CHAPTER II

THEORETICAL FRAMEWORK

2.1. Intrinsic Elements

2.1.1. Characters

Characters are defined as persons or figures who experience events and perform actions within a narrative (Abrams & Harpham, 2015:42). Characters constitute one of the most important elements of literary works because their actions, interactions, and thoughts drive the development of the narrative. Through characters, readers can understand the motivations, conflicts, and emotional experiences represented in a story. Based on narrative analysis, characters can be divided into two categories: main characters and supporting characters. The main character functions as the central figure whose actions, thoughts, and experiences significantly influence the development of the narrative (Abbott, 2021:75). Supporting characters contribute to the progression of the plot by interacting with the main character and providing different perspectives within the story (Herman *et al.*, 2010:69). In the present study, the discussion of character is important because Vivien Hyde, as the main character of *Amundsen*, becomes the primary focus for examining the symptoms, causes, and effects of emotional pain represented throughout the narrative.

2.1.2. Characterization

Characterization refers to the methods through which an author presents and develops the personality, traits, and psychological qualities of characters in a narrative (Baldick, 2015:37). Through characterization, readers gain insight into a character's thoughts, behaviors, motivations, and emotional responses to various situations. Characterization can be divided into direct characterization and indirect characterization. Direct characterization occurs when the narrator explicitly describes a character's traits and characteristics (Cuddon, 2013:120). Indirect characterization, on the other hand, is revealed through a character's actions, dialogue, thoughts, and interactions with other characters, allowing readers to infer personality traits and psychological qualities rather than receiving direct descriptions from the author (Abrams & Harpham, 2015:48). These techniques enable readers to understand the psychological development of characters throughout the story. In this study, characterization is particularly significant because Vivien Hyde's emotional pain is revealed through her thoughts, reactions, behaviors, and interactions with other characters, especially Dr. Fox. Therefore, characterization serves as an important element for identifying the psychological experiences analyzed in this research.

2.1.3. Setting

Setting refers to the time, place, and social environment in which the events of a narrative occur (Gill, 2014:92). In addition to physical locations, setting also

encompasses cultural, historical, and social contexts that influence the actions and experiences of the characters. Setting helps readers understand the background of a story and contributes to the development of plot, theme, and characterization. Furthermore, environmental and social conditions often affect how characters behave, interact, and respond to particular situations. In *Amundsen*, the setting of the remote tuberculosis sanatorium plays an important role in shaping Vivien Hyde's experiences and relationships. The isolated environment, social dynamics, and interpersonal interactions within the setting contribute to the emergence and development of emotional pain experienced by the main character. Therefore, the analysis of setting supports a deeper understanding of the psychological conditions represented in the story.

2.2. Psychological Approach

2.2.1. Gross's Process Model of Emotion Regulation

Emotion regulation is defined as the processes by which individuals influence which emotions they have, when they have them, and how these emotions are experienced and expressed (Gross, 2008:497). Emotion regulation occurs throughout the development of an emotional response and allows individuals to manage their reactions to emotionally significant situations. Gross explains that emotional responses are not fixed reactions but dynamic processes that can be modified at several stages of emotion generation. Within the Process Model of Emotion Regulation, five main strategies are identified: situation selection,

situation modification, attentional deployment, cognitive change, and response modulation. Situation selection refers to approaching or avoiding certain situations in order to influence the emotions that may arise. Situation modification involves efforts to change aspects of a situation to alter its emotional impact. Attentional deployment refers to directing attention toward or away from emotional stimuli. Cognitive change involves reinterpreting the meaning of a situation in order to modify emotional responses. Response modulation occurs after the emotion has already been generated and involves regulating the behavioral or expressive aspects of the emotion.

In this study, the symptoms, causes, and effects of emotional pain are used as operational categories to organize and analyze the findings obtained from the textual analysis of Alice Munro's Amundsen. These categories are not adopted directly from Gross's Process Model of Emotion Regulation. Instead, they are employed as analytical classifications to identify the emotional experiences represented in the narrative. Gross's Process Model of Emotion Regulation is subsequently used to explain how the main character responds to, manages, and regulates emotional distress throughout the story.

The categories of symptoms, causes, and effects of emotional pain function as analytical tools for organizing the findings of this study. The indicators within these categories, such as humiliation, guilt, self-doubt, emotional rejection, emotional withdrawal, and psychological vulnerability, are identified from the narrative representation of Vivien Hyde's experiences and interpreted through relevant

psychological concepts associated with emotional distress and emotion regulation. Therefore, these indicators are employed as operational categories for textual analysis rather than as fixed classifications derived from a single psychological theory.

2.2.1.1. The Symptoms of Emotional Pain

2.2.1.1.1. Humiliation

Humiliation is one of the indicators of emotional pain identified in this study. It refers to an emotional experience that occurs when individuals perceive that their dignity, self-worth, or social status has been threatened or diminished in a social situation, resulting in feelings of embarrassment, distress, and emotional discomfort. From the perspective of emotion regulation, emotional responses emerge through a series of processes involving the evaluation of situations, the direction of attention, the interpretation of events, and the resulting emotional reactions. When an individual interprets an experience as humiliating, the emotional response may become more intense because the situation is perceived as a threat to personal identity or social standing. Such evaluations may generate strong emotional reactions that are difficult to regulate, particularly when negative interpretations dominate the individual's perception of the experience.

2.2.1.1.2. Guilt

Guilt is associated with emotional pain when individuals perceive that they have acted in ways that conflict with their personal values, moral beliefs, or social

expectations. This emotional experience is often characterized by feelings of responsibility, regret, and psychological discomfort. Individuals experiencing guilt tend to evaluate their actions negatively and may perceive themselves as having caused harm or made inappropriate decisions. As a result, guilt often encourages self-reflection and may influence subsequent emotional and behavioral responses.

2.2.1.1.3. Self-doubt

Self-doubt refers to a state of uncertainty in which individuals question their abilities, judgments, or sense of self-worth. This emotional condition commonly develops following experiences of failure, disappointment, criticism, or perceived inadequacy. Persistent self-doubt may affect self-confidence and contribute to negative interpretations of future situations. Consequently, individuals may experience increased emotional vulnerability when confronted with challenges or difficult circumstances.

2.2.1.2 The Causes of Emotional Pain

2.2.1.2.1. Interpersonal Conflict

Interpersonal conflict can contribute to emotional pain when disagreements or tensions arise between individuals. Differences in expectations, values, opinions, or interests frequently generate conflict and emotional discomfort. When such conflicts remain unresolved, they may produce frustration, disappointment, and psychological distress. These experiences often influence the way individuals perceive social interactions and manage their emotional responses.

2.2.1.2.2. Rejection

Rejection occurs when individuals perceive themselves as excluded, ignored, unaccepted, or unwanted by others. Such experiences may threaten a person's sense of belonging and emotional security, resulting in feelings of sadness, disappointment, and distress. Repeated experiences of rejection can increase emotional sensitivity and influence future social interactions by creating negative expectations regarding interpersonal relationships.

2.2.1.2.3. Unmet Social Need

Unmet social needs arise when individuals are unable to obtain the social connection, recognition, support, or acceptance they desire. This condition may lead to feelings of loneliness, frustration, disappointment, and emotional dissatisfaction. When social needs remain unfulfilled for an extended period, emotional distress may intensify and negatively affect interpersonal relationships and overall well-being.

2.2.1.3. Effects of Emotional Pain

2.2.1.3.1. Behavioral Effects

Emotional pain may influence behavior in various ways. Individuals experiencing emotional distress often avoid situations that trigger discomfort, reduce social interaction, or withdraw from communication with others. These behavioral responses may function as coping mechanisms intended to minimize

emotional discomfort. However, prolonged avoidance and withdrawal can limit opportunities for social support and emotional recovery.

2.2.1.3.2. Effect on Relationships

Emotional pain may also affect interpersonal relationships. Persistent emotional distress can create misunderstandings, communication difficulties, and emotional distance between individuals. When negative emotions remain unresolved, relationships may become strained and less supportive. Consequently, emotional pain may alter how individuals perceive others and influence the quality of their social interactions.

2.2.1.3.3. Impact on Overall Health

Prolonged emotional pain may affect both psychological and physical well-being. Continuous emotional distress can contribute to stress, emotional exhaustion, fatigue, and reduced psychological resilience. In addition, persistent negative emotional experiences may interfere with daily functioning and overall quality of life. Therefore, unmanaged emotional pain can become a significant factor affecting an individual's general health and well-being.

The categories of behavioral effect, effect on relationships, and impact on overall health function as broad analytical classifications in this study. The findings presented in Chapter III, namely relational withdrawal, emotional suppression, and psychological vulnerability, are interpreted as specific manifestations of these

broader effects identified in Vivien Hyde's emotional experiences throughout the narrative.

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