

CHAPTER II

REVIEW OF RELATED LITERATURE

2.1 Definition of Character

Character is the person represented in a dramatic or narrative work, who is interpreted by the reader as possessing particular moral, intellectual, and emotional qualities by inferences from what the person says and their distinctive ways of saying it and from what they do (Abrams, 2009:42)

Character takes part in the story, narrative, poem, novel, or play. It is used synonymously with the person, human being, and literary figure. More often it is used in reference to individual personal qualities and characteristic (Robert, 1977:53)

Through the character, the writer conveys her idea as which it is also in the story. By analyzing the character the readers will be able to get what the writer wants to say, so that it enables the reader to infer what kind of character that the writer wants to present.

2.2 Definition of Loneliness

Most people have experienced loneliness at some point in their lives (Penrod, 1983: 210). Loneliness is a feeling of emptiness inside us. It is lack, a hunger for more social contact. Loneliness stems from not having enough social contacts or from not having the kind of relationships you want (Jones, 1981). It means that a person

feels has no friendship on his/her life, do not have any sympathy from his/her family or because one is far away or remote from group of people around him/her.

Loneliness is merely about not being connected to that deepest part of ourselves, of our hearts, to our destiny (Hoffman, 1995: 42-44). If there is a gap between where we are and where we would like to be even if we cannot articulate where we would like to be, then we are lonely. And we are lonely in these circumstances because that gap is an indication that we are not being intimate with ourselves, our hearts and our destinies.

Loneliness frequently occurs during solitude or isolation, but sometimes people may feel lonely even when they are not deprived of contact with others (Penrod, 1983: 211). Loneliness is one of the few feelings that could cause a suicide because this feelings can result in a strong depression if no actions were taken towards solving the problem.

2.2 Causes of Loneliness

People can feel lonely for many reasons and many events of life which connected with it. While common definitions of loneliness describe it as a state of solitude or being alone, loneliness is actually a state of mind. Loneliness causes people to feel empty, alone and unwanted. People who are lonely often crave human contact, but their state of mind makes it more difficult to form connections with other people.

The causes of loneliness can be divided into four categories. The first is emptiness, a secluded feeling from society or people. It can envelope us into a consuming torment that effects and hidens every aspect of our spiritual and physical lives. The second is despair, the feelings are common thread among suicide victims. They get to such a detrimental state of emotional instability that they allow their minds to cave in to the lies of the devil. Than the devil takes their lives from them as they succumb willingly to his plot of destruction. The third is distorted logic, we allow wrong patterns of thinking to enter into our minds and our flesh that God has left us. The fourth is caused by self-conscious, it will usually find more difficult to approach others or initiate friendships. Sometimes negative past experience can also make initiating new friendships very difficult too for understandable reasons.

Sometimes, loneliness is caused by life changing which makes us far away from friendship. Situational loneliness can happen when someone gets good relationship until certain relationship occurs in his/her life. According to research by John Cacioppo, a University of Chicago psychologist and one of the top loneliness experts, loneliness is strongly connected to genetics. Other contributing factors include situational variables, such as physical isolation, moving to a new location and divorce. The death of someone significant in a person's life can also lead to feelings of loneliness. Loneliness can also be a symptom of a psychological disorder such as depression.

According to <http://mind.org.uk> the causes of loneliness also can be divided into personal circumstances and internal feelings of loneliness.

a. Personal Circumstances

Certain lifestyles and stresses of daily life can make some people socially isolated and vulnerable to loneliness. There are many situations that might make people feel isolated or lonely. It shows from examples below:

1. Lose a partner or someone close to his/her
2. Go through a relationship break-up
3. A single parent or caring for someone else
4. Retire and lose the social contact you had at work
5. Older and find it difficult to go out alone
6. Move to new area without family, friends or community networks
7. Belong to a minority ethnic group and live in an area without others from a similar background
8. Excluded from social activities, like of mobility problems or a shortage of money

b. Internal Feelings of Loneliness

Some people experience deep and constant feelings of loneliness that come from within and do not disappear, regardless of their social situation or how many friends they have. There are many reasons people experience this kind of loneliness. You might feel unable to like yourself or to be liked by others, or you may lack self-confidence. This may come from having been unloved as a child so that, as an adult, you continue to feel unlovable in all relationships. Or sometimes, consciously or unconsciously, people isolate themselves within their relationships because they are afraid of being hurt.

2.3 Effects of Loneliness

Some people who feel loneliness almost have the effect of their loneliness. The effect of loneliness can be classified as (1) Desperation. Desperation had experienced broken attachments such as divorce or death. They described themselves as panicked, helpless, abandoned, afraid and without hope. (2) Impatient boredom. These feelings were characterized as an “edgy restlessness, a nothing to do, nowhere to go”. (3) Self-deprecation or undervaluation of oneself. (4) Depression. Both self-deprecation were associated with prolonged periods of loneliness. Self-deprecation was experienced, a resigned, passive state, was marked by self-pity.

Loneliness can send a person down a path toward bad health, and even more intense loneliness. It also can set into a motion of negative impacts inside the human body. Loneliness is tied to hardening of the arteries, inflammation in the body, and even problems with learning and memory. Loneliness does not just make people unhappy, it actually makes them unsafe mentally and physically.

a. Mental Health

Loneliness has been linked with depression and it makes the people suicide. In adults, loneliness is a major precipitant of depression and alcoholism. People who are isolated may report poor sleep quality. In children, a lack of social connections is directly linked to several forms of antisocial and self destructive behavior. In both children and adults, loneliness

often has a negative impact on learning and memory. Its disruption of sleep patterns can have a significant impact on the ability to function in everyday life.

b. Physical Health

Loneliness shows an increased incidence of high blood pressure, high cholesterol, and obesity. Loneliness is shown to increase the concentration of cortisol levels in the body. Prolonged, high cortisol levels can cause anxiety, depression. Digestive problems, heart disease, sleep problems and weight gain.

2.4 Types of Loneliness

After describe the definition of loneliness, the reader also have to know about the types of loneliness. There are six main types of loneliness according to <https://onlinecounsellingcollege.tumblr.com:>

1. Interpersonal loneliness is the result of losing a significant, or intimate, or relationship.
2. Social loneliness is where a person is on fringes of a group, excluded from a group, or is actively rejected.
3. Cultural loneliness is where a person belongs to a different culture and feels that they do not fit, or belong in the new culture.
4. Intellectual loneliness is where a person feels intellectually with their family or their social group.
5. Psychological loneliness is where a person has experienced a trauma that separates them out from others around them.
6. Existential or cosmic loneliness is an isolating loneliness experienced by a person who is facing death.

2.5 The Ways to Overcome Loneliness

The people who feel lonely are hoped that their feeling will go away. There are times when the people might even embrace the feeling. Embracing loneliness and sinking down into the feelings associated with it usually leads to a sense of depression and helplessness, which, in turn, leads to an even more passive state and more depression. There are some ways to overcome loneliness according to <http://psychcentral.com>. First step is realize that loneliness is a feeling, not a fact. The brain tries to make sense of the theories about the reason of loneliness which can become confused with facts. So just realize that loneliness is a feeling and accept it without over reacting.

Second is reach out. Anticipation of loneliness might motivate to reach out and cultivate friendships, which is the healthiest things to do if someone feels sad and alone.

The third is make a plan to fight the mental and emotional habits of loneliness. Make some efforts to reach out to others, to initiate conversation and face time of loneliness and depression.

The fourth way is be curious. Curiosity about others takes focus away from painful feelings that tend to make hide and sulk.