CHAPTER III

RESEARCH OBJECT AND METHOD

In this chapter, the writer describes and explains about the research object, research method, data collection and also about how the writer analyzes the data.

3.1 Research Object

The object of this research is about the effect of ageing that happens to the main character, Valerie in 'Happy Birthday' novel. The writer describes about the ageing and the effect of it. The writer also describes the factors that make Valerie wants to avoid the ageing. In order to analyze the data, the writer uses the Anna Freud's mechanism of defenses theory and the intrinsic element as a supporting theory.

3.2 Research Method

This research uses descriptive method in analyzing the data. Ariola (2006: 47) states that *"the purpose of the descriptive method is to describe "what is". It deals with the prevailing condition of objects, people, and events"*. In this research, the writer describes and explains about the psychology effect of ageing from the data by using Anna Freud's the mechanism of defenses. The writer describes the event that happens toward Valerie which relates with the ageing and its effect whether on her physical or mental.

3.2.1 Data Collection

In collecting the data, several steps are taken:

1. Reading the novel

   The writer read Happy Birthday novel from Danielle Steel. The writer read it deeply to understand the flow of the story and to capture the general problems or concepts from the characters particularly the main character. It is also meant as the first process of screening the data.

2. Choosing the data

   From the first process of data screening, the writer chooses the data which relates to the topic under the study such as the conflict between the main character and the other characters particularly about the ageing.

3. Classifying the data

   From the general group of the data showing the conflict between the main character and the other characters, the writer classifies the data into two categories, personal and social life of Valerie. The data showing personal conflict serves for describing Valerie's personal life and the data in Valerie's social life describes the conflict between Valerie with her friends or family.

3.2.2 Data Analysis

In order to analyze the data, the writer uses the characterization method such as showing and telling method. This writer uses this method to know the Valerie's character which is shown from other character's point of view and from

the narration in the novel. The data which have been collected are classified into two categories such as Valerie in personal life and Valerie in social life. Both categories are analyzed by using psychoanalysis theories. The first category contains about the conflict between Valerie and herself. As an illustration, the data showing about Valerie who denies her actual age, represses her desire, and even wants to change her physical appearance by doing surgery are the data that describe psychology problems, the depression. In the second category, the data is about the conflict which occurs from people around Valerie such as friends and family. The data showing about Valerie who gets scared if people know her age because it may hold back her desire in having a new relationship in her age. So the conflict between Valerie and her social life give a great influence to her, this kind of conflict can be regarded as a form of external pressure leading her to be a narcissism syndrome.

3.3 Synopsis

Happy Birthday novel is written by Danielle Steel. This novel has three main characters, they are Valerie, April, and Jack Adams. The main characters in this novel have a similar problem but the way they face the problem is different. In this research, the writer only focuses on Valerie instead April or Jack because the way Valerie faces the problem is quite interesting.

Valerie is sixty years old woman who works in entertainment field. Valerie is a famous presenter on her own TV show and a writer for decorating magazine. Valerie's marriage does not run smoothly like her career, she divorce

because Valerie always put her career at the top of everything including her family. Since her divorce, she works tirelessly and this is what makes her live alone and lonely in her sixty.

Valerie as a public figure has to keep her appearance and looks perfect in front of camera. In order to keep her appearance she does the surgery, botox shot, and hires a personal trainer. Actually, all her efforts in keeping her appearance are an act of avoiding the ageing. The ageing is become the main problem for Valerie, she thinks that ageing will limit her career and her love life. In her sixty, Valerie realizes that she is lonely and she needs someone new to share.

Perhaps Valerie almost has everything but the only thing missing in her life is a man. In order to get a new relationship, Valerie covers up her right age from public. She afraid that no one would like a woman in sixty and it really depressed her.

One day on Valerie's birthday, the announcer of the radio announces her age and it makes her very upset. All her efforts in covering her right age are useless, now everyone know that she is sixty years old woman. This is why she always hates her birthday because it keeps reminding her about the reality of her age.