

**THE MAIN CHARACTER'S JEALOUSY IN PAULA
HAWKINS' *THE GIRL ON THE TRAIN***

THESIS

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**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG
2022**

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IN PAULA HAWKINS' *THE GIRL ON THE TRAIN***

THESIS

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MALANG**

2022

STATEMENT OF AUTHORSHIP

I state the thesis entitled "*The Main Character's Jealousy in Paula Hawkins' The Girl on The Train*" is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

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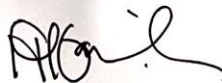


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MOTTO

"Where focus goes energy flows."

DEDICATION

In this thesis, I dedicate to my beloved father Budi Santoso, my beloved mother Yeni Wahyu Susanti, as well as my beloved younger brother Kresna Palguna Dharma, my teacher Mrs Swastika Andini and my friend Ajiif Bagus, for supporting me in making this thesis.

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Bismillahhirrahmannirrahim, with the gratitude given by Allah SWT and say to the prophet Muhammad SAW, and hopefully, there will be useful intercessions in the hereafter. In this case, the researcher would like to thank my father named Budi Santoso, my mother Yeni Wahyu Susanti, and my younger brother Kresna Palguna Dharma, for preparing the thesis for the researcher, and my friend Afif Bagus too, for supporting me, in making this thesis.

In this case, as a researcher, I expect wise and efficient criticism as well as suggestion for readers to examine the perfection of the thesis in the future. As a reference for other researchers to review research that has been done before, in the use of theory and studies to be studied.

Malang, June 29th 2022



Firza Anggoro Agung

ABSTRACT

Agung, Firza Anggoro. 2022. *The Main Character's Jealousy in Paula Hawkins' The Girl on The Train*. Undergraduate thesis. Faculty of Humanities, Department of English Literature, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Asni Furaida, S.S, M.A.

Keywords: Jealousy, psychoanalysis

Everyone in this world has their personality, a different personality and no one will have the same personality. Therefore, no one will behave the same way. The fact that humans experience various kinds of events will affect their personalities and emotions. Emotion is a biological and psychological state accompanied by physical expression. Jealousy is an emotional reaction when someone wants what someone else has. This study describes jealousy as a psychological problem experienced by Rachel. This study aims to describe the characteristics of the main character's jealousy and analyze the caused factors of the main character's jealousy in Paula Hawkins' *The Girl on The Train*. This study uses literary criticism because it will be considered as literary criticism that leads to analysis, interpretation, and evaluation of the uses of literary works. This study reveals that Rachel as the main character experienced jealousy with the following characteristics: feeling inferior, having mental disorders, acting self-destructively, difficulty accepting responsibility, being selfish, blaming others, having excessive sensitivity, being suspicious, venting emotions, and anger. Many factors that cause jealousy in Rachel here are 1) the bad relationship, 2) Anna's pregnancy, and 3) Megan-Scott's happy couple.

نبذة مختصرة

أَكُوْع, فيرزا اعكورو. ٢٠٢٢ حَسُوْدُالْفَاعِلِ فِي الْقِصَّةِ "الْمَرْأَةُ عَلَى الْقِطَارِ" رَائِعَتُهُ قَوْلٌ هُوَكِنْس. الإِحْتِبَارُ. كَلِيَّةُ الْعُلُوْمِ الْإِنْسَانِيَّةِ. قِصَّةُ أَدَبِ الْإِنْجِلِيزِيَّةِ. جَامِعَةُ الْإِسْلَامِيَّةِ الْحُكُوْمِيَّةِ مَوْلَانَا مَالِكُ إِبْرَاهِم. مَالَا ع. أُسْنِي فُرَيْدَا.

الكلمات الدالة : الغيرة, التحليل النفسي

كُلُّ شَخْصٍ فِي هَذَا لَعَالَمٍ لَهُ شَخْصِيَّةٌ مُخْتَلِفَةٌ وَلَا أَحَدٌ مُتَمَا ثَلٌ. فَلِذَا لِكَ, لَنْ يَطْرَحَ بِالطَّرِيقِ الْمَسَاوِي. أَنَّ الْوَاقِعَةَ يُمَرِّسُونَ

الْإِنْسَانُ بِأَنْوَاعٍ مُخْتَلِفَةٍ مِنَ الْأَحْدَاثِ الَّتِي تُؤَشِّرُ شَخْصِيَّتَهُمْ وَعَوَاطِفَهُمْ. الْعَاطِفَةُ هِيَ حَالَةُ الْبِيُو لُوجِيَّةٌ وَالنَّفْسِيَّةُ مَعَ التَّعْبِيرَاتِ الْجَسَدِيَّةِ. وَالْحَسُوْدُ هُوَ مِنْ أَحْدِ الْعَاطِفَةِ. يَظْهَرُ الْحَسُوْدُ عِنْدَ يُرِيدُ الشَّخْصُ إِلَى مَا يَمْلِكُهُ آخَرَ. هَذَا الْبَحْثُ يَشْرَحُ الْحَسُوْدَ فِي الْمَسْأَلَةِ النَّفْسِيَّةِ الَّتِي تَشْعُرُ رَحِيلُ بِهِز. هَدَفُ الْبَحْثِ لِيَصِفَ وَصَفَ الْحَسُوْدَ وَعَنْصُرَ الْبَاعِثِ الْحَسُوْدَ لِلْفَاعِلِ فِي الْقِصَّةِ "الْمَرْأَةُ عَلَى الْقِطَارِ" رَائِعَتُهُ قَوْلٌ هُوَكِنْس. هَذَا الْبَحْثُ يَسْتَعْمِلُ الطَّرِيقَةَ النَّقْدِيَّةَ لِأَنَّ يَتَّجِهُ إِلَى التَّحْلِيلِيَّةِ وَالتَّفْسِيرِيَّةِ وَالتَّقْوِيمِيَّةِ فِي الْإِسْتِعْمَالِ أَثَرِ الْأَدْبِيَّةِ. هَدَفُ الْبَحْثِ لِيَصِفَ وَصَفَ الْحَسُوْدَ وَعَنْصُرَ الْبَاعِثِ وَالْحَسُوْدَ لِلْفَاعِلِ فِي الْقِصَّةِ "الْمَرْأَةُ عَلَى الْقِطَارِ" رَائِعَتُهُ قَوْلٌ هُوَكِنْس. هَذَا الْبَحْثُ يَسْتَعْمِلُ الطَّرِيقَةَ النَّقْدِيَّةَ لِأَنَّ يَتَّجِهُ إِلَى التَّحْلِيلِيَّةِ وَالتَّفْسِيرِيَّةِ وَالتَّقْوِيمِيَّةِ فِي الْإِسْتِعْمَالِ أَثَرِ الْأَدْبِيَّةِ. يَكْشِفُ هَذَا الْبَحْثُ أَنَّ رَاحِيلَ كَالْفَاعِلِ تَحْسُدُ بِالْإِشَارَةِ هِيَ الشُّعُورُ بِالنَّقْصِ وَمَرَضُ الْعَقْلِهَا, وَتُفْسِدُ نَفْسَهَا, وَتُعَسِّرُ أَنْ تَسْتَقْبِلَ الْمَسْئُولِيَّةَ, وَأَنَّ يَتَّجِهُ إِلَى الشَّخْصِ الْآخَرَ, وَمَمْلِكُ كَثِيرَ الْإِتِّهَامِ وَفُضُولِيَّةِ, وَتُنْفَسُ إِلَى شَيْءٍ الْآخَرَ وَعَضَبٌ.

تُسَبِّبُ كَثِيرَةً الْإِشَارَةَ حَسُودَ رَاحِيلَ وَهِيَ إِتِّصَالُ بِالسُّوءِ الْمَعَامَلَةِ وَحَمَلَةٌ أَنْوَرُ وَجِبْنٌ سَعِيدَيْنِ مِيعَانُ

سَجُوت.

ABSTRAK

Agung, Firza Anggoro (2022). Kecemburuan Tokoh Utama pada Novel *The Girl on The Train* karya *Paula Hawkins*. Skripsi. Fakultas Humaniora, Jurusan Sastra Inggris, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Asni Furaida, S.S, M.A.

Kata Kunci : kecemburuan, psikoanalisis,

Setiap orang di dunia ini memiliki kepribadiannya yang berbeda dan tidak ada yang sama. Oleh karena itu, tidak ada yang akan bersikap dengan cara yang sama. Fakta bahwa manusia mengalami berbagai macam peristiwa akan mempengaruhi kepribadian dan emosinya. Emosi adalah keadaan biologis dan psikologis yang disertai dengan ekspresi fisik. Cemburu adalah salah satu reaksi emosi. Kecemburuan muncul ketika seseorang menginginkan apa yang dimiliki orang lain. Penelitian ini memaparkan kecemburuan sebagai masalah psikologis yang dialami Rachel. Penelitian ini bertujuan untuk mendeskripsikan karakteristik kecemburuan karakter utama dan menganalisis faktor penyebab kecemburuan karakter utama dalam *The Girl on The Train* karya Paula Hawkins. Penelitian ini menggunakan metode kritik sastra karena mengarah pada analisis, interpretasi, dan evaluasi dalam penggunaan karya sastra. Studi ini mengungkapkan bahwa Rachel sebagai tokoh utama mengalami kecemburuan dengan ciri-ciri sebagai berikut: merasa rendah diri, gangguan jiwa, bertindak merusak diri sendiri, sulit menerima tanggung jawab, egois, menyalahkan orang lain, memiliki kepekaan yang berlebihan, curiga, melampiaskan emosi, dan marah. Banyak faktor penyebab kecemburuan Rachel yaitu 1) hubungan yang buruk, 2) kehamilan Anna, dan 3) pasangan bahagia Megan-Scott.

TABLE OF CONTENTS

THESIS COVER	i
STATEMENT OF AUTHORSHIP	iii
APPROVAL SHEET	iv
LEGITIMATION SHEET	v
MOTTO	vi
DEDICATION	vii
ACKNOWLEDGEMENT	viii
ABSTRACT (English)	ix
ABSTRACT (Arab)	x
ABSTRACT (Bahasa Indonesia)	xi
TABLE OF CONTENT	xii
CHAPTER I: INTRODUCTION	1
A. Background of Study	1
B. Research Questions	7
C. Scope and Limitation	7
D. Significance of Study	8
E. Definition of Key Terms	8
CHAPTER II: REVIEW OF RELATED LITERATURE	10
A. Psychoanalysis	10
B. The Freudian Theory	14
C. Jealousy Theory	15
CHAPTER III: RESEARCH METHOD	19
A. Research Design	19
B. Data Source	19
C. Data Collection	19
D. Data Analysis	20
CHAPTER IV: FINDING AND DISCUSSION	21
A. Rachel's Characteristics of Jealousy	21
1. Rachel felt lonely and sad	21
2. Rachel was drunk almost every day	22

3. Rachel thinks Tom is a guardian of her life	22
4. Rachel loves Tom even though Tom is married to Anna	23
5. Rachel is obsessed with the couple, Megan and Scott	25
6. Rachel's Therapy with Kamal Abdic to solve her problems	26
7. Rachel remembers her memories and she stabs Tom in self-defense	27
8. After Rachel killed Tom	28
B. The Causes of Rachel's Jealousy	29
1. The Analysis of the story summary	30
2. Character and Characterization of Rachel	32
3. The Cause's Factors of Rachel Jealousy	35
CHAPTER V: CONCLUSION AND SUGGESTIONS	40
A. Conclusion	40
B. Suggestion	42
REFERENCES	44
CURRICULUM VITAE	46

CHAPTER I

INTRODUCTION

A. Background of the Study

Humans as individual beings as well as social beings often have interpersonal relationships with other humans. In relation, humans are influenced by different personalities and emotional experiences. According to Sujanto (2004), a person's personality is a complex psychophysical totality of each individual. So that it will appear in their unique behavior.

Allport (2005) also states that everyone in this world has their personality, a different personality and no one will have the same personality. Therefore, no one will behave the same way. The fact that humans experience various kinds of events will affect their personalities and emotions. According to Goleman (1997), emotional reactions are divided into eight types, namely anger, sadness, fear (anxiety), pleasure, love, surprise, irritation, and shame.

Emotional outbursts bring about the integration of feelings, behaviors, judgments, and desires at a particular time, thus creating an integration between emotions and personality. Sigmund Freud is a well-known figure in psychodynamics who put forward an opinion about human personality. Human personality is the structure of the human self which consists of three systems, namely the Id, Ego, and Superego.

The earliest part of the personality to emerge is the id. The id is present at birth and runs on pure instinct, desire, and need. It is unconscious

and includes the most primitive part of the personality, including basic biological drives and reflexes. The second part of the personality, the ego, arises from the id. The ego operates from the reality principle, which works to satisfy the id's desires in the most reasonable and realistic ways. The ego may do this by delaying gratification, compromising, or anything else that will avoid the negative consequences of going against society's norms and rules.

The Superego is the moral compass of the personality, upholding a sense of right and wrong. These values are initially learned from one's parents. It has been stated previously that there are several types of emotional reactions. It can be said that emotions are complex reactions accompanied by physical activity and changes in the human body.

According to Goleman (1997), emotion is a biological and psychological state accompanied by physical expression. Jealousy is an emotional reaction. Jealousy is the emotional state that arises over the perception that an important interpersonal relationship is being threatened by an interloper (Harris & Darby, 2010). Jealousy is the emotional state that occurs when one desires what another possesses. It often includes feelings of ill will towards the other and negative feelings about the self (Cohen-Charash, 2009).

The accumulation of emotional memory from the past, according to Freud, is the result of an unfulfilled Id (subconscious), then experiencing repression in the form of ego (consciousness) and Superego (upper conscious) as humans who understand moral rules. Jealousy can be expressed as a

psychological problem, it can be said as a problem in life. It depends on the individual experiencing it. For some people, jealousy can be beneficial because it serves as a warning against their relationship with their partner. This kind of person can overcome emotional instability due to jealousy that arises, so they can step up and find the best solution. But some people cannot control their anger, emotions, and mentality so the effects of jealousy become very dangerous for themselves and their partners. (Chatijah, 2009).

The attitude of jealousy is a psychological problem in daily life. We often see people who are weak and confused when they have jealousy of their partner. Likewise, jealousy happens to a fictive character in a literary work. They feel the same as normal people in real life. Because the fictive characters are a reflection of the original human character in reality.

Some of the authors write a novel in the form of jealousy and psychological experience. One of the authors who wrote the novel is Paula Hawkins. Paula writes *The Girl on The Train* and she tells the readers about the mystery of a woman named Megan Hipwell, that becomes national news after her missing. Two weeks later, her body was found buried in the Corly wood near Witney Station. It was found out that she was pregnant when she died. Rachel, the girl on the train, is the main character of this novel with her complex character and uniqueness. Because the main character in this story is not depicted like in most novels, a protagonist with nice characters. However, from Rachel's point of view, we will know who murdered Megan Hipwell.

In a literary work entitled *The Girl on the Train*, a study is urgently needed to discuss the problem of the psychological condition experienced by Rachel. Rachel's character, who is frail against her emotions, is told to have a drunken habit that can't solve her life problems. This story has a slow plot and makes the reader impatient, but it ends up going faster as it approaches the end of the story with an interesting plot twist. A lot of advice can be taken, on the relationship between jealousy that affects a person's character.

Another reason the writer chooses *The Girl on The Train* to be reviewed in this study such as the novel is a best-seller after being published in January 2015 and becoming the 1st *New York Times-Fiction Best-seller* in 2015. Besides that, the female characters in the novel are different compared to other novels. The female characters are depicted in a strong, deep, and complicated story plot that is not simple. The plot contains many life lessons that can be useful for readers.

In conducting this study, the researcher looked at several previous studies that discussed the topic of jealousy, which is a part of Rachel's character and takes aspects of Rachel's psychological problems as a reference. Here, several researchers have researched *The Girl on The Train* by Paula Hawkins.

S Khumaeroh first carried out the thesis; a student from Universitas Negeri Semarang in 2019 entitled *An Analysis of George's Jealousy as Reflected in Enid Blyton's Novel Entitled the Famous Five go to Mystery Moor*. In the thesis written by S Khumaeroh, she explains the jealousy of a

man named George in the famous novel *Five: Five Go to Mystery Moor* using psychoanalytic theory. The discussion of the thesis leads to the id, ego, and superego of a jealous George. This thesis has a common object that explains the jealousy of the characters in the novel. In this case, this thesis is very different in its discussion to explain Rachel's psychological condition after she divorced her husband.

Second, in the theory of jealousy, some objects also discuss it. A study conducted by Chatijah Astir Suwarsih, a student from Universitas Muhammadiyah Surakarta in 2009, entitled *The Effect of Jealousy on the Development of Leontes Attitude in Shakespeare in the Winter's Tale: A Behaviorism*. The research conducted by Chatijah uses a behavioral approach.

The jealousy experienced by Leontes as the main character is caused by a misunderstanding with his wife, Hermione. The wife is thought to have had an affair with Polixenes. Uncontrollable misunderstanding, resulting in detrimental emotions. In the end, the main character experiences regret because he has lost his wife, daughter, and best friend.

The psychology of the drama uses a behaviorism approach, in which the figure of The King of Leontes is a reflection of humans who are having emotional disorders. However, this study tries to explain a little about how Rachel's condition. In the story, Rachel feels jealous when she sees her ex-husband Tom has a new wife named Anna.

The third Apart from some previous research on character jealousy, Nur'aini Dyah Tri Utami (2018). wrote the results of her research entitled

Jealousy Reflected at Henrik Ibsen's Hedda Gabler Play (1890): An Individual Psychological Approach. The research sets two objectives: the first is to analyze the play in terms of structural elements, and the second is to analyze the play based on the Individual Psychological Perspective. The result of the study shows the following conclusion.

Based on the Individual Psychological Approach, Hedda Gabler's story shows the jealousy that occurs to Hedda as the main character. The story of Hedda Gabler is played by several characters with Hedda Gabler as the main character. Hedda Gabler is the daughter of a general. Hedda's stubborn and selfish character causes this story to have a tragic ending. Because the main character died by suicide by shooting herself in the eyelids with her gun.

Fourth, (Prihermawan, 2014) in his research entitled *The Jealousy in "Medusa" by Carol Ann Duffy* stated that poetry is poetry that emphasizes human emotion, and jealousy. The purpose of this study is to analyze jealousy in poetry through intrinsic elements and explain the effect of jealousy on the human soul. Medusa is one of the poems that emphasize human emotions, and Duffy uses jealousy which is one of the common emotions that humans feel like an object to describe the power of jealousy and its influence on the human psyche. Carol Ann Duffy uses imagery and symbols in the intrinsic aspects of Medusa's figure. He created a sense of horror with Medusa's terrifying physical description. Describes a love story that was once beautiful

and passionate, eroded by the mistrust and cruelty that comes from the betrayal of the lover.

For the analysis of the extrinsic aspects, this study considers the effect of jealousy in the poem. The extrinsic aspects indicate that the jealousy in the poem is normal jealousy caused by romantic reasons. Jealousy can potentially be the cause of self-loathing which the sufferer will experience later, as the accumulation of other presenting negative emotions.

In this study, the researcher relates the Freudian Theory to the effect of the main character's jealousy as a result of a study entitled: The Main Character's Jealousy in Paula Hawkins' *The Girl on The Train*.

B. Research Question

Dealing with the preceding discussion in this writing, the study is formulated with the following questions:

1. What are the characteristics of Rachel jealousy in Paula Hawkins' *The Girl on The Train*?
2. What are the causes of Rachel jealousy in Paula Hawkins' *The Girl on The Train*?

C. Scope and Limitation

Not to make the study go too wider, here, the researcher limits the focus of the study as follows:

1. The analysis is focused on the characteristics of Rachel's jealousy reviewed from Freud's Theory of Psychoanalysis.

2. The analysis will be centered on the caused of Rachel's jealousy in *The Girl on The Train*.

D. Significance of the Study

Theoretically, the researcher hopes that the results of the study can contribute to literary research and can provide a reference for further researchers in analyzing a literary work.

Practically, the results of the study can improve other researchers' knowledge about the jealousy of the main character's analysis in *The Girl on The Train* in reviewed from Freud's Theory of Psychoanalysis. This study can give a significant contribution to English teaching and learning, especially in teaching literature, book, or drama, in English class.

E. Definitions Key of Terms

1. Jealousy is an emotional condition resulting from a feeling of threat to a relationship that will be disturbed by others. These emotions have the potential to cause conflict until the intruder leaves (Harris & Darby, 2010). Jealousy is an emotional state that occurs when someone wants what someone else has. This often includes feelings of ill will towards others and negative feelings about oneself (Chung&Harris, 2018).

2. Psychoanalysis

Freud proposed that the human psyche could be divided into three parts: the Id, the ego, and the Superego. The Id is the primitive and instinctual part of the mind that contains sexual and aggressive drives and hidden memories, the Superego operates as a moral conscience, and the Ego is

the realistic part that mediates between the desires of the id and the Superego.

3. The Freudian Theory

The Freudian theory divides human personality into three major components: the Id, the Ego, and the Superego. The Id is the most primitive part of the personality that is the source of all our most basic urges. The Id is entirely unconscious and serves as the source of all libidinal energy. The Ego is the component of personality that deals with reality and helps ensure that the demands of the id are satisfied in ways that are realistic, safe, and socially acceptable. The Superego is the part of the personality that holds all of the internalized morals and standards that we acquire from our parents, family, and society at large.

CHAPTER II

REVIEW OF RELATED LITERATURE

A. Psychoanalysis

The study of psychology began to be recognized as an independent science in 1879 when Wilhelm Wundt founded the first psychology laboratory in Germany. Since then psychology has become a rapidly growing science and various schools of psychology have been born. One of the important streams in psychology is the concept of a person's personality. This concept is defined by many experts, one of the most popular concepts of personality is psychoanalytic theory.

Psychoanalysis theory is one of the theories that discuss the nature and development of personality forms possessed by humans. The main elements in this theory are motivation, emotion, and other aspects of personality. The basis of psychoanalysis theory is to assume that personality will begin to develop when there are conflicts between the psychological aspects themselves. These symptoms usually occur in children or at an early age.

According to Gunarsa (in Hidayat, 2011) psychoanalysis is an attempt to influence psychological processes psychologically. The discussion of psychoanalysis cannot be separated from the figure of Sigmund Freud who built this theory. Freud's subjective experience in

healing neurosis patients greatly contributed to the birth of psychoanalysis which is closely related to the concept of personality.

In general, psychoanalysis can be said to be a new view of where the unconscious plays a central role. Freud explained that the term psychoanalysis does not always have the same definition. Freud distinguished psychoanalysis into three definitions (Bertens, 2006), there are: 1) psychoanalysis as a method of research on psychic processes that were previously almost unreachable by scientific research, 2) psychoanalysis as a technique to treat psychological disorders experienced by neurosis patients, and 3) psychoanalysis as all psychological knowledge that includes a combination of the above methods and techniques.

From the statement above, it can be concluded that psychoanalysis is psychological knowledge obtained through research on psychological processes and as a science that studies techniques for treating psychological disorders.

B. The Freudian Theory

Freud stated that the life of the soul has three levels of consciousness, namely conscious, preconscious, and unconscious. Until the 1920s, the theory of psychological conflict only involved these three elements. In 1923, Freud introduced three other structural models, namely: *das Es*, *das Ich*, and *das Ueber Ich*. This new structure does not replace the old structure, but complements the old structure, especially in its function and purpose (Alwisol, 2005).

Freud also stated that personality is a system consisting of three elements, namely *das Es*, *das Ich*, and *das Ueber Ich* (in English, the Id, the Ego, and the Superego). The three elements in terms of their dimensions are presented in Table 2.1 below.

Tabel 2.1
Comparison of Freud's Three Systems of Personality

<i>The Element's Dimension</i>	<i>The Id</i>	<i>The Ego</i>	<i>The Superego</i>
Nature	Represents biological aspect	Represents psychological aspect	Represents societal and parental aspect
Level	Unconscious	Conscious, preconscious, and unconscious	Conscious, preconscious, and unconscious
Principle	Pleasure	Reality	Moralistic and idealistic
Purpose	Seek pleasure and avoid pain	Adapt to reality while controlling the Id and Superego	Represent right and wrong
Aim	Immediate gratification	Safety, compromise, and delayed gratification	Perfection

Source: Churchill R, Moore TH, Davies P, et al. (2010)

1. The Id, The Ego, and The Superego

a. The Id

The Id is a very dominant word, known as the pleasure principle because it always tries to use pleasure and satisfaction to reduce tension. The Id is a primitive, chaotic region, beyond the reach of the conscious mind. The id is unchangeable, immoral, illogical, unmanageable, and full of energy to satisfy the pleasure principle (Feist, 2009).

The Id is an instinctive feeling that exists since humans are born. Like someone who feels hungry and thirsty, he must think about eating and drinking. Like a baby who feels hungry, then he will cry if the Id is not fulfilled. However, if there is an Id but no intermediary to reality then the Id will not be satisfied. The link to satisfaction of the Id is the ego.

b. The Ego

The Ego is a system that reacts with a secondary process. The secondary process is a realistic thought process because the ego is controlled by the reality principle. The Ego is in charge of planning whether the Id will be carried out or even ignored. The Ego is a system that mediates between Id and Superego. In other words, the Ego is the designer or planner who controls all human actions. The Ego functions to relieve tension within oneself by carrying out activities to adjust the existing impulses to objective reality (reality). The ego has the awareness to harmonize good and bad impulses so that there is no anxiety or inner tension (Jalaluddin, 2008).

The ego can also be extended as an explicit aspect of personality because it controls the path taken, and chooses the needs that can be met and how to fulfill them. When carrying out the function of this system, the Ego must unite the opposition between the Id and the Superego (Suryabrata, 2005). For example, when a child learns to get used to receiving rewards from their parents, they will think about doing everything to get something back. From the above, the ego is a system that

functions to think about the actions to be taken so that satisfaction will be the result.

c. The Superego

In Freudian psychology, the Superego represents the moral and ideal aspects of the personality that are controlled by moral and idealistic principles. The Superego is different from the pleasure principle (*The Id*) and the realistic principle (*The Ego*). The Superego develops from the Ego.

The Superego is understood as a moral embodiment of the values taught by parents to their children. The Superego is used to perfect human behavior, so as not to violate the norms, culture, and laws that apply in society. The Superego distinguishes between right and wrong, good and bad, ethical or not.

2. The Jealousy Reviewed from The Freudian's Theory

As previously stated that jealousy is natural in a relationship. Jealousy arises naturally as the emotions of happiness, sadness, or disappointment. Thus, jealousy that can be controlled, logical, and not dramatic can strengthen a relationship, but if jealousy becomes excessive it will be very dangerous and is a psychological disorder. The characteristics of jealousy are feeling inferior, mental disorders, acting self-destructively, difficulty accepting responsibility, being selfish, blaming others, having excessive sensitivity, being suspicious, venting emotions, and anger.

In case viewed from the Freudian's Psychoanalysis Theory that psychoanalysis is a dynamic system of psychology that seeks the roots of

human behavior in unconscious motivations and conflicts (Naisaban, 2004), it can be stated that jealousy is one of the conflicts in humans. According to Freud, conflict is inherent in the structure of the human personality. The Id, Ego, and Superego are always in a state of conflict which involves continuous interaction and conflict between impulses seeking release. Conflict in psychoanalysis can be caused by a condition in which one of the Id, Ego, and Superego dominates the personality so that tension arises in the individual's psyche. Forms of individual tension include instincts, phobias, anxiety, and ego defenses.

Thus it can be said that jealousy in a review of Freud's psychoanalysis theory is a conflict within humans in the form of interaction and conflict involving the Id, Ego, and Superego, causing tension. These tensions include instincts, phobias, anxiety, and ego defenses.

C. Jealousy Theory

In this study, the focus of the researcher is to describe jealousy in psychology with its impact on individual behavior. Research on jealousy only began reaching scientifically acceptable standards in the 1980s and 1990s (Hart & Legerstee, 2010). These studies provided empirical data describing the “hows” and “whats” of jealousy, thus shedding light on the precursors and outcomes associated with jealous episodes. However, noticeably absent are theories elucidating the “whys” of jealousy.

Most theorists explain the characteristic of jealousy that there is a social triangle and occurs when a person feels that another person poses a potential threat to interpersonal relationships related to a relationship (e.g., Parrot & Smith, 1993; Mathes, 1991; Salovey & Rothman, 1991; White & Mullen, 1989). Brehm & Kassin (1993) stated too that jealousy is a reaction to threats to a relationship's existence. Fear of losing a partner will cause complicated emotions, thoughts, and behaviors (Damayanti & Hudaniah, 2015).

In another explanation, it is stated that jealousy is an emotion that has the function to motivate behavior that protects one's relationship with others. Therefore, jealousy can be said as a motivational condition that is often described, as emotional components, namely anger, fear, and sadness.

The next theory stated that jealousy is a disorder of mental health. Because jealousy can cause low self-esteem, immaturity, or deviance (cf., Bhugra, 1993) to severe psychopathology (cf., Buss, 2000; 2013). Individuals labeled as suffering from “pathological jealousy” often do have partners who are indeed romancing other people (Buss, 2013).

Berscheid (in Brehm, 1992) stated that someone who is very dependent on his partner and thinks that he is only happy with his partner can cause jealousy to be large. Psychological problems are increasingly visible because he will maintain the relationship even though it hurts. Because he thinks there is no other alternative outside the relationship.

The general definition of a psychological disorder is a condition characterized by destructive thoughts, feelings, behaviors, and emotions. This psychological disorder can affect the sufferer's ability to interact normally with other people daily. While psychological disorders in particular is a disorders in the way of thinking (*cognitive*), will, emotion (*affective*), and behavior (*psychomotor*). (Wulandari, 2018). It can be said that psychological disorders are a collection of abnormal conditions, both physically and mentally. These abnormal conditions are divided into two groups, firstly nervous disorders (neurosis) and mental disorders (psychosis). (Wulandari, 2018). Psychological disorders can also be seen from the visible symptoms, such as tension, hopelessness, moodiness, restlessness, anxiety, compulsive behavior, hysteria, weakness, inability to achieve goals, fear, and negative thoughts. (Wulandari, 2018).

From some of the theories above, it can be stated that jealousy is natural in a relationship. Jealousy arises naturally as the emotions of happiness, sadness, or disappointment. Thus, jealousy that can be controlled, logical, and not dramatic can strengthen a relationship, but if jealousy becomes excessive it will be very dangerous and is a psychological disorder.

1. The Jealousy's Characteristics

Gordon (2001) states that someone jealous shows the following characteristics.

- 1.) *Low self-esteem, do not want to accept their shortcomings, and have no respect for themselves.*
- 2.) *Excessive sensitivity, always feels that other people are criticizing even though in reality it is not. Often misinterprets the opinions of others.*

- 3.) *With emotional stress, someone who is jealous has no self-esteem, becomes unsure to speak or express opinions, and looks for throwing guilt at others.*
- 4.) *Being always suspicious is part of a jealous mental disorder. Always suspicious of others.*

Hauck (1994) also states that the characteristics of jealousy are

- 1.) *Feeling inferior and judging that a jealous person does not deserve to be loved.*
- 2.) *Someone jealous will state his complaints and problems clearly and possessively.*
- 3.) *Self-destructing so that they act like mental disorders*
- 4.) *Unable to accept responsibility. A jealous person will accuse and refuse to accept the truth.*
- 5.) *Self-interest if a problem occurs, feels that other people have no right to change their minds.*
- 6.) *Always feel threatened by competition and obsessed with being loved*

From the statement above, it can be concluded that the characteristics of jealousy are feeling inferior, mental disorders, acting self-destructively, difficulty accepting responsibility, being selfish, blaming others, having excessive sensitivity, being suspicious, venting emotions, and anger.

CHAPTER III

RESEARCH METHOD

A. Research Design

This study uses literary criticism because it will be considered as literary criticism that leads to analysis, interpretation, and evaluation in the uses of literary works (Peck & Coyle, 2002). Because this study aims to analyze Rachel's jealousy toward her ex-husband in the novel *The Girl on the Train*, it uses jealousy theory. Therefore, it is this literary criticism that criticizes a literary work from Rachel's point of view, the researcher analyzes by interpreting the data that has to do with the jealousy theory according to Cohen & Carash that jealousy is explaining the emotional state that occurs in someone who wants what he wants. Own by someone else.

B. Data Source

The data source is *The Girl on the Train* novel written by Paula Hawkins. This novel is released on January 15th, 2015 in English version. This novel consists of 320 pages published by Doubleday (2015). All words, phrases, sentences, and paragraphs related to the research objectives.

C. Data Collection

The steps of data collection in the study were carried out as follows; first, the researcher read all the contents of the novel accurately

and thoroughly to get a better understanding of the plot, characters, and roles in the story. Then, the researcher re-read the story comprehensively to get a deeper understanding of the novel. Finally, the researcher paid attention to every detail of the datum in the form of words, sentences, and paragraphs.

D. Data Analysis

The following steps conducted the data analysis:

1. The researcher makes notes in the form of words, phrases, sentences, and paragraphs of data related to the research objectives, namely the description of Rachel who has a jealous nature.
2. The researcher reads and rereads all relevant data and analyzes them into categories to the research objectives.
3. To make it more specific, the researcher can classify the data for the first and second purposes according to jealousy theory.
4. The researcher tries to use the necessary data and filter out unnecessary data regarding the research objectives.
5. The researcher examines and interprets relevant data based on an understanding of jealousy to obtain results and answer research objectives.

CHAPTER IV

FINDING AND DISCUSSION

A. Rachel's Characteristics of Jealousy

Based on the statement in the previous chapter, that jealousy can cause terrible things when it cannot be controlled exactly. Therefore, from the analysis above, it is stated that Rachel's jealousy is a psychological problem because it hurts herself and other characters in *The Girl on The Train*.

Analysis of Rachel's jealousy is categorized as psychoanalysis because it describes the characteristics, effects, and symptoms of psychological problems based on Sigmund Freud's psychoanalytic theory (The Id, The Ego, and The Superego). The desire that arises from Rachel's character is a consideration of conscience because it can be seen in every moment experienced by Rachel from the beginning to the end of the story. The Id, the ego, and the superego develop and complement Rachel's mental psychology in *The Girl on The Train*. The following are occurrences in *The Girl on The Train* that involves Rachel as the main character with the jealousy characteristics reviewed from Sigmund Freud's psychoanalytic.

1. Rachel felt lonely and sad

She wants to forget the problems, then she consumes alcohol every day. Finally, after so long Rachel became a drunk because almost every day she drank alcohol in large quantities. And since becoming a drunk Rachel became more lonely because people were away from her.

Rachel's bad habit of drinking alcohol all the time even in public places is not accepted in society because it is very annoying.

“I felt isolated in my misery. I became lonely, so I drank a bit, and then a bit more, and then I became lonelier because no one likes being around a drunk. I lost and I drank . I liked my job, but I didn't have a glittering career, and even if I had, let's be honest: women are still only really valued for two things – their looks and their role as mothers. I'm not beautiful, and I can't have kids, so what does that make me? Worthless.”
(p. 40)

From what happened to Rachel. The main character has a desire to get drunk due to jealousy and forget her life problems (*The Id*). The main character's jealousy causes her to hurt herself. The main character feels that she has no self-respect, even though she knows that getting drunk is not the solution, she is even more shunned because it causes disturbance to the people around her (*The Id*).

2. Rachel was drunk almost every day

Rachel was drunk almost every day. And she cannot think properly when he's drunk. One day, she gets drunk after having lunch with a client of the company she works for. Rachel behaves impolitely and costs the company a loss by losing a client. Finally, Rachel was fired from the company where she worked all this time. And now she is unemployed.

“I should just say it now, she's already angry with me. I should go after her and tell her: I was sacked months ago for turning up blind drunk after a three-hour lunch with the client during which I managed to be so rude and unprofessional that I cost the firm his business. When I close my eyes, I can still remember the tail end of that lunch, the look on the waitress's face as she handed me my jacket, weaving into the office, people turning look. Martin Miles taking me to one side. I think it's best if you go home now, Rachel.” (p. 73)

Almost every day Rachel bought alcohol and not just one bottle, but more. This habit has drained her money because the price of alcohol is not cheap and she is no longer working anymore. Rachel has no salary and income from her occupation. That habits had made Rachel poor.

“I am soaked through, freezing cold, the ends of my fingers blanched and wrinkled, my head throbbing from a hangover that kicked in at about half-past five. Which is about right, considering I started drinking before midday. I went out to get another bottle, but I was thwarted by the ATM, which gave me the much-anticipated riposte: There are insufficient funds in your account.” (p. 74)

The main character cannot control (*the Id*) her drunk lost and causing her to be unable to think properly. She ignores the reason (*she ignores the Ego and the Superego*). Finally, the main character is fired from her job and becomes poor because her money is often used to buy alcohol.

3. Rachel thinks Tom is a guardian of her life

Rachel feels lost her guardian after the divorce. Rachel thinks that there is nothing that can protect her, like Tom. This happens because Rachel feels safe being around Tom after her dad died. Rachel believes that Tom is her guardian. In Rachel’s opinion, Tom saved her “*from grief after Dad died*” (p. 75).

“You’re no one’s knight, “ I say quietly. “Ah, Rach, don’t be like that. Don’t you remember? You all sad, because Daddy’s died, and just wanting someone to come home to, someone to love you? I gave you all that. I made you feel safe.” (p. 449)

From the conversation above, Rachel is deep sadness because she needs someone to protect her just like her father. At this moment in the

right time, Tom comes and becomes her lover until they get married. Tom gave Rachel the love that she needs and made her feel protected in their marriage. Therefore, Rachel is obsessed with Tom. She still loved him after she divorced Tom. Rachel only wanted to talk to her ex-husband, Tom. She tried to keep in communication and meet with him although she knew that Tom already had a new wife. Until Anna (Tom's wife) feels very disturbed.

The quotation in the novel shows Rachel's obsession with her ex-husband; *"I remember now, I was crying, I told him that I still loved him, that I always would. Please, Tom, please, I need to talk to you. I miss you."* (p. 30).

From the incident above, it can be concluded that the main character does not want to lose Tom as the guardian of his life (*the Id*). Even though she was divorced, she still tried to call to meet her ex-husband. She did not care that it bothered her ex-husband's new family. As a result of excessive jealousy, the main character cannot think realistically (*the Id*).

4. Rachel loves Tom even though Tom is married to Anna

It has been stated in the novel's plot that Rachel thinks Tom is the guardian of her life because Tom has been protecting Rachel in their marriage, the stimulus being given constantly affects Rachel. Finally, Rachel always loves him even though Tom is married to Anna.

It has been said that the main character does not want to lose Tom (*the Id*). Tom is considered a guardian of life and the main character loves Tom very much, even though her ex-husband has married Anna.

5. Rachel is obsessed with the couple, Megan and Scott

Rachel is obsessed with two things. First with her ex-husband and second, with the couple that Rachel always noticed as Jason and Jess. Rachel thinks that the happy couple she saw every day outside the train was Tom and herself in the past. *“I suppose I started noticing them about a year ago, and gradually, as the months went past, they became important to me.”* (p. 26).

Rachel feels that her life has been messed up since she separated from Tom. Since a year ago Rachel had been keeping an eye on the couple who lived in number fifteen. The house is next to the train tracks.

“I can’t believe it. I snatch air into my lungs, I realized that I’ve been holding my breath. Why would she do that? Jason loves her, I can see it, they’re happy. I can’t believe she would do that to him, he doesn’t deserve that. I feel a real sense of disappointment. I feel as though I have been cheated.” (p. 49)

The feeling is the emotional state of a person when experiencing something. The quote above shows how Rachel felt when she saw Jess kissing another man on Jess's terrace. She was so disappointed to watch the vie. She felt the pain of betrayal because she was cheated on by Tom. She became more curious about them, *“I want to be closer, I can’t see. I want to be closer to them.”* (p. 60).

One day, Rachel was very curious and wanted to see Jess-Jason, that couple from the train she was riding but unfortunately, she could not see them. She wanted to see and get closer to them because she wanted to know their condition. Then she decided to walk around their neighborhood although she knew that was not a good idea because the couple was in the same complex with Tom and Anna. She was afraid of being caught by them.

The main character's jealous obsession with the Jess-Jason couple causes her to love the couple (*the Id*). When the main character finds out that Jess kisses a man who is not her husband, she considers it a betrayal as she experienced in the past (*the Id*).

6. Rachel's Therapy with Kamal Abdic to solve her problems

Rachel wants to meet Kamal Abdic to get several consultation/therapy sessions about her life problems. Rachel contacts Kamal, lying about her identity, so she can investigate Kamal further and learn about Kamal's relationship with Megan.

She makes a therapy appointment with him to see if he can help her recall what happened on Saturday night during her blackout. Rachel begins to gain insight into her life by talking to him. Inadvertently, Rachel begins to benefit psychologically from therapy with Kamal.

Rachel felt more hopeful and lighter about her life. She ended up not drinking for several days, Rachel was trying to break free from her

alcohol habit. “... because I leave Kamal Abdic’s office feeling lighter, more hopeful. He has helped me.” (p. 207)

She decides to consult Kamal to help her lose remember. Kamal tells her that memories can sometimes be recovered by relying on sensory experience to recollect the memory. “*Focusing on senses other than sight often helps. Sounds, the feel of things ... smell is particularly important when it comes to recalling. Music can be powerful, too.*” (p. 228)

From the description above, it can be concluded that the main character wants to recover from alcohol addiction and investigates Kemal Abdic (*the Id*), so she begins to think about going to the doctor to get a solution (*the Ego*). She tries to find information by following therapy sessions well (*the Superego*).

7. Rachel remembers her memories and she stabs Tom in self-defense

Tom tries to beat and intimidate Rachel into keeping silent, but she defies and fights back. Rachel defends herself because she knows that Tom wants to kill her. Rachel grabbed a corkscrew and stabbed his neck.

“Tom’s lips are moving, he’s saying something to me, but I can’t hear him. I watch him come, I watch him, and I don’t move until he’s almost upon me, and then I swing. I jam the vicious twist of the corkscrew into his neck. His eyes widen as he falls without a sound. He raises his hands to his throat, his eyes on mine. He looks as though he’s crying. I watch until I can’t look any longer, then I turn my back on him.” (p. 317)

From the explanation above, it can be concluded that the main character is trying to save herself (*the Id*), and defend herself from Tom's

attack (*the Ego*). She tries to run from Tom and then thinks to stop Tom by killing him with a corkscrew (*the Superego*).

8. After Rachel killed Tom

Anna called the police and told the police that Rachel killed Tom in self-defense by a corkscrew.

*“It was self-defense,” she told them.
“I saw whole thing. From the window. He went for her with the corkscrew. He would have killed her. She had no choice. I tried...”
It was the only time she faltered, the only time I saw her cry
(p. 318-319)*

Since then Rachel read a lot about Tom in the paper and learned that much of what she thought she knew about him was not true.

“There’s been a lot of stuff about Tom in the paper. I found out that he was never in the army. He tried to get in, but he was rejected twice. The story about his father was a lie, too- he’d twisted it all round. He took his parents’ savings and lost it all. They forgave him, but he cut all ties with them when his father declined to remortgage their house in order to lend him more money. He lied all the time, about everything. Even when he didn’t need to, even when there was no point” (p. 319)

Rachel has not had a drink in 21 days. Rachel starts a new better life without Tom’s shadow. She just wants to forget her misery and start a new life. She did not drink anymore and she has money from her mother. *“I have some money. Mum was quite generous when she discovered everything I’d been through, so I don’t have to worry. Not for a while.” (p. 320).*

Based on the analysis of occurrences in *The Girl on The Train*, it can be stated that the dominant Id is the cause of the complexity of the main character's life because she cannot control the Id. Therefore, the Ego and Superego lose. Rachel responds to the jealousy in her life

emotionally. She was overthinking, venting his anxiety to resolve the inner conflict. Based on the previous chapter about jealousy as a psychological problem, Rachel's attitude can be expressed as jealousy because it shows the following characteristics: feeling inferior, having mental disorders, acting self-destructively, difficulty accepting responsibility, being selfish, blaming others, having excessive sensitivity, being suspicious, venting emotions, and anger.

However, at the end of the story, the main character has the Superego by feeling responsible for finding Megan's killer as well as curing alcoholics, the main character is vowing to take control of her life, and stay sober, and look for a job. She is thinking about new hope, about a better life. She does not slump in her misery because just follow her Id, now her Ego has started to follow her Superego which will lead to a better life.

“I’m better now, about the children thing; I’ve got better since I’ve been on my own. I’ve had to. I’ve read books and articles. I’ve realized that I must come to terms with it. There are strategies, there is hope. If I straightened myself out and sobered up, there’s a possibility that I could adopt. And I’m not thirty-four yet – it isn’t over. I am better than I was a few years ago, when I used to abandon my trolley and leave the supermarket if the place was packed with mums and kids; I wouldn’t have been able to come to a park like this, to sit near the playground and watch chubby toddlers rolling down the slide. There were times, at my lowest, when the hunger was at its worst, when I thought I was going to lose my mind.” (p. 40)

B. The Causes of Rachel’s jealousy

After analyzing the characteristics of Rachel's jealousy based on the occurrences in *The Girl on The Train* reviewed from Freudian’s Psychoanalytic theory, the following is a description of Rachel's character

based on an analysis of the summary of the story and Rachel's character. That analysis can help researchers to find out how the relationship between the characters and other elements in the novel to find the causes factors of Rachel's jealousy. This section is divided into three things as follows: 1) the Analysis of the overall summary, 2) the Character and Characterization of Rachel, and 3) The cause factors of Rachel's jealousy.

1. The analysis of the story summary

The Girl on The Train is a fiction book by Paula Hawkins in 2015 and categorized under Thriller & Crime-Mystery. This book is the author's debut novel and the film premiered in 2016. The research will put the summary of *The Girl on The Train* to give a little description of the story.

The Girl on The Train is told from the perspective of three different first-person women: Rachel, Megan, and Anna. The plot swirls around that three women. They have different lives, but there is an incident that unites the paths of their lives when one of them disappears.

Rachel is the main character, who rides a commuter train between London and Ashbury every morning and evening. Rachel is an alcoholic, she got divorced and lost her job. She rides the train to London every day. Rachel watches a couple living at number 15 Blenheim Road because they seem like perfect people and makes Rachel incredibly jealous. However, one morning, she sees something shocking: Jess kissed

another man on her terrace, he was not her husband. This angered Rachel that someone could be so unfaithful.

However, Rachel wonders what might happen to a seemingly perfect life for Jason and Jess. The narrators between Rachel and Megan Hipwell, the girl goes missing in the summer of 2013. The story is told over two years, starting with Megan in 2012 and ending with her disappearance in 2014. During this time she had marital problems with her husband Scott, an affair with Tom Watson (Anna's husband), and a sexual attraction to Dr. Kamal Abdic finally, she became pregnant with Tom.

Megan works as a babysitter for Anna and Tom's baby, but she quits her job. Because she is uncomfortable as a babysitter with the responsibility for a baby every day and she is nervous that Anna (Tom's wife) will discover her affair with Tom.

Megan struggles to parse out her romantic feelings for both Tom and Scott—and all the while old traumas create restlessness within her. During this time, she confides in Dr. Abdic about painful past experiences. Megan asks him for advice. He assures Megan that she has come far enough in life to be a good mother herself now; so he tells Megan not to have an abortion but rather raise the child by herself if it turns out not to be Scott's baby after all; which gives Megan confidence in his faith in her ability as a mother. Megan wants to tell Tom about the

pregnancy. However, he encourages getting an abortion instead because he does not want children at this point in his life right now.

In 2013, Rachel woke up, and she notices that she is covered in cuts and bruises on her head. She cannot remember what happened that night. When Rachel reads about Megan Hipwell's disappearance, she is shocked because it seems like something she had witnessed at Witney train station.

Rachel decides to stop drinking too much alcohol so she can recall some of her memories in an attempt to find out what happened the night Megan disappeared. To do this, she goes back to see where it all took place—the underpass beneath the train station. While there, Rachel experiences flashbacks from that night which are extremely terms of pain and fear.

2. Character and Characterization of Rachel

In addition to analyzing the whole story, the researcher also describes the characterizations of the main characters. The purpose of this analysis is to obtain a physical description, attitude, and character of Rachel in *The Girl on The Train*. The following is the result of Rachel's analysis as the main character.

The characters' characterization can be revealed from their actions, thought, reaction, and attitude among the characters. In this case, character and characterization are used to analyze Rachel Watson, the main character in *The Girl on the Train*. Rachel is the major character

because the story focuses on Anna's missing from Rachel's perspective. This book is told from three women's points of view. They are Rachel, Megan Hipwell, and Anna Watson. Rachel has the most narrate. With a total of 431 pages, Rachel has 323 pages, Megan Hipwell has 90 pages, and Anna Watson has 62 pages.

Rachel is a woman living in Ashbury with her flatmate, Cathy. Rachel is around 33 years old. In the novel, Rachel's age is not stated clearly but by looking at the novel's setting in 2015 and her marriage seven years ago when she was "*at the tender age of twenty-six*" (p. 75), it can be said that she now 33 years old.

Rachel is unemployed because she "*lost my job months ago*" (p. 108). She used to work at Huntingdon Whitely. But still, she takes a train to London every day. She is an alcoholic too, and Rachel is described as an imaginative woman as she said when she was sitting on the train leaving Euston to London, "*My mother used to tell me that I had an overactive imagination; Tom said that too*" (p. 1). From this quotation, it is clearly stated that Rachel is an imaginative person.

While sitting on the train, she always looks at the number twenty-three house which turns out to be her old house near the train tracks, and her favorite couple's house on the fifteen number. Rachel's imagination about the couple's life in house number fifteen from the window train can also be seen in the following quote.

"... the occupants of this house, Jason and Jess, sometimes climb out of the large sash window to sit on the makeshift terrace on top of the kitchen-extension roof. I don't see Jason quite so much, he's always a

lot with work. But even if they're both got the day off and she's lying in bed while he makes breakfast, or maybe they've gone for a run together, because that's the sort of thing they do" (p. 6)

Rachel takes the train every day and she always pays attention to that house from the train window where she sits. She often imagines the life of a couple that she named Jason and Jess. She feels good to imagine what they do every day based on her observation. When Jason cannot be seen from the train, Rachel thinks that Jason is working. She imagines their activity such as Jason making breakfast for his wife and they going for a run this morning. Rachel not only imagines how Jason and Jess's daily life but imagines their occupation too.

"Jason may be away working. He's a doctor, I think, probably for one of those overseas organizations. He's constantly on call, a bag packed on top of the wardrobe; there's an earthquake in Iran or a tsunami in Asia and he drops everything, he grabs his bag and he's at Heathrow within a matter of hours, ready to fly out and save lives. Jess, with her bold prints and her Converse trainers and her beauty, her attitude, works in the fashion industry. Or perhaps in the music business, or in advertising-she might be a stylist or photographer. She's a good painter, too, plenty of artistic flairs" (p. 13)

Rachel imagines Jason as a doctor for some reason. Maybe, he looks strong so he can help people in many countries. Meanwhile, Rachel sees the artistic side of Jess' appearance therefore she assumes that Jess is working in the art industry or gymnastics. Rachel does not know Jason and Jess in real life. Rachel does not know their real name. Thus, Rachel called Jason and Jess in her imagination.

"I don't know their names, either, so I had to name them myself. Jason, because he's handsome in a British film star kind of way, not a Depp or a Pitt, but a Firth, or a Jason Isaacs. And Jess just goes with Jason, and it goes with her. It fits her, pretty and carefree as she is" (p. 14).

Rachel Watson characterization's shows through the surface details of her dress and physical appearance. Rachel is described as a plump woman with swollen face caused by her drinking habit and sleep deprivation. *"it's not just that I've put on weight, or that my face is puffy from the drinking and the lack of sleep.."* (p. 15) *"I've seen pictures: all huge dark eyes and generous curves-but now she's just run to fat"* (p. 354)

In this novel, Rachel is described as someone who loves to drink alcohol and blackout after drunk. She easily finishes a can of premixed gin and tonic and still has three cans in her bag for a drink later. *"The premixed gin and tonic fizzes up over the lip of the can as I bring to my mouth and sip... the can's already half empty, but it's OK, I have three more in the plastic bag at my feet"* (p. 3)

3. The cause's factors of Rachel's jealousy

Paula Hawkins' *The Girl on The Train* tells the story of the main character with psychological problems due to jealousy. The similarity of psychological problems experienced by the main character with the jealousy characteristics based on jealousy theory can be stated that she is jealous.

Jealousy refers to an emotional experience there have many factors cause. Included happening to Rachel as the main character in *The Girl on The Train*. Many factors cause jealousy in Rachel. She has a bad

relationship with her ex-husband and the people around her. More specially, here are the causes factors of Rachel's jealousy.

a. The Bad Relationship

A bad relationship is one of Rachel's jealous causes. In novel described that the main character, Rachel is always hurt when she remembers her divorce, and Tom chooses to marry another woman (Anna). After Tom has been married Anna and they still stayed in Tom's house. A house that Rachel and Tom bought when they were still married.

"I can't bear to look at it... Every day I tell myself not to look, and every day I look. I can't help myself. ... even though anything I do see will hurt me. Even though I remember so clearly how it felt that time I looked up and noticed that the cream linen blind in the upstairs bedroom was gone, replaced by something in soft baby pink; even though I still remember the pain I felt when I saw Anna watering the rose bushes near the fence, her T-shirt stretched tight over her bulging belly, and I bit my lip so hard it bled." (p. 22).

Rachel was jealous when she looked at that house because it has been occupied by another woman with her ex-husband. Rachel is struggling to deny when she saw the first home where she lived with Tom because it makes her hurt.

"... every day I tell myself not to look, and every day I look. I can't help myself, even though anything I do see will hurt me." (p. 6)

"... even though I still remember the pain I felt when I saw Anna watering the rose bushes near the fence, her T-shirt stretched tight over her bulging belly, and I bit my lip so hard, it blend." (p. 7)

b. Anna's Pregnancy

In the story, seven years ago Rachel was very happy, successful, and had a house with Tom. However, Rachel feels that her life is still incomplete because she is not pregnant and has children.

"It didn't happen. No doctor has been able to explain to me why I can't get pregnant. I'm young enough, fit enough, I wasn't drinking heavily when we were trying. My husband's sperm was active and plentiful. It just didn't happen. I didn't suffer the agony of miscarriage, I just didn't get pregnant. We did one round of IVF, which was all we could afford. It was, as everyone had warned us it would be, unpleasant and unsuccessful. Nobody warned me it would break us. But it did. Or rather, it broke me, and then I broke us." (p. 78)

Rachel and Tom have tried various ways, but the results have not been as Rachel had hoped. She's not pregnant yet. Rachel was worried that she was infertile.

"We were trying for a baby and it didn't happen. I became very depressed, and I started to drink. I was extremely difficult to live with, and Tom sought solace elsewhere. And she was all too happy to provide it" (p. 156).

This situation makes Rachel jealous because Tom has a child with Anna.

"Rachel in this condition still loves Tom very much but he is married to Anna and they also have a child named Evie. In terms of their happiness makes, Rachel is very jealous." (p. 113)

c. Megan and Scott's Happiness Couple

Another thing Rachel likes to overcome her loneliness when riding the train every day is noticing a couple from the train window.

She always looks at the number 15 house which is nearby her old house in number 23. It is her favorite, a house where side-by-side track trains because she can always look at a seemingly happy couple in that house from her window train. She imagines their life as told in the happy-ever story. In Rachel's thought, "*they are a perfect, golden couple*" (p. 6).

Even though Rachel sees them only from the window train and never met them before, she thinks they are her happy couple. "*They're a match, they're a set. They're happy. I can tell. They're what I used to be, they're Tom and me five years ago. They're what I lost, they're everything I want to be*" (p. 14)

From the quotation above, it can be seen that Rachel wants to be a happy couple like them. To be an ideal and blessed marriage. However, Rachel's hope was lost because her marriage to Tom failed. A marriage that has only been running for five years must be ended and left her with sadness. She cures her loneliness by looking at Jason and Jess' happiness every day from the train window. Rachel's jealousy towards the couple is expressed in the following quote.

"I know that on warm summer evenings, the occupants of this house, Jason and Jess, sometimes climb out of the large sash window to sit on the makeshift terrace on top of the kitchen extension roof. They are a perfect, golden couple. He is dark-haired and well-built, strong, protective, and kind. He has a great laugh. She is one of that tiny bird-women, a beauty, pale-skinned with blonde hair cropped short. She has the bone structure to carry that kind of thing off, sharp cheekbones dappled with a sprinkling of freckles, a fine jaw." (p. 6)

Rachel imagines what they do every day based on her noticing from the train. When Jason can not be seen from the train, Rachel thinks that he is going to work. She also imagines their everyday activities. Rachel not only imagines Jason and Jess' daily life but she also imagines what and where their job is.

"I can't see Jason and Jess this morning, and my sense of disappointment is acute. Silly, I know. I scrutinize the house, but there's nothing to see. The curtains are open downstairs but the French doors are closed, sunlight reflecting off the glass. The sash window upstairs is closed, too. Jason may be away working. He's a doctor, I think, probably for one of those overseas organizations. He's constantly on call, a bag packed on top of the wardrobe; there's an earthquake in Iran or a tsunami in Asia and he drops everything, he grabs his bag and he's at Heathrow within a matter of hours, ready to fly out and save lives. Jess, with her bold prints and her Converse trainer and her beauty, her attitude, works in the fashion industry. Or perhaps in the music business, or in advertising-she might be a stylist or a photographer. She's a good painter, too, plenty of artistic flairs." (p. 13)

CHAPTER V

CONCLUSION AND SUGGESTION

A. Conclusion

From the explanation of chapter 4 part a, it can be concluded that Rachel has the characteristics of being jealousy of other people. First, Rachel feels lonely and sad, where she is the main character who has a desire to get drunk because she feels jealous and wants to forget life's problems, so that other people around Rachel start to stay away. After that, Rachel began to feel lonely and sad. Second, Rachel is drunk almost every day, where she likes to get drunk by drinking alcohol every day, even worse, Rachel was fired from her job for being rude to clients. Third, Rachel thinks Tom is the guardian of her life, in this explanation where Rachel can feel Tom is the guardian of her life after her father died abandoned her, but Tom divorced Rachel, after they got married. Fourth, Rachel loves Tom even though Tom is married to Anna. On this occasion, Rachel still loves Tom even though he is married to Anna, who still loves Tom very much. Fifth, Rachel is obsessed with her partner, Megan and Scott. At this statement, Rachel still felt that she could still be happy with tom but they had to divorce. So here, it causes jealousy when Rachel sees the other couple feeling happy. Sixth, Rachel's Therapy with Kamal Abdic to solves about problem. Where she has a problem about life so, she begins to consult with Kamal Abdic, a therapist who can cure Rachel's illness related to a memory caused by drinking alcohol. Seventh, Rachel

recalls her memories and she stabs Tom in self-defense. In the next sentence where Rachel feels pressured by Tom, Rachel bravely stabs Tom with a corkscrew to defend her, because she feels Tom will be killed her. Eighth, After Rachel kills Tom. After Anna finds out that Tom is dead Anna calls the police to confirm that Rachel killed Tom in her defense, leaving Rachel with no way to commit a murder. On the other hand, she starts to be a tom in their past, which makes Rachel feel jealous. Then Rachel began to live life without a shadow of tom.

In a conclusion chapter 4 part b where the first factor that causes Rachel to be jealous is a bad relationship. What is meant here is that Rachel knew Tom was going to marry a woman named Anna, so Rachel felt hurt when she found out about this incident? Rachel felt jealous when she found out Tom was going to buy the house they had shared when he married Anna. On another occasion, Rachel tried to struggle to deny the first house that would be occupied by Tom and Anna so that Rachel's feelings hurt. The second cause of Rachel's jealousy is Anna's pregnancy. Before divorcing Tom, Rachel felt the joy of being married to Tom, but not complete with the presence of a child from their marriage. On this occasion, Rachel and Tom tried various ways to get a child. When she tried the IVF method, Rachel felt that it was not working that way. After knowing this, Tom parted with Rachel. After splitting up, Rachel learns that Tom has a daughter named Evie from Anna, which makes Rachel jealous. The three causes of Rachel's jealousy are Happiness Couple Megan and Scott. When Rachel was traveling

on the train, she saw from the train window seeing a very happy couple. In this case, Rachel tries to imagine this happiness with Tom but after 5 years, the marriage road ends with a very sad separation for Rachel because they failed to maintain their marriage together, where she did not feel as a happy couple when they got married. So in this case Rachel when she saw Jess and Jason felt happy, as a happy couple compared to Rachel felt jealous when she saw they were both very happy.

B. Suggestion

Through this study, the researcher hopes that readers and future researchers can take a good lesson and increase the reader's general knowledge about jealousy. Researchers also hope that readers can understand the meaning of jealousy and the impact it causes. Therefore, the researcher hopes that this research can be used as a reference source and provide significant references to future researchers if they are interested in discussing similar topics about jealousy.

Due to the limitations of this study, this study only focuses on the jealousy of the characters in *The Girl novel on the Train*, Rachel. As a psychological problem experienced by Rachel in her life. In this literary criticism, the researcher uses what theory relates to the psychological problems of Rachel's character, which it can be helpful for other researchers to improvise the topic of jealousy as a psychological problem and help improve the interpretation of future researchers.

The last time, the researcher realized that literary criticism is not as easy as imagined, so I hope that there will be input and suggestions about this research so that researchers can make better research improvements in the next opportunity.

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CURRICULUM VITAE



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