

# **CHAPTER I**

## **INTRODUCTION**

This chapter stated a brief overview of the research. It starts from the general part into the specific field of research. This chapter dealt six elements. Those are Research background, research questions, research objectives, research significance, research's limitations, and definition of key terms. The researcher will explain those aspects about one by one as the following:

### **A. Research Background**

Many people said that life is struggle. People must face several challenges in life to get what they want. One of the challenges of life is conflict. It is inevitable thing which people cannot avoid it, whether if person against with their around or against with him/her self. People also choose the best solution of their problems. This situation shows that person is a member of creature, family, and society.

During this covid-19 pandemic, many people experienced conflict, especially psychological conflict. People, who usually work in office, go to school, and any other activities are forbid to go out from home. They have to stay at home, work at home, and do all their activities from home. Some people are concerned and reactions are very similar which is fear and worry about their own health status. It is a normal reaction to a very abnormal situation, and the impact of day-to-day life is understandable but important to overcome.

Getting bored is an impact of this pandemic which is also a part psychological conflict occurs during this difficult time. People are bored and feel constrained when they do all their activities just at home, but if they go out from their home, there is no guarantee whether it will be safe from virus or not. In this potentially stressful situation, what people can do is control which is a part of mental toughness. People can manage their emotional response to situations; they can think positively what the values will gain, such as more quality time with family, do positive things, and even in this digital era the people still can work at home well.

Those events are expressed in literary work, especially novel. Novel includes many values of life, because the author illustrates his/her experiences or his/her surrounding through the variety of characters and its exploration, the development of setting, and the complication of plots. The conflict is one aspect of complication of plot which. There are some kinds of conflict; one of them is psychological conflict. This conflict can dominate the story when the rising action of characters, especially on the main character. When story begins to get complicated until it raises the highest interest and emotion, there is also followed by falling action, in this time, the complication of the story begin to resolve.

In novel *Afghanistan, Where God Only Comes To Weep* by Siba Shakib reflects a woman's life, Shirin-Gol, the daughter of a family in a village in Afghanistan. Her life was change when the Russians invaded her country and bombed her village. She experienced many incidents, and being forced to live because many injustices during the colonialism. There are many conflicts happen

to her, especially the psychological conflict. She cannot do what she wants or she has to do what she does not want.

Shirin-Gol's problems are appropriate with a psychological conflict theory by Kurt Lewin (1948). He stated that the intrapersonal conflict has three types, such as *Approach-Approach Conflict*, *Approach-Avoidance Conflict*, and *Avoidance-Avoidance Conflict*. Since the definition of psychological conflict is person against him/herself, it shows that what Shirin-Gol can do and what she cannot do is from her decision. In this situation, she tries to decide what the best for her and her family around the difficulties. Although she will has a highly stressful situation to decide what she is going to do and become a mad after she does it. But she does not have a choice, or the situations around her do not give a chance for her.

This novel shows the main character's efforts to hold the better life from unpleasant condition and situation. It is full of a proud, brave and admirable woman in constant search for a better life, a life where she always seeks chances to reach her dreams, her family dreams. The novel contains main character's courage, and determination which represent most of the women in Afghanistan. Through a confidence and self control, she tries to cope and solve her psychological conflict.

Those Shirin-Gol's efforts is appropriate with the Mental Toughness Theory by Peter Clough (2001). He stated that MT is number of personality characteristics, which include persistence, resilience, confidence, and discipline. Due to that, person who is mentally tough has a high self confidence and

unshakable faith to overcome the conflicts (Clough et al, 2002: 38). It is obtained from some aspects, such as personality, attitude and values of individuals and/or environment. In this situation, what the person has to deal with is his/her own self, so the conflict resolution better that occurs from his/her own self too. A high self awareness makes person confidently take many challenge of life. Not only that, but person also will bravely to commit with him/herself to make a better life, even though it is so difficult and many pains happen.

This novel contains woman's courage, struggle and determination which represent most of the women in Afghanistan. Many values can be learned from it, how women survive from many unjust fates during the war and colonialism. How women have a mental strength to maintain their dreams, to school, to work, to their freedom. How their mental toughness develop their motivational and emotional to do not give up from their decision.

The reason why researcher chooses *Afghanistan, Where God Only Comes To Weep* novel as the object analysis is because this novel based on true story. In this novel, the author tried to portray Afghan woman's life experiences as reflected by Shirin-Gol. Her mental toughness as the way she solves her psychological conflict are the interesting thing that the researcher pointed in it. Acquiring the reader enthusiasm to learn and understand woman's struggle to face the world and behave to others, the researcher takes the research of that in the research entitled "*Shirin-Gol's Mental Toughness to Solve her Psychological Conflict in 'Afghanistan, Where God Only Comes To Weep' a Novel By Siba-Shakib*".

**B. Research Questions**

According to the statement in research background above, research problem investigated on this research are formulated as follows:

1. What are the psychological conflicts reflected in Shirin-Gol's life?
2. How does Shirin-Gol's mental toughness solve her psychological conflict?

**C. Research Objectives**

Every discussion has a certain purpose. The objectives that are related to the research problem are formulated as follows:

1. To describe Shirin-Gol's psychological conflict in reflected in her life
2. To describe how Shirin-Gol's mental toughness solves her psychological conflict.

**D. Research Significance**

The result of this research is can be useful for there are some people that will reach some benefit from this research. The people are the reader, the learner, and the writer.

The research provides information about mental toughness which benefit to the reader in acquiring the aim of life. The reader will curious to learn and find more knowledge about how to handle the conflict in life and to help them to make some plans in facing some challenges in life. There are inspirations about the women struggle in this *Afghanistan, Where God Only Comes to Weeps* novel which can apply in the real life, so that the reader do not giving up easily in all field of life.

For the learners, the finding of this research hopefully can raise their motivation in learning with applying the mental toughness. It also can decrease their frightened in facing some problems. They know more information and knowledge about the important of solving the problem patiently and wisely as doing by main character in this novel.

The finding of this research also expected to give valuable contribution and information to the writer about the content of novel and the value in it. It hopefully can enrich the writer's knowledge by learning psychological conflicts from the novel that have analyzed.

#### **E. Research Limitation**

The limitation of research is important to a study which can bring a focused discussion. There are some problem limitations of the research, those are:

- a. Analysis of the mental toughness of the one main character as reflected by Shirin-Gol.
- b. Analysis of the Psychological conflict of the Shirin-Gol through theory from Kurt Lewin.
- c. Analysis of the Shirin-Gol's mental toughness through theory from Peter John Clough.

#### **F. Definition of Key Terms**

To make the study and to loss misunderstanding or interpretation between the writer and the reader, the writer clarifies the terms are used in this research as follow:

1. Novel based on John Peck and Martyn Coyle is one of the forms in literature which looks at people in society. It happens because the writer always interested in the world around them, their new interest in the complexities of everyday experience. So, talking about novel is talking about the structure; a society, and characters that are in some ways at odds with this society. Those two structures run according to the plot created, which make the story unexpected. Moreover, the important thing about the novel is the message they preach, so that the story must have a point and a purpose. (Peck & Coyle, 1984: 102-103)
2. Psychological conflict or Intrapersonal Conflict is a situation where oppositely directed, simultaneous forces of about equal strength occur in a person. This is the condition when person has difficulty in making a decision because of uncertainty or if a person is pushed or pulled in opposite directions. (Lewin in Rahim, 1948: 97)
3. Mental toughness or described mentally tough individuals as tending to be sociable and outgoing as they are able to remain calm and relaxed, they are competitive in many situations and have lower anxiety levels than others. It measures how effectively individuals respond to stress, pressure, and challenge. Mental toughness would appear to incorporate aspects of both commonly recognized sports psychology interventions, such as focusing and visualization, and a number of personality characteristics, which include persistence, resilience, confidence, and discipline. (Clough et al. 2002: 38)

4. Novel *Afghanistan, Where God Only Comes To Weep* is one of the Siba Shakib's achievement after her several documentaries and films. It published in 2001 after she has experienced to travel to Afghanistan many times in recent years. She interested in making a documentary life in Afghanistan and the plight of the Afghan women. This is a novel of an Afghan woman who must have more courage to face many challenges in her life among injustice conditions and situations of war. The story has set in 311 pages and 18 chapters which tell about the main character's struggle to get a better life with well education, dedication, and persistence. (Shakib: 2002)