

**EXISTENTIAL CRISIS REFLECTED IN HARUKI
MURAKAMI'S *NORWEGIAN WOOD***

A THESIS

**Presented in a Partial Fulfillment of the Requirements for
Completing the Sarjana Degree in Department of English Literature**



By :

DYAH AYU PRAMESWARI

1611800037

**FAKULTAS ILMU BUDAYA
UNIVERSITAS 17 AGUSTUS 1945 SURABAYA
2023**

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This is to certify that the Sarjana Thesis of **DYAH AYU PRAMESWARI** entitled **“EXISTENTIAL CRISIS REFLECTED IN HARUKI MURAKAMI’S NORWEGIAN WOOD”** has been approved by the thesis advisor for further approval by the Examining Committee

Surabaya, December 21, 2022

Advisor,



Linusia Marsih, S.S., M.Pd.

APPROVAL SHEET II

This is to certify that the Sarjana Thesis of **DYAH AYU PRAMESWARI** entitled **“EXISTENTIAL CRISIS REFLECTED IN HARUKI MURAKAMI’S NORWEGIAN WOOD”** has been examined and approved by the thesis Examining Committee as the requirement for Sarjana Degree in English Literature

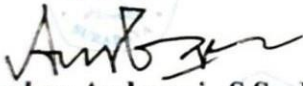
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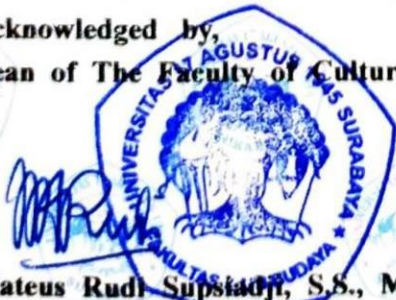
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ABSTRACT

This study will focus on Toru Watanabe's forms of existential crisis reflected in Haruki Murakami's *Norwegian Wood* (1987). To analyze the existential crisis experienced by Toru Watanabe, Jean-Paul Sartre's theory of existentialism is applied. Furthermore, Buténaitė-Świtkiewicz's theory of components of existential crisis is also used to describe the components of existential crisis, namely emotional, cognitive, and behavioral components. This study applies the descriptive qualitative method. In addition, philosophical and psychological approaches are employed in this study due to the fact that this study is concerned with the existentialism in philosophy and existential crisis in psychology. The results of the study show that Toru Watanabe suffers from an existential crisis because of his inability to seek meaning for his existence. His existential crisis is indicated through the emotional, cognitive, and behavioral components. However, he is able to overcome his crisis through self-motivation, acceptance, and friends' support. After conducting the analysis, the writer finds out that despair from existential crisis can pave a new way to overcome the existential crisis phase.

Keywords: *Existential Crisis, Existentialism, Philosophy, Psychology*