

ABNORMAL BEHAVIORS IN OKKY MADASARI'S NOVEL *BOUND* IN THE PERSPECTIVE OF PSYCHOLOGICAL PROBLEMS

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Abstract

This research aimed to describe the abnormal behavior and the factors causing the abnormal behavior experienced by the first character in Okky Madasari's novel *Bound*. The qualitative-descriptive study was used in this research. The research focused on the problems related to the Sasana's abnormal behaviors. Sasana is the first character in the novel. The abnormal behaviors in the novel were analyzed by implementing the abnormal psychology. The data collection techniques used in this study were reading and note-taking techniques. The depiction of the abnormal behaviors experienced by the first character, and the factors of the behaviors are described based on the collected data both in the form of sentences and paragraphs contained in the data source. The results show that the abnormal behaviors happen to the first characters in the novel. The abnormal behaviors in this novel include being interested in things related to women, wearing women's clothes, behaving like a girl, and feeling jealous of his sister. Besides, the factors that cause the abnormal behaviors of the first character are biological factors and socio-cultural factors.

Keywords: *abnormal behavior; biological factors; socio-cultural factors*

1. Introduction

Literary works, especially novels, always feature characters who describe the human psyche even though the picture of the characters is only fiction. With that fact, literary works are involved in aspects of human life including psychology. The research using a psychological approach to literary works is a form of understanding literary works from a psychological perspective because every character in literary works, especially novels, is always given a human body and soul in his life. One of the novels that contains this point of view is the novel *Bound* by Okky Madasari.

This novel is included in literary psychology because it tells a lot about psychological processes and activities. According to Minderop (2011: 53) psychological fiction is a term used to describe a novel that struggles with spiritual, emotional and mental characters by studying character rather than studying plot or events. As explained by Ratna (2003:343), basically literary psychology pays attention to the psychological problems of fictional characters contained in literary works.

Psychological problems are caused by health irregularities with psychological behavior that leads to thought, feeling, and mental disorders caused by biological, social, and genetic disorders. Psychological problems can also be said to be abnormal behavior because an individual performs actions that are not the same as someone in general.

In the novel *Bound*, Okky Madasari tells the life journey of the main character named Sasana who since childhood was more interested in things related to women such as clothes, shoes, and also makeup tools. Sasana likes it when she wears women's clothes and behaves like a girl. Sasana even felt jealous of his own sister because he was born as a girl while he was a boy. Sasana increasingly regrets being born as a boy. He was sent to a male-only high school which caused him to be bullied.

This study discusses abnormal behaviors experienced by the main character in the *Bound* novel. There are two aspects discussed in the analysis. They are abnormal behaviors of the first character and the factors that cause the abnormal behaviors in the perspective of psychological problem. The researchers did not discuss other aspects which are not related to the study. Therefore, the researchers limit the problem only to the character, Sasana. The reason why the researchers only examine the character Sasana is because in the novel, this character is the most prominent in terms of abnormal behaviors. The results of this study are expected to provide knowledge to the society about abnormal behaviors in the perspective of psychological problem and the factors that cause them. In addition, this research is expected to be used as a reference for other similar studies and to provide positive input for evaluating. The results of this study are also useful for enriching references on literary studies, especially in novels.

2. Literature Review

Psychology is a science that can be related to literary works because psychology itself leads to a science that investigates and studies behavior and activities in which these behaviors and activities are manifestations of mental life (Walgito, 2002:13).

Psychology and literature are closely related because often the characters, situations and plots formed in novels or dramas are in accordance with the existence of psychology, because authors sometimes use psychological theories in describing characters and their environment (Wellek & Warren, 1995: 106).

Psychology and literature basically have something in common, namely that both sciences are sciences with the object of study of humans and their lives. Psychology itself is the science of human consciousness and the behavior of individuals who talk about the soul so that the science of literary psychology is appropriate if it is used to examine literary works, both characters and authors by using various concepts and theories in psychology.

As it is known that the behavior or activities that exist in individuals do not arise by themselves but arise because of the stimulus or stimuli that affect the individual. The environment is one of the factors that is quite influential because it becomes the formation of an individual's personality.

One type of the behaviour is abnormal behavior. It is an emotional condition such as anxiety and depression that is not in accordance with the situation so that it can be said to deviate from normal behavior. The standard of normal behavior itself varies from each community group. In essence, the concept of normality and abnormality is very vague, because individual habits and attitudes that are perceived as normal by a group of people can be considered as abnormalities by other cultural groups. Individuals

who are considered abnormal by several generations before us, for example, are considered normal at this time (Kartono 2009: 2).

An abnormal personality is generally accompanied by psychological problem. Abnormal people are always filled with many inner conflicts, unstable souls, without attention to their environment, separated from society, always anxious and afraid, and the emergence of behavioral problems.

According to S. Nevid, A. Rathus, and Greene (2003: 5) there are some of the most common criteria for determining or measuring abnormalities. Some of the criteria referred to are unusual behavior, behavior that is socially unacceptable or violates social norms, wrong perceptions or interpretations of reality, being in significant personal stress, maladaptive or self-defeating behavior, and dangerous behavior.

S. Nevid, A. Rathus and Greene (2003: 5) also stated the factors causing abnormal behavior, who classified abnormal according to the DSM model. Classification of causes for each type of abnormal behavior according to the DSM model based on cognitive, biological and socio-cultural factors.

1) Cognitive Factor

The focus from a cognitive perspective is on the role of distorted and dysfunctional ways of thinking that may play a role in the development of anxiety disorders. These cognitive factors include excessive sensitivity to threats and self-defeating or irrational beliefs. Beck & Clark (1997) suggested that oversensitivity to threat signals is a major feature of anxiety disorders. We all have internal alarm systems that are sensitive to threat signals. This system had an evolutionary advantage for early humans as it increased the chances of survival in a hostility-laden environment. The emotion of fear is a key element in this alarm system and may have motivated our ancestors to take defensive action.

Today's people with anxiety disorders may have inherited highly sensitive internal alarms that make them extraordinarily responsive to threat signals. Instead of helping them to effectively deal with threats, it's a possibility led them to inappropriately anxious reactions in response to a range of signals that do not actually harm them.

In addition to being overly sensitive to threats, another cognitive factor is self-defeating beliefs or irrational beliefs. Self-defeating thoughts can increase and perpetuate anxiety disorders and phobias. Irrational thoughts intensify autonomic arousal, interrupting plans, increase the aversiveness of stimuli, encourage avoidance behavior and decrease self-efficacy in relation to one's ability to control the situation.

2) Biological Factor

Biological factors in terms of including genetic factors, neurotransmitters and biochemical aspects. Genetic factors are one of the important factors that may underlie the easy development of personality disorders because most personality disorders are caused by family factors and partly due to environmental factors. This genetic factor can be in the form of physical abnormalities and psychological disorders that occur due to birth, which may be other family members who experience the same thing.

In addition to genetic factors, other factors related to biological factors are neurotransmitters. According to Goodhart *et al* (2001) the neurotransmitter that affects anxiety is called gamma aminobutyric acid (GABA). GABA is an inhibitory neurotransmitter, which means it reduces the overactivity of the nervous system and

dampens stress responses. Research shows that people with acute panic disorder show low levels of GABA in several parts of the brain.

The third factor which includes biological factors is the biochemical aspect. Support for a biological basis for the biochemical aspects of panic disorder is found in studies showing that people with panic disorder when compared with a group of non-panic disorder patients, they are more prone to experiencing anxiety, and panic symptoms in response to biological challenges such as infusion of sodium lactate or manipulation of carbon dioxide (CO₂) in the blood either through intensive hyperventilation (which reduces the level of CO₂ in the blood) or inhalation of carbon dioxide (which increases CO₂).

3) Socio-cultural Factor

Abnormal or normal behavior depends on social or the influence of the cultural environment in which they live (Kartono, 2009: 5). In this case, the family including the social system is also influential in abnormal development.

Environmental conditions in modern life as it is today can also make it difficult for a person to obtain and maintain a stable self-identity. In addition to parenting and family conditions, other factors that can cause psychological disorders are economic level, housing, education level, minority group problems which include prejudice and inadequate health facilities, education and welfare, racial and religious influences and values.

3. Research Method

In conducting this research, it uses the theory of abnormal behaviour by Nevid., Rathus, and Greene (2003: 5). Their theory is to explain the first character's abnormal behaviour and the factors of the abnormal behaviour. This study was conducted as by applying qualitative study by using descriptive analytical method. Descriptive analytical method is done by describing the facts. Then, it is proceeded with analysis. This method is not alone to describe but also to provide understanding and explanation (Ratna, 2013: 53). The data collection technique used in this study was reading and note-taking technique. The steps in reading are repeated readings three times so that researchers can find and understand the contents of the novel about the abnormal behaviors experienced by the characters, and the factors of abnormal behavior; identifying the abnormal behaviors and the factors; and the last analyzing the collected data. To analyze the data, this study used a qualitative descriptive analysis technique. The depiction of the abnormal behavior experienced by the first character, and the factors are described based on the data collected both in the form of sentences and paragraphs contained in the novel *Bound*.

4. Discussion

4.1 The First Character's Abnormal Behaviour Being Interested in Things Related to Women

Sasana was born as a male and has a body condition like a real man in general. However, since childhood Sasana showed different things. The difference was initially shown by the pleasure of Sasana which tended to prefer things that smelled of women. Sasana prefers his sister's clothes and accessories. It can be seen in the following quotation.

My sister was born when I was in fourth grade. A beautiful baby girl. Her cheeks were plump and smooth, her body tiny, her eyes wide. I adored her. I loved her more than anything else. I loved being near her, watching her, observing her movements, studying her smiles. I paid attention to all the clothes she wore. Pink dresses and cute shoes. (Madasari, 2015: 15).

The quotation above shows Sasana's desire to become a beautiful woman like his younger sister, Melati. Sasana likes to observe that his sister has a beautiful and charming face. This also inspired Sasa to show that he could be beautiful like his sister.

Sasana's interest in matters related to women became clearer when he studied in Malang. This was after he met Cak Jek, a street artist who brought Sasana to become a singer with the appearance of a woman. Sasana has turned into a transgender. In this city Sasana found something that made him happy, after many years of waiting. Sasana was very happy when Cak Jek brought a set of women's clothes to wear while singing. Cak Jek took out one by one the contents of the plastic he was carrying: red shoes with high, pointy heels, miniskirts, and colorful sexy blouses. See the following quotation.

Wow... they were all so beautiful. These were things that I'd wanted since I was little but could never have. What would I have done with them? Where could I have worn them? People would have thought I was out of my mind. (Madasari, 2015: 46).

Wearing Women's Clothes

When Sasana started singing with Cak Jek, Sasana had the ambition that he should become a professional dangdut singer. Sasana learned to be able to sing melodiously and learn to dance like a sexy singer, and to wearing women's clothes to support his appearance.

I took the bra from Cak Jek and put it back on. The cups stuck out a little but they were still empty. I put on a sleeveless red top, then wriggled into a black miniskirt... Oh la la... I suddenly felt incredibly sexy. I also felt beautiful. I wiggled my butt as I walked, mimicking the women I'd often seen at shopping centers. (Madasari, 2015: 48).

The quotation above shows Sasana's feeling that he feels sexy and beautiful, because he wears clothes and imitates the way the women he sees walk. While the following data shows how detailed Sasana is in what he wears.

I bought an orange top with a low neckline. I paired it with a short, dark denim skirt. The shoes were orange, to match the top. I prepared another set of clothes for later at night, a sexy red sequined dress that reached mid-thigh. I picked out gold shoes to go with it. (Madasari, 2015: 65).

The data above shows just as a woman can be said to be a tomboy and feminine can be seen from his appearance. In this case, when Sasana transforms into Sasa, he likes to wear women's accessories, such as high heels, skirts and colorful blouses. Unlike other transgender women, Sasana who has transformed into this Sasa has good

taste in his appearance. He is good at mixing and matching clothes, subordinates and shoes that he uses to support his appearance when he become a singer.

Behaving like a Girl

Sasana has brought out his feminine sides. She has a feminine lifestyle, the feminine lifestyle is a form of lifestyle that indulges lust. The inappropriate behavior of Sasana is that as a man, he should look like a man. However, on the contrary, Sasana looked like a girl. The incompatibility of Sasana's behavior lies in his lifestyle which is not supposed to adopt a feminine lifestyle. Sasana wears women's clothing, uses powder and make-up like women, and uses women's accessories.

What was wrong with the way I dressed or how I looked? This was my way of entertaining people and making them happy. And it made me happy to get made up and dressed like this. So what was wrong? How dare they say that I could just be used? Damn them!
(Madasari, 2015: 83).

Most people called Sasana by Sasa. His existence as Sasa is recognized by the people around him. The word of surprise and at the same time swearing is proof that they pay attention and admit that Sasa is among them. In addition, there are those who praise Sasana's appearance with the word "Good" which is a compliment which means it is appropriate to dress up as Sasa.

Feeling Jealous of His Sister

Sasana starts to envy his younger sibling's life, who looks much more fun than him. Also, Melati's beautiful face will radiate every day. This can be seen in the following quotation.

Melati was brought up not much differently from me. but her life seemed much more fun. She was always smiling and laughing. day by day, her beauty shone through in her face. (Madasari, 2015:15).

The quotation above shows Sasana's jealousy towards his younger sibling whose life seems much more enjoyable than his life which seems boring. Also on all the beauty that his sister has can also be seen in the data below.

For me, every part of her was a thing of beauty, a work of art, something to admire and envy. there were also the things she had: pretty clothes and shoes, fragrant powders, soft toys. everything I had was staid and boring by comparison. (Madasari, 2015: 26).

4.2 The Cause of Abnormal Behaviors

Biological Factor

Biological factors are more often associated with genetic factors, because genetic factors have an important role in the development of anxiety disorders. Anxiety disorder is a comprehensive sensation or fear, this is normal if it occurs in certain conditions, but can become abnormal if it occurs excessively and is not in accordance with the conditions or circumstances that are currently happening. Anxiety disorders can be diagnosed by the characteristics of specific phobic disorders, social phobia and post-traumatic stress.

Sasana experience specific disorders because they have an excessive fear of certain objects.

The teacher would only stay an hour, but it felt much longer. I didn't like it. The piano no longer sounded beautiful in my ears. It had transformed into a series of discordant sounds that felt me feeling as though I was being chased or locked inside a room.
(Madasari, 2015: 14).

Sasana had an inner conflict. He felt himself bored, but he was forced to learn the piano. The uncomfortable atmosphere within Sasana caused his mind to become unfocused, and the sounds made by the piano became noise.

Sasana also has a social phobia. Social phobia is an anxiety disorder that occurs in a person when he is in the midst of a group of people or a place that is crowded with people. Social phobia arises because of a tendency to feel inferior, fear and worry about rejection. The same thing happened to Sasana. Sasana is afraid that she will become the object of ridicule and gossip from the community.

I could recognize an insulting look or a menacing gesture. These people showed none of that. Their smiles, their laughed, their way of talking about me reflected nothing more than their interest in me.

Perhaps I was being too cocky, but I really did sense that. So why did I feel so derided in front of them? A few children straggled along behind me. We were like a carnival procession. (Madasari, 2015: 66).

Apart from his unnatural appearance, Sasana feels inferior when he is in the crowd because he is not a smart person. Even though he was actually a smart kid, he didn't go to college and chose to become a busker. His job as a busker with an unnatural appearance makes him a crisis of confidence. He considers himself inferior to others.

I often felt ashamed to be around at times like those, listening to those bright and brave young university students, while I was just a street busker who hadn't even finished a year of university.
(Madasari, 2015: 203).

Socio-Cultural Factor

Socio-cultural factors that influence abnormal behaviors include family parenting, economic level, housing, education level, minority group problems which include prejudice and health facilities, inadequate education and welfare, racial and religious influences and values.

In the novel *Bound*, it is stated that Sasana from a young age did not get freedom from his parents. He was forced to follow the wishes of his parents, such as playing the piano.

Mother and Father had ripped the happiness out of my life when they took away my dangdut, so I no longer gave them the satisfaction of playing the piano or the music they so enjoyed. (Madasari, 2015: 25).

Sasana's father and mother are educated people, so they have ambitions to give the best for Sasana. however, what happened was beyond Sasana's will. they turn into

dictatorial and violent parents. They tend to do what they think is good and not necessarily good for Sasana. Such as entering Sasana into a male-only high school without asking Sasana's consideration. Sasana can not refuse what his parents wishes even though he does not like it.

I couldn't when, after finishing middle school, I was placed into a high school for boys. It was run by a Catholic foundation. My parents had chosen it, without asking me where I wanted to study. Father and Mother thought that being around other boys would keep me out of trouble. (Madasari, 2015: 28).

The problems faced by Sasana did not end there. The reality is the opposite of what Sasana's parents wishes. The school that he thought was good turned out not to be too good for Sasana. At school, Sasana was hostile to his upperclassmen.

Until one day Sasana came home with a bruised face. Sasana's mother accused Sasana of fighting at school. Without asking at length Sasana's father came directly slapped Sasana's face. Sasana did not think his father would be that heartless. They repeated the same thing when Sasana had problems with art lessons during at junior high school. Sasana's parents show their harsh side where Sasana hates violence. Sasana wants to feel free from all the rules that blame her.

The moment father arrived he slapped me across the face. I was stunned. He had always been so gentle and patient, and yet now he had raised his fist to me. (Madasari, 2015: 32).

Sasana felt very ashamed of their treatment. Sasana felt the loss of self-esteem for the second time. He is depressed by the circumstances that continue to make him the one to blame. He was reported to the police on charges of blasphemy and against God's destiny.

5. Conclusion

Based on the analysis above, some points are summed up. Abnormal behaviors happen to the character named Sasana. There are four abnormal behaviors of the first characters in the novel. They are being interested in things related to women, wearing women's clothes, behaving like a girl, and feeling jealous of his sister. The first character's abnormal behaviors in the novel are caused by several factors. Those are biological factors and socio-cultural factors. Biological factors include genetic factors that play an important role in anxiety disorders, as well as neurotransmitter and biochemical aspects in the brain. While, socio-cultural factors come from family upbringing, community demands, and religious norms.

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