2.1 Psychology of Literature

Psychology and literature are two terms that different to each other but related to each other too. A literary works is a product of human’s psychology. A literary works was created on the mind of human in subconscious way, and then it was created to a real from in a conscious way. So, the process of creating literary works is full of conscious and subconscious of human activity. Those fact stands as the based assumption of Psychology of Literature Research.

In Rene Wellek and Austin Warren book “Theory of Literature”, they state the term of "psychology of literature" as the psychological study of the writer, as type and as individual, or the study of the creative process, or the study of the psychological types and laws present within works of literature, or, finally, the effects of literature upon its readers (audience psychology).

For some conscious artists, psychology may have tightened their sense of reality, sharpened their powers of observation or allowed them to fall into hitherto undiscovered patterns. But, in itself, psychology is only preparatory to the act of creation; and in the work itself, psychological truth is an artistic value only if it enhances coherence and complexity—if, in short, it is art. (Renne Wellek and Austin Warren, 1948:88).

The research of Psychology of Literature focuses on analyzing the literary
works itself and the background of the

2.2 Expressive Approach

In the Expressive criticism, the works was seen as the individuality expression of the author. Expressive approach stands for semi psychological research. This approach focuses the analyzing on the works and the relation to the historical aspects of the author, for example: the background of the author, education of the author, economics and politics and other aspects. The expressive approach better applied if the author or the writer still alive so the researcher can done an interview to get the real information. The research also possible to be done even if the author or the writer was not alive by collecting all of the information related to the author or the writer, for example the biography of the author or the writer.

In this thesis, the writer cannot do the interview with Sylvia Plath as the writer of the selected poems because she had taken suicide long time ago. So, the writer tried to collect all of data that related to the Sylvia Plath that is the biography of Sylvia Plath and other sources that have information about Sylvia Plath. For the main data itself that is the selected poems the writer gets from the Sylvia Plath selected poems’ books that published by her husband Tedd Hughes.

2.3 Dynamic Structuralism

The elements of a literary works stand as the main focuses when analyzing a literary works. The elements of a literary works, for example; character, setting, plot, theme and others. In analyzing a literary works such as novel, poetry or drama, the researcher has to pay attention to the unsure of the literary works as the
very first step in doing analyzing.

Dynamic Structural was created as the complement to the theory structural classic. In theory structural classic, the analysis only focuses on the intrinsic aspects of a works. In structural classic theory, the researcher didn’t pay attention to the situation beyond the text or the structure of the text. It means, in this theory the analysis only focus on the text itself.

In Dynamic Structural, the analysis not only focuses on the intrinsic but also the extrinsic aspects of the works. The researcher of Dynamic Structural finds the relation between the text and things beyond the text, for example the background of the writer or the feelings of the writer when create their works.

One of Dynamic Structuralist, Mukarovsky states that there are a dynamic relation between the author, literary works, reader or audience, and reality. So those elements were related one to another and makes influence one to another. The other Dynamic Structuralist is Felix Vodicka who says that a literature born as the result of communication process, semiotics fact, structure, and va

2.4 The Term of Depression

Depression is a kind of clinical illness that causes constant feeling of sadness and lack of interest. Depression may effects how someone reacts about a specific situation, how they feel, behave and think.

There are several forms of depression (depressive disorders). Major depressive disorder and dysthymic disorder are the most common.
2.4.1 Major depressive disorder (major depression)

Major depressive disorder is also known as major depression. The patients suffer from a combination of symptoms that undermine their ability to sleep, study, work, eat, and enjoy activities they used to find pleasurable.

2.4.2 Dysthymic disorder (dysthymia)

Dysthymic disorder is also known as mild chronic depression. In this case, the patient will suffer symptoms for a long time. The symptoms are not as severe as in major depression; they do not disable the patient. However, people affected with dysthymic disorder may find it hard to function normally and feel well. A person with dysthymia might also experience major depression, once, twice, or more often during their lifetime. Dysthymia can sometimes come with other symptoms. When they do, it is possible that other forms of depression are diagnosed.

2.4.3 Psychotic depression

When severe depressive illness includes hallucinations, delusions, and/or withdrawing from reality, the patient may be diagnosed with psychotic depression. Psychotic depression is also referred to as delusional depression.

2.4.4 Postpartum depression (postnatal depression)

Postpartum depression is also known as postnatal depression or PND. This is not to be confused with 'baby blues' which a mother may feel for a very short period after giving birth. If a mother develops a major depressive episode within a few weeks of giving birth it is most likely she has developed postpartum
depression. Experts believe that about 10% to 15% of all women experience this type of depression after giving birth. Sadly, many of them go undiagnosed and suffer for long periods without treatment and support.

**2.4.5. SAD (seasonal affective disorder)**

SAD is much more common the further from the equator you go, where the end of summer means the beginning of less sunlight and more dark hours. A person who develops a depressive illness during the winter months might have SAD.

**2.4.6. Bipolar disorder (manic-depressive illness)**

Bipolar disorder is also known as manic-depressive illness. It used to be known as manic depression. It is not as common as major depression or dysthymia. A patient with bipolar disorder experiences moments of extreme highs and extreme lows. These extremes are known as manias.

Connecting to Sylvia Plath real live, her depression was categorized as a combination of Major depressive disorder (major depression) and Psychotic disorder.

**2.5 The Term of Poem**

**2.5.1 Types of Poem**

There are five types of poems in particular. They are descriptive, reflective, narrative, lyric, and sonnet. Each kind has much common features though the difference is connected to form and style of expressing idea.
a. Descriptive

Descriptive poem is a poem which describes people or experience, scenes or objects.

b. Reflective

Reflective poem is a thoughtful poem often containing a great deal of description which the poet comments on as form, upon which draws a conclusion.

c. Narrative

Narrative poem is a poem which tells a story. It tends to be longer than other types of poetry but it is comparatively easy to recognize the poet’s intention.

d. Lyrics

Lyrics is the simplest form of poetry like a song which usually the expression of mood or feeling.

e. Sonnet

Sonnet is a poem of fourteen lines which follows every strict rhyme patterns.

The three selected poems by Sylvia Plath is a kind of descriptive poem because the way she write those poems was about someone who tells about people experience, she also make description about objects and scenes in her poems.

2.5.2 Kinds of Poem

There are ten kinds of poem; they are ballad, ode, elegy, pastoral, sonnet,
epic, dramatic monologue, satire, confessionals, free verse, (Kasim, 2007. *Introduction to Literature*)

a. Ballad

Ballad is a short narrative song preserved and transmitted orally among illiterate or semiliterate people. Some characteristics of ballad are: first, ballad focus on a single crucial episode or situation. The ballad begins usually at a point where the action is decisively directed towards its catastrophe. The second, ballads are dramatic. We are not told things happening; we are shown them happening. The third, ballads are impersonals. The narrator seldom allows his own subjective attitude toward the events to intrude ballads often contain dialogues between characters.

b. Ode

Ode is the most formal, ceremonious, and complexly, organized form of lyric poetry, usually of considerable length. It is frequently the vehicle for public utterance on state occasion, such as a ruler’s birthday, accession, and funeral.

c. Elegy

Elegy is the words derive from the Greek word “elegeia” which means “lament”. Elegy is formal in tone and diction; it usually contains the commemoration of the death of actual person or the poet’s contemplation of the tragic aspects of life. Elegy is also written to express felling of sorrow or loss
d. Pastoral

Pastoral is a type of poetry that describes rural life. It often deals with the love of shepherd and shepherdesses.

e. Sonnet

Sonnet is a poem that consists of fourteen lines. It rhyme scheme has, in practice, been widely varied. The confessional poems are basically autobiographical in nature. It is the poet speaking specifically about himself. And free-verse it is the kinds of poetry an author doesn’t use either rhyme- scheme or metrical devices.

f. Epic

Epic is the most ambitious kind of poetry deals with great heroes whose actions determined the fate of their nation or of mankind.

g. Dramatic monologue

Dramatic monologue is a type of poetry in which a person expresses the though and feeling which are uppermost in his mind to another person who keeps silent all the time with a view to convincing to hearer of what he thinks. It is essentially a study of character, of mental states or moral crisis, made from inside. It is predominantly psychological, analytical, meditative, and argumentative. In a dramatic monologue, the speakers speaks and addresses his argument to another person who generally keep mum, which infuses great dramatic quality into it.
h. Satire

Satire is a type of ridicule and criticism, and it can be erected against many different object universal human vices of follies, social evils or political short coming. It is often engendered by the desire to improve society, to right a wrong.

j. Confessionals

Confessional poetry is a style of poetry that emerged in the United States during the 1950s and 1960s that has been described as poetry "of the personal." The content of confessional poems is autobiographical and marked by its exploration of subject matter that was considered taboo at the time. This subject matter included topics like mental illness, sexuality, and suicide.

k. Free Verse

Free verse is a type of poetry that does not require any rhyme scheme or meter. Poems written in free verse, however, do tend to employ other types of creative language such as alliteration, words that begin with the same sound, or assonance, the repetition of vowel sounds.

In this thesis, the writer focuses on analyzing kinds of confessionals poetry, because the poet of those three selected poems also called as a conventionalist poets.