Chapter I: Introduction

This chapter attempts to present a brief outline of background of the research, concerning to analyze anxiety disorder of Audrey's character in Sophie Kinsella's Novel *Finding Audrey* and also describes and explains about the basic consideration, research questions, objectives of study, significance of study, and scope of study.

Background of Study

Literature had a great impact on society, it is not a new phenomenon, as it exists since language became the main type of communication and literature always tried to reflect society, or to point finger to aspects of society that need to be changed, thus reason why literature had influent was that this type of art was common sense of people, of mass (Hadzic, 2019). The word text is related to "textile" and can be translated as "fabric": just as single threads form a fabric, so words and sentences form a meaningful and coherent text (Klarer, 2004). Based on the explanation it can be concluded that literature is a text form, but text from that write the reflection of people live.

Goodyer (2008) states that the novel, like the documentary, is a hard genre to define and through history, the term 'novel' has been applied to writings that cover a plethora of topics, that employ numerous and varied styles, and that have achieved divergent results - critically, publicly, aesthetically, and economically. Brooklyn College (2001) states the novel is only one of many possible prose narrative forms. Burgess (2018) state the novel is a genre of fiction, and fiction may be defined as the art or craft of contriving, through the written word, representations of human life that instruct or divert or both.

Based on three definitions, researcher makes a simple description of novel, novel is a story about a human experience or a fiction and they will writte in the text book. Novel has many influences for the reader among them are when read the novel it is like the story life in our imagination so that will entertain the reader and relieve the stress, and also it will add people knowledge because there are many value that can get in the novel. In other hand novel not only to entertain and add the knowledge of reader but novel can be used in the student college as the object of research. It same with this research will use novel as the object of research. In this research will be discussed Novel from *Finding Audrey by Sophie Kinsella.*

Finding Audrey's novel by Sophie Kinsella is the first Young Adult novel work of Sophie Kinsella. "With her genuine gift for comic writing, Sophie Kinsella blends comedy, romance, and psychological insight in this contemporary Young Adult novel sure to inspire and delight" (Kinsella, 2015, cover). According Dipi (2018) state *"Finding Audrey's* novel by Sophie Kinsella have 5 main point story on the novel, the first is the main character of the story is Audrey, the second Audrey is a teenager girl who suffered a nervous breakdown or trauma caused by classmates, the third is she difficulty in establishing social relationships, even with his family members Audrey has certain limitations, the fourth Audrey is basically a good kid, smart, willing, despite the trauma and mental condition, the decision sometimes unstable or less consideration, and the last is Audrey often feel worried and scared, his mind twisted perceptions of themselves are not necessarily true.

Like the explanations, it is same with the story in novel *Finding Audrey*. The researcher was read the novel and thinks that Audrey has abnormal character. She always uses sunglasses in her house or outdoor to avoid the eyes contact with other people and it same with the explanation "establishing social relationships" (Dipi, 2018) and based on the explanation of

him about Audrey, we can find the statement in the novel that showing mental condition of Audrey.

It was there in the statement in *Finding Audrey's* novel "when Linus her brother's friend say hi for Audrey and Audrey feel Linus's voice make Audrey surprise, and jump round in shock. Linus comes into the den and instinctively her fists clench in fear" (Kinsella, 2015, p.21) and there is another statement in *Finding Audrey's novel* "My chest is starting to rise in panic. Tears have already started to my eyes" (Kinsella, 2015, p.21) and the statement of Audrey when she opens her illness in the *Finding Audrey,* Sophie Kinsella: "So now you know. Well, I suppose you don't know-you're guessing. To put you out of your misery, here's the full diagnosis: Social Anxiety Disorder, General Anxiety Disorder, and Depressive Episode" (Kinsella, 2015, p.22-23).

Based on the statement in the novel of *Finding Audrey* the researcher interested of the problem such as social anxiety disorder that changes Audrey's character. Based on the problem of *Finding Audrey's* novel, the researcher will use psychoanalysis to analyze the problem of Audrey.

There are close relationship between literature and psychoanalysis. According Emir (2016) states that literature and psychology are two branches of science that study human soul, psychology researches human behaviors and their causes while literature depicts human behavior through fiction. It means psychoanalysis is a theory to analyze a problem in human life perceptive and it could be using in the novels.

Literature psychology covers almost everything we want to know about literature, because literature is a product of mind. Sometimes to analyze the psychological problem of literary work the other researchers using psychoanalytic theory. Psychoanalytic theory has been

widely used in study of literature to analyze the character, because the character in the literature is extend verbal representation of human being. Based on the explanation about psychoanalysis and the problem of *Finding Audrey's* novel it is very suitable to applying the psychoanalysis in *Finding Audrey*'s novel because to analyze a character in one literary work the researcher need psychoanalysis theory.

According Wellek and Warren (2016, p. 81) explained that "Psychology of literature has four meaning. The first is the psychological study of the writer, as type and as individual, the second is the study of creative process, the third is the study of psychological types and laws present within works of literature, and the fourth is the study of the effects of literature upon its readers". Based on the meaning of the psychology of literature, the researcher will concern of the study of the effects of literature upon its readers. It is suitable in this research because this aims or this advantages' research to the readers.

The researcher will be used the theory of psychoanalysis by Sigmund Freud. Freud (1923) divided "The psyche structured into three parts (i.e., tripartite), the id, ego and superego, all developing at different stages in our lives." These are systems, not parts of the brain, or in any way physical. According to Freud's model of the psyche, the id is the primitive and instinctual part of the mind that contains sexual and aggressive drives and hidden memories, the super-ego operate as a moral conscience, and the ego is the realistic part that mediates between the desires of the id and the super-ego. "Although each part of the personality comprises unique features, they interact to form a whole, and each part makes a relative contribution to an individual's behavior" (McLeod, 2016).

Talking about psychological problem of Audrey in the novel, the main characters itself always uses sunglasses in her house or outdoor to avoid the eyes contact with other people. Audrey often feel worried and scared with met other people. It can be found in the Finding

Audrey's Novel "when Linus, the friend of hers brother says "Hi" to Audrey and then Audrey surprises, and jumps round in shock. Like, she literally jumps. She has pretty sharpened reflexes and oversensitive. She feels like the rest of her" (Kinsella, 2015, p.21).

Based on the explanation it can be said that the main character has anxiety disorder because according Robinson, Segal & Smith (2016) "Anxiety is a normal reaction to danger, the body's automatic fight-or-flight response that is triggered when you feel threatened, under pressure, or are facing a stressful situation". The definition about anxiety is very suitable with the statements in the Finding Audrey by Sophie Kinsella. Thus, the researcher said that Audrey has anxiety disorder.

 "Anxiety disorders are the most common type of psychiatric disorders. Many patients with anxiety disorders experience physical symptoms related to anxiety and subsequently visit their primary care providers" (Bhatt, 2017). Freud states that the ego -- the "I" -- sits at the center of some pretty powerful forces: reality; society, as represented by the superego; biology, as represented by the id (Boeree, 2009).

When these make conflicting demands upon the poor ego, it is understandable if it -- if you -- feel threatened, feel overwhelmed, feel as if it were about to collapse under the weight of it all. This feeling is called anxiety, and it serves as a signal to the ego that its survival, and with it the survival of the whole organism, is in jeopardy". Freud mentions three different kind of anxieties such as realistic anxiety, moral anxiety, and neurotic anxiety (Boeree, 2009).

Based on the explanation, this theory will very suitable with conflict or problem in Audrey's character as the root theory from psychoanalytic theory by Sigmund Freud. Anxiety is like a big problem in psychology of Audrey when read Finding Audrey's novel. Anxiety itself has many definitions, among others in Nursing Care Plan for Anxiety (2014) definition of anxiety

according to "Freud describes and defines anxiety as an unpleasant feeling, which is followed by certain physiological reactions such as changes in heart rate and breathing.

According to Freud, anxiety involves the perception of unpleasant feelings and physiological reactions, in other words, anxiety is a reaction to a situation that is considered dangerous." He talks again that anxiety serves as a mechanism to protect the ego because anxiety signals to us that there is a danger and if not done right then it would increase the danger to the ego defeated. Based on the definition, the character of Audrey has a similar problem.

The anxiety of Audrey's character describe in the story of the novel is she is scared of the other people especially to eyes contact with them. She is always come bad feeling when she meet with other people and it makes Audrey like an abnormal person. Thus, this research concern to analyze the anxiety from Audrey and finding the process that make Audrey get it. The beginning of all problems when we read clearly the novel the anxiety disorder is effect from bullying.

Bullying is an important public health problem, affecting one in three US children. The most commonly used definition of bullying was developed by Daniel Olweus in the 1970's and 80's" (Olweus, quoted from Shetgiri 2013). Olweus describes too bullying as "intentional, repeated, negative (unpleasant or hurtful) behavior by one or more persons directed against a person who has difficulty defending him or herself. Physical bullying includes any type of physical assault, such as hitting, pushing, kicking, choking, and forcefully taking something from the victim (Quoted from Shetgiri 2013).

According the explanation above about bullying, the main character in Finding Audrey's novel gets bullying and it impact for the psychological disturbance of Audrey in school. On the novel Audrey had gone to school but she do not want go to school again because has been anxiety disorder effect from bullying. The problem is what makes researcher want to analyze

it because researcher thinks that bullying is the big problem in the children and it makes their psychology and desire down. We know that nowadays many bullying cases occur in children at school.

One of the countries that think this problem becomes of one issue problem is UK. According the Annual Bullying Survey (2016) in UK there are 9.000 children 12-20 years old get bullying experience. In Indonesia also the bullying becomes one issue problems of the children in school. According survey of LSM Plan International and International Centre for Research on Women (ICRW) 2015 there are 84% bullying experience of children in Indonesia's schools (Qodar, 2015).

Based on the explanation survey from UK and Indonesia seen that bullying is one of the problems for the children in the school and it also happened to Audrey's character in Finding Audrey's novel. Thus, this problem in Audrey's character becomes object this research.

From the illustration that have been explained above, psychoanalysis approach by Sigmund Freud will be used in this research to analyze Audrey's character. This research also will explore the presence of anxiety disorder on the main character on the Finding Audrey's novel. The most interesting problem of the novel is anxiety disorder that changes Audrey's character effect from bullying. Thus, based on that issue, the researcher thinks that this study can has benefit to give description in real life about anxiety disorder effect from bullying for the psychological of human being, then this study has benefit for the society to solve bullying effect in the children school, and give understand clearly for them to help build a good relationship in society.

Research Question

Based on the basic consideration above, the writer formulates the problem of this research are:

1. What are the kinds of anxiety suffered by Audrey in Sophie Kinsella's novel *Finding Audrey*?

2. What are the causes of Audrey's Anxiety Disorder in Sophie Kinsella's novel *Finding Audrey*?

Research Objective

This research aims are:

1. To find out the kinds of anxiety suffered by Audrey in Sophie Kinsella's novel *Finding Audrey*.

2. To find out the causes of Audrey's anxiety disorder in the Sophie Kinsella's novel Finding Audrey.

Research Significances

In this case, this research is expected to contribute positively in the readers. The use of the study can be classified into:

1. To increase reader awareness about anxiety disorder can be effected to someone life.

2. Give description in real life about anxiety disorder for the psychological of human being.

3.   To dig out the message of the novel that the author want to express about   the problem in children life at school by understanding the problem, it can   help parents or reader to be involve in education of their children at   school.

4.   Give the reader understands clearly about that issue it will help us to build a good relation in society.

The Scope of Study

The researcher chooses a novel as the object of data. The researcher limited on the novel to find out the result of this research. In the other hand, there are many objects to be literature research, but the researcher more interesting for the novel especially the Finding Audrey's novel. The reason researcher interesting the novel is the beginning from statement in the novel Finding Audrey, Sophie Kinsella: "I haven't been to school since February, because some stuff happened there. Not great stuff" (p.16) and "Anyway. Moving on. After that, I got ill" (Kinsella, 2015, p.21). In the other page Finding Audrey, Sophie Kinsella: "So now you know. Well, suppose you don't know-you're guessing. To put you out of your misery, here's the full diagnosis: Social Anxiety Disorder, General Anxiety Disorder, and Depressive Episode" (Kinsella, 2015, p.21).

Based on the statements become early reason researcher wants to analysis the main character especially the problem about social anxiety disorder but there are many more the statements on the novel that could to analyze. In other words the main focus from this research is to analyze the anxiety disorder of the main character. Talking about anxiety Freud mentions three different kind of anxieties such as realistic anxiety, moral anxiety, and neurotic anxiety (Boeree, 2009).