

CHAPTER I

INTRODUCTION

A. Background of the Study

Bullying is an act of using power to harm a person or group of people verbally, physically, or psychologically so that the victim feels depressed, traumatized, and helpless (Sejiwa, 2008). Bullying can also cause long-term effects for its victims. The effects of bullying can also have an impact on the victim's behavior and can also experience social anxiety. As quoted by WHO in 2019, as many as 301 million people, including children and teenagers, suffer from anxiety disorders. (World, 2022). This anxiety disorder can affect some people and the most concern is when they are teenagers, because they are still vulnerable to the people around them. Social anxiety is also depicted in *Finding Audrey*.

In the novel *Finding Audrey*, the main character, Audrey Turner in the novel, experiences severe social anxiety disorder due to bullying which results in Audrey experiencing social anxiety disorder or social phobia which makes Audrey introverted and this condition has a strong fear of the people around Audrey. This can often happen because of the fear of being negatively evaluated by others. This condition is called social anxiety, which according to Kennair et al. (2020) social anxiety or anxiety disorder can cause someone to change their behavior.

Behavior is a series of actions that individuals make in relation to themselves or their environment. (Hemakumara & Rainis, 2018). Or the response of an action performed to various stimuli, both internally and externally, consciously or unconsciously. (Elizabeth A & Lynn R, (2014). This behavior can be good or bad behavior. This behavior can also change, as Albert Bandura said (1986), due to environmental factors, individual behavior, and cognitive processes. Other people can change their behavior from bad to good by slowly adapting to the environment.

From that explanation, Audrey Turner experienced behavior changes that relates to Albert Bandura Socio-Cognitive Theory. Albert Bandura reciprocal causation which identifies a person's behavior with three factors that influence each other, namely behavior, environment, personal factors. In addition, observation learning is also used in analyzing the changes in behavior that Audrey shows after observing Linus. In addition, an event that later affects Audrey's behavior will be analyzed with chance encounters and fortuitous events where Audrey experiences an event that is not planned by her and changes her behavior.

The researcher chose the novel by Sophie Kinsella which has received the number 1 bestselling author award, and various works such as the Shopaholic series, *The Secret Dreamworld of a Shopaholic*, and *Shopaholic Abroad*, which were adopted into the film *Confessions of a Shopaholic* (2009) sold 40 million copies in more than 60 countries, and has been translated into 40 languages. One of Sophie Kinsella's famous novels is *Finding Audrey*. In addition to the novel

Finding Audrey being the object of research, the researcher also wants to find out more about the causes of behavior changes that occur in the main character in the novel *Finding Audrey*, namely Audrey Turner. In addition, this novel shows how the author discusses the problem of social anxiety in Audrey. As well as being able to understand Audrey's behavior changes that can contribute to increasing awareness and reducing stigma towards social anxiety conditions that occur in society and are relevant to our lives.

B. Problem Formulation

In the novel, the main character experiences social anxiety that leads to behavioural changes. The problem was that the behaviour of Audrey changes overtime, because of the surrounding environment. The supporting characters also helped Audrey's anxiety. Based on the background explain above, the researcher analyses following three problems below:

1. How are the behavior changes of Audrey based on reciprocal causation?
2. How does the social environment affect Audrey's behaviour changes based on observational learning?
3. How do the chance encounters and fortuitous events affect Audrey's behavior?

C. Objective of the Study

There are three main objective of this study:

1. To analyze the behavior changes on Audrey based on reciprocal causation
2. To analyze the social environment that affect Audrey's behaviour changes based on observational learning
3. To analyze the chance encounters and fortuitous events that influence to Audrey's behavior

D. Review of the Related Studies

The researcher finds two researches that have same object which is *Finding Audrey* by Sophie Kinsella. Also, the researcher found, two journal article that has the same theory that also applies in this research.

The first is a study by M. Aprianto Budie Nugroho and Sely Viladinia (2018) from Kuningan University entitled "Audrey Turner's Conflicts and Defense Mechanisms in Kinsella's *Finding Audrey*" (Nugroho and Viladinia, 2018). They investigate conflict and defense mechanisms in Audrey Turner, the main character in Sophie Kinsella's novel *Finding Audrey*. They analyzed the data based on the theory of literature and psychology perspectives of Islam's (2016) and the theory and defense mechanisms by Cramer (2006). They found that person vs him/herself as the internal conflict is found 52 times (67.5%). The first external conflict found was person vs person conflict which appeared 23 times (29.9%) followed by person vs society and person vs nature conflict, each of which only appeared once (1.3%). Three types of defense mechanisms were also discovered. Denial defense mechanisms were found 72 times (54.1%) while projection and identification were found 48 times (36.1%) and 13 times (9.8%, respectively). That is, Audrey as the main character mostly faces conflict with herself and the fear that is influenced by her anxiety disorder and the people around her. To deal with her conflict, Audrey mostly uses rejection as a defense mechanism to protect herself (Nugroho and Viladinia, 2018).

The second is a study by Erlin Septyaningrum from Sultan Agung Islamic University Semarang entitled "Audrey Turner's Personality Development in Finding Audrey (2015) By Sophie Kinsella" (Septyaningrum, 2020). She analyzed the personality development of the main character, namely Audrey Turner in the novel *Finding Audrey*. Research that she did use the theory of individual psychology from Alfred Adler. The study found that Audrey Turner's personality corresponds to Alfred Adler's Individual psychology which can be seen when she has feelings of inferiority due to her mental illness which prevents her from social interaction. She tries to overcome this by gaining superiority such as trying to go to public places and others to socialize. In this endeavour, she demonstrates the qualities of Individual Psychology theory such as the creative power that emerges in her ideas and initiatives to take control of her life, the fictional goal of her desire to be better and be able to socialize with others, Audrey also shows her concern and concern for others family and people around them. From the findings, it can be determined that Audrey's lifestyle is the social useful type. Furthermore, her pursuit of superiority produces superior qualities that show that she has achieved her goals and overcomes her sense of inferiority such as being able to go out in public and meet new people, and she can take off his sunglasses (Septyaningrum, 2020).

The Third study is by Bagas Suryo Prakoso and Resneri Daulay from Ahmad Dahlan University entitled "Behavior Changes in Paulo Coelho Veronika Decides to Die: A Psychological Approach" (Prakoso and Daulay, 2020). They analyzed the personality of the main character in Paulo Coelho's novel, *Veronika*

Decides to Die. This research aims to reveal the main character's environment that contributes to his motivation in life. They used three theoretical concepts from Albert Bandura's (1986) social cognitive theory, as well as social cognitive theory in Jess Feist's *The Theory of Personality*. The research results contain Veronika's introvert personality, coward, and depressed. The research also shows that the main character's environment contributes to the motivation to live based on social cognitive concepts, namely determinism and reciprocal therapy.

The Fourth, study is by Muhammad Nurul Mubin, Bintang Muhammad Nur Ikhasan and khamim Zarkasi Putro from UIN Sunan Kalijaga Yogyakarta entitled “Pendekatan Kognitif-Sosial Perspektif Albert Bandura pada Pembelajaran Pendidikan Agama Islam” (Muhammad Nurul mubin, 2021). They discussed the application of Bandura's social cognitive theory to learning Islamic religious education. Bandura's social cognitive approach suggests that behavior is an accumulation of past experiences in success or failure, social persuasion from the social environment, emotional state, and experience of seeing models. The process of this approach can also be applied to Islamic Religious Education. How teachers carry out religious education learning requires role models or examples in the environment to stimulate students. In this study, the authors collected data by identifying thoughts or findings in books, papers, journals, articles related to the topic. Discuss using descriptive methods to explain the main ideas related to the subject matter. The application of social cognitive theory from Bandura to learning Islamic Religious Education is very

suitable. In Islam, the highest role model is the Prophet Muhammad SAW, the role model and role model for Muslims.

The two studies, both have different theories from what the researchers used. The focus of this research is to reveal how the effect is shown by the main character on her personality, using three main concepts from social cognitive theory by Albert Bandura (1986), namely *reciprocal determinism, therapy, and dysfunction/depression*. Moreover, this research correlates with Septyaningrum`s from her personality analysis and the results she gets from the way Audrey gets her superior qualities.

E. Methods of Research

1. Data and Source of Data

- a. The primary data of this research, the researcher uses dialogue, monologue, words and phrases written by Sophie Kinsella. This study uses the original version of the novel *Finding Audrey* which was released back in 2015 by Madhen Media Ltd.
- b. For the secondary data, the researcher uses journals, books, thesis, and undergraduate thesis related to this research, to help the process of analyzing the primary data.

2. Method and Technique of Collecting Data

In collecting data, the researcher read the book *Finding Audrey*. And then researcher uses library research and collect the data from the novels, books, journals, articles, etc. The researcher also identifying theory that related to this research comprehensively. After that the researcher identified the data in the form of words, phrases, sentences, dialogue from the novel, in particular that describes Audrey Turner's problem. After that, the researcher categorized the data that related to problem formulations and then analyze the data with social cognitive theory by Albert Bandura.

3. Method of Analyzing Data

In analyzing the data, researchers use qualitative research because qualitative uses theory as an explanation for a problem in this research. The data that has been collected and then categorized according to three key concepts of social cognitive theory by Albert Bandura:

1. Reciprocal Causation: this concept will answer the first problem formulation that will analyze behavior changes in Audrey Turner.
2. Observational Learning: This concept will answer the second formulation problem which will analyze the social environment that affect Audrey's behavior changes based on observational learning.
3. Chance encounter and Fortuitous Events: This concept will answer the third problem formulation which analyze the chance encounter and fortuitous events that influence Audrey's behavior

F. Presentation

This Undergraduate thesis is presented in four chapters. Chapter one consist of background of the study, problem formulation, objective of the study, review of the related studies, research methodology, and theoretical approach. Chapter two consist of theoretical approach and framework which discusses two things, namely an approach that is in accordance with the problem and a supporting theoretical framework as a framework for analyzing problems and is discussed using the theory of behaviour change by Albert Bandura. Chapter three is the analysis, in this chapter the researcher tries to answer the problem using the method described above. Chapter four consist of conclusion and recommendation. In this chapter the researcher reaffirms what has been answered in the third chapter and also provides suggestions on the use of this research.