

**ANXIETY AS REFLECTED IN RAINBOW ROWELL'S
FANGIRL NOVEL (2013) : A PSYCHOANALYTIC
APPROACH**



**Submitted as a Partial Fulfillment of the Requirements for Getting Bachelor
Degree in Department of English Education**

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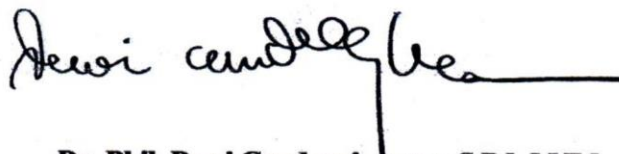
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PUBLICATION ARTICLE

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ACCEPTANCE

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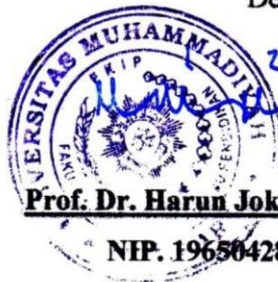
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ANXIETY AS REFLECTED IN RAINBOW ROWELL'S *FANGIRL* NOVEL (2013) : A PSYCHOANALYTIC APPROACH

Abstrak

Penelitian ini membahas tentang kecemasan yang dialami Cath dalam Rainbow Rowell's *Fangirl* Novel (2013). Penelitian ini dianalisis dengan menggunakan A Psychoanalytic Approach yang dikemukakan oleh Sigmund Freud. Penelitian ini bertujuan untuk menganalisis indikator kecemasan, mengetahui jenis kecemasan yang dominan dalam novel dan mengungkap alasan mengapa Rainbow Rowell membahas kecemasan dalam novel *Fangirl*. Jenis penelitian yang digunakan adalah deskriptif kualitatif. Data yang digunakan adalah data dari novel, meliputi kalimat dan paragraf. Teknik pengumpulan data dengan membaca berulang kali, mencatat, memperhatikan kata-kata penting, menyusun data, memilih data, dan menarik kesimpulan dari novel. Teknik analisis data menggunakan deskriptif kualitatif. Hasil dari penelitian menunjukkan Cath mengalami dua indikator kecemasan baik itu somatik maupun psikologis. Tipe kecemasan Cath lebih dominan pada realistic anxiety Cath cemas pada sesuatu yang nyata.

Kata kunci: kecemasan, psikoanalitik, Novel *Fangirl*

Abstract

This research discusses the anxiety experienced by Cath in Rainbow Rowell's *Fangirl* Novel (2013). This research was analyzed using A Psychoanalytic Approach proposed by Sigmund Freud. This research aims to analyze the indicators of anxiety, determine the dominant type of anxiety in the novel and reveal the reasons why Rainbow Rowell address anxiety in *Fangirl* novels. This type of research is descriptive qualitative. The data used are data from the novel, including sentences and paragraphs. The technique of collecting data is by reading repeatedly, taking notes, paying attention to important words, compiling data, selecting data, and drawing conclusions from novels. The data analysis technique used descriptive qualitative. The results showed that Cath experienced two indicators of anxiety, both somatic and psychological. Cath's type of anxiety is more dominant in realistic anxiety, Cath is worried about something real.

Keywords: anxiety, psychoanalytic, *Fangirl* novel

1. INTRODUCTION

Fangirl is a novel written by Rainbow Rowell, that was published in 2013. The novel has four hundred forty-five pages and divided into thirty-eight chapters. *Fangirl* novel is known to get many positive responses in GoodReads website more than hundreds of positive responses to this novel.

There are two reasons why the researcher is interested in researching this novel. First, the researcher is interested in the title. As we know, many *Fangirl*

phenomena occur around us. Many children who become fanatical fans both artist, athlete, and many other figures. Second, the researcher chose this novel to study because the researcher found anxiety from one of the character in this novel. The author feels interested to research about anxiety further. Anxiety without us knowing often happens around us.

On this research, the researcher draws the problem based on *Fangirl* novel into three, 1) the indicator of anxiety, 2) the dominant type of anxiety, 3) Rainbow Rowell address anxiety in the novel. The theory of indicator anxiety viewed from Conley (Widosari, 2010) and the type of anxiety viewed from Sigmund Freud.

Previous studies found by researchers were not the same as this study. There are several previous studies using the novel *Fangirl* by Rainbow Rowell, there are also previous studies using the psychoanalytic theory of Sigmund Freud. However, no previous research used *Fangirl's* novel as well as Sigmund Freud's psychoanalytic theory. The following are three previous studies related to this research, the first from Admojo from the Muhammadiyah University of Surakarta. His research in 2018 was entitled Steven's Anxiety Reflected in Sidney Shaldon's *The Naked Face Novel: A Psychoanalytic Approach*. Second, (Harjanto, 2017) has his research entitled Anxiety of Scrooge in Charles Dickens's *Novel a Christmas Carol And Other Holiday Treasures (1843): A Psychoanalytic Approach*. The three (Prastiwi, 2017) with a research entitled Anxiety Of Saman In Ayu Utami's *Saman Novel (1998): A Psychoanalytic Approach*.

Freud state that the type of anxiety is divided into three, namely, reality anxiety, moral anxiety, and neurotic anxiety. Meanwhile, according to Conley (Widosari, 2010) the indicators of anxiety are divided into two, namely somatic anxiety and psychological anxiety.

2. METHOD

This type of research is a qualitative descriptive study. The object of this research is divided into two, namely the material object and the formal object.

The object material of this research is the *Fangirl* novel by Rainbow Rowell, published in 2013. The formal object in this study is the anxiety experienced by the main character Cath in the *Fangirl* novel. There are two data sources in this study, namely the primary data source and secondary data source. The primary data of this research is the *Fangirl* novel by Rainbow Rowell. The second data is taken from various sources related to this research such as websites, journals, articles, books and so on. In collecting data, the researcher used several steps as follows: 1) Read the *Fangirl* novel several times, 2) Looking for information and articles that are related with *fangirl* novels on the internet, 3) Determine the characters in the novel to be analyzed, 4) Record important things both primary data and secondary data, 5) Identify problems and collect data, 6) Organize the data into sections according to their classification, 7) Make conclusions and suggestions based on the results of the analysis. The technique of checking the validity of the data in this research is the triangulation technique. To analyze *Fangirl's* novel, researchers used literary psychology and applied it using descriptive analysis that focused on making interpretations related to the novel. In analyzing novels in the form of text, what needs to be done is to analyze the content by reading all texts of the novel systematically and comprehensively.

3. FINDING AND DISCUSSION

3.1 The Indicator of Anxiety

3.1.1 Somatic Anxiety

Indicators of somatic anxiety include several symptoms such as excessive sweating, muscle tension, shortness of breath, gastrointestinal dysfunction, and possibly hypertension. Cath had experienced these somatic anxiety symptoms several times. Cath herself experienced this symptom because of several events she went through as in the following quote:

““Get your shoes,” Reagan said. “I’m showing you where the dining hall is.”. “No.” Cath could already feel the anxiety starting to tear her stomach into

nervous little pieces. "It's not just that. . . . I don't like new places. New situations. There'll be all those." (Rowell,2013:39)

When Cath was going to the dining hall with Reagan, Cath felt her stomach churn. This shows Cath's anxiety because eating in the dining hall is not Cath's desire. Cath is forced by Reagan to make her feel this anxiety. Cath herself really feels uncomfortable because there are many people she doesn't know, so she feels things she really doesn't want.

3.1.2 Psychological Anxiety

Psychological anxiety indicators consist of several symptoms such as mood disturbances, insomnia, nightmares, fatigue, loss of motivation, unreal feelings, sensitivity to something, unable to concentrate, unable to make decisions, clumsiness, restlessness, restlessness, loss of trust. self, do something repeatedly, hesitate and check something continuously as in the following quote:

““Cath,” she said, feeling a panicky jump in her stomach. She ignored his hand. (She was holding a box anyway what did he expect from her?)” (Rowell,2013:4)

When Cath just moved to her room, it turned out that there was a boy in the room, the boy suddenly held Cath's hand. Cath felt panic and anxiety. Because it was the first time she met this man, she thought the man would do something bad to her. In addition, panic is also an indicator of a person experiencing symptoms of psychological anxiety.

3.2 The Dominant Type of Anxiety

3.2.1 Realistic Anxiety

Realistic anxiety is anxiety that comes from a realistic response when someone feels danger in an environment. This anxiety stems from a sense of fear of the dangers that threaten the real world. The realistic anxiety experienced by Cath in the novel *Fangirl* can be seen from the following quotes.

“‘Cath,’ she said, feeling a panicky jump in her stomach. She ignored his hand. (She was holding a box anyway what did he expect from her?)” (Rowell,2013:4)

First, Cath's character experiences realistic anxiety when Cath is about to move into her new dorm. After she reaches her new dorm, she immediately rushes to her room, but she is surprised and shocked because there is a man in her dorm. Even though it was the first time he entered the dorm. After Cath entered her room the man called and held her hand, Cath was very scared and panicked because she didn't know the man. Cath experiences realistic anxiety because she feels that the man is a threat to her because she doesn't know the man yet and she is in her room where it should only be her and her female friends.

3.2.2 Moral Anxiety

Moral anxiety is anxiety that stems from the conflict between the ego and the superego. This anxiety is like the anxiety that Cath has for her father. She decides to contact Wren to ask how her father is, but that doesn't get Cath an answer because it looks like Wren is drunk. This condition makes Cath even more worried because she has not received an answer to what happened to her father because until now Cath has not been able to contact her father. Cath is actually angry with Wren because of Wren's habit of getting drunk especially when needed like this. The anxiety experienced by Cath is a form of moral anxiety as illustrated in the following data:

“Cath felt her face tense. More from hurt now than worry. ‘I was just calling to talk to you about Dad.’ Cath wished she didn’t use the word ‘just’ so much. It was her passive-aggressive tell, like someone who twitched when they were lying. ‘And other stuff. Boy . . . stuff.’” (Rowell,2013:66)

In addition, moral anxiety is related to the environment around her.

Cath as the main character in the novel *Fangirl*, experienced and felt anxious several times. Cath is more dominant in experiencing realistic

anxiety, which means that the anxiety she experiences can have real dangers or impacts in front of her.

Everyone experiences anxiety that is different and difficult to express. The realistic anxiety that Cath often experiences is also triggered by her memory as a child when her father and mother divorced and her mother decided to leave Cath, Wren, and also her father. Even though at that time Cath and Wren were still young, this made them quite slumped and became gloomy girls like never before.

3.2.3 Rainbow Rowell address anxiety

In this research, researchers were able to find several messages related to anxiety that Rainbow Rowell address through the *Fangirl* novel. There are many things we can learn from novels, one of which is the anxiety experienced by people, usually due to environmental factors in their childhood. Where the family environment will greatly affect the mental of a child, children who live in the environment of parents who are broken home and in the environment of parents who are fine are likely to have different characteristics and mental characteristics. Children living in a broken home will have a greater chance of experiencing mental problems such as anxiety.

Anxiety also arises because someone cannot manage the thoughts that exist in themselves, especially negative thoughts that make anxious, besides that because someone's expectations are too excessive it also makes someone anxious about something easily. Anxiety also arises due to not being able to easily adapt to new environments.

Anxiety itself is a symptom that not many people are aware of, if a person who has a mental disorder is easily anxious and he tells this to people who do not understand it will be thought that he is excessive and so on, for that it is important for those who have anxiety disorders find someone who understands and understands what he is going through as a place to tell stories. Because people who have criticism tend to harbor their own feelings of fear because they are also afraid to tell others.

For this reason, if we have friends or someone near us who has mental disorders in the form of anxiety then we need to provide support to him so that he does not become someone who is always anxious and afraid to adapt to a new environment because it is very detrimental to him later. One of the supports we can provide is to be a good listener for him.

3.3 Discussion

This research discusses psychology, especially psychoanalytic or the study of human identity from a psychological perspective. This psychoanalytic itself can be used in life with the aim of getting to know people individually. By knowing someone's psychoanalitics, we can find out how anxiety arises in a person in real life, whether it is in accordance with existing theories or not. Anxiety that arises in humans is caused by many factors ranging from the trauma they had, whether it was when they were young or when they were adults, due to overthinking things, to the influence of their surroundings from childhood to adulthood.

In the *fangirl* novel, the most dominant anxiety experienced by Cath is realistic anxiety. On many occasions Cath experienced anxiety such as when Cath arrived at her new dorm and there was a man in the room, while Cath knew that this room was a woman's room. When she first moved to the dorm, Cath chose to keep a food stock in the form of a protein bar so that she didn't have to go out to buy food and meet lots of people, because this could make her anxious. Not only when in her new dorm, Cath feels real anxiety when meeting her new classmates. Cath's anxiety is often excessive, such as when Cath chose to eat in the bathroom because she was afraid to eat in the room where Reagan and Levi were at that time. When Reagan finds out that Cath has only eaten protein bars, Reagan asks Cath to eat in the dinning hall.

By using a psychoanalytic approach people can learn about how to get to know other people's personalities. So that we know that there are many people out there who have different characteristics, and we also have to be different in dealing with each of these people. People with excessive anxiety

will tend to have a different personality from people in general because people with excessive anxiety tend to overthink something that is in front of them. When having social relationships with people who have excessive anxiety, we must be able to understand what they feel so as not to appear judgmental for what they think.

For this reason, it is necessary to understand Freud's theory so that we know how to deal with people with anxiety caused by many factors in him. In this novel, the writer illustrates a psychoanalytic phenomenon where the main character has unusual anxiety. However, from this incident everyone who has height should be able to overcome it even though it is not easy.

4. CLOSING

Based on the analysis, there are several findings, the first is an indicator of anxiety consisting of psychological anxiety and somatic anxiety. Cath as one of the main characters has experienced somatic anxiety in this novel several times, such as when Cath went to the dining hall, Cath felt her stomach churn. This happened not only once but over and over again, Cath's stomach often churned or hurt when she was experiencing anxiety. Cath also felt the tension in her muscles when she was worried about something. Not only that, Cath also experienced difficulty breathing when she felt anxiety. Psychological anxiety is more often experienced by Cath than somatic anxiety as when Cath just came to her new dorm she felt panic. Cath often feels tense in new places or environments, Cath also feels awkward. Not only that, Cath also often did things over and over again like when she was worried about her father. Cath also felt anxiety several times with an indicator of feelings that were not real.

Second, the anxiety in the *fangirl* novel consists of several types, such as realistic anxiety, moral anxiety, and neurotic anxiety. realistic anxiety. Cath as the main character in the novel *Fangirl*, experienced and felt anxious several times. Cath is more dominant in experiencing realistic anxiety, which means that the anxiety she experiences can have real dangers or impacts in front of her. Cath has also experienced moral anxiety several times. While neurotic

anxiety is not seen in the novel, researchers did not find Cath's anxiety depicting her having neurotic anxiety.

Third, Rainbow Rowell addresses anxiety in *Fangirl* novel to convey some messages. The anxiety experienced by people is usually due to environmental factors in their childhood. Anxiety also arises because you cannot manage your thoughts, especially negative thoughts that make you anxious, besides that because someone's expectations are too excessive it also makes someone anxious about something easily. Anxiety also arises because you cannot easily adapt to a new environment. Anxiety itself is a symptom that not many people are aware of. For this reason, if we have friends or someone near us who has mental disorders in the form of anxiety then we need to provide support to him so that he does not become someone who is always anxious and afraid to adapt to a new environment because it is very detrimental to him later. One of the supports we can provide is to be a good listener for him.

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