

ESTHER GREENWOOD'S INTIMACY CRISIS IN SYLVIA PLATH'S *THE BELL JAR*

Sella Lufitaningsih Afriani

English Literature, Faculty of Languages and Arts, State University of Surabaya
email: sellaafriani@mhs.unesa.ac.id

Abstrak

Studi ini menganalisa krisis keakraban yang dialami Esther Greenwood dalam novel *The Bell Jar* karya Sylvia Plath. Keakraban adalah aspek penting dari cerita yang ditampilkan oleh Esther yang mana itu menjadikan warna tersendiri untuk keseluruhan hidupnya dalam novel. Tujuan dari penelitian ini, yang pertama untuk menggambarkan krisis hubungan akrab yang dialami Esther berhubungan dengan teori tahap perkembangan psikososial oleh Erikson focus pada tahap keenam, isolasi versus keakraban. Yang kedua bertujuan untuk menafsirkan usaha Esther dalam mengontrol krisisnya dan untuk mendapatkan keakraban dengan masyarakat yang didukung oleh teori Interpersonal Model Process of Intimacy dari Reis dan Shaver. Teori ini menunjukkan dua komponen penting, yaitu Pengungkapan diri dan Tanggapan yang diterima. Pengungkapan diri menunjukkan ekspresi seseorang secara pribadi dan mengungkapkan perasaan atau informasi kepada orang lain. Pembicara harus bias menginterpretasikan tanggapan mitranya dalam bentuk pemahaman, validasi, dan kepedulian untuk menciptakan keakraban. Studi ini merupakan penelitian kualitatif. Untuk mengumpulkan data, penulis membaca novel secara komprehensif dan mengumpulkan beberapa buku terkait untuk mendapatkan teori, data dan informasi tambahan yang diperlukan. Analisis ini menemukan dua kesimpulan, pertama krisis Esther digambarkan dalam cara dia gagal berperilaku diantara masyarakat dan membuat dia merasa kesulitan dalam membangun hubungan yang akrab dengan yang lain. Kedua, berdasarkan pada usahanya Esther dalam mengontrol krisisnya menggunakan Interaksi perorangan, hasil analisa menunjukkan bahwa Esther mampu mengontrol krisisnya dengan berinteraksi dengan seorang psikiater yang memberikan respon yang mendukung dan empati kepadanya. Singkat cerita, *The Bell Jar* karya Plath adalah satu-satunya prosa epik yang dianggap sebagai novel otobiografi terbaik yang pernah ditulis.

Kata kunci: keakraban, perkembangan psikologisosial, interaksi perorangan, pengungkapan diri, tanggapan yang diterima

Abstract

This study analyzes Esther Greenwood's intimacy crisis in Sylvia Plath's *The Bell Jar*. Intimacy is an important aspect performed by Esther which in fact colors her whole life in the novel. The objectives of the study are, firstly to depict Esther's crisis of intimate relationship dealing with sixth stage of Erikson's Psychosocial Development, isolation vs. intimacy, and secondly to assess Esther's struggle to control her crisis and to gain intimacy among society supported by Reis and Shaver's Interpersonal Model Process of Intimacy. Interpersonal interaction has two key components, self disclosure and perceived partner responsiveness. Self disclosure manifests person's expression personally and reveals feeling or information to another. The disclosure must interpret perceived partner's responsiveness as understanding, validating and caring to develop intimacy. This study is a qualitative study. To collect the data, the writer reads the novel comprehensively and collects some related books to find out theory, data and additional information required. The analysis finds out two conclusions, first Esther's crisis is depicted in the way she fails to behave among society and makes her feeling difficult in building an intimate affiliation with others. Second, based on Esther's effort in controlling crisis using interpersonal interaction, the result shows that Esther can control her crisis by interacting with a psychiatrist who gives supportive and emphatic respond to her. All in all, the story is Plath's the one and only prose epic which was considered as the best autobiographical novel ever written.

Keywords: Intimacy, Psychosocial Development, Interpersonal Interaction, Self Disclosure, Perceived responsiveness

INTRODUCTION

"What does a woman see in a woman that she can't see in a man?"
Doctor Nolan paused. Then she said,
"Tenderness." That shut me up.
(Plath, 1971, p 140)

This quotation presents much of how Sylvia Plath writes her characters of her novel related with the journey of abiding relationship between the same-sex. *Tenderness* is the nice word to show how woman survives her life through love, affection and gentleness of heart that she has. As the world knows, Sylvia Plath is one of the most influential and outstanding poets and novelist at twentieth century. She was born on October 27th, 1932 in Boston, Massachusetts, United States. Her interest in writing appears at an early age. She starts her career by submitting over forty-five stories to *Seventeen* before the first one of her work is published in August 1950. Plath is the author of the semi-autobiographical novel entitled *The Bell Jar*, an only novel based on her life and deals with a young woman who suffers an unusual tendency, named Esther Greenwood. This novel is published by William Heinemen in London 1963 several months before her decision to suicide under the pseudonym Victoria Lucas. The first edition is published by Harper and Row in 1971 in New York. The background of this story is mostly influenced by Plath's deep depression of being abandoned by her husband, Ted Hughes for another woman. The main figure of this book, Esther Greenwood, reflects Plath's character. She struggles to face her psychology social problem focused on intimacy crisis in order to she can socialize normally with others.

Sylvia Plath's *The Bell Jar* is being used as the main data of this study. The study focuses on Esther Greenwood's intimacy crisis and the ways she controls her crisis among society. Esther's crisis occurs when she fails positioning her own self into community. She gets a mistake about life and its perspective. The result of her alienation makes her farther from the community and suffers the difficulty of building relationship with people around her. Her problem reveals at the time she comes to New York for her internship program in famous woman's magazine office (Plath, 1971, p. 2).

She meets many friends there, especially Doreen who takes an influential role of her personality and makes a good relation with her. Unfortunately, this relationship does not last longer since Lenny Shepherd comes to break Esther's heart (Plath, 1971, pp. 7-11) and creates a distance to Doreen. She makes a new perspective about men through Lenny's act to her. On the other side, the way Esther admires her boss, Jay Cee, without knowing the real character of her remains separated problem for her own self (Plath, 1971, p. 25). She is an innocent woman in declaring her opinion about Jay Cee and ignoring what Doreen argues about their boss. Till the day, Jay Cee abuses her because she does not have a clear career focus in the future and dodges in every Esther's excuse. She gets dumped and releases her anger into several dates with men. The pity life comes to her again, she is determined to date with Marco but getting assault by him (Plath, 1971, p. 69). Esther feels sick of the way Marco sees her as whore. Esther's mental problem has been deteriorated from time to time. She decides to go home to her mother's house in Boston (Plath, 1971, p. 72). Since she has stayed at her mother's house, she tries to shift her mood and starts to write. Unfortunately, she does not have any reliance of her self in writing a story because she thinks that she does not gain any interesting experience to write as a novelist (Plath, 1971, p. 77). She gets worse and even tries to suicide for twice but she is found and saved. Her mom brings her to a clinic to check her mental problem to Mr. Gordon (Plath, 1971, p. 81) but she does not get any good attention from him. The next day of her consult, she is asked to get a shock therapy (Plath, 1971, p. 90) and causes her mental getting worse. In addition, she fails in understanding of her mother's attention (Plath, 1971, p. 130). She thinks that her mom is embarrassed on her condition. Fortunately, its condition can be healed by the time passes through several practical therapies that she has done to make her life better. She finally meets another psychiatrist who can help and give social support so that she is more confident to do her life and improves the positive feeling of hers (Plath, 1971, p. 136). At the end, Esther can endure her life and live her life as before (Plath, 1971, p. 156).

Academically, Sylvia Plath's *The Bell Jar* is used to analyze by some researchers before. One of them is overviewed and written by Karolina Kitanoska(2013) with the study entitled "*I was my own woman*": Breakdown and Recovery in Sylvia Plath's *The Bell Jar* and Margaret Atwood's *The Edible Woman*. This study reviews about two women during 1950's and early 1960's that experience the anxiety, frustrations, identity crisis and loss of self in facing the social stereotype of woman's reality; being a house wide- mother ideal but successfully rise out of the breakdowns and regain the resolution in the end. The focus study is concerned of the characters breakdowns, the crisis and the resolution. The following research article of Sylvia Plath's *The Bell Jar* is written by Mahkrukh Baig and published on US Open English & Literature Journal Vol. 1, No.1, December 2013, PP:01-17. Baig portrays the emotional damage of Esther as an ordinary girl and the depiction of woman's life lives under the confinements of her imaginary about 'bell-jar' and struggles against her confusion upon her society and her own self. Second article is written by Baljeet Kaur and published on International Journal of English Language, Literature and Translation Studies Vol. 4. Issue.3., 2017 (July-Sept.), pp. 48-54. Baljeet Kaur analyses two main focuses, first the conflict between mother-daughter relationships regarding with its cause and consequences. Several rules become the reasons of the mother's insistence to the daughter to obey and observe the social, traditional and moral obligations. Second, Kaur assesses the rebellion of the daughter who decides not to settle down what her mother's will to role and makes her mother becomes powerless, submissive even docile to her. The daughter wishes to explore the identity of her and struggle to gain her individuality but being disappointed because her mother fails to give her enough encouragement and power.

As for the additional theory, Interpersonal Model Process of Intimacy, only one research can be found and gives much supportive idea. A research supported by Russell Sage Foundation entitled *From strangers to friends: The interpersonal model process of intimacy in developing interracial friendships* written by J. Nicole Shelton and friends (2010). In the research published in 2016, the writers focus on the process involved the development of interracial

friendship using Reis and Shaver's model process of intimacy. In a purpose to reveal that perceived partner responsiveness facilitate the relationship both self and partner disclosure and intimacy in interracial and intra-racial relationship.

Those previous studies are used to establish and to profound the research matter of this study. Literary, the concept of this study has a big influence from Karulina Kitanoska's thesis in the term of the focus objects; suffering crisis and gaining resolution. Meanwhile, to make a clear difference the researcher define the topic into two explanation, first about the depiction of Esther's crisis of intimate relationship which gets some contributing references from Mahkrukh Baig and Baljeet Kaur's article researches and the second one is how Esther controls her crisis among society centered on the way of gaining intimacy using an additional approach of Reis and Shaver's Interpersonal Model Process of Intimacy. Therefore, it is interesting to analyze how Intimacy crisis depicted in Sylvia Plath's *The Bell Jar*. Analyzing one crisis of Erikson's stage psychosocial development is not the new thing to do but elaborating with the analysis of controlling Esther Greenwood's crisis among society is the one thing that gives the new experience for the researcher.

REVIEW OF RELATED LITERATURE

THE CONCEPT OF INTIMACY CRISIS

Social psychology is a science that studies about the relationship between humans and groups in the environment that is influenced by human behavior. This study uses Erik Erikson's stage of psychosocial development which serves as theoretical framework. Erik declares a psychoanalytic theory of psychosocial development (1950,1963) consisting of eight stages from infancy to adulthood (McLeod, Saul: 2017). This theory talks about the construction of personality through social interaction. Erikson states that the ego identity changes constantly due to the recent experience and information that people gain in daily life interaction. If people successfully handle each stage of life cycle well, they will achieve a sense of mastery or positive outcome. While if people fail in managing the stage, they will acquire a sense of inadequacy and achieve psychological skills that ultimately last the rest of a person's life.

According to Erik Erikson's psychosocial development, the sixth stage views about the readiness of young adult in developing and abiding the intimate partnership and committing the concrete affiliation with others. If he/she successfully builds a close relationship, one will be able to feel love and affection. A person who has a strong personal identity is very important to develop a healthy relationship. While the failure of a relationship can make a person feel the distance and alienated from others. Erikson gives the contradiction between positive and negative side of human's habitual society to portray deeply how individual moves in the right and wrong side of environment.

Erikson's overview about *intimacy* is that people develop and establish close relationship with peer or employment, commit relationships with other people to gain the emotionally intimate connection and to have close and lasting romance. When people have a successfully strong relationship, they will not suffer loneliness, depression and isolation. The sixth stage of Erikson's Psychosocial Development argues that the purpose of obtaining the intimacy is to achieve closeness with others and to avoid being alone.

Isolation occurs if a person has the less awareness in associating with each other in an authentic intimate relationship, characterized by some expressions of anger, emotion or alienation (Biordi, Diana Luskin & Nicholson, Nicholas R.). In addition, isolation may be described as a feature in variety of illnesses and disabilities across the life cycle. The signs of getting problem about social isolation are indicated by declining participation in society or the environment or events that burden and threaten the coping ability (King, Laura A, pp 138-139), feeling sadness, despair, anger and reducing the reliance of self or self-esteem. According to Weiss (1973), isolation can be categorized by feelings of boredom and marginality. Boredom occurs when person loses the interest of one's work or daily's routine and has no validation with the tasks as the only busy work. Marginality is the sense of being withdrawal or excluded from the groups or desire network. People who suffer the worst condition of isolation will get stress of life. Hans Selye (1974,1983) states that

stress is defined as damage to the body due to the demands given to person. However, when a person experiences stress, the body prepares by itself to handle stress attacks and a number of physiological changes occur.

Stuart and Sudden, 1998 assume that Individuals feel lost friends and have no chance to share thoughts, experiences and sense difficult in interacting spontaneously with others but they also try to overcome anxiety associated with loneliness, fear, problems, taste and insecurity with various responses they do.

According to Australian Institute of Professionals Counselors, Intimacy is a journey. It moves and changes over time and is not stagnant. Intimacy can be achieved, when individuals share ideas, enjoy similarities and exchange thought to others and do it in an open and comfortable way. Any other explanation, Intimacy is expressed through emotional interaction of two persons where they share feelings comfortably and empathize to the other's feeling as the form of understanding and caring. Each person really tries to take a place in the same emotional position with the interlocutors. In relationship, there is time which things are not smooth, issues arise and need to be resolved and people have conflicting and distracting expectations or have difficulty to express what is on their minds in ways that other people can do. That conditions create intimacy becomes flat, tedious and build a crisis. Intimacy is described as the basic affective reaction toward another person and has the positive end of the continuum such as like, love, concern for or interest in another person and characterized by openness, harmony, receptivity, concern for the other person, hand manipulative control over to the other person (Derlega, Valerian. J., 113-114: 1984). While the negative end of the continuum is represented by the way of intense dislike or hate. Love is a general example of this situation, in which it is expected to be a bridge to approach the loved one using such a warm touch occasionally.

THE CONCEPT OF CONTROLLING CRISIS USING INTERPERSONAL MODEL PROCESS OF INTIMACY

According to Erikson's six stage of psychosocial development, isolation vs. intimacy,

people who successfully preserve intimacy will gain *love* as the result of their life span (Erikson, pp. 237-239, 1977). In overcoming intimacy crisis, H. T. Reis and P. Shaver's Interpersonal Model Process of Intimacy is the closest and available approach that can be applied in gaining intimate relationship. Reis and Shaver assess two key components of doing interaction. They are self disclosure and perceived partner responsiveness. These components may facilitate or hinder a close connection between people. The process of intimacy is commenced when an individual (speaker) discloses and shares his/her thoughts, feelings and personal information to the partner (listener). Reciprocally, the listener must respond the speaker by disclosing personal information and feelings in order to the discloser (speaker) can establish an interpretation of the respond. The most important thing of this interaction is the discloser must interpret the partner's response as understanding, validating and caring to perceive an intimacy. Reis and Patrick (1996) suggest that the interpretation of partner's response is more essential than the disclosure's actual information. Individual's mental health problem such as isolation and intimacy crisis can be recovered by maintaining a healthy and intimate relationship with other. Intimacy is being identified as an important value of psychosocial development in maintaining intimate relationship of adults. Here are two key components of Interpersonal Interaction:

1. Self Disclosure

Altman and Taylor (1973) define that self disclosure means revealing personal information, emotions and thoughts to a partner. Specifically, people tend to disclose to others whom they like and reciprocally disclose to them (Derlega, Metts, Petronio, & Margulis, 1993). Individuals who disclose and reveal self information openly to others are perceived must trustworthy than they who do not. Reciprocally, partner must disclose his/her personal fact to the speaker in order that the interaction works well.

2. Perceived Partner Responsiveness

Individuals need to feel as though their partner understands their condition, validates their

problem, respects their thought and cares them as a person. The essential point of developing intimacy in the process of interaction is disclosure's interpretation of partner's responsiveness. As a disclosure, person must interpret partner's respond in a good and comfortable way. How people interpret responses and believe that their partner cares to their salvation is influenced by expectations, fears, anxiety, motives and goals (Reis and Patrick, 1996).

ANALYSIS

THE DEPICTION OF INTIMACY CRISIS

In Sylvia Plath's *The Bell Jar*, the main figure named Esther Greenwood commits an unusual tendency which is appeared as the form of her social crisis. This condition gives the crucial impact of her relation with people around her. She suffers a crisis of intimate relationship and feels difficult in building a concrete affiliation with others. Esther cannot deserve intimacy because she does not sense the component of love that includes feelings with others, such as warm feelings, sharing, and emotional closeness. She cannot convey an element of affection that encourages her to always engage in emotional closeness with the one she loves. So that she does not successfully reach the glimpse of intimate relation and gain any kind of secure feeling and love caring. Her very first peculiarity appears as the sign of her alienated condition which aims to the intimacy crisis. Here is the quotation in the first chapter who talks about Esther's uncommon thought and judgment about her daily life:

Only I wasn't steering anything, not even myself. I just bumped from my hotel to work [...]. I guess I should have been excited the way most of the other girls were, but I couldn't get myself to react. I felt very still and very empty, [...].

(Plath, 1971, p 2)

The feeling and thought of Esther about her daily activity is the early internal conflict she deserves. She feels unable to integrate with the community where she stays. She feels so alienated of her first experience living in New York as an

intern at Magazine's office. She has no any reliable feeling to herself. It is proven on the way she says '*I wasn't steering anything, not even myself*'. She fails to adapt with the society. Although she meets some new girl friends there but individually she senses the different side with others. The environment where she lives does not make her interest. She does not feel what she expects of her sight in this internship's life. Her words '*I just bumped from my hotel to work and to parties and from parties to my hotel and back to work like a numb trolleybus*'. It emphasizes that Esther is not well conditioned in her surrounding, she feels fed up and boredom with everything she drivers over society. The boredom occurs since Esther loses her interest of one's work or her daily routines. She assumes that it is such a numb action for her and she dislikes it. Esther tastes the monotonous life and she does not feel excited. She considers that she is not compatible with this activity. This condition establishes her to act differently and tends to exclude herself from society and feels marginality. She does not have any readiness in confronting the new style of life in her sphere and creating the intimacy with any partner there. Therefore, Esther obtains the crisis from the very early time in internship program dealing with the process in adapting among social habit.

Not only socializing with the community Esther is unable to do but also interacting with the opposite sex she often fails even loses her chance in the approaching time. One of the scene shows about this problem is on the first time she meets man in New York and parties with him. She gets bumped of loving unilaterally to a man who is apparently most interest on her friend than her. This irony event remains unpleasant impression. She closes her personality over the surroundings because she feels dissatisfied of the fact she receives. She prefers solitude herself than create an affiliation as a good friend with the man she likes. The sided-love of her blinds her to continue in keeping her relation with her friend. She considers everything is so unfair for her. She deserves crisis of intimate relationship for the second time and repeat several times in her next journey of life. The rest of her stress, she opts to be alone and create a comfort zone for her own self. By doing a thing that she believes she can be fine, she loses the goodness of exchanging opinions and enjoy the intimate interaction with others.

I said to myself: "Doreen is dissolving,
Lenny Shepherd is dissolving, Frankie is

dissolving, New York is dissolving, they are all dissolving away and none of them matter any more. I don't know them, [...]

(Plath, 1971, p. 13)

What Esther says and thinks manifests that she asks to herself to lose everything from her life portrayal. '*Doreen is dissolving*,' insists that she has lost her friend and changes the relationship to be competitive relation. '*Lenny Shepherd is dissolving*' interprets the sadness of her pity love. Her heart hurts deeply because she feels love is unfair for her. Esther shows the emotional interest to Lenny but he ignores her and she chooses to create a distance between them. '*[...] but he went ahead with Doreen and didn't give me a second look*' (Sylvia, 1971, p. 7), this act assesses that Lenny Shepherd commences to break the first step of intimate relationship to Esther. He is much interest on Doreen than her and establishes a clear space between them. Esther is getting mad because she expects that a woman Lenny's going to be approached should be her. This circumstance makes her feels distraction and reduces her self esteem. She considers herself as an ordinary girl from Boston who has nothing to impress for the society especially Lenny Shepherd. In this relationship, Esther can not interact comfortably and share her feelings to Lenny nor Doreen. She loses her intimate interaction because of her emotional harassment. Esther obtains desolate psyche that means that she is not ready for having intimacy and concrete partnership with Lenny and Doreen. Because what Lenny and Doreen have done into Esther makes her very irritated.

Frankie and all people from New York are getting lost from her illumination to portray how regretful her life to meet those people in her pure environment. In a result, she isolates herself from the society. She thinks that she has no chance to interact with other and to share her thought and experience with them. It is shown on this sentence '*none of them matter any more*'. She believes that without them, she is fine and alive. She gets trapped on the idea of getting lonely and not to care with surroundings. Esther decides to create a confinement of her and solves her social crisis by withdrawal her self into her own world or the bell jar as technical term used. The way she responses her anxiety gives an effect to her psychosocial habit.

The crisis of intimate relationship occurs between Esther and people around her. She is often unable to control herself and her emotional habit when things do not go as she expects. Her relation with her mother is also indicated as a crisis of intimacy. The reason is because Esther feels never obtains her mother's attention as early as her life. She does not trust her mother even once of her life. She hates and feels so dissatisfied with the way of her mother raised her up all this time. She does not find the policy point of a mother's figure in her mother's self. The clear evidence to see what Esther thinks about her mother is shown here:

My own mother wasn't much help. My mother had taught shorthand and typing to support us ever since my father died, [...]. She was always on to me to learn shorthand after college, so I'd have a practical skill as well as a college degree.[...]

(Plath,1971,p. 25)

From the passage, it can be inferred that Esther hates her mother secretly. Between Esther and her mother there is no continuity. She does not ever deserve attention, affection and enough encouragement from Mrs. Greenwood till she is being adult. She thinks that her mother does not help much in her life. Her mother only focuses on the financial matter and forgets her responsibility as a mother. She looks her mother as an embodiment of indifference parental that successfully fails rising the child. What she receives throughout her life from her mother is only the motive how to lean and get much money to support life. Esther cannot receive the life lesson that her mother tries to teach to her. Being an independent woman is a must in this hard life. By learning shorthand typing is an efficient way to do. But Esther does not want to do it. She is not interested in it and she just wants to do a thing that she really likes. Esther is angry, disappointed and hateful however she keeps doing and lives a life with unwillingness thing only to make her mother satisfy. This disinclination of her of her mother's treatment is expressed on this following statement:

My mother was the worst. She never scolded me, but kept begging me, [...]. She said she was sure the doctors thought she had done something wrong [...]

(Plath, 1971,p. 130)

The story about unhealthy relationship between Esther and her mother is interesting to be discussed. She hates her mother as if she is treated so badly throughout her life. She is deliberately indifferent to her mother and suffers a huge intimacy crisis. She often misunderstands with the goodness of her mother and cannot read her mother's sincerity. Between Esther and her mother, there is no good interaction and cooperative comprehension. Esther has her own world while her mother does too. She thinks that what her mother has and believes is contrast with hers. She is never willing to tell all her complaints to her mother, even when her mother asks to her. She perceives that her mother getting tired of her condition. She misunderstands her mother's goodness because of her big disillusionment. This condition establishes the crisis relationship between Esther and her mother. The intimacy does not appear in this wrong conception and wrong relationship.

INTERPERSONAL INTERACTION

The scene of Esther Greenwood meets a psychiatrist named Dr. Nolan and shares her feelings and thoughts to her is valuable moment that being able to control her crisis and to build an intimate relationship with others. Here, Esther is a main disclosure who shares what she thinks and feels to Dr. Nolan. The purpose of the disclosure is to bridge the unification of ideas and though so that Esther and Dr. Nolan have the same understanding about the problem facing. As for a partner of Esther, Dr. Nolan also reveals what she feels right and gives the best advice to her as the form of partner responsiveness.

ESTHER AND DR. NOLAN'S SELF DISCLOSURE

Esther roles as a speaker or discloser, reveals her personal fact, feelings, emotion and thoughts to Dr. Nolan openly. Reciprocally, Dr. Nolan acts as her partner gives a mutual responds to her. This interaction puts their relation as a patient and doctor become close and intimate. Esther obtains an impressive introduction from her psychiatrist and creates the new perspective about habitual therapy on her mind. Unlike what she experiences from the previous psychiatrist, she discovers an intimate feeling and an emotional relation with Dr. Nolan. For the first time they meet,

Esther receives a nice and pleasant opening conversation with Doctor Nolan. They start to talk about Esther's thought and opinion about her last shock treatment. Esther reveals her personal disclosing bluntly and as true as she feels to Doctor Nolan. She expresses the madness of her thinking through these words below:

"I said. "I didn't like him at all."
"I didn't like what he did it to me."
I told Doctor Nolan about the machine, and the blue flashes,[...]. While I was telling her she went very still.
(Plath, 1971,p.121)

The scene shown on that passage reveals of Esther's feeling about the former treatments she has passed. She expresses her exasperation about the machine and shock therapy that she gets to recover her condition. Esther condemns her previous psychiatrist in many ways. She openly reveals her thought about the disagreement of her prior psychiatrist's way in treating her to overcome her mental problem. Bluntly, she says that she dislikes her previous doctor much to Dr. Nolan. She feels that her condition must not be treated on the way he does. Esther thinks as if she is the right one and as a patient, she needs a pleasure time to spend not the noise or misery. She discloses that she is suffering and torturing during the treatments. She informs everything she faces, feels and thinks to her doctor. The chance of speaking and talking immediately and wholeheartedly has never been done by her before. It seems like she has met a heart lover in the self-represented by Doctor Nolan who can listen to her properly and control her emotion well. What Esther discloses gets the right response from Dr. Nolan. It can be proved on this quotation below:

"That was a mistake," she said then. "It's not supposed to be like that."
"If it's done properly," Dr. Nolan said, "it's like going to sleep."
Doctor Nolan said firmly, "You won't have any shock treatments here.[...]"

(Plath, 1971,pp.121-122)

As a partner, Dr. Nolan approves Esther's consideration. She agrees if a psychiatrist does not have to treat a patient using shock therapy or another miserable practical treatment which can

increase the level of anxiety of patient. A doctor should give calmness and serenity to the patients. When they can fall asleep during the social treatment, it means that patients get comfort and soothed-self. Esther is the one example. She must be treated well and helped wisely. Dr. Nolan blames the method applied to Esther. It can not recover her condition but it makes her mental getting worse. The respond delivered by Dr. Nolan brings the fresh air to Esther. She is glad to hear the explanation. It seems like she has a partner who can understand, respect and validate her. This circumstance triggers Esther to establish the intimate relationship with Dr. Nolan which is based on the reliance and serenity.

Not only the problem with her prior psychiatrist Esther tells to Doctor Nolan, but also the problem with her own mother she reveals to her. For several years indeed she does not have a good connectedness with her mother and she discloses her expression and opinion to Doctor Nolan deliberately. The words "*That was a silly thing for her to do,*" I said to Doctor Nolan' (Sylvia, 1971, p. 130) presents about Esther's expression of vexation. She is mad to her mother who always begs to her to say what is actually wrong. She feels that her mom never cares to her, to her problem even to her life. She thinks her mom being tired of her condition and getting shy to her mental problem. All judgments for her mother she shares to Dr. Nolan undoubtedly. Esther refuses her mother goodness and disproves her attention in her special day. She assumes that her mom does such as redemption of her fault to Esther. '*That was a silly thing for her to do*' is the form of her reluctant to interact with her mother closely. She does not procure any mutual understanding and tranquility from her mom. On the other hand, Esther deserves more pleasure to Dr. Nolan and underlies her to devote her feelings wholly and puts trust on her partner.

Most problems of her life, she always tells to her doctor. Her dissatisfaction of gender's role is one of them. She shares her feeling of inequity about men and women to Dr. Nolan. She feels unlucky to be a woman. She says through this quotation below:

"What I hate is the thought of being under a man's thumb," I had told Doctor Nolan. "A man doesn't have a worry in the world,

while I've got a baby hanging over my head like a big stick, to keep me in line."

(Plath,1971,p.142)

The perceived of the quotation above is portraying Esther's hatred in the world of men. She condemns the will of nature about men who can do everything without having worried of pregnant. She thinks that it is such a gender inequality between men and women. Men can sleep of many women and have a fun in their life without having to think about birth. While she is as a woman, feels unpleasant about the fate she must deserve. She will get a pregnant when she has s sex. She does not want to be in contact with everything about babies. She just wants to be free and do whatever she likes to do. She feels her life is disturbed by that condition. This perception appears as the embodiment of her in doing birth control. All about her unwillingness in having a baby she discloses to Dr. Nolan. She accepts lucky and support from her doctor by this case. Her doctor send her to meet another doctor who can help her in solving the fertilization so that she is able to associate with all men without having risk of getting pregnant.

Every thoughts, feelings, questions and dissatisfaction of life, Esther pours out to Dr. Nolan. She finds happiness in the self of her doctor. Till the end, she gets a serious problem to her life. She gets news that her friend's die after meeting her. All people believe that there is something wrong happens between them. She is interviewed many times to get clear explanation about this issue. She is distracted by thinking about people there who will know her but not the truth. *'Everybody would know about me, of course'*(Sylvia, 1971, p. 151),she worries about people's perception to her. She feels confuse. She is sad because her close friend is died unexpectedly. On the other hand, she is afraid of accepting the fact that she is the cause of her friend's death. She discloses her hard thoughts to Dr. Nolan and gets a nice advice which can soothe her self for a while. This quotation below refers to what Dr. Nolan's response.

"We'll take up where we left off, Esther," she had said, with her sweet, martyr's smile. "Well act as if all this were a bad dream."

A bad dream.

(Plath, 1971,p. 151)

Esther receives an advice from Dr. Nolan to calm down her emotional and confusion. She is hugged with the touch of love and the command of affection by Dr. Nolan. She feels loved with the existence of her doctor. Although she loses her close friend and the issue about her self arises but she holds serenity toward Dr. Nolan. She gets a serious problem but tries to admit it as a bad dream which will pass through the time. The love of Dr. Nolan leads her to have a better understanding of life.

ESTHER'S PERCEIVED PARTNER RESPONSIVENESS

While doing interaction process, Esther as a discloser must be able to interpret Dr. Nolan's respond. She has to feel that her partner understands, validates and cares of her. Because perceived partner responsiveness is more important than self disclosure to gain intimacy. Esther must interpret the response in comfortable and good way to gain the expected result of interaction. Her perceived partner responsiveness mostly influences by her emotion, goals and expectation. Here are some quotations represented about Esther's perceived partner responsiveness of Dr. Nolan.

Doctor Nolan nodded. She seemed to know what I meant.

But Doctor Nolan only smiled at me as if something had pleased her very, very much, and said, "I suppose you do."

(Plath, 1971,pp. 130-131)

Esther gives assumption to what Dr. Nolan does to her. She interprets that her doctor understands and knows what she means. She feels her doctor validates her thoughts about her displeasure to her mother. Feeling her doctor is on her side Esther undoubtedly reveals her hatred of her mom and puts all her trust to Dr. Nolan as a partner who gives serenity and basic intimacy. She starts being ready in establishing intimate affiliation with Dr. Nolan and increasingly shape her bravery to appear as a new person with the new personal habit that can integrate with the life of her nature. Not only that, the other thing that Esther infuses and becomes a turning point in her life is when she feels she is in the arms of affection of a woman who is now living in her life as a partner and doctor. Another perceived responsiveness which deserved by Esther from her doctor is being proved on this quotation below:

I liked Doctor Nolan, I loved her, I had given her my trust on a platter and told her everything, [...]

(Plath, 1971, pp. 135-136)

From that passage, it can be seen that Esther puts all her reliance to Dr. Nolan. She discovers the great comfort point which she has ever had before. She feels, she will not get any more disappointment and suffering of shock treatment. The attention of Dr. Nolan really breaks her confinement to live in touch with others. She feels love and affection from her doctor even she feels more alive since she meets Dr. Nolan. Her perceived responsiveness about her doctor remains healthy feelings and triggers her in creating a new relationship with the one who always supports her in any condition. Like a drought, she has met a rainy season now. Her life seems so awful and more alive since she has met her doctor. The feeling of wanting to have an intimacy grows in herself. Her excitement bursts when Doctor Nolan comes to her and especially says the statement *'But I am telling you. I've come specially early to tell you, and I'm taking you over my self'* (Sylvia, 1971, p. 136). This time is touchable. Dr Nolan grasps Esther's whole anxieties just with words that are controlling and soothing. The epitome of this scene shows much how glad Esther is to have Dr. Nolan on her side. She loves her wholeheartedly because she has found a partner who can understand every thoughts of her dissatisfaction of life, validate what she considers to be true in her perception, respect her as a human being who always has shortcomings in life and care her much as patient, friend even as a daughter who needs affective treatment and pleasure attention. She deserves all that kind of goodness from Dr. Nolan and perceives her as a mother for her. Interpersonal interaction between Esther and Dr. Nolan surely depicts the great function of social interaction with love and attention as the roof to gain intimacy.

One of the nicest things in life is to have a partner who can understand and keep standing beside us under any circumstances. This statement is clearly happened on Esther since she has met Dr. Nolan. She attains a new phase of life in which she starts putting reliance of herself about the problem solving she should do. She believes that all this happened is not because of her mistake, but it

happens because of the time and the destiny of God. It shows that she is better. She awakes from her dark life to the shining life and finishes her step of crisis.

CONCLUSION

Based on the analysis, there are two points that can be concluded in this study. The first one is the depiction of Esther Greenwood's crisis of intimate relationship. It is portrayed on the way Esther fails in adapting the sixth stage of psychosocial development. The analysis of the study presents about Esther's withdrawal as the cause of intimacy crisis. She tends to exclude herself into society and creates a confinement in her own world as the form of her dissatisfaction of the world. The way she restrains her stress makes her farther from the society and suffers crisis of intimate relationship between society, her mother, her friend and men around her. She can not develop her interaction because she is distracted with her emotional and less reliance of herself. The second one, the study concerns with the process of controlling the crisis by gaining intimacy. Interpersonal interaction helps Esther to overcome her mental problem among society and obtain the intimacy. Esther, as a disclosure/ speaker expresses her feelings and thoughts to Dr. Nolan openly and comfortably. Esther feels pleasure with her interaction so that she reveals everything to Dr. Nolan undoubtedly. Since her doctor gives a good response to her, Esther trusts her life on her. Fortunately, Esther can establish an intimate relationship with her doctor through the interaction of intimacy that they commit. In the end, Esther discovers love, being ready to build a relationship and overcomes her intimacy crisis with the help of Dr. Nolan as her partner of interpersonal interaction. Furthermore, it is suggested to other researchers to look at how psychosocial crisis influences the relationship between mother and daughter and what factors triggers this condition. Another suggestion is to discern how Esther's intimate relationship with man lasts and how it reflects her psychosocial life. It is also suggested to future researcher to look for other novels with the same topic to broaden the knowledge of intimacy crisis.

REFERENCES

- Altman, L., & Taylor, D. (1973). *Social penetration: The development of interpersonal relationships*. New York: Rinehart & Winston.
- Baig, Mahrukh, Baig. (2013). *Sylvia Plath's The Bell Jar as A psychological Space*. US Open English & Literature Journal.
- Biordi, Diana Luskin & Nicholson, Nicholas R. (2013). *Social Isolation*. In Ilene Moron Lubkin & Pamala D. Larsen's *Chronic illness: impact and intervention* (8th edition). (pp. 85-115). Burlington, Mass.: Jones & Bartlett Learning.
- Derlega, Valerian J. (1984). *Communication, Intimacy and Close Relationships*. (pp. 113-114). Old Dominion University. Norfolk, Virginia.
- Derlega, V. J., Metts, S., Petronio, S., & Margulis, S. T. (1993). *Self-disclosure*. Newbury Park, CA: Sage.
- English Dictionary, Collins. Online. Definition of *Autobiography*.
- Erikson, Erik. H. (1997). *Childhood and Society*. (pp. 237-239). Paladin Grafton Books. London.
- Fleming, James S. (2004). *Erikson's Psychosocial Developmental Stages*. 1-24
- Haryani, Riyan. (2013). *Anxiety and Existence in Sylvia Plath's The Bell Jar (1966) Novel: An Existentialist Approach*. Universitas Muhammadiyah Surakarta.
- Karcher, Michael J. and Kristine Benne. (2007). *Erik and Joan Erikson's Approach To Human Development Counseling*. 199-228.
- Kaur. Baljeet. (2017). *The problematics of existential anguish: Mother-daughter conflict in sylvia plath's the bell jar*. International Journal of English Language, Literature and Translation.
- King, Laura A.. (2014). *PSIKOLOGI UMUM: Sebuah Pandangan Apresiatif*. Pp. 138-139. Salemba Humanika: Jakarta.
- Kitanoska, Karolina. (2013). *"I was my own woman": Breakdown and Recovery in Sylvia Plath's The Bell Jar and Margaret Atwood's The Edible Woman*. LUNDUNIVERSITY Humanities and Theology.
- McLeod, S.A. (2017). *Developmental psychology*. Retrieved from www.simplypsychology.org/developmental-psychology.html
- Plath, Sylvia. 1971. *The Bell Jar*. Harper & Row, Publisher.
- Reis, H. T., & Patrick, B. C. (1996). *Attachment and intimacy: Component processes*. In E. T. Higgins, & A. W. Kruglanski (eds), *Social psychology: Handbook of basic Principles* (pp. 523-563). New York: Guilford.
- Reis, H. T., & Shaver, P. (1988). *Intimacy as an interpersonal process*. In S. W. Duck (Ed.), *Handbook of personal relationships* (pp. 367-389). New York: Wiley.
- Selye, Hans. (1974, 1983). *Stress and Stressor*. In Laura A. King's *The Science of Psychology: An Appreciative View*. University of Missouri: Columbia.
- Shelton, J. Nicole & friends. 2010. *From strangers to friends: The interpersonal model process of intimacy in developing interracial friendships*. USA.
- Smith, Rosi. (2008). *Seeing Through the Bell Jar: Distorted Female Identity in Cold War America*. Nottingham, UK.
- Weiss, R.S. (1973). *Loneliness: The experience of emotional and social isolation*. Cambridge, MA: Massachusetts Institute of Technology Press.