

Chapter V: Conclusion

The goal of this chapter is to give the relevant conclusions about students' analyze anxiety disorder of Audrey's character in Sophie Kinsella's Novel *Finding Audrey*. Besides, several suggestions are also presented in this chapter.

Review of Findings

Based on the findings and discussion, there are some points need to be concluded regarding the research question "what are the kinds of anxiety suffered by Sophie Kinsella in Finding Audrey novel?" and "how is the anxiety disorder experience of the Audrey's character in the Sophie Kinsella's novel Finding Audrey?". In these cases revealed that from three kinds of anxiety by Sigmund Freud; reality anxiety, neurotic anxiety, and moral anxiety, only reality anxiety that more dominated in Audrey.

First the researcher knows that the anxious of Audrey comes from the people, she will worry about that. She cannot meet other people except her family and when she meets with other people making eyes contact with other people makes her get suddenly anxious, panic, uncomfortable. In other words people are a threat that raises anxiety for Audrey.

Based on the definition reality anxiety comes from the fear of threatening dangers in the real world (Andri & Dewi, 2007). From the anxiety data can see that Ollie, Linus, Postman, and eyes is the object real. On the other hand, in the anxiety problem there is impulse from id and ego, when afraid to the object in the real word the response of the danger is the id response and Audrey will run to avoid the danger is the impulse of ego. And all of the problems the cause of Audrey's anxiety is effect from bullying in school and it prove the first perception of researcher about the causes. The indication of bullying from the statement "persecuted",

where persecution can be said to be bullying because bullying and persecution is the same perception. It can be seen in definition of bullying. According White & Mason (2012) state that bullying is persecution that includes picking on, intimidating, slandering or assaulting an individual or group which is vulnerable to persecution.

And in this study there were things revealed from the message in *Finding Audrey*'s novel by Sophie Kinsella. That Sophie Kinsella wants to show that basically some bullying occurs because of the potential of some students who are always praised in class and makes the other students is jealous. To the teacher try not to give excessive praise to students so that it seems there is a difference.

Recommendation

Based on the problems faced by the children as the sacrifice of bullying effect because bullying is an important public health problem, affecting one in three US children and then in Indonesian also. 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. So researcher has several parts to suggest to reader, teacher, and parents in everywhere live:

Firstly, for teachers not to be to give excessive praise of their students to other students because this can result in jealousy towards other students, this can also as the one of the causes of students who are bullying other students.

Secondly, advice to parents to protect their children more, always ask about their children's experiences so that children can be more open so that someday there will be bad things that happen to their children, parents can know.

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Appendixes

The Data Card of Audrey's Anxiety

No	Type of Anxiety	Data
1.	Reality Anxiety	<p><i>“Oh, Audrey,” Says Ollie suddenly, spotting me. “Hi, how are you?”</i></p> <p><i>I shrink back from position at my bedroom window in fright. My window is tucked away on a corner, and no-one was meant to notice me (Data 1, Finding Audrey, page 5).</i></p>
2.	Reality Anxiety	<p><i>“Hi.” Linus’s voice takes me by surprise, and I jump round in shock.</i></p> <p><i>He comes into the den and instinctively my fists clench in fear.”</i></p> <p><i>My chest is starting to rise in panic. Tears have already started to my eyes. My throat feels frozen. I need to escape. I need – I can’t -. (Data 2, Finding Audrey, pages 21).</i></p>
3.	Reality Anxiety	<p><i>But then a postman comes to the door and I run before I can even stop myself. (Data 3, Finding Audrey, page 37).</i></p>
4.	Reality Anxiety	<p><i>“Eye contact is a big deal. It’s the biggest deal. Just the thought makes me feel sick, right down to my core. I know in my rational head that eyes are not frightening. They’re tiny little harmless blobs jelly. They’re, like, a minuscule fraction of our whole body area we all have them. So why should they bother me?</i></p> <p><i>But I’ve had a lot of time to think about this, and if you ask me, most people underestimate eyes. For a start, they’re powerful. They have range. You focus on someone a hundred feet away,</i></p>

		<p><i>through a whole bunch of people, and they know you're looking at them. But they're like vortexes too. They're infinite. You look someone straight in the eye and your whole soul can be sucked out in a nanosecond. That's what it feels like. Other people's eyes are limitless and that's what scares me" (Data 4, Finding Audrey, page 27).</i></p>
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The Data Card of Causes Audrey's Anxiety

No	Causes	Data
1.	Bullying	<p><i>"Although to be truthful, Stokeland isn't "my school" anymore. I haven't been to school since February, because some stuff happened there. Not great stuff. Anyway. Moving on. After that, I got ill. Now I'm going to change schools and go down a year so I won't fall behind. So, till then, I'm at home". (Finding Audrey, page 16).</i></p>
2.	Bullying	<p><i>"There was a big scandal, yadda yadda. Three girls were excluded, which is a record. My parents took me out of Stokeland instantly, and I've been at home ever since. Well, and hospital, which I told you about already". (Data 2, Finding Audrey, page 36).</i></p>
3.	Bullying	<p><i>"Is this to do with everything that . . . happened?" Linus said "A bit." Audrey nod. "So you know about that." Said Audrey "I just heard stuff. You know. Everyone was talking about it."</i></p>

		<p><i>Said Linus</i></p> <p><i>“Freya Hill’s gone to my cousin’s school,” he continues. “I don’t know what happened to Izzy Lawton or Tasha Collins”.</i></p> <p><i>Linus said</i></p> <p><i>I recoil at the names. “I don’t really want to talk about it” Audrey said.” (Data 3, Finding Audrey, page 77-78)</i></p>
4.	Bullying	<p><i>“Dear Mrs. Lawton. We are writing to you in shock, horror, and dismay. First, that you would have the nerve to write an email directly to our daughter, Audrey, in a completely inappropriate manner. Second, that you should make such an outrageous request. I am sorry that your daughter Izzy is having problems, but if you think that Audrey would be willing to meet her, you must be quite mad. Do you recall the situation here? Do you recall the fact that our daughter was persecuted by your daughter (among others)? Are you aware that Audrey has not returned to school since the events and spent several weeks in hospital? We don’t care if Izzy wants to apologies or not. We are not risking any further psychological damage to our daughter. Yours, Anne and Chris Turner” (Data 4, Finding Audrey, page 225-226)</i></p>
5.	Bullying	<p><i>“At the same time, I was the one who got shown off to all the visitors: “Our straight-A student, Audrey.” Our netball star, Audrey.” Top tip to all teachers reading this (i.e., none, probably): try not showing off the girls who cringes when</i></p>

		<p><i>anyone even looks at her. Because it's not that helpful. Also, it's not that helpful to say in the whole class's smearshot: "She's the great hope of this year group, so talented. Who wants to be the great hope? Who wants to be "so talented"? Who wants the entire rest of year to slide their eyes round like daggers?" (Data 5, Finding Audrey, page 38)</i></p>
6.	Bullying	<p><i>"Everyone involved has started to feel unreal. All the girls at Stokeland Girls' School; Miss Amerson, our head teacher, who said I was deluded and seeking attention. (Attention. Irony God, are you listening?)" (Data 6, Finding Audrey, page 36).</i></p>