CHAPTER II
REVIEW OF RELATED LITERATURE

This chapter presents the results of the reviewing literature related to the study covering. The first is the novel which includes the character and the psychological conflict. Then the second is the mental toughness and its models.

A. Novel

Novel is a long story or usually called as a fiction prose narrative of book length. It includes some events which represent by character and action (plot, point of view, place, etc.). It usually reflects a true life story typically in imaginative and creative writing. As stated in Abrams (1999: 190), novel defines as a part of a great variety of writings that has in common only the attribute of being extended works of fiction written in prose.

As an extended narrative, the novel is distinguished from short story and from the work of middle length called novelette; its magnitude permits a greater variety of characters, greater complication of plot (or plots), ampler development of milieu, and more sustained exploration of character and motives than do the shorter, more concentrated modes. In the novel, there are some points can be analyzed, such as theme, setting, plot, point of view, the character and conflict. In this research, the researcher focused on the analysis of character and conflict.

1. Character

Character was described as the people drawn in the story, which the reader can assess them on the basic of what they do (the action) and say (thedialogue). The characters are being endowed with particular moral, intellectual, and emotional qualities which based on the background of the author. According to Wellek & Warren (1949: 15), a character in a novel differs from a historical figure or figure in real life. The author present characters as individual who is member of a society, and examine the relations between them. Then he/she develops the character in how they should behave based on the role of the story.

There are some different characteristics in the character which we can find in the real life. According to Wiyatimi (2006: 30), there are three aspects of human being, those are physiological aspect, sociological aspect, and psychological aspect, and it can be applied to the character in a story. Physiological aspect shows us about the physic like age, gender, the condition of the body physically in which those are related to the physical appearance.

While the sociological aspect implicates the character of society such as social status, profession, position, education level, social activity, religion, etc. The last is psychological aspect which encompasses the physical background like mental, desire, personal feeling, intelligence, etc. It is essential to apply in the story to shows the detail of the characters, because it creates the reader impression of the character's personality.

In the novel, there are two different kinds of character based in the involvement to the whole story. Those are main character and additional character or supporting character. Sayuti (2000: 76) stated that the position of the main character will determine the whole plot of the story. Otherwise, the supporting character is performed only if there is relevance to the main character directly or indirectly. Those characters have different position but profitable each other.

Moreover, based on the character, there are also two different kinds of actor or character. Those are flat and round character. Foster in Abrams (1999: 33), a flat character is built around "a single idea or quality" and is presented without much individualizing detail, and therefore can be fairly adequately described in a single phrase or sentence. It usually called simple character. While a round character is complex in temperament and motivation and is represented with subtle particularly; such a character therefore is as difficult to describe with any adequacy as a person in real life, and like real persons, is capable of surprising us. It may have good and bad traits, and usually the author set this character into the main character of the story.

2. Psychological Conflict

Conflict happens when the expectation or desire can be fulfilled in the reality. According to Bisno in (Rahim, 2001: 1), conflict is a process of social interaction involving a struggle over claims to resources, power and status, beliefs, and other preferences and desires. It also defines as the unwanted thing in life, because sometimes it is painful, embarrassing, exhausting, and

makes a chaos in life. Furthermore, the conflict occurs not only between two person and groups, but also in a person. It usually called a psychological conflict. This conflict is conflict when a person against his/herself because some situations, such as anger, depression, confusion, frustration, which could lead to aggression, erratic behavior, addiction and in extreme cases.

Everyone can face this psychological conflict, moreover in the story which based on the real life. It happens due to some conditions and situations in individual. Lewin in (Rahim, 2001: 97) divides the psychological conflict or intrapersonal conflict into three types. It illustrated by the following figure:

Figure 2.1 Types of Psychological Conflict	Kurt Lewin (1948)
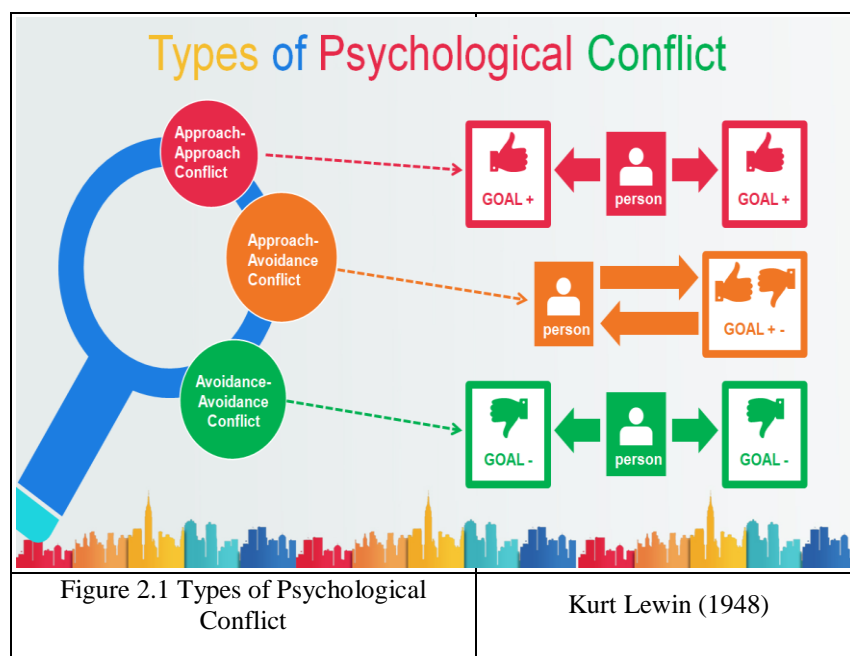
The first type is **Approach-approach conflict** which occurs when a person has to choose two alternative choices. Those two choices are two positive motives which benefit for individual, so make someone confuse to choose one of them. Then the second is **Approach-avoidance conflict** which occurs

when a person has to deal with a situation that possesses both desirable as well as undesirable aspect, that is, when a person feels similar degrees of attraction towards and repulsion from a goal. Those two motives are positive and negative motive in the same time, such as someone get good job in a remote area. Getting a good job is positive motive, while remote area is negative motive. While the last type is **Avoidance-avoidance conflict** which occurs when each of the competing alternatives possesses negative consequences, that is, they are equally repulsive. Those two negative motives happened in the same time, so individual has to face this condition. Individual has to choose the effective way to solve the problem, because it is confusing. When someone is avoiding the first motive, means that the second motive will be chosen.

B. **Mental Toughness**

1. Definition of Mental Toughness

Mental toughness defines as a collection of cognitions, attitudes, emotions and values that affect the way in which an individual approaches, responds to, and appraises demanding events to consistently achieve his or her goals (Gucciardi, et.al. 2009: 54). Moreover, it is a personality character which specifies a large part of how people deal with challenge, stressors and pressures which applicable in many walks of life.

The term "mental toughness" mostly can be found in sport or psychology of sport, which the athlete must build an unshakable self-belief to performs the excellent performance. Even so, it can apply in many other fields

in life, because since the mental toughness can make person more confidence, it is significant to reach by every person. Clough & Strycharczyk in (Drinkwater, 2018: 2) stated that although MT originated within sports psychology, it has since developed into a pervasive psychological construct linked to performance success across a range of applied settings (education, occupation, health, etc.).

There are also some empirical study suggest that the benefit of this mental toughness extend to a variety of non-sporting population. As an example of the other field of sport which used, it reflected in some evidences such as in academic, etc. In academic field, it dissociates perceived stress from depressive symptoms (Gerber et al. in Gerber et al., 2013: 808). Based on those evidences, the mental toughness is very essential part of personality which must have in every person, and every character even it is in the story.

The mental toughness is related to the personality trait because it determines what we choose to do if we faced any condition, generally we shape in personality. The personality trait has three elements, those are how we act, how we feel the reason of doing something and how we think which it determines how we act and how we feel. Those personality traits make more confident and relax to face all conditions.

According to Clough et al. (2002: 38), mentally tough individuals incline to be friendly and outgoing; as they are can stay calm and relaxed, they are competitive in many circumstances and have lower anxiety levels than others. Mental resiliency occupies an important position in human life. Many

benefits and reasons of having mental toughness in life whatever the field, those are having an unshakable self-belief in one's ability to achieve goals, recovering from set-backs and having increased determination to succeed, having an insatiable desire and internal motivation to succeed, regaining psychological control following unexpected events and uncontrollable events, etc (Jones et al. in Sorensen et al., 2016: 72).

Those elements of MT are very beneficial if it includes in the novel, since the novel is a picture typically of real life. So that, the researcher inputs the MT into the characters and it helps the author to develop the story, especially in the climax of the story. MT helps the character solve their problem physically or psychologically, so the story can wind up and the complication begins to resolve.

According to some definitions above, we know that mental toughness is an important thing in life, but it is also difficult to describe and to develop as a personality trait. The mental toughness shows that someone with mentally tough is not person who is macho, domineering and aggressive. It evidences that mentally tough person is person who is being the best that he or she can, being comfortable in his or her own condition. We can describe it by our own words when we faced a condition and we must think which way we have to choose. It is related to our personality, which the personality itself related to the behavioral aspects. Then we can decide how we act when things happen which is useful for us. The mental toughness explains how life can be challenging; we expect it and take a practice in the one of important activity to

do. So that even in the most difficult of circumstances, we will look for opportunity to overcome the problem. In this case, the 4Cs model of mental toughness such as control, commitment, challenge and confidence is the significant elements in life.

2. 4C's Model of Mental Toughness

The model of hardiness has been proposed by Kobasa (1979). The hardiness consist of three main components, those are control, commitment, and challenge. Then Clough et al. (2002: 2) develops the hardiness theory into the mental toughness elements through adding the confidence as the forth component. Those four is as the result of inner strength and outer orientation through coping with life's difficulties, then seeing and seizing opportunity in that condition. See the figure 2.2 below:

| Figure 2.2 4Cs Model of Mental Toughness | (Clough et al. : 2002) |
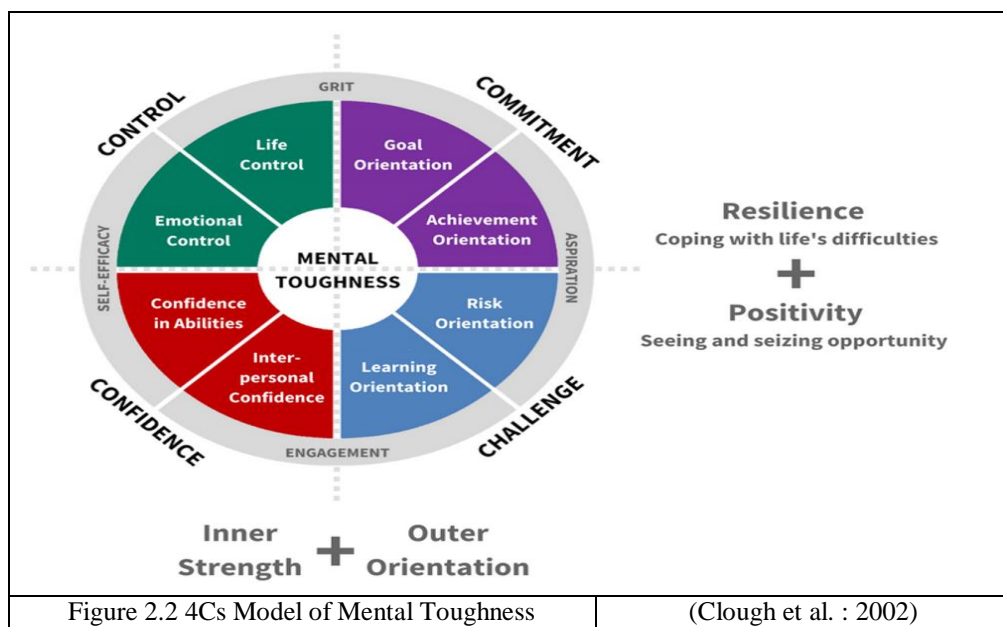
As illustrated in figure 2.2, the 4Cs mental toughness will be described as follow:

a. *Control* (life and emotion) is the ability to feel and act as if one is in control of various life situations. Someone who can control their life, believe they can make a difference without any worry, because they prepare a good planning and organize it well. Everything is possible with a work hard and a high self-confidence. While someone with a good emotional control can manage their emotional response to situations, such as mask their own anxiety in any situation, with maintain their poise in a same time. They are difficult to provoke or annoy the others but they can influence the others' emotional response. So that they can deal with difficult people or bullying behavior as well as their control.

b. *Commitment* (Goal Orientation and achievement orientation) is stick-ability. It describes to what extent the people will "make promises" and keep those promises. People who goal oriented like working to reach their goals and targets. The targets will motivate them to act and to set their personal bests. They seek to better themselves until get their goals, then they visualize success and feel it. This individuals like being tested, because it is an opportunity to show what they can do. While someone who do what it takes will work hard, focus and concentrate. They will self sacrifice to get what they want, the achievement. Furthermore they also will keep their promises whether to themselves and others.

c. *Challenge* (risk orientation and learning orientation) defines as the ability to understand that change is normal. It is a drive for the people who see the challenge, change, adversity and variety as opportunities or threats.

People who manage risk will stretch themselves to try new things although there are many changes or differences which they do not know before. They like to meet new people, places, and activities which are a challenging opportunity for them. While people who learn from experience will see setbacks as opportunities for learning which make them enjoy learning new things. Based on their experiences, they have an optimistic view which makes them aspiration to create a great plan and then do a reflective.

d. *Confidence* (Confidence in abilities and Interpersonal confidence) is a self belief. People believe they have the ability to deal with what they will face. People with confidence in abilities do not need others to tell them, they can do it by themselves because they have inner belief in their abilities. They use their abilities and happily to engage in discussion even if it takes them into the unknown. While people who interpersonally confident will ask questions to check understanding. They will often provide response to questions, so that they can show their abilities and will argue if they believe they are right.

C. Previous Study

There are numerous previous studies about human being's psychological conflict. Also, there are a huge number of strategies used to handle it, such as mental toughness. As the result, the researcher here only randomly takes three previous studies to the research problems presented above.

The first related study comes from Lilik Hidayati (2014) in *An Analysis of Psychological Conflicts Faced by Harriet in the Novel "The Little Friend" by Donna Tartt.* This research focuses on the psychological conflicts that were faced by main character and the problem solving that was reflected in the novel. This research aims to find out (1) the cause of psychological conflicts face by Harriet and (2) to find how Harriet solved her psychological conflicts. This research has same research' object with the writer's research, that is a novel which focused on the main character's psychological conflict. Not only the similarity, but there is also some differences. That is the way the researcher solves the conflict.

The other related study comes from Helen St Clair-Thompson, et al. (2014) in *Mental Toughness in education: exploring relationships with attainment, attendance, behavior and peer relationships.* This research focuses on the influence of mental toughness in academic performance in Higher Education.

This study aims to find out (1) the significant associations between several aspects of mental toughness (control of life) and academic attainment and attendance. (2) The significant associations between several aspects of MT (control of life) and counterproductive classroom behavior, and (3) the significant associations between aspects of MT (confidence in abilities and interpersonal confidence) and peer relationships.

This research has same focus with the writer's research that is focused on the mental toughness. But there are some striking differences, such as the

field. This research focused on the relationship between mental toughness and education, but the writer's research focused on how several aspects of mental toughness solve the psychological conflict.

The last related study comes from Aris Puji Rahayu (2018) in *The Analysis of Main Character's Change of Their Misbehavior in "The Ron Clark Story" Movie.* This research uses descriptive qualitative method which the movie (The Ron Clark Story) as the subject of the research. Through the descriptive analysis, this study aims to find (1) the kinds of misbehavior, (2) the teaching method used by teacher to handle misbehavior students, and (3) misbehavior change of main character in the movie.

This research has same method with the writer's research that is a qualitative research with different research object. This research analyzes a movie (main characters' act and script), it is different with the writer's research which analyzes a novel (narrative paragraph, conversation, etc.)