

CHAPTER II

THEORY AND METHOD

2.1 Theoretical Framework

A theoretical framework consists of one or more concepts that give shape to a theory within a research study. Researchers employ theoretical frameworks to direct their investigations, uncover or examine new viewpoints, and identify links between concepts that may initially appear unrelated (Dziak, 2016).

2.1.1 Intrinsic Elements

Intrinsic elements are the building blocks of literary works that originate from within the text itself. According to Klarer (2004), intrinsic elements are the fundamental components that make up a literary work. In this thesis, the writer used character, characterization, setting, and conflict to analyze the subject.

2.1.1.1 Character

Characters in a story are individuals created by writers, with personalities intended to develop the storyline (Kenney, 1966). Forster (2002) divided characters into two categories: flat characters, who do not undergo significant development or change throughout the story, and round characters, who often experience growth, change, or transformation over the course of the narrative. Round characters are typically more realistic and fully developed than flat characters.

2.1.1.2 Characterization

Klarer (2004) stated that characterization in a literary work is the way characters and events are presented. Characterization can be approached in two ways: telling and showing. Telling characterization involves the author directly

telling the reader about a character's personality, motivations, and other attributes through narration. Showing characterization, on the other hand, occurs when the author reveals a character's traits based on the dialogues, monologues, and interaction with others.

2.1.1.3 Setting

Setting consists of several elements, including the physical composition, the time when events occur, and the environment in which characters live (Thrall & Hibbard, 1960). There are three types of settings. First is the setting of the place, which describes the physical location and the mood or atmosphere of that place. Second is the setting of time, which indicates when the events take place; it can be a narrow period such as the time of day or a specific historical period. And third, the setting of the social environment, which describes the society depicted in the story. In analyzing the subject, the writer used all three of the setting.

2.1.1.4 Conflict

According to Stanton (1965), there are two categories of conflict: internal conflict and External conflict. Internal conflict takes place within the heart or soul of characters. Internal conflict is depicted as Man vs. Self, representing conflict with a character's own thoughts, emotions, beliefs, or desires. External conflict, in the other hand, occurs between a character and something outside themselves, which could be the environment, other human beings, or other characters. External conflict can be further divided into: 1) Man vs. Man: conflict between two or more characters with opposing goals, desires, or values; 2) Man vs. Society: conflict with

societal norms, rules, or expectations, including themes of conformity, rebellion, and social injustice; and 3) Man vs. Fate: conflict with fate or destiny.

2.1.2 Extrinsic Elements

Extrinsic elements in literary texts are the building blocks from outside the text (Klarer, 2004). The extrinsic elements are external factors that influence a literary work but are not directly part of the text itself. These elements provide context and background that help readers understand the creation, themes, and significance of the work. In analyzing the novel *How to Make Friends with The Dark* by Kathleen Glasgow, the writer used existential psychology by Viktor Frankl which called the will to meaning.

2.1.2.1 The Will to Meaning

The Will to Meaning centers on discovering the meaning or value of life through a therapy known as logotherapy (Frankl, 1946). Logotherapy serves as a method to overcome the Existential Vacuum or the crisis of meaning, which refers to the phenomenon of emptiness or loss of meaning often experienced in modern life. An Existential Vacuum occurs when someone faces the feeling that their life is aimless, meaningless, and directionless.

The will to meaning is different from the will to power and the will to pleasure, which are ideas in Adlerian and Freudian psychology. To be sure, the term will to power was coined by Nietzsche rather than Adler. And the term will to pleasure is Frankl's own way of describing Freud's pleasure principle, (Frankl, 1969).

The will to meaning, a key idea in Viktor Frankl's logotherapy, suggests that our main motivation is to find meaning in life. This is different from Nietzsche's will to power, which says we are driven by the desire for power, and Freud's pleasure principle, which says we are driven by the desire for pleasure and avoiding pain.

Adlerian psychology focuses on social interest and the will to power in terms of overcoming feelings of inferiority and striving for superiority. Freud's pleasure principle is about seeking immediate gratification of desires. If these desires aren't met, it causes tension. The pleasure principle is connected to the homeostasis principle, which is about maintaining a stable internal environment. Freud believed that the mind balances these needs with the reality principle, which takes the outside world into account. This means that while we seek immediate pleasure, we often delay it for long-term well-being. The will to meaning, will to power, and will to pleasure are three different ways to understand what motivates us. Each gives a different perspective on why we do what we do, helping us better understand human behavior.

According to Frankl (1946), the Existential Vacuum occurs when humans experience the Tragic Triad. This triad encompasses three aspects of human suffering considered universal: pain, guilt, and death. Pain refers to the inevitable physical and emotional suffering in life that everyone will experience at some point, whether through illness, injury, loss, or other forms of suffering. Frankl viewed this suffering not only as a negative aspect of human life but also as an opportunity for personal meaning and spiritual growth. Guilt, within the context of the Tragic Triad,

pertains to the recognition of human shortcomings, mistakes, and the capacity to do wrong. Frankl saw guilt as evidence of human moral awareness and responsibility. By acknowledging and addressing guilt, individuals can learn, grow, and find a direction for self-improvement and redemption. Death represents the final inevitability that every human being deals with. Frankl believed that awareness of death provides urgency and depth to the search for the meaning of life. Acknowledging death can motivate individuals to live more fully, seek deeper meaning, and appreciate every moment of life.

In logotherapy, suffering, guilt, and death are not avoided or ignored; rather, they are confronted. By facing these aspects of life head-on, a person can discover personal meaning and meaningfulness even in the most challenging situations. This forms the foundation of what Frankl termed tragic optimism: the ability to maintain hope and find positive meaning in the face of life's tragedies (Frankl, 1946).

There are three pillars in logotherapy, the freedom of will, the will to meaning, and the meaning of life that are each tightly intertwined with tragic optimism (Frankl, 1969). First is the freedom of will, where individuals have the freedom to choose their attitudes and responses to life's challenges, regardless of the circumstances. Even when facing adversity, people can utilize their free will to find meaning and purpose. Second is the will to meaning, which posits that the primary human drive is the pursuit of meaning and purpose in life, serving as a powerful motivating force. People seek to find or create meaning in experiences, relationships, work, and other aspects of life. Lastly, the meaning of life, logotherapy suggests that the meaning of life is not fixed or predetermined, but is

unique to each individual. It is a dynamic and evolving process in which individuals must actively seek their goals.

Frankl (1946) stated that the meaning of life can be found in three ways namely creative value, experiential value, and attitudinal value. Creative value is finding life meaning through performing actions or work. Engaging in activities and endeavors involving pursuing careers which align with their values and passions as well as contributing to society through purposeful work. Individuals are able to sense a purpose and fulfillment by dedicating themselves to a project or work that is significant for them. Experiential value can be experienced by something or meeting someone. Connections with others are important, individuals can find intimate meaning and richness in life through deep connections. This involves moments of happiness, admiration, or emotional and with whom individuals spend it with. It can be family, friends, or significant others. While the concept of attitudinal value teaches that individuals are able to find life meaning by taking a stand against inevitable suffering. Even in the darkest situation, individuals still can find meaning by choosing how they react to the circumstances. This can include finding purpose in the midst of adversity, such as seeking opportunity to grow and learn, maintaining integrity and dignity, or even using suffering to help others. Individuals can overcome their suffering and find profound fulfillment in life by courageously facing challenges and preserving meaning and purpose.

2.2 Research Method

According to Goundar (2012), research methods are the methods conducted when researching a topic or subject. Research methods encompass various schemes, algorithms, and procedures. The aim of research methods is to assist researchers in solving problems and collecting samples.

2.2.2 Method of Data Analysis

Based on the objectives and conceptual framework of the research, the writer employs a psychological literature approach in this thesis. According to Klarer (2004), psychological literature extends beyond the author to encompass various inherent aspects of the text. Literary works considered as psychological phenomena will exhibit psychological aspects through the characters. The theory of psychological literature that the writer utilizes is Existentialism of *The Will to Meaning* by Viktor E. Frankl.

2.2.3 Method of Data Collection

The writer utilizes library research in collecting data. According to George (2008), library research involves gathering data from sources, whether physical or digital libraries, and then reviewing and interpreting it. The data in this thesis consist of both primary and secondary data. Primary sources refer to the classic subjects of literary criticism analysis, encompassing texts from all literary genres, such as fiction, poetry, and drama (Klarer, 2004). The novel entitled "How to Make Friends with The Dark" by Kathleen Glasgow serves as the primary data. Whereas secondary data refers to texts like articles, book reviews, and notes (brief comments on specific topics), which are primarily published in scholarly journals. In literary

criticism, as in other academic fields, regularly published journals keep readers informed about the latest research findings (Klarer, 2004). The writer collected secondary data from related books, journal articles, and internet articles.