

**LIZANKA'S WAYS
TO COPE WITH THE IMPACTS OF
HER PSYCHOLOGICAL PROBLEMS
AS SEEN IN ANTON CHEKHOV'S *A DOCTOR'S VISIT***

THESIS

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ABSTRACT

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Kata Kunci: Stress, Coping with the Stress, *A Doctor's Visit*.

Someone who faces the psychological problem in their life can keep it secretly. However, it has an impact for human's life as stress causing psychological and physical disturbances. Thus, to overcome the impacts, person tries to find a way to cope with his psychological problem. It is reflected in *A Doctor's Visit* by Anton Chekhov. The story tells about Lizanka who has psychological problems. Moreover, the psychological problems make her becomes stressful and bears it impacts, psychologically and physically. Thus, to cope with the impacts, she needs to solve her stress by finding solutions for her psychological problem.

Therefore, this study uses stress and coping theory to analyze Lizanka's ways in coping her psychological problems and its impacts. The result of this study shows that Lizanka can cope her psychological problem and its impacts that she bears by using several ways and by the attendancing and helping of Korolyov. The ways that she takes are seeking social support, and positive reappraisal. Thus, because of the presences and helps of Korolyov and also the coping ways that she takes, she seems relieved and sees her problem positively. As a result, it makes her not stressful anymore. For the next researchers, it is recommended to analyze *A Doctor's Visit* from Freudian's psychoanalysis point of view that is three systems of personality; id, ego and superego.

ABSTRAK

Puspita Arianti, Deane. 2015. **Cara Lizanka Mengatasi Dampak Masalah Psikologinya dalam *A Doctor's Visit* oleh Anton Chekhov.** Program Studi Sastra Inggris, Jurusan Bahasa dan Sastra, Fakultas Ilmu Budaya, Universitas Brawijaya. Pembimbing: (I) M. Andhy Nurmansyah, M.Hum. (II) Melania Shinta Harendika, M.A.

Kata Kunci: Tertekan, Mengatasi perasaan tertekan, *A Doctor's Visit*.

Seseorang yang mempunyai masalah psikologi dalam hidupnya dapat menyembunyikannya. Namun hal itu membawa dampak bagi kehidupannya yaitu perasaan tertekan yang menyebabkan gangguan secara psikologi dan fisik. Maka untuk mengatasi dampaknya, seseorang mencoba menemukan cara untuk menyelesaikan masalah psikologinya. Hal ini tercermin dalam *A Doctor's Visit* oleh Anton Chekhov. Karya ini bercerita tentang Lizanka, seorang gadis yang mempunyai masalah psikologi. Masalah tersebut membuatnya menjadi tertekan dan ia harus menanggung dampaknya secara psikologi maupun fisik. Maka untuk mengatasi dampak buruk tersebut, ia perlu mengatasi perasaan tertekannya dengan menemukan solusi untuk masalah psikologinya.

Penelitian ini menggunakan teori tertekan dan mengatasi perasaan tertekan untuk menganalisa cara Lizanka dalam menyelesaikan masalah psikologi serta dampaknya. Hasil penelitian menunjukkan bahwa Lizanka dapat mengatasi masalah psikologinya dan dampak yang ia tanggung dengan menggunakan beberapa cara dan melalui kehadiran dan bantuan Korolyov. Cara yang ia ambil adalah mencari dukungan sosial, dan menciptakan penerimaan suatu masalah dengan positif. Maka, melalui keberadaan dan bantuan Korolyov dan juga cara penyelesaian yang ia ambil, Lizanka nampak puas dan melihat masalahnya secara positif. Sebagai hasilnya, ia menjadi tidak tertekan lagi. Untuk peneliti selanjutnya, disarankan untuk menganalisa *A Doctor's Visit* dari sudut pandang psikoanalisis Freud yaitu tiga sistem kepribadian; id, ego, dan superego.

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