ANXIETY REFLECTED IN GILLIAN FLYNN'S *DARK PLACES* (2009):

A PSYCHOANALYTIC PERSPECTIVE

Submitted as a Partial Fulfillment of the Requirements

For Getting Bachelor Degree of Education

In English Department

by:

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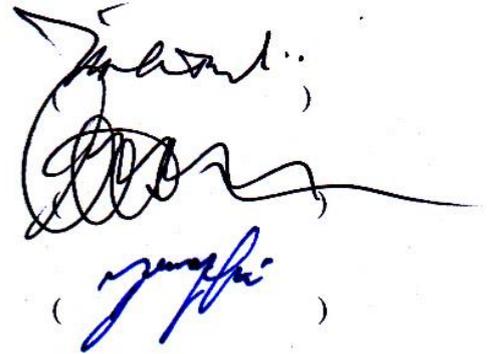
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Abstrak

Penelitian ini bertujuan untuk menganalisis indicator-indikator kecemasan di dalam novel, untuk mengetahui jenis-jenis kecemasan dominan dalam novel, untuk menggambarkan bagaimana kecemasan tercermin dalam novel, dan untuk mengungkapkan alasan mengapa Gillian Flynn membahas kecemasan dalam novel. Jenis penelitian ini adalah deskriptif kualitatif. Peneliti mendapatkan data dari novel termasuk kalimat, dan paragraf. Teknik pengumpulan data yaitu dengan membaca berulang kali, membuat catatan, memperhatikan kata-kata penting, mengatur data, memilih data, dan menarik kesimpulan dari novel. Teknik untuk menganalisis data adalah deskriptif kualitatif yang terdiri dari tiga prosedur, yaitu: mengurangi data, menampilkan data, dan kesimpulan. Hasil penelitian menunjukkan: indikator-indikator kecemasan terdiri dari kecemasan kognitif, kecemasan motorik, kecemasan somatik, dan kecemasan afektif. Kecemasan yang tercermin dalam novel "Dark Places" terdiri dari kecemasan neurotik, kecemasan moral dan kecemasan realistis. Jenis kecemasan yang dominan dalam novel "Dark Places" adalah kecemasan realistis. Gillian Flynn membahas kecemasan di "Dark Places" Novel di mana berdasarkan indikator dari kecemasan, Gillian ingin membahas kecemasan dengan menunjukkan bagaimana kecemasan muncul. Berdasarkan reaksi motorik, gerakan tubuh secara visual, seperti; mengangkat bahu (menunjukkan gerakan mengangkat bahu yang sederhana), menjadi orang yang sensitif dan menjadi sadar tentang sesuatu, mondar-mandir di sekitar untuk melepaskan ketegangan otot atau ketidaknyamanan, dan merinding serta tubuh menjadi tegang. Kecemasan somatik dan kecemasan afektif digambarkan bahwa Libby benar-benar cemas tentang penyelidikan pembunuhan keluarganya.

Kata kunci: kecemasan, psikoanalitik, Novel Dark Places

Abstracts

This research aims to identify the indicators of anxiety in the novel, to find out the dominant type of anxiety in dominant in the novel, to describe how anxiety is reflected in the novel, and to reveal the reasons why Gillian Flynn addresses anxiety in the novel. The type of this research is descriptive qualitative. The researcher gets the data from the novel includes the sentences, and paragraph. The techniques of collecting the data are reading the data repeatedly, taking notes, underlying the important words, arranging the data, selecting the data, and drawing conclusion. The technique of data analysis is descriptive qualitative which comprises three procedures, namely: data reduction, data display, and conclusion. The results of this research show: the indicators of anxiety consist cognitive anxiety, motoric anxiety, somatic anxiety, and affective anxiety. The anxiety reflected in the "Dark Places" novel consists of neurotic anxiety, moral anxiety and realistic anxiety. The type of anxiety that is dominant in the "Dark Place" novel is realistic anxiety. Gillian Flynn address anxiety in the "Dark Places" novel where based on the indicator of anxiety, Gillian wants to address anxiety by showing how the anxiety appears. Based on motoric reaction, body movement visually, such as; shrugged (shows a simple shoulder shrug), become a sensitive person and becomes aware on something, paced around to release muscular tension or discomfort, and bristled and tensed body. The somatic anxiety and affective anxiety is that Libby really anxious about the investigation of her family murder.

Keywords: anxiety, psychoanalytic, Dark Places novel

1. INTRODUCTION

Dark Places is a novel written by Gillian Flynn. This novel is published in 2009. It has three hundreds and forty-nine pages. This novel tells about Libby escaped a massacre in her own home, in which both of her sisters and her mother were killed. *Dark Places* is a well known novel which has positive responses. More than hundreds positive responses but in the other hand, there is also negative response.

There are three reasons why the writer interested in analyzing this novel. First, the writer is interested with the title. It seems so horror and full of challenging in reading. Second, this novel makes everyone curious about the reasons why Libby feels anxious so she builds her mind up to recall her past. This novel has a mystery that readers are wondering truth. This novel teaches us to respect each other brothers and sisters. There are so many questions turn up after reading this Flynn's novel. The writer so curious about the question "Why does Libby feel anxious along her life?" and "What is the reason of Libby in recalling her bad past memory?" and the last reason is about the structural elements of the novel, especially the plot and the character. The plot is wonderful so the readers never bored. The writing type of Flynn is great because she can cover a mystery story with her touching language. Flynn plays the character perfectly.

On this research, the researcher draws the problem based on the *Dark Places* novel into four, 1) the indicators of anxiety, 2) the type of anxiety is dominant, 3) the anxiety reflected in the novel, and 4) Gillian Flynn address anxiety in the novel. The indicator of anxietry viewed from Humara's theory (1999) and the the type of anxiety viewed from Sigmund Freud (1938).

The analysis of Gillian Flynn's novel *Dark Places* was not found in previous analysis, but the analysis related to psychoanalytic was a lot. The next two researches were the previous analysis related to psychoanalytic, first from Fitriasari from Muhammadiyah University of Surakarta. Her research paper on 2007 entitled *Anxiety in Robert James Waller's The Bridges of Madison Country: A Psychoanalytic Approach* and the second Agustin

Cahyaningsih (2013) her research entitled 'The Anxiety of Maryam in Okky Madasari *The Outcast* (2012): A Psychoanalytic Approach'.

Freud formulated three types of anxiety. Those are reality anxiety, moral anxiety, and neurotic anxiety. All of those anxieties have their own indicators, Burton in Humara (1999: 3) separated into cognitive anxiety (fear of anxiety and negative expectations), where people often concern about problems that maybe will happen and it is hard to concentrate or make decision. But, if people able to take the decision, it will make their concern continue and sometimes hard to sleep. Motoric anxiety appears in a form of body movement, where sometimes the body will shaking and difficult to talk when people gets the anxious feeling. Somatic anxiety (perceptions of physiological arousal) and self-confidence. This anxiety reaction appears physically or biologically, where sometimes people will get their breathing disorder or others, such as sweating, fluttering, blood pressure rise, digestion disorder, exhausted, or even passed out.

2. RESEARCH METHOD

The type of research method is descriptive qualitative research. The object of this study is divided into two, formal and material object. The formal object is something that maybe perceived by the senses, especially by sight or touch, and anything that maybe presented to the mind, objects of thought. The material object is a novel written by Gillian Flynn's *Dark Places* novel. The novel has 349 pages. It was published in 2009. The major character in *Dark Places* is Libby. Libby escaped a massacre in her own home, in which both of her sisters and her mother were killed. Her brother was convicted of the murders as Libby testified against him and sentenced to life in prison. There are two data sources which are needed to conduct this research. They are primary data sources and secondary data sources. The primary data source is Gillian Flynn's novel *Dark Places* (2009). The secondary data sources are taken from other sources related the study, such as: website, dictionary, and some books which support the research. In collecting data, the researcher takes some steps as follow: 1) Reading the

novel *Dark Places*, 2) Taking notes of important part in both primary and secondary data, 3) Underlying the important words, phrases and sentences, that related to the study, 4) Arranging the data into several parts based on its classification, 5) Selecting the data by rejecting the irrelevant information which does not support the topic of the study, 6) Drawing the conclusion of the analysis that has already done in the former chapter and formulating its pedagogical suggestion. The technique of data analysis, the researcher uses three processes which relate to each other, such as data reduction, data display, and conclusion drawing.

3. FINDING AND DISCUSSION

3.1 The Indicators of Anxiety

3.1.1 Cognitive anxiety

This indicator is mind indicator where people sometime get negative thinking among something. In 'Dark places' novel the cognitive anxiety appears in Libby, when she remembers the murder of her family in 1985.

(DarkP/Gillian/2009/p.47)

Or maybe not. The murders had left me permanently of-kilter in these kinds of judgment calls. I assumed everything bad in the world could happen, because everything bad in the world already did happen. But, then, weren't the chances minuscule that I, Libby Day, would meet harm on top of it? Wasn't I safe by default? A shiny, indestructible statistic.

The above quotation shows the negative expectation of Libby when one day, she meets with her new friend who wants to reveal the case of the murder of her family. This condition of course makes Libby one more time remembered about the murder that she saw in when she was a kid in 1985. A lot of negative expectation appears such as, assuming everything bad in the world that could happen and she would meet harm and danger among the case. So, the two negative expectation, negative thinking on the above quotation belongs to cognitive anxiety where people always concern and sometime it cause hard for them to make decision.

3.1.2 Motoric anxiety

The motoric anxiety is one of anxiety indicator that appears in a form of body movement, where sometimes the body will shaking and difficult to talk when people gets the anxious feeling.

> (DarkP/Gillian/2009/p.58)
>
> I shrugged, trying to ignore my worry about Lisette, who I didn't know. And also fighting the jealousy again. Out of all these murders, I wanted the Day booth to be the biggest.

Shrugged showed with the movement of part of the body, that shows a simple shoulder shrug could mean, "I don't know" or it could signify uncertainty, vulnerability and even be a sign of deceitfulness. But, sometimes also shows the feeling of anxious. On the above quotation shows the motoric anxiety related to Libby's anxiety when she remebers that a lot of murder case in 1985 beside her family murder. She remebers that Lissette also one of the family that was killed in a sloughter house. In the middle of revealling the murder case of her family, her friend sometimes compare it with Lisette case, so sometimes her friend also ask her about lisette. This make her jealous, she thinks that, the case of her family is the most important and she does not want if her friend involves the other case beside her family case. Here, Libby tries to ignore it by inddiferent and shrugged.

3.1.3 Somatic anxiety

The somatic anxiety is the reaction that involve breathing disorder or others, such as sweating, fluttering, blood pressure rise, digestion disorder, exhausted, or even passed out.

> (DarkP/Gillian/2009/p.65)
> I felt the blood rush in my ears, and told myself I wasn't hearing anything new. Nothing to panic about. I never really listened to the details of the murder. I'd let the words run over my brain and out my ears, like a terrified cancer patient hearing all that coded jargon and understanding nothing, except that it was very bad news.

The above quotation shows that Libby realy anxious about the investigation of her family murder. She feels that in every situation always involve fast blood rush in her body that always makes her panic and shaking, especially when she heard about how the way her family died. Somewhere around 2 a.m. on January 3,1985, a person or persons killed three members of the Day family in their farmhouse in Kinnakee, Kansas. The deceased include Michelle Day, age ten; Debby Day, age nine; and the family matriarch, Patty Day, age thirty-two. Michelle Day was strangled; Debby Day died of axe wounds, Patty Day of two shotgun wounds, axe wounds, and deep cuts from a Bowie hunting knife.

3.1.4 Affective anxiety

Affective anxiety is an indicator that involve mental situation of human, such as not calm, depression, offended easily, etc. In the 'Dark Places' novel, the affective anxiety appears in Libby's life, especially when she started to reveal the murder case of her family in 1985.

> (DarkP/Gillian/2009/p.49)
> "Why would Lyle Wirth be here?" he said without a smile. Screwing with me because he could.
> "Oh, fuck you," I blurted, and turned away, feeling idiotic. I got three steps when the guy called after me.

The above quotation shows the real character of Libby, in a certain situation, she shows a different side of her, she offended easily especcially when her friend tries to mention about the murder of er family. She will yelling, shouting and grumbling like an idiot. The situation in a quotation shows that Libby wants to meet with Lyle to discuss about the job related to the murder of her family, but the stranger on the phone do not considered it as a serious matter and he just playing with her. This really makes her angry and dissapointed.

3.2 The Anxiety Reflected in The Novel

3.2.1 Neurotic anxiety

Neurotic anxiety appears in human related to the anxious mind about something that is not happen. In this condition, human will make something to protect them selves to avoid it. Neurotic anxiety is an emotional response to the threat that unacceptable *id* impulses will become conscious.

(DarkP/Gillian/2009/p.47)

Or maybe not. The murders had left me permanently off-kilter in these kinds of judgment calls. I assumed everything bad in the world could happen, because everything bad in the world already did happen. But, then, weren't the chances minuscule that I, Libby Day, would meet harm on top of it?

The above quotation shows the neurotic anxiety where Libby thinks that because of the murder case of her family, something will always connected with bad thing, such as; the killer will hunts her, the people arround her has a bad and negative thinking because only her that survived, people also will thinks that she does not has regret because of the case. The conscious mind of Libby appears because she feels the same thing about that condition. So, she believes that everyday is a bad day for her, eventhough that is not the way she thinks.

3.2.2 Moral anxiety

Moral anxiety has its origin in the conflict between the ego and superego. Moral anxiety involves a fear of violating our own moral principle. People sometime faces between two different choices that can make the anxiety.

(DarkP/Gillian/2009/p.73)

No. I saw what I saw that night, I thought, my forevermantra. Even though that wasn't true. The truth was I didn't see anything. OK? Fine. I technically saw nothing. I only heard. I

only heard because I was hiding in a closet while my family died because I was a worthless little coward.

The above quotation shows one situation, where Libby must faces two inner conflict, the first where she believes that Ben is the killer and the second, her friend says that Ben is innocence. The situation is that, Libby wants to aks Ben about what is really happened in 1985. But, but Ben won't give it to her. Libby tries to rationalize her memories of murderer-Ben with her new feelings toward her brother and her belief that he's innocent. With a lot of think in her mind, she tries to convince her self that she is right, that Ben was guilty. But, her friend says that ben is innocence. Then, she thinks backward and tries to remember everything about Ben, ben was a good boy on that time, because he was only 15 years old, and Ben really care about her. Those two problems really makes her anxious and she wants to ask appology if she is not right.

3.2.3 Realistic anxiety

Reality anxiety is a type of anxiety that the object does exist. It is a fear of the real world events.

(DarkP/Gillian/2009/p.67)

"I think the general consensus is that Runner Day did it," the fat woman said, rummaging in her purse, wadded tissues falling out the side of it.

I started at the sound of my dad's name. Runner Day. Miserable man.

The above quotation shows the realistic aniety of Libby. The situation is that, Libby had a bad relation with her father because her father was a misserable man. When the fat woman in the group tries to ask about her father, Libby feels that the sadness live in the past suddenly appears and fill her mind. She feels anxious when she heard the name of Runner Day (her father). This become realistic anxiety because her father become one of her real bad event that she had been

felt. From the past until she lives today, she can not run away from it. This always make her anxious and affraid if her past live will be happened again.

4.3 The Dominant Type of Anxiety

Iin the "Dark Place" novel, the most dominant type of anxiety is realistic anxiety such as, *first,* Libby's bad relation with her father because her father was a misserable man. *Second,* the a bad feeling of seing dead body of her family, even it is only in the picture. *Third,* Libby feels anxious related to lyle condition. *Fourth,* the bad and anxious feeling of Libby related to her body contact with stranger. The realistic anxiety of Libby influenced by her background of live. The degrees of intensity in experiencing bad situation that sometimes almost hurting her, creates the most dominant in realistic anxiety. But, Libby is a strong woman, because she has experience a bad situation, so, she is able to avoid the stimuli or situations that lead to anxiety.

4.4 Gillian Flynn address anxiety

Based on the indicator of anxiety and the type of anxiety, it can be found the message that Gillian Flynn addressed. The indicator of anxiety consists of Cognitive anxiety, Motoric anxiety, Somatic anxiety, and Affective anxiety. While, the type of anxiety consists of realistic anxiety, moral anxiety and neurotic anxiety.

4.5 Discussion

Psychology especially psychoanalytic is about human identity based on psychology side. So, in implementing psychology (psychoanalytic) in social life is by knowing each person individually. By that, people will know how is the anxiety appears in people in real life, are they suitable with the theory or not. By knowing about human's anxiety, people will be able to measure how far the anxiety appears and how to controls it.

In the novel the indicator of anxiety consists of Cognitive anxiety, Motoric anxiety, Somatic anxiety, and Affective anxiety. While, the type

of anxiety consists of realistic anxiety, moral anxiety and neurotic anxiety. The major character (Libby) is the most dominant character that gets the impact of bad live in past. So it will be give large impact in her present life, such as she is being haunted with her past, affraid of being close with strangers, feeling guilty, unsteady feeling, and tend to over protected.

The final result to the anxiety in the novel is that the most dominat is realistic anxiety. Libby's feels anxious when she heard the name of Runner Day (her father), there is a bad feeling of seing dead body of her family, even it is only in the picture. Libby feels anxious related to lyle condition (the condition in relationship), the bad and anxious feeling of Libby related to her body contact with stranger.

In literature and psychology there is an art to connects those two. With psychology (psychoanalytic approach) people can learn about how to know other people personality. People will know how to live with people with a different character and characteristic, people also will know how to face other people with different anxiety. It means that, the theory based on Freud able to learned and used to know people personality, because the theory appears because of Freud experience of his life.

In this novel the author illustrated a psychoanalytic phenomenon in which every people have their own anxiety. People with high problem in anxiety will be able to handle eventhough it is hard. In the novel, the anxiety appears deeper in people who has a bad past experience. The author reveals it on Libby's life as the sample of it.

4. CONCLUSION

Based on the analysis, there were found, *first,* the indicators of anxiety consist of the indicator of anxiety consists of cognitive anxiety, motoric anxiety, somatic anxiety, and affective anxiety. *Second*, the anxiety reflected in the "Dark Places" novel consists of neurotic anxiety, moral anxiety and realistic anxiety. *Third,* the type of anxiety that is dominant in the "Dark Place" novel is realistic anxiety. *Fourth,* Gillian Flynn address anxiety in the

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