

**NASKAH PUBLIKASI**

**ANXIETY OF CLARE IN CONSTANCE BRISCOE'S *UGLY*  
NOVEL (2006): A PSYCHOANALYTIC APPROACH**



**Ditulis oleh :**

**CAHYANINGRUM HARDANTY**

**A 320 080 194**

**PENDIDIKAN BAHASA INGGRIS**

**FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN**

**UNIVERSITAS MUHAMMADIYAH SURAKARTA**

**2012**

## ACCEPTANCE

ANXIETY OF CLARE IN CONSTANCE BRISCOE'S *UGLY*  
NOVEL (2006): A PSYCHOANALYTIC APPROACH

### Publication Articles

Written by

**CAHYANINGRUM HARDANTY**  
A 320 080 194

Accepted and Approved by the Board of Examiners School of Teacher Training  
and Education Muhammadiyah University of Surakarta

Team of Examiners

1. **Dr. Phil. Dewi Candraningrum, S.Pd., M.Ed**

(Advisor I)

2. **Titis Setyabudi, S.S., M.Hum**

(Advisor II)



Dean,  
**Dr. H. Sofyan Anif, M.Si**

NIK. 547

**ANXIETY OF CLARE IN CONSTANCE BRISCOE'S UGLY  
NOVEL (2006): A PSYCHOANALYTIC APPROACH**

*Cahyaningrum Hardanty (Student)*

*Dewi Candraningrum (Consultant I)*

*Titis Setyabudi (Consultant II)*

**(School of Teacher Training and Education, Muhammadiyah University of  
Surakarta)**

ayabowa@gmail.com

**ABSTRACT**

*The problem of the study is to reveal how major character reflects her anxiety. The objectives of the study is to analyze the novel based on its structural analysis and based on the psychoanalytic analysis. The study belongs to a qualitative study. In this method, the researcher uses two data sources namely primary and secondary data. The primary data source and object of study are the Ugly novel itself, meanwhile the secondary is any reference related the study. The technique of data analysis in this study is descriptive to make an interpretation of the text and content analysis using deductive and inductive method. The result of the study shows the following conclusions. Firstly, based on the structural analysis of each element, it shows that the character and characterization, setting, plot, point of view, theme and style related to each other and form a solid unity. Secondly, based on the psychoanalytic analysis, the writer concludes that the problems faced by the major character is anxiety due to bad treatment because she has an ugly face. It happens when there is conflict between Id, Ego and Superego and it brings her into anxiety.*

**Key Words:** *Anxiety, Ugly novel, Clare (Constance Briscoe), psychoanalytic Approach.*

## 1. Introduction

**Background of the Study:** Each person has unique characteristics, with the experience and problems that occur in her or his lives. Many problem sometimes makes people feel anxious, uncomfortable, sad, and despair, but sometimes they also feel the happiness in their live. Actually, people are capable to solve the problem rationally, but in certain day, they cannot and the people will disclose falsehood. The people have capability to create feeling and thought. The composition of their feeling and thought are not static, but changeable. Every problem can be solved. It is sensitive problem to the people. Because of love, the people can feel happy, unhappy, hesitation, despair and anxiety.

Anxiety is a consequence of depression. It reflects a combination of biochemical changes in the body, which have relation with personal history, memory, and the social situation. Anxiety is a uniquely human experience. Other animals know fear, but human anxiety involves an ability, to use memory and imagination to move backward and forward in time. The anxiety that occurs in posttraumatic syndromes indicates that human memory is a much more complicated mental function than animal memory. Moreover, a large portion of human anxiety is produced by anticipation of future events. Without a sense of personal continuity over time, people would not have the “raw materials” of anxiety.

It is important to distinguish between anxiety as a feeling or experience, and an anxiety disorder as a psychiatric diagnosis. A person may feel anxious without having an anxiety disorder. In addition, a person facing a clear and present danger or a realistic fear is not usually considered to be in a state of anxiety. In addition, anxiety frequently occurs as a symptom in other categories of psychiatric disturbance.

Anxiety is a style closely related to fear and it has motivational consequence. Anxiety can be nightmare for some individuals, because based on intense inner conflict it may appear when they have problem and they are too hard to solve. Some people reduce the anxiety by escaping from the problem

for a moment, it happens because internal and external factor in facing the problem. Anxiety may occur when one individual feels his or her society does not treat him or her as an individual who has right to decide. Anxiety occurs when someone does not get the freedom to do anything and get pressure from their environment. Usually someone who is experiencing anxiety, they will protest in the form of expression such as anger, crying, anxiety and may even committing suicide. Where a person feels hopeless and they cannot out of their own problem.

Clare is the main character in *Ugly* novel and she is as a child which is full anxiety and fear. Anxiety occurs when her mother and stepfather always performs an act of violence to Clare and she is always tortured both physically and emotionally. Clare feels anxious and fear. So, she goes to the Social Services and tries to get a protection. When Clare was thirteen years old, Carmen leaves her without gas, no electricity and no food.

According to the explanation above, there is a relationship between literary work and psychoanalytic. Literary work has the same significance in meaning as understanding human's existence with this mental and inner-self problem. Literature is the exposition of human mental life, it can be said that literary works has relationship to psychoanalytic.

*Ugly* is one of story 2006 of the British, this book is written by Constance Briscoe. She was born 18 May 1957. She is a barrister and one of Britain's first black female recorders in the United Kingdom. Constance Briscoe studies Law at the University of Newcastle upon Tyne, financing her studies by having several jobs at weekends and during the holidays, including working at the hospital. She also takes an MA at the University of Warwick. She was called to the Bar in 1983, and in 1996 became a recorder. She is one of the first black women to sit as a judge in the UK. Briscoe's legal practice focuses on criminal law and fraud, principally defense. She also undertakes in tribunal work, public inquiries and acts as President of Mental Health Tribunals.

In the late 1990s, Briscoe was unsuccessfully nominated for peerage. She is known for her books *Ugly* which she often talks about her experiences publicly. Her mother, Carmen Briscoe-Mitchell is sued her daughter along with publishers Hodder & Stoughton for libel. The case concludes in Constance Briscoe's favor, when a civil jury in the High Court unanimously finds that this book is not libelous.

*Ugly* written by Constance Briscoe is the story of anxiety which is faced a child due to bad treatment. She was born into a West Indian family. She suffers abuse in the hands her mother and stepfather. Constance's mother always beats Clare, both physically and emotionally. She is bullied and beaten up, subjected to verbal abuse and treated like a slave within her own home. She shows protest with she is wetting her bed. She always tries to defend and then she is success for survives in her situation.

*Ugly* is an interesting novel, there are four reasons that make this novel really interesting. The first *Ugly* is the story of anxiety experienced by a child who can survive against the cruel behavior of her parents. Clare always gets the violence of her mother and stepfather. As a child, she feels different from other siblings. She always tries to hold out from her problem.

The second reason is a story about that every child has the right to get a sense of love or affection from their parents. This book gives an overview of existing problems in family, where Clare is as child violated her rights by her own mother, so this novel makes the reader very enthusiastic. The third reason is about violence, violence is a very cruel act, which can interfere emotionally and physically of a child. Violence is a violation of human rights, especially in this novel, it happens to a child.

The last reason is about the strength of a child in facing of violence from her parents, trying to survive and out of the situation. Constance feels uncomfortable by her mother, so she strives to get the protection of social department. Anxiety is reflected in *Ugly* is one of the appealing aspects to be studied. That every child wants a freedom and they wants to get love, attention

from their parents which will bring influence for themselves in the future. The psychological effects can be studied in terms of the study of human social life.

**Problem Statement** of this research is, “Knowing that the problem is the most important part of research, the writer proposes the problem “How is the anxiety of Clare reflected in Constance Briscoe’s *Ugly* novel?”

**Limitation of the Study** is analyzing anxiety of Clare in Constance Briscoe’s *Ugly* novel based on psychoanalytic approach.

**Objective of the Study** is to analyze Constance Briscoe’s *Ugly* novel based on the structural elements of the novel and To analyze anxiety of Clare in Constance Briscoe’s *Ugly* novel based on psychoanalytic approach

**Literature Review** related to the research paper is coming from Constance Briscoe because the researcher find that there is no literature review and no other researcher who has examined this novel before at least in UMS.

## 2. Research Method

The writer uses a library research, which employs qualitative method. The writer also applies a psychoanalytic of the main characters as a means of further research. The steps to conduct this research are (1) determining the type of the study, (2) determining object of study, (3) determining data and data source, (4) determining technique of data collection, and (5) determining technique of data analysis. The object of the study is the *Ugly* novel written by Constance Briscoe and publishing by Great Britain in 2006. It is analyzed by using psychoanalytic approach

There are two data sources that are needed to do this research (1) The primary data source of the study is the *Ugly* novel written by Constance Briscoe from Great Britain in 2006. (2) Secondary Data Source, the secondary data sources are books and internet.

The technique of data collection is library research, the steps are: Reading the novel, determining the character that will be analyzed, taking notes of important parts in both primary and secondary data, classifying and determining the relevant data, taking notes from the material and some other resources related to the novel. The technique used in analyzing the data is

descriptive analysis. It concerns with the structural element of the novel and psychoanalytic aspect.

### **3. Psychoanalytic Theory**

#### **a. Notion of Psychoanalysis**

Psychoanalysis is branch of psychological study to analyze the human being personality based on the unconscious thoughts. Freud gives great attention on the importance of unconscious process in the understanding of human being function.

According to Freud (in Hjelle and Ziegler, 1992: 87), unconscious is the deepest and major stratum of the mind. In Freud theory the unconscious is the storehouse of disguised truths and desires that want to be revealed in and through the conscious. These disguised truths and desire inevitably make themselves know through human art, literature, dream play and accidental slip of tongue know as Freudian slips. In the personality of human being psychology, man should explore deeply on the conscious of human being psychology. Freud ( in Feist, 1985 : 25) states that consciousness plays as relatively minor role in psychoanalytic theory. It is the only level of mental life directly available to us. Further, Freud says. Ideas can reach consciousness from two different directions. The first is from the perceptual conscious system and the second is from the mental structure “(Feist, 1985: 23).

There are various models of human behavior based on this psychoanalytic theory and practice. The model is known as topographical model of personality organization that contains three levels namely conscious, preconscious and unconscious as descriptive qualities of mental life (Pervin, 1984: 71).

#### **b. Structure of Personality**

Freud divides three aspects of personality, they are; *id*, *ego*, and *superego*. Although these aspects have each function, component, principle work and self dynamic, but they are having relationship each

other. *Id*, *ego* and *superego* are the unity and human being behaviors the result of these aspects.

### 1. *Id*

*Id* refers exclusive to the primitively, instinctive, and inherited aspects of personality (Hjelle and Ziegler 1992 : 88). *Id* closely relates to the biology urges. *Id* responds automatically to sources of irritation, thereby promptly removing the tension which the irritant elicits (Hjelle and Ziegler, 1992: 89).

*Id* is the biological aspect and the original system in the personality. *Id* also called the irrational, instinctual, unknown, and unconscious part of the psychic Freud. He also call *id* as the true psychic reality. *Id* contains the biological elements include instinct and *id* reservoirs psychic energy to operate *ego* and *superego*. As the oldest and basic component of personality, the *id* is close touch with bodily processes, and it derives from them the psychic energy powers the operations of all three systems (Hall and Lindzey, 1985:33). *Id* operated by pleasure principle it tries to obtain pleasure and avoid pain. *Id* has function to reduce the floating energy, which cause a tension. To avoid pain and get pleasure, *id* has two equipments; these are reflex action and primary process. Reflex action such as in haling, coughing, blinking etc.

### 2. *Ego*

Hall and Lindzey (1981 :37) state that the *ego* is operated by the reality principles that means gratification of instinct is delayed until an optimum time when human being can get the most pleasure with the least of unpleasant consequences.

*Ego* is a psychological aspect of personality and emerges because of the organism need to get in touch with the reality. A hungry person must eat or need food. It means that he or she should distinguish the imagination of food and reality of food. Here the differential between *id* and *ego* where *id* only knows the unreal things. The *ego* is said to obey the reality principle, which requires that action be delayed until the *ego* can

determine whether something has existence in objective reality (Hall and Lindzey, 1985: 34). *Ego* has function to reduce the tension in organism by find the appropriate object. In its function *ego* hold on reality principle and react with secondary process. Secondary process is the realistic thinking. *Ego* as the executive of personality fights the anxiety and tries to reduce anxiety by preventing undesirable or treating elements from reaching consciousness. Feist (1985:25) stated that *ego* develops out of *id*'s interaction with the external world it is produced from then on biological development and functions as an intermediary between the demands of *id* and the external world. One of the *ego*'s main jobs is to try to find satisfaction for the *id*, but in ways that are reasonable.

### 3. *Superego*

*Superego* is the sociological of personality aspect, the principle of morality consist of some value and evaluated norms. In order for a person to function effectively in society, he or she must acquire a system of values, norm, and ethics that are reasonably with that society (Hjelle and Ziegler, 1992: 90). *Superego* operates according to the morality principle and serves primarily to protect society and us from *id*. It function is determine true or false, proper or not, good or bad, in order human being will act based on the social morality.

The *superego* may function on a very primitive level, being relatively incapable of reality testing that incapable of modifying its action depending on circumstances (Pervin, 1984: 76).

There are two parts of the *superego*: a. The *ego* ideal includes the rules and standarts for good behaviors. These behaviors include those which are approved of by parental and other authority figures. Obeying these rules leads to feelings of pride, value, and accomplishment, b. The conscience includes information about things that are viewed as bad by parents and society. These behaviors are often forbidden and lead to bad consequences, punishments, or feelings of guilt and remorse.

The *superego* will produce feeling anxiety and guilt in order to warn when the individual thinks about behaving in morally unacceptable way. According to Hall and Lindzey (1970: 34) its conscience punishes wrong behaviors, and its *ego* ideal rewards right behavior.

### **c. Anxiety**

Anxiety is one of important aspect in theory of psychoanalysis. Anxiety has significant role in the development of personality. Personality functioning involves with the external world of reality provide us with kind of supplies such food. It may offer us security or threaten our very lives. It can disturb as well as comfort and satisfy and when we are not prepared to cope with threats, we may become afraid of anxious (Hall and Lindzey, 1985:41). Freud (in Hjelle and Ziegler, 1992:103) states that consists of three types, namely: realistic anxiety, neurotic anxiety, and moral anxiety.

#### **1. Realistic Anxiety**

Realistic anxiety is an experience of fear or real dangers in the external world (Hall and Lindzey, 1985:41). That is to say that this type of anxiety occurs because the individual is fear of the reality around her. It occurs when a person feels that some danger will come and will bring her in the trouble, no matter it is caused by persons in the environment. The realistic anxiety seems more real comparing to neurotic or morality anxiety. In the realistic anxiety, a person is able to explain why she is afraid since the cause can be seen or recognized clearly. A person who is unable to release himself or herself from bad past experience.

#### **2. Neurotic Anxiety**

Neurotic Anxiety is the fear that instincts will get out control and cause the person to do something for which she or he will be punished (Hall, 1970:44). In the other word, neurotic anxiety is the anxious of fear condition to the unknown danger (Fiest, 1985:31). Neurotic anxiety occurs because *ego* cannot control the instinct coming from *id*. It can be called the fear of punishment from an imaginary external source. It is an emotional

response of fear experienced when the ego is threatened by not controllable instinctual desires.

### 3. Moral anxiety

Moral anxiety is the fear of the conscience (Hall, 1970:44). When we do something bad, we will be afraid of the punishment of our conscience (Hall, 1985:41). The presence of moral anxiety is to control person's emotion or desires. His or her feeling will be expressed carefully. He or she will try to find the best way to avoid the punishment from society. By experience moral anxiety a person will drive to be having as a nice person and help them to find the right ways of live. It also serves possibility for a person who was a bad person turns to be hearted person who obeys the moral/values in society.

## 4. Research Finding

### a. The *Id*

The *id* of Clare occurs when she realizes that she is different from other siblings. Although, she wants something, she just can see it. So, she always feels anxious. When her sister gets a nice christmas gifts, she only gets an ugly doll. Beside that, she also feels sad and fear when Carmen always threatens and beats her.

“What have you got? Pauline wanted to know. ‘Let’s see.’ It is Dollie, ‘I said’  
Didn’t you get her last year?’ said Pauline  
‘And the year before that, I said’ (Ugly, 2006:60).

“My mother then doubled her fist and punched me in the stomach and on my upper thigh” (Ugly, 2006:50).

Another section *id* of Clare occurs when her life is always shortages. She wants a nice dress. Besides that, Clare always gets seconds clothes. She never has a beautiful clothes and she feels ugly to get a beautiful dress. Then, *id* of Clare occurs when she is very sad because Carmen does not want to buy school photograph of Clare. Clare is not confidence that she has an ugly physical and Clare wants to change her face become beautiful.

“I was never the first to open the bag and try on a dress. My mother would throw a dress at me”

“I wanted pretty dresses too, but I was too ugly to wear anything but my sisters’ cast-offs” (*Ugly*, 2006:12).

“But Clare, you so ugly. Have you seen yourself lately? Look”  
“With that my mother turned the photograph round in front of my face. I looked at it. I was actually very ugly. My head was too big, my lips were too large, I was covered in spots and my nose was too wide. I was not smiling” (*Ugly*, 2006:68).

“I had read recently in some magazine that there were operations where the doctor gave you a new mouth and a new nose, ones that my mother might find acceptable. Maybe they could make me pretty at the same time and then I could run away and another family might want me. Families don’t like ugly children”  
(*Ugly*, 2006:48).

## **b. The *Ego***

The first *ego* of Clare occurs when she gets a job for the first time. She works in the canteen on the Saturday. She has a big spirit to do anything as long as she can eat. Then she works as a nurse. Working at the hospital adds her experiences. She can live independent without her family. After she lives independent and work. Clare’s life also changes happily.

“As we approached the spring term my mother told me that she had found me a Saturday job and I would be required to work” (*Ugly*, 2006:153).

“King’s College Hospital was advertising for nursing auxiliaries on a full or part time basis for night duty or day duty. I applied immediately and left my details on the phone. The application form was filled in and returned on the same day” (*Ugly*, 2006:382).

“My ward was the female orthopaedic ward. My job was to collect all the cups or give out more tea as appropriate, then place the cups in the kitchen. I would then settle each patient. This involved tidying or replacing sheets” (*Ugly*, 2006:384).

“Three weeks later I took delivery of the finest bed in the whole of south London. Once the bed was dressed I pulled the curtains and went to sleep. During the following days I spent most of my days and nights in my bed. I ate, slept and got dressed in my bed. When I returned home after a long day I went to bed; even when I was not tired I could be found in bed. It was heaven reading a book in bed with my curtains closed” (*Ugly*, 2006:393).

### c. **The *Superego***

The *superego* of Clare occurs when she must be obedient to her mother in every time. Although, Carmen always gives bad treatment to her. Beside that, another *superego* occurs when Clare is accused lie. Carmen does not believe that Clare is not wetting the bed when Clare lives with Miss K. But, She tries to restrain the anger and be patient.

“Mummy says Miss K will tire of you wetting her bed”  
“Well, that’s funny,’I said. ‘Since I’ve been with Miss K I’ve not wet the bed once”  
“ Carmen says ,liar”  
“Swear to God, hope to die”  
“ Well, Mummy says you’ll come home sooner or later with your tail between your legs”  
“I haven’t got a tail”(Ugly, 2006:275).

The second *superego* occurs when she tries to commit suicide by drinking insectisida. She knows it is wrong.

“I removed the top from the bottle of bleach, diluted it with tap water, drank it and went back to bed. I was also sad because I wouldn’t see my sisters again.”

“The following morning I woke up and thought I had died”.(Ugly, 2006:2).

### d. **The Anxiety of Clare**

#### 1) **Realistic Anxiety**

Realistic anxiety occurs when Clare feels scare with her mother, so it makes her very anxious. In addition, Carmen makes a scratch in Clare's hand with a knife. Then Clare lives alone at home without food, water, gas and electricity.

“Not only was I unable to prevent myself wetting the bed, the mere presence of my mother and/or a bedtime beating made me so nervous that I sometimes emptied my bladder in front of her, which was seen as an act of defiance”(Ugly, 2006:14).

#### 2) **Neurotic Anxiety**

The neurotic anxiety occurs when Clare is very sad and intend to commit suicide by drinking insecticide. All happen due to the violence that she always receives everyday from Carmen.

Clare strives become a strong child. She tries to become independent woman. Although, she sometimes wants to suicide.

“That night I decided that no one would miss me if I just disappeared. I re-moved the top from the bottle of bleach, diluted it with tap water, drank it and went back to bed. I chose Domestos because Domestos kills all known germs and my mother had for so long told me that I was a germ. I felt sick, happy, and sad. I was happy because tonight, if the bleach worked, I would die”(Ugly, 2006:2).

### 3) Moral Anxiety

Clare’s moral anxiety occurs when Clare is accused lie. Carmen does not believe that Clare is not wetting the bed when Clare lives with Miss K. But, Clare tries to restrain the anger and be patient.

“Mummy says Miss K will tire of you wetting her bed”  
“Well, that’s funny,” I said. “Since I’ve been with Miss K I’ve not wet the bed once”  
“Carmen says ,liar”  
“Swear to God, hope to die”  
“ Well, Mummy says you’ll come home sooner or later with your tail between your legs”  
“I haven’t got a tail”(Ugly, 2006:275).

## 5. Conclusion

After analyzing psychoanalytic analysis of *Ugly* novel, the researcher draws conclusion in the following.

Firstly, based on structural analysis, *Ugly* novel has a good quality in all parts of the novel that tells about the anxiety which is faced by a child due to bad treatment. Besides that, she also has an ugly face. She strives to get the goal of life better in the future. The characters, setting, plot, point of view, theme and style influence each other. The major character of *Ugly* novel is Clare or Constance Briscoe and she is the writer of this novel.

Secondly, based on psychoanalytic analysis of this novel, the cause of anxiety of Clare is due to bad treatment from her mother. The human being usually faces with anxiety. It’s cause by the contradiction in the structure of personality between *id*, *ego* and *superego*. And it is that Constance Briscoe tries to show in her novel. Constance Briscoe’s *Ugly* novel described the

anxiety condition herself as the major character that always feels anxious and suffer. She is faced with conflict between *id* and *superego* that influence her life. Finally, her *superego* is dominated the *ego* than *id*. The major character thinks the positive that she will get a better life in the future.

Constance Briscoe's *Ugly* novel gives description about the complexity of problems, meaningful and struggle for life. To explore the novel more deeply, the writer suggests the other researcher to study this novel using different approach such as individual psychological approach. It's about the struggle for life of Clare as the major character. In *Ugly* novel the author describes Clare or Constance Briscoe as the major character. In here, this paper focused on Clare mental condition that using psychoanalytic approach.

This research paper is far from perfect because of the researcher's limited knowledge and understanding in the literature. The whole analysis represents the researcher understanding of the novel based on the psychoanalytic perspective, therefore it is necessary for the other researchers to support this study in order to become more valuable and get deep information about psychoanalytic approach.

This research paper hopefully can contribute to English teaching proses. It can be used to understand literary works mainly fiction from psychoanalytic perspective. It can also be used to enrich students vocabulary by using the novel as reading material.

## REFERENCES

Constance, Briscoe.2006. *Ugly*. London: Great Britain.

Burger, Jerry. M. 1986. *Personality Theory and Research*. United States of Amerika: Words Worth Publishing Company.

Dietrich, R.F and Sundell, Roger H. 1974. *The Art of Fiction*. New York: Holt Rineheart and Winston Inc.

Freud, Sigmund. 1937. *The Ego and the Mechanisms of Defence*. London: Hogarth Press and institute of Psycho-analysis.

Fiest, Jess. 1985. *Theory of Personalities*. Japan: CBS College Publishing.

Hall, Calvin S and Gardner Lindzey. 1970. *Theories of Personality*. Second edition New York: John M. Wiley Sons, Inc.

\_\_\_\_\_. 1981. *Theories of Personality*. Singapore: John M. Wiley Sons, Inc.

\_\_\_\_\_. 1985. *Theories of Personality*. New York: John M. Wiley Sons, Inc.

Hjelle, Larry and Daniel J. Ziegler. 1992. *Personality Theories*. Sydney: McGraw. Hill Book Company.

Kennedy, X. J. 1983. *Literature: An Introduction to Fiction, Poetry, and Drama*. Toronto: Little Brown and Company.

Koesnosoebroto, Sunaryono B. 1988. *The Anatomy of Prose Fiction*. Jakarta: Depdikbud.

Pervin, L.A. 1984. *Personality (Fourth Edition)*. New York: John Wiley & Sons, Inc.

Tarigan, Hendry Guntur. 1986. *Prinsip-Prinsip Dasar Sastra*. Bandung: Angkasa Bandung.

## **VIRTUAL REFERENCES**

[Http://www.waterstones.com/waterstonesweb/products/constance+briscoe/ugly/5432620](http://www.waterstones.com/waterstonesweb/products/constance+briscoe/ugly/5432620). (Accessed on 4 February 2012 at 10:00 am).

[Http://medical-dictionary.thefreedictionary.com/anxiety](http://medical-dictionary.thefreedictionary.com/anxiety). (Accessed on 25 February 2012 at 07.00 pm).

[Http://www.smh.com.au/news/book-reviews/ugly-the-true-story-of-a-loveless-childhood/2006/03/20/1142703269633.html](http://www.smh.com.au/news/book-reviews/ugly-the-true-story-of-a-loveless-childhood/2006/03/20/1142703269633.html). (Accessed on 24 February 2012 at 07.00 pm).