

CHAPTER 3

METHODOLOGY

3.1 Research Methodology

This study investigates and examines the data by applying Norem and Cantor's theory of defensive pessimism carried out with Todorov's Narrative structure. Then, defensive pessimism theory by Norem and Cantor (1989). Norem and Cantor (1989) proposed this theory as a reference to a cognitive strategy in which individuals set low expectations for an upcoming performance, despite having done well in similar situations in the past.

To better analyse, the study also uses Todorov's narrative structure in breaking down the storyline in *Five Feet Apart*. Todorov proposed five stages in narrative structure. There are Equilibrium, Disruption, Recognition, Repair the damage and Equilibrium. This theory is applied to understand the main character's circumstances, pessimistic traits and the defensive pessimism strategy along the character development in the story. As a result, this study will conclude how a defensive pessimism strategy is portrayed in the novel.

3.2 Data and Source Data

The data of this study are narration & dialogues that show the characters pessimistic traits in the *Five Feet Apart* novel. The author chose a physical book. This novel was originally published in 2018. Other supporting data will come from previous studies and websites related to the topic of the study.

3.3 Data Collecting Procedure

1. Read the entire *Five Feet Apart* novel by Lippincott et al repeatedly
2. Selecting and mark the dialogues and sentence to be analysed
3. Identify the dialogues that define pessimistic traits in the novel
4. Identify the dialogues that portrayed defensive pessimism strategy

3.4 Data Analysis Procedure

1. Classifying the dialogues and narrations of the previous collected data with Todorov's narrative structure
2. Analysing the dialogues that define pessimistic traits and the defensive pessimism in the narration and dialogues according to Norem's defensive pessimism strategy
3. Interpret the pessimistic traits and defensive pessimism from the analysed dialogues and narrations
4. Summarize the result of the study
5. Conclude the result