

## THE ALIENATION OF THE MAIN CHARACTER AS REFLECTED IN BARBARA DELINSKY'S TOGETHER ALONE : SOCIAL PSYCHOLOGICAL APPROACH

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### ABSTRACT

*Alienation is very influence in our life. It can be seen in the modern area right now. This paper explore alienation in social psychologically perspective and how alienation impact of the main character in the novel. I find that Alienation in main characters who make her be alienate and as a foreign in the world. Because of worka holic as a potrait modern society. But we can see many case of main character in social psychology approach. By using descriptive qualitative method, this paper describes the characterization of main character and exsploring the novel in Alienation of social psychological approach. In analyzing the data, has some steps as collects the data, identifies the problem an alienation and find characterization of main character then makes conclusions. The data is taken from the short novel that consist of 12 story in barbara Delinsky novel "Together Alon"e. Based on the data analysis, it was found that there were two main case of the main character. There were worka holic case or it could be called as social worker and service user in pwerlesness. There are some problem who as a main character felt. It was caused by alienation that the impact of alienation like: the problem in family environment, lack of confidence as we see in social term, then in psichologycal term, the main character feel lonliness.*

*Key words : Alienation, problem(case), social, psychology.*

### INTRODUCTION

In the right now we demanded to work and earn the money as can as possible. This reality be paradogs in modern era. Many of people be worka holic and it doesn't care to around the environment. People become foreign to the world they are living in. Feel it self in alienation in order that workers inevitably lose control of their lives and selves, in not having any control of their work. Workers never become autonomous. More over can be impact to their personality, social, and its selves. This condition make a some one be alienate in their enviroment.

In addition, *concepts such as alienation (Marx, 1844) refer to the consequences of the relationship between individuals and society (existence of an uncontrollable and senseless world, self-estrangement and cultural estrangement; (Seeman, 1959). Therefore, we propose the following definition of social integration: the normative, symbolic, and material states in which individuals find themselves immersed, and which link them to a collective project and regulate their behavior, thus making the everyday world understandable, predictable, and controllable (Sánchez, 1998).* In summary, we shall consider social integration as a phenomenon with two dimension: on the one hand, integration within the community and on the other alienation. The theory above in ([http://en.wikipedia.org/wiki/Marx's\\_theory\\_of\\_alienation](http://en.wikipedia.org/wiki/Marx's_theory_of_alienation))

This topic examines the concept of alienation with reference to Marxian and social psychological perspectives. A synthesis of these diverse perspectives is established with particular emphasis on work alienation. According to Norman L. Munn, 1967: 5) *The word Psychology was actually derived from two Greek words, Psyche (soul) and logos, psychology or mental philosophy,* " was thus literally a study of the soul. So, The alienation is a consequence of situation specific relations based on the interaction of historical context, structural conditions, and individual participants, a theoretical model is constructed for a view of alienation as a social process. It is suggested that understanding alienation as a process. Moris R, Ralph H.T (1981:17) stated *As a social aproache have also shared with psychologists a strong interest in reference group theory and role theory. It is with reference to method that both psychological and sociological and show contribute to the understanding of Social-Psychological phenomena.*

Marx attributes alienation in labor under capitalism. These include the alienation of the worker from his or her 'species essence' as a human being rather than a machine; between workers, since capitalism reduces labor to a commodity to be traded on the market, rather than a social relationship; of the worker from the product, since this is appropriated by the capitalist class, and so escapes the worker's control; and from the act of production itself, such that work comes to be a meaningless activity, offering little or no intrinsic satisfactions.

*Method*, The primary methods of social-psychological research are dialogues, events, narration of the Barbara Delinsky novel. There are some methods of the research such as, the purpose of research, the method, the data collection techniques, and the data analysis technique. This research does not need numeral or counting data because the researcher does not use quantitative data. As Kutha ratna(2006:46) said that *qualitative method is a research procedure producing descriptive data such as written or oral words from someone to someone's behavior that can be observed* So this research uses descriptive qualitative research. *The source of the data is the subject from which the data are obtained* (Arikunto, 1993:90). The data of this research is taken from the short novel that consist of 12 story in Barbara Delinsky novel *Together Alone*.

Barbara Delinsky novel showing the relevant role played by social psychology, psychological and social factors. Implications for theory and intervention are discussed. This research considered the role of several social, environmental, and structural variables (social position, social stressors, and social integration), psychological factors (self-esteem), and social psychological variables (perceived social support). Because of that it is interesting to analysis this novel in social psychological approach.

### Identification of the Problem

Based on explanation above The Researcher lists some problems found in this case. They are:

1. The forms of the Alienation.  
There are many kinds or form to alienation according to Marx concept.
2. The impact of Alienation in main character  
Alienation has some impact in the main character. Some time the impact make the character is not be own self. We need know about the impact of alienation in main character.
3. The roles of Alienation in Social psychological Approach  
Alienation gives some of marx concept Because there are many forms of Alienation automatically there will be many roles of Alienation which show many case(gejala) or feelings.
4. The factors that influence characterization of the main character, Barbara Delinsky.  
This novel was found factor that influence characterization of main character.  
So that we can analysis this novel in social psychological approach.

### Limitation of the Study

There are many reasons why the writer can not discuss all the problems in details. Some of them are wider in scope, limited time, and limited fund. To get the intensive and best result, the writer will focus on The factors that influence characterization and the impact of Alienation of the main character in social psychologically approach as reflected in Barbara Delinsky 's *together alone*.

### Formulation of the Problem

Based on the limitation of the problem, the writer can formulate the problems as follow:  
How is the characterization of the main character in the novel Barbara Delinsky observed social psychologically and What social psychological factors that impact of Alienation of the main character in the novel?

### Objectives of the Study

The writer formulates the objectives based on the formulation of the problems. They are: To identify and describe Character and characterization of the main character(Emily) in Barbara Delinsky *Together Alone*. To know the Alienation and describe Impact of the main character in Barbara Delinsky *Together Alone*.

## Significances of the Study

The research has some advantages:

1. The students can learn about Marx konsep in Alienation. Moreover the students can learn how to maintain the problem.
2. Teachers may use it to know in teaching student development which related with student mental and literature as an example main character.
3. It gives information and reference to other researchers when they want to make a research about Alienation in social psychological Approaches or other similar topics.
4. Society can identify about alienation in around environment.

## RESEARCH METHOD

### Type of the Study

There are many types of research which can use appropriately. Rene Welek explains that research can be divided into historical research, descriptive research, developmental research, case study and field research, causal comparative research, experimental method, and act research method (1989:63).

Moreover Arikunto said that the aim of descriptive research is to describe condition of phenomena status (1993:245). This research type is suitable with the problem discussed because the writer just do a research by describe the problem found.

This research does not need numeral or counting data because the researcher does not use quantitative data. As Kutha ratna said that qualitative method is a research procedure producing descriptive data such as written or oral words from someone to someone's behavior that can be observed (2006:46). So this research uses descriptive qualitative research.

The source of the data is the subject from which the data are obtained (Arikunto, 1993:90). The data of this research is taken from the short novel that consist of 12 story in barbara Delinsky novel *Together Alone*.

### Data Collecting Method

The research method that use in this study as follows:

#### 1. Library Study

This method means the writer going to the library and look for the book as the data that used in this research. The books, which have relationship with literary theory and the others books to support this research.

#### 2. Reading and Writing Method

It means writer gets the data to reading all text as the research object; then the writer rewrite down the data in the card or paper. This method is used to get quotation or something important in *together alone*.

#### 3. The Instrument of the Study

The instrument of the study is everything that used in this research, for example: the paper, data card, etc. following to Arikunto (1992:121), instrument adalah alat yang digunakan pada waktu menggunakan metode. So, the writer uses this data card to write down the important thing or quotation in this play, because the writer has limitedness of remembrance. Beside that, this data card is very important to help the writer to continue the research.

### Data Analyzing Method

According to Moleong, 2002 : 6 said that This research uses the descriptive qualitative method in explaining the gathered data. In the qualitative research, data which are collected are words, picture, and numbers.

By using descriptive qualitative method, the researcher describes the characterization of main character, Emily and exploring the novel in Alienation of social psychological approach. In analyzing the data, the researcher has some steps as follows:

1. The writer collects the data
2. The writer identifies the problem
3. The writer analysis and find characterization of main character
4. The writer makes conclusions

## DISCUSSION

### The Case of the Alienation

In common parlance the term "alienation" is used to describe the condition of being estranged or detached from one's self, others, or society in general. But alienation as a research concept is more complex since it can be approached from a variety of different disciplines (e.g., psychology, sociology, and social psychology) and can take on a variety of different meanings--anomie, loss of self, despair, apathy, loneliness, rootlessness, powerlessness, isolation, pessimism, ([http://en.wikipedia.org/wiki/Analytical\\_Marxism](http://en.wikipedia.org/wiki/Analytical_Marxism))

There are many kinds or forms of alienation according to Marx's concept. Alienation also can be defined as in (Oxford Advanced Learner's Dictionary) *is come from Alienate, to lose or destroy the friendship, support, sympathy, etc.* and the alienation mental illness can create a sense of alienation from the real world. The first is workaholic. It will be discussed through Alienation which is caused by Workaholic. Commonly called by crazy work. Because work is everything to own self. This case can be identified through social worker which loss of control (in the case of social workers).

"her heart feel . Concord or Manchester, even Boston he might do in a day. Pittsburgh was always longer." "do you have to go?" "I don't have to, but if I want to keep my work." "I'd better." "oh dough "he had promised her this week. Her heart broke for Jill. Her heart broke for herself" We'll busy, Mom....(Delinsky, P.45)

They make formation own self to always work every time without tired. As reflected Emily is a workaholic. In order that she doesn't care to her family. Because many of time that used to work. It's seem that a Emily in own world. Because her work was more priority than the others or around environment or her social. The second is Powerlessness (service users) in the case of service users have greater explanatory power, and provide a firmer basis for a radical practice, than currently fashionable power discourses, derived from poststructuralism, which often mirror the individualism

"Physical work always satisfied him" her husband was an idiot."is he always so busy?"I should be grateful. So many people are out of work, and dough is deluged" (Delinsky,P.83)

In reality dough has a important thing that is more important than the other such the family. The powerless in his work become part of difficult to be leave. so this a case in service user. It could be make a dough in true alienation.

Alienation has some impact in the main character that will be effect in main character. Some time the impact make the character is not be own self. We need know about the impact of alienation in main character. *Heider and Gestalt stated that This field of social psychology is concerned with the ways in which people explain (or attribute) the behavior of others. It explores how individuals "attribute" causes of actions either to the actors involved or to situations -- in other words, whether or not an observer judges an actor to have had control over the act and its consequences* (in Morris Rosenberg, Ralph H. Turner, 1981: 17). One discovery in this field is that it is normal for people to place blame upon others when some harm befalls them, but they are more likely to blame situations when the harm is upon themselves. Those suffering from depression do not seem to be susceptible to the same error. (<http://www.jstor.org/stable>)

"but that's what you want, isn't it? You want me in the dark. You want me unaware of my own potential. You don't want me to earn money, and become stronger and more independent of you.(delinsky, p.298). In state above is a reality from main character to ask the her husband doesn't work and just Emily earn money. Because the main character have been alienated by the work. This is a case of alienation. So this reality to be a dissociation of a person's feelings, causing the individual to experience internal conflict. *As Freud, for example, assumed that alienation involves a separation between different parts of the psyche.*(in Bimo Walgito, 2001:90)

### The Impact in Family Environment

The impact of alienation will be felt by their family as that story is impact of alienation to their children. "right now, sure. But I'm sitting here with the baby asleep and a beer in my hand and beautiful woman beside me but pretty soon the baby'll wake up and I'll have to find something for her to do." "Why? She has toys to play with,"Emily said, though she might have dwelt longer on the beautiful woman part, she was starved for comment like that (Delinsky, P.121).

The factors that influence characterization of the main character, Barbara Delinsky. lack of attention to

the child's parents is one of heroic impact of worker. Forgetting the true responsibility and obligations of parents. Teach children and guide the child in times of growth. While attacking the work there is no obligation other than work.

Dough. I'm telling you to go to hell. I want a divorce. And I want a divorce. And don't tell me you want give me a cent"

Our marriage has been over for years, only neither of us could admit it. But god,"she put a hand to her chest "there's a relieve in saying it now. our marriage has been a *strain*.(delinsky, P. 298-299)

The impact of alienation can be effect to her life especially in family. Divorce is one of wayout to solve the problem of her family. This a effect to divorce and the situation be strain.

### **The Impact of social psychology (Self- Confidence and Lonliness)**

Self-confidence is an indicator of a symptom of alienation. Where this phenomenon will cause a person to feel frightened, anxious or lack confidence to face environment. "She didn;t look at him, afraid that if she did, she would cry. I didn't have the patience for it, or the self confidence"Emily did look at him then"Self confidence? From what you've told me, she could handle herself in situation.(Delinsky, P. 94)

Image of main character who has a problem with self-confidence. There is no confidence in its self to accept the dinner invitation, it's caused by workaholic that always in own self to work continue without care in arround enviroment.

In fact, humans can not alone. Not just one man who inhabit the earth. There are many around us that make us have a life. We can use psychological approach to analyze the personality of a certain character in a story. Personality, by some experts, is viewed as the sum of all psychological theory.

Subhan explain: "Psychologists who study personality consider social effectiveness only one aspect of behavior. Many psychologists have a view that personality is not a separate entity but it is the sum of all psychological theory. A person will understand personality if he also understands learning theory, motivation, child development, perception, and physiology. Others have a view that each individual is unique and uite special. To sum up, personality is an integrating system, one in which all aspects or behavior come together to produce in each person a stamp of individuality, one that will be cited always as evidence of identity and character". Subhan (2005:63)

As a psychology of theory above, there are some condition in main character. Main character that related to Emily. There are some feelings in her selves. Like, alone and alienate in the world.

"Emily talked with some of those other who were in the stores. She was asking question a long after we stopped. She couldn't let it go. Not that she was loud about it. You'd have thought she would want to go some place where there wasn't a paint full memory arround every corner" Daniel know as long as the case unsolved, she'll stay here"I feel Alone and silence as continually here" ( Delensky, P. 156)

Beside that, *Woodworth and marquis (1957:30)* in his book state that *psychology can be defined as the science of the activities of the individual the word "activity" Is used here and very broad sense, it includes not only motor activities like walking and speaking, but also cognitive (knowledge getting) activities like seeing, hearing, remembering, and thinking, and emotionalactivities like loughing and crying and feeling or sad.* (In Bimo Walgito, 1997:47 )

From the symptoms that caused that this subject is the impact of alienation. Felt alone and without the conscious forgetting environment. Because the demands of work and worker paradigm holic.

### **Conclussion**

Acondition of alienation involves control over man and his development, as defined by a theory of marxism and through social and psychological approaches by institutions and social processes of his own making. Marx's analysis of the dynamic of capitalism may be understood as an explanation of the social bases of alienation in capitalist societies. We can identify the case of alienation in main character such social worker make a human into alienation and become workaholic. Alienation theory is then applied to the experience of both social workers and service users and it is argued that the notions of loss of control (in the case of social workers) and powerlessness (in the case of service users) have greater explanatory power. The case also in Powerlessness as service users.

Implications for social problems theory include the impact of alienaation in main character and will be effect to main character. Analysis of famly enviroment, friendship as elements of social processes involved

in social phenomena, attention to work as a social problem. As a social term can impact on self confidence and psychological perspective can impact Loneliness in main character.

In Conclusion alienation in main character can be considered physiological as well as social, for he emphasizes the situational aspects that arouse emotions.

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