mechanisms of defenses such as repression, denial, regression, projection, reaction formulation, sublimation, displacement, rationalization. Therefore, the writer uses the mechanism defense theory to analyze the personality of the main character, Valerie in facing the ageing.

In this case, the writer analyzes the problem by classifying the data into two categories. The first category is about Valerie in her personal life, then about Valerie in her social life. The writer believes that the conflict occurs not only from

the inside but from the outside also. So the writer analyzes the data based on Valerie in personal and social life.

According to the mechanisms of defenses theory, Valerie does the defense to reduce the anxiety. In the other hand, it leads Valerie into another problem. Valerie's action is considered as the action of someone who gets into a narcissism syndrome.

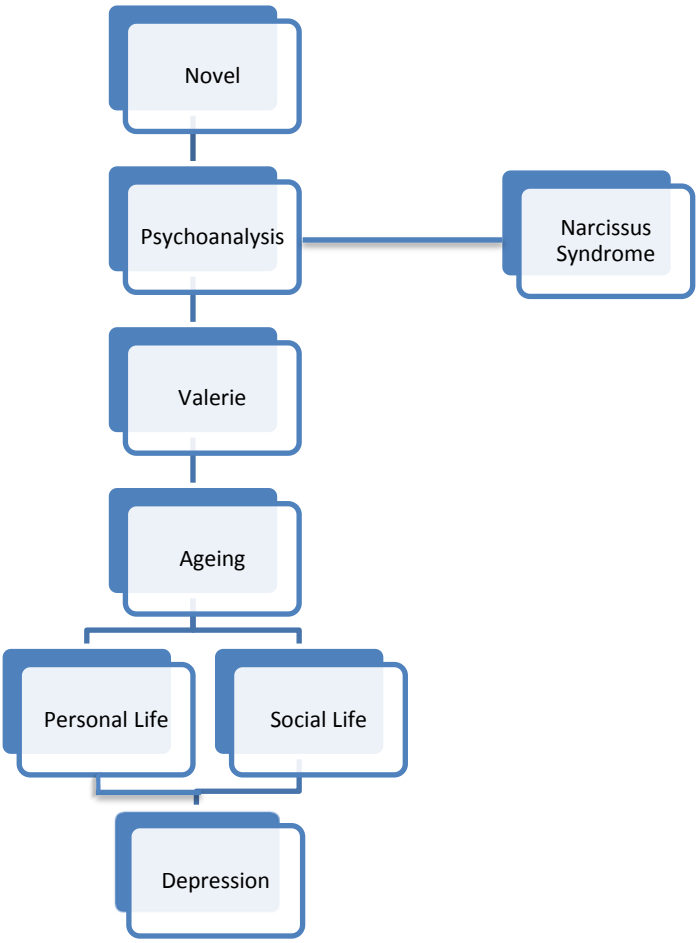


Figure 1. The Framework of Theory