

THE REPRESENTATION OF THE MAIN CHARACTER'S STRESS REACTIONS

IN IBSEN'S *A DOLL HOUSE*

THESIS

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Abstract

In this thesis, the writer analyzes about the stress reaction of the main character. This is pictured in the drama *A Doll House* by Henrik Ibsen. The analysis or the objective study is about the main character stress reaction and the causing factors of the main character stress. The study uses physiology theory by Lazarus (1976) and method based on Jacobus. The technique of the research applied by the writer is a close reading to understand this drama and help the writer to do the analysis. the result is the main character experiencing stress. The main character experiences stress reaction: anxiety and anger. The cause of the main character experiencing stress is a threat and conflict.

Keyword: main character, stress, stress reactions, threat, conflict.

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CHAPTER I

INTRODUCTION

1.1 Reason for Choosing Topic.

In facing the life human have many problems. There are much kind of problems such as love problem, business problem, study problem, relationship problem, and etc. from easy to complicated problem that can make people stress and depression. Stress is also included in one of psychology analysis. Stress is a person's first step toward depression, if the person is already experiencing a severe stress. In general, humans already feel the stress due to the demands or problems of everyday life.

Stress will happen if a person has a demand which over than resources or ability of human being has to make adjustment, this means that stress will be happen if there is unbalance between demand and ability (lazarus1976). According to Lazarus demands are something that if not met will result in unpleasant consequences for the individual, for example, if a person get a job to make presentation using a laptop for tomorrow, but suddenly the laptop is broke and then the presentation will be discuss tomorrow, eventually this problem can makes a person stress because of work demands. There are many factors or causes in stress, such as conflict, threat, frustration and pressure.

One of literary works discusses about stress is *A doll House* by Henrik ibsen. This drama will show us about main character's stress and stress reaction or

symptoms of stress. The drama is about married living, husband and wife which has many conflicts. The name of wife is Nora and name of husband is Torvald. The first conflict is appearance when Nora lies to Torvald. She does not talk to Torvald that she has a debt. She borrows some money to pay the treatment of Torvald. And Torvald hates a debt. Nora never talks to Torvald. But someday, Krogstad comes to Nora, Krogstad is ex-employee of Torvald. He comes to ask a job for him, he tried to threaten Nora. He knows about the secret. He tries to talk to Torvald about the secret if Nora can't give him a job. It makes Nora stress. And another character, Nora's friend named Linde. Linde tries to give some advice to Nora, Linde asks Nora to talk with Torvald about the secret. But Nora refuses to be honest. In the end Torvald knows about the debt. Torvald is angry to Nora.

He speaks harshly and makes Nora's heart broken. She thinks that Torvald never treats her like a wife but like a doll and finally she decides to leave Torvald. Because of the problem, conflict and also threatening from Krogstad, Nora becomes stressed, she is worried because her secret and also threat from Krogstad. And she is mad at Torvald, because Torvald treats the main character like a doll not a wife.

This drama will represent that the main character shows her stress in form of stress reaction or symptoms of people who are stressed. Based on the theory of Lazarus (1976), the writer will analyze about causing of stress and stress reaction in this drama, through the narration by the main character and also speech of another character that shows about the stress of the main character named Nora in a doll house by Henrik Ibsen.

1.2 The Objective and Scope of the study

The object the research is the drama *A dolls House* by Henrik Ibsen. There are two objectives of the study; first, the writer describes how the main character's stress reactions in the drama are. The second is the writer analyzes the causing factors of the main character's stress. The scope of the study is three characters. They are Nora, Torvald and Krogstad.

1.3 Formulation of the problem

The writer identifies the problem of this research as follows:

1. .How is the main character's stress reactions in the drama?
2. How are the causing factors of the main character's stress?

1.4 Review of Related Study

1.4.1 Previous Study

This drama has been analyzed by other writers. One of them is the writer use feminism theory. The title is *A Post-feminist, Evolutionist Reading of Henrik Ibsen's A Doll's*. the writer are House Andrew Finch & Heebon Park-Finch 1989. The other analysis is "the doll house backlash: criticism, feminism and ibsen by Joan Templeton 2006. The topics about: feminism, theater, equal rights, heroism, men, women rights, children, husband, masculinity, wordplay. And analysis "first and foremost a human being:idealism, theater and gender in a doll's house" by Toril Moi. The other writer analyze in linguistic for example: shattered back wall: performative

utterance of a doll's house by Branislav Jakovljevic 2002. And the other analysis is Henrik Ibsen's *A Doll's House: A Postmodernist Study* 2011, this analysis about reality human life. This is explanation of the analysis, Those who have just read *A Doll's House* for the first time are suspected to have little trouble forming an initial sense of what it is about, and, if past experience is any guide, many will quickly reach a consensus that the major thrust of this play has something to do with gender relations in modern society and offers us, in the actions of the heroine, a vision of the need for a new-found freedom for women (or a woman) amid a suffocating society governed wholly by unsympathetic and insensitive men. It is frequently argued that the play's theme is not women's right or emancipation, but rather the need of every individual to find out the kind of person he or she really is and to strive to become that person. Throughout the play we can feel the dusty and shattered framework of Helmer's marriage, reflections of unbelievably egotistical behaviors of the characters and the endless pain of searching for one's self in the characters mannerism and meditation. This study begins with an introduction to postmodernism and then it will specifically accentuate some of the postmodern elements of *A Doll's House*.

1.4.2 Theoretical framework

In this chapter, the writer will explanation of the theory that will used in research. The writer uses the psychological theory to analysis stress in *A Doll House* by Henrik Ibsen. The writer uses theory of stress by Lazarus (1976) .Based on Lazarus the stress happen a person usually because several factors and also several causing of stress. If

someone who get stress will show symptoms or reaction of stress that be indication if that person is stress.

According To stress by Lazarus, Stress occurs if a person experiences demands that exceed the limit of a person's ability to make adjustments, this means that stress conditions will occur if there is a gap or imbalance between demands and capabilities (1976)

So if someone gets demands that exceed the limit of someone's ability then this person will experience stress. Demand from work or demand from a person. In this drama the main character get some demands. She gets sued to influence her husband to give a job to another character named Krogstad. Beside that the main character is also getting demands from her husband to obey all husband desired. The main character is not allowed to work and must be what her husband wants without listening to the wishes of his wife (the main character).

Reaction to stress, when faced with a situation that can cause stress, reaction every individual is different. Some of these responses are not a reaction realized. While some are realized by individuals to immediately do coping. Someone who get a stress will show several stress reaction or symptoms, based on Lazarus (1984) stress reaction divides in to four categories:

1. Cognitive Reaction, cognitive reaction to stress include the result of appraisal processes such as the existence of beliefs about the cause. Cognitive response also include unconscious. Stress responses such as

distance, incapacity of concentration, performance disruption in work cognitive, and repetitive thoughts abnormal. Symptom of stress in cognitive from includes thought obsessive and inability to concrete.

2. physiological reactions reactions in the face of stress, the body mobilizes itself to deal with the stress. more heart-releasing glucose to lubricate the muscles and hormones released to stimulate changes in fats and proteins into sugars. increased metabolism, as preparation of energy demands from physical activity. heart rate, blood pressure, and breathing increase and muscles become tense.
3. Emotional Reaction, Lazarus and Folkman said that the emotions such as anxiety, depression and anger is an indication that the individual concerned assesses the situation as stressful and is perceived to be injurious or harmful. Anxiety is a feeling of worry, nervousness or unease about something with and an uncertain outcome (oxford dictionary). And definition of anger is a strong feeling of annoyance, displeasure, or hostility (oxford dictionary)
4. Behavior Reaction, behavioral reactions are associated with the emergence of a new behavior as an individual effort to reduce the stress conditions experienced. emerging behaviors such as smoking, reducing or overeating, excessive exercise, consuming alcohol or drugs and excessive work.

In this drama will use two reactions. The first is emotional reaction such as anxiety and anger that showing by main character. The second is behavior reaction such as changes in attitude and excessive work that showing by main character.

Some who get stress has many causing if he or she get a stress. Based on Lazarus (1976). Specifically the cause of stress is divided into four categories:

1. Frustration, it will appearing if a person effort to achieve their goal that get obstacle or failure. The obstacle can be from environment or in individual.
2. Pressure, stress will happen if a person gets pressure or force to gain a result. Pressure can be from environment in individual of a person.
3. Conflict, stress will occur if someone must choose one of two need which at the same time. Because this situation, a person become stress. The other explain about conflict.). Conflict is a serious disagreement or argument, typically a protrected one (oxford dictionary)
4. Threat . Threat is statement of intention to inflict pain, injury, damage, or other hostile action on someone in retribution for something done or not done (oxford dictionaries)

In this drama there is two of causing of stress can be seen through the main character, such as conflict and threat.

1.5 Method of research

The research is hold to study of the main character's stress reactions in the drama by applying Psychological Theory. The writer collects the data by doing close reading of the short story and interprets it. "Note specific uses of language, such as imagery, symbols, repeated terms, patterns of expression, the tone of the speaker, and the main ideas the writer introduces. Close reading technique takes the form of writing, discussion or silent observation it should be based on questioning the text."(Jacobus:

6) “close reading examines details; interpretation aims to establish the overall meaning of work. A work of literature may be interpreted in a number of ways, but some interpretations are more convincing than others. (Jacobus: 8)

The writer collects the information by reading the drama carefully and intensively to get a good understanding about the story. While reading the drama the writer makes a mark or underlines the data to support the analysis. The writer also support her analysis with reading and searching the sources or some articles or anything that makes the writer be more understand about the story and to do the good research. Then, the important data are collected by the writer and classified it according to the topic and research question. In the end, the writer makes the conclusion as the result of the analysis.