

# CHAPTER I

## INTRODUCTION

### 1.1. Background Of The Study

Many of us acknowledge marriage as a sacred institution, a union between two people that is governed not just by social conventions but also by both religion and government. Since the dawn of time, marriage has been an ingrained aspect of human culture. It is the first step in the creation of a family and is crucial to human survival. Marriage has been a fairly diverse institution historically and culturally, in terms of both the gender and the number of participants (Halwani, 2018). Most people's lives include marriage at some point. A universal value is the sacredness of marriage itself (Humairah, Liannita, Putri, Syafri, 2022). In order to establish a family and sustain a generation, marriage is defined as a universal institution where two people mutually agree to form a long-lasting and committed romantic relationship. It has a legal and cultural foundation, and the partners take on a wide range of responsibilities toward one another (Bowen, 1965; Minuchin, 1974; Nichols, 2013; Kara, Körük, Özabacı, 2019). Marriage can also be seen as an act taken to unite persons in accordance with social norms. The family life cycle includes marriage as a result of severing ties with their biological family and toward a new union and a new social structure. This is crucial in terms of giving people the chance to achieve objectives in life including having a sense of order in their lives, having a sexual life, reproducing, owning property and having children (Kara, Körük, Özabacı, 2019).

The first and most crucial step in creating a family, according to Prasetyawati in Technium Social Science, is getting married. Humans who are destined to be of two types, male and female, are bound together by marriage as the institution indicated above, which creates a family. Additionally, following the completion of a marriage, a family is created, and the state may now intervene in family and marriage-related concerns that fall outside the purview of private law (Prasetyawati, 2023). True marriage is everlasting and faithful since it results in the creation of a family and the birth of children; therefore, marriage calls for harmony and trust. One finding has persisted in the primary literature and has been consistently important: men and women who are happier in general or in their marriage are less likely to have an affair (Tebaldi, Elmslie, 2021).

Relationships are essentially one of the most crucial aspects of life, and for those who are married, that relationship is, of course, one with a spouse and children (Fair, 1978). In a marriage, loyalty is a lifelong commitment, when it changes, the harmony of the home also changes. However, in the current reality, infidelity in marriage frequently happens, whether it takes the form of an actual change in feelings or an extramarital affair (EMA). This is possible because human nature is ever-changing, and over time, a couple's feelings may change as a result of one of the parties encouraging the other to commit an act of betrayal, either emotionally or sexually (Zapien, 2016). A survey in 1970 believed that EMA was the second leading factor that became the most damaging problem in marriage relationships (Beadle, Helm, Newell, Softas-Nall, 2008).

In marriage, men receive more benefits than women and the husband's greater participation in household work is associated with an increase in the quality of the wife's marriage and is directly proportional to a decrease in the quality of the husband's marriage. Research conducted by Ogletree through a survey of several married couples in 2015 shows very clear results on how the 27% of sample men do not agree to work full-time while raising the children and trying to balance work with household tasks. Contrarily, the 53% of sample women concur that they will continue to work full-time while raising the children and trying to balance work with household tasks. This demonstrates the stereotype that men's roles in the home are limited to providing for their families and acting as the dominating authoritarian force, whereas girls who grow up in the same community are also stigmatized for having to take care of the house and the children (Ogletree: 2015).

The reality in our society originally expects that in marriage, women must sacrifice their personal pleasures and ambitions to maintain peace in the household and this is what is expected to be a calm environment so that men can improve the family's economy because they can let go of work responsibilities at home. The structural state of the family has undergone numerous advancements and modifications during the previous few decades. Women's independence and uniqueness advance as a result of greater open access to knowledge for them. This development has greatly influenced the make-up of families which are increasingly complex with the presence of an unprecedented diversity of family forms and relationships. The make-up of this new family is closely related to the activity of changing gender roles, where there is an expansion in the economic field of women

in earning a living as well as the expansion of the roles and responsibilities of men in the family, especially raising children, making gender roles in the family increasingly blurred, which is ideal. Modern economics, demography, sociology, and gender studies literature has long anticipated the proportional direction between new family structures to developing gender roles (Oláh, Kotowska, Richter 2018).

Due to changes from this imbalance, there are several cases in the family where the roles and functions of it are not running as they should. Even though the vast majority of married couples expressly adhere to the cultural norms of monogamy and sexual exclusivity, infidelity and adultery are still prevalent in today's society (Treas, Giesen, 2000). In the meantime, we are aware of how crucial family is, particularly for personality development. This is understandable given that EMA has an effect not only on the relationship but also on the children mentally due to the loss of trust in their parents, and that divorce is one of EMA's ultimate effects. As a result, many couples decide to keep their affair a secret because they want to keep their marriage and family intact and they think that infidelity can lead the marriage to divorce.

EMA has a tremendous impact on the cheated partner mentally. There is no disputing the link between adultery and divorce, and the stress that follows the revelation of adultery is a significant indication of marital breakup (Sweeny, Horowitz, 2001). The environment in which they live is the strain that the wife, who is the victim of adultery, must deal with externally. When the news is reported, it will seem like rumours will spread swiftly. Internally, when their spouse confesses to having an extramarital affair, a variety of emotions come to the surface as a type

of mental shock. The feelings of being undesirable/insecure is the most prevalent emotional response, according to one of the study's findings (Drass & Shackelford, 2000). They can no longer feel that sense of safety and dependability due to the betrayal from their husbands that ought to be the safest place to seek solace and complain as a woman. Human facades will undoubtedly deteriorate with time, and women are the most sensitive with their facades. Feelings of insecurity and other fears may surface when they discover that their husbands are having an affair with a younger, more attractive woman. They believe that because they are no longer beautiful and lovely, their spouses no longer love them. In addition, the broken promise of fidelity caused feelings of abandonment and helplessness to surface. As a result of this helplessness, feelings of revulsion, nausea, disgust, and embarrassment also appeared (Drass & Shackelford, 2000). When they imagine how their husbands had extramarital affairs with other women, strange imaginations emerge that make them feel sick to their stomachs, disgusted, dumb, and humiliated.

Infidelity victims' feelings of betrayal will result in long-term trauma, one of which is losing faith in their partners, especially for the continuance of the marriage. for the reason that each untruth may have been exposed throughout the confessing procedure. Sophie Whitehouse had a similar experience when she went with her husband to face an extramarital affairs accusation that subsequently changed to a rape case. In her book *Anatomy of a Scandal*, Sarah Vaughan describes how Sophie Whitehouse's idyllic marriage—which is every woman's dream—is in danger because of her husband, James Whitehouse, who must be exposed and made public for having an affair. James is a Junior Minister who is attractive and excels



in his job. Due to his brilliance and friendship with the prime minister, his career is extremely promising. Despite the revelation of the affair, which will quickly be forgotten thanks to how almost perfect his marriage is and how blessed he is with two children and beautiful wife, things will continue to move smoothly in his work career. The assumption and scenario, however, were all destroyed when Olivia Lytton, James' ex-mistress, accused him of rape after discovering of the affair. The nearly re-established confidence Sophie had in her husband starts to fade once more. She was forced to stand next to her husband in the courtroom despite her ignorance and conviction that he was innocent, under extreme pressure and with mounting emotions.

Sophie is portrayed as naïve and a little manipulative by Sarah Vaughan. This is shown by the scenes in Sophie's past, when she was still an Oxford student and became friends with Holly Berry, a studious who served as Sophie's study tutor and finished all of Sophie's tasks. As well as how, when they were still at Oxford, the night that his companion was died by drugs, she simply believed anything James said. Everything was put on hold for years since Sophie was so involved in her dream life with James, and she entirely trusted him because of her sentiments of love at the time. The most terrible experience of Sophie's life—learning that her husband has been having an affair and raping a woman—causes her to awaken from her lovely dream and marks the beginning of Sophie's character development. When news broke that Holly Berry, her study tutor and a former Oxford student, had been raped by James in the past, long-buried secrets started to come to light.

In the novel *Anatomy of a Scandal*, a rape and affair scandal are set against the political backdrop of British high society. The controversy that affected Sophie Whitehouse's family—the female lead—in 2017 really led them to all uncover about dark secrets that took place in 1992. Sarah Vaughan presents several viewpoints and circumstances so that we, the readers, can experience the upheaval of issues that occur. The emphasis on James' high status, which enables him to triumph from his problems, starting with his victory over the prosecution forced against him by Olivia Lytton, his mistress who is also his partner in the ministry, serves to highlight gender differences and the helplessness of women as victims of sexual harassment. Additionally, how he manipulatively managed to deceive Holly Berry, which regrettably also affects his wife, Sophie.

This study aimed to examine the response change of Sophie Whitehouse character in *Anatomy of A Scandal* novel when confronted with the fact that her husband, James, is adulterers and rapist, how she overcome her ego as the wife of a prominent junior minister, and how her helplessness over her husband's betrayal evokes feelings of empathy as a woman towards victims of abuse by her husband made her aware of her husband's manipulation all along.

This study focused on identifying changes in Sophie Whitehouse's character's response when facing the case of infidelity and rape of her husband, James Whitehouse, including finding aspects that influenced Sophie's response to the case.

## 1.2. Research Question

Based on the background of the study and the reasons for the chosen corpus, the study wants to answer the following questions

- 1) How is the response of the main female character's on the infidelity scandal and rape allegation of her husband in the novel?
- 2) What are the aspects that influence Sophie's response to her husband's infidelity and rape scandal in the novel?

## 1.3. Purpose of The Study

According to the research questions above, the purpose of this study wants to implement the following statements:

- 1) This study wants to examine response change of Sophie's character when facing the infidelity and rape scandal of her husband in the novel.
- 2) This study wants to examine the aspects that influence Sophie's response to her husband's infidelity and rape scandal in the novel.

## 1.4. Scope of The Study

The scope of this study is to identify the changes in Sophie Whitehouse's response when she found out that her husband's affair scandal turned into a rape case against Olivia Lytton, James' Parliamentary Researcher, his former mistress in the novel *Anatomy of A Scandal* by Sarah Vaughan. Sophie's response change here refers to her response while participating in her husband's series of trials and finding her husband's secrets uncovered one by one, up to the rape case in the past against



her study tutor friend, Holly Berry, and the secret behind Alec Fisher's death on the same night when he raped Holly Berry.

