



Anxiety Disorder on The Main Character of A. J. Finn Novel *The Woman in The Window*

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ABSTRACT

Principally, this research attempts to analyze the anxiety disorder on the main character of novel *The Woman In The Window* by A. J. Finn. The objective of this study to find out 1) To investigate the causes of anxiety disorder through to the main character in the novel based on the psychoanalytic approach by Sigmund Freud. 2) To explain how the treatments done by the main character to reduce her anxiety disorder in the novel and 3) To explain the reasons for the treatments done by the main character in the novel. The writer used qualitative design method in analyzing the data that focused on the textual data. The instruments for collecting data are reading technique, and writing technique. This research analyzes

by relating the data with Freud's Psychoanalysis theory. The results of the research show that 1) The causes anxiety disorder to the main character because have an accident in the past that make the sufferer become stress, and post-traumatic stress disorder. 2) There are two treatments done by the main character to reduce her anxiety disorder that is medication and therapy. 3) The reasons for the treatments done by main character because with healing through therapy and medication will be able to reduce the trauma experienced by Anna Fox.

Keywords:

Psychoanalysis, Novel, Anxiety Disorder

INTRODUCTION

Literature is any written work, which can refer to personal works or absolute understanding of literature. The notion of literature in academia can be more concentrated on literary works such as novels, processes, poetry and drama, although the form of writing of these works is less academic. . In terms of artistic value, literature is often seen as imaginative or creative. Literature and literary works are two parts that are interrelated and cannot be separated. Literary work is the part that deals with both fictional and non-fictional experiences. Literary works are a product of the human subconscious

(Endraswara, 2011), so that many literary works can be discussed from a psychological perspective, for example the types of conflicts that occur in stories, difficulties and tragedies.

Anxiety disorder is a disease that is not only existing in the existence of a fixer, but is often observed in actual life. People who have anxiousness disorders often have excessive, reflex or intense and persistent fear and worry in their day by day lives. Anxiety disorder is recognized as chronic immoderate anxiety which is related to many somatic symptoms. In this study, will be attempted to focus on psychological analysis to analyze one of literary works that is novel. This study uses a psychoanalytic approach to analyze *The Woman in The Window* novel by A.J. Finn and use the theory of Freud. In the novel *The Woman in The Window*, it is informed that the main character is named Anna Fox. Anna Fox is a child psychologist with anxiety disorders, triggered with the aid of an accident that brought on her husband and toddler to die, at which time Anna Fox used to be driving the car. That's why the main character has an anxiety disorder.

1. Psychoanalysis theory

Psychoanalysis is both a science and a profession emanating from the works of Austrian neurologist Sigmund Freud (1856–1939). Freud developed a new system of psychology called psychoanalysis, which encompasses a form of inquiry about society, a therapeutic practice, and a theory of personality.

Freud (1923) divided "The soul is structured into three components (ie, tripartite), id, ego and superego, all of which improve at unique levels in our lives." It is a system, not a brain, or a bodily part. According to Freud's mannequin of the soul, the identity is the primitive and instinctual section of the mind that carries sexual and aggressive urges and hidden memories, the super-ego operates as the ethical conscience, and the ego is the sensible section that mediates between the id's desires and the super-ego. The id is a reservoir of unconscious impulses and impulses that originate from a genetic background and are associated with the preservation and strategies of life. The ego, according to Freud, operates at each the mindful and pre-conscious levels of consciousness. Within the superego lie the beliefs and values that occur from the man or woman sphere and the customs of the family and society; the superego serves as a sensor for ego functions.

2. Novel

Novel is a type of prose genre in literary work. According to Watson (1979: 158) "Novel is a fictional prose narrative of length, normally with a declare to describe the real." Burgess (2018) says that the novel is a genre of fiction, and fiction may additionally be described as the artwork or craft of contriving, thru the written word, representations of human life that educate or divert or both.

3. Anxiety Disorder

According to Davison, Neale and Kring (2012: 5-6) anxiety disorder is excessive anxiety, continuous chronically and thoroughly, often about the little things that are difficult to control. As quote from Anxiety Disorder Association of America (ADAA) on their website (adaa.org), humans with anxiety disorder experience false alarms, in which innocent stimuli or conditions are regarded dangerous. In different words, anxiety affords false warnings at the incorrect time.

According to Freud, anxiety is a signal to the ego that chance is coming. It warns the ego to do something to stop the risk from doing damage to the ego. Anxiety disorders is chronic circumstance characterized by immoderate and chronic worry, with physical symptoms such as sweating, palpitations, and feelings of stress.

4. The Cause of Anxiety Disorder

The exact causes of anxiety issues are a range of for every type, but in accordance to Neila. (2005:14), there is a range of elements that may additionally be concerned in general, they are psychological factors, biological factors, and challenging life experiences, including: stressful or traumatic life events, a family history of anxiety disorders, childhood development issues, alcohol, medications or illicit substances and other medical or psychiatric problems.

For psychological factors, the two main schools of idea that strive to give an explanation for the psychological influences on anxiety disorders are the cognitive and behavioral theories. The biological factors, causes and effects of anxiety disorders include problems with brain chemistry and brain activity; genetics; and medical, psychiatric and substance use issues.

METHOD

This study conducted by using qualitative research design method. The data analyzed by using Psychoanalytic Approach by Sigmund Freud as the father of the inventor Psychoanalysis theory. Psychology Approach used relevant to the topic of the study about the causes of anxiety disorder, the treatments to reduce the anxiety and reasons for anxiety disorder found in the main character of novel *The Woman in The Window*.

The data were taken from the novel titled *The Woman in The Window* written by A. J. Finn. This novel was published in 2018 which contains 427 pages published by A J. Finn. This novel is 1 New York Times bestseller and a fiction story, soon to be a Major Motion Picture. The other source data that the writer found from some journal international, that used to support the data of study.

To collected the data, the writer used two techniques; reading and writing. For reading techniques, some literature and the main source of data for the researcher and reading the novel *The Woman in The Window* by A. J. Finn carefully. The reading is carried out carefully from beginning to end, and then finding a study to analyze by trying to match some of the analysis of the study. Writing technique is one of the method taken by researcher in this research, namely by writing the results of the readings that show the relevance of the research title in the novel *The Woman in The Window* by A. J. Finn.

To analyze the data, with read the chapter of the novel and wrote it, then take the quotations of the text from the novel to the certain characteristic of the cause anxiety disorder to the main character, the realization of treatments, and the reason for the treatments. Those quotations analyzed to get the findings from the problem that suffered to the main character in the novel. Finally, conclusion got from the analysis.

RESULTS

The results of the research show that 1) The causes anxiety disorder to the main character because have an accident in the past that make the sufferer become stress, and post-traumatic stress disorder. 2) There are two treatments done by the main character to reduce her anxiety disorder that is medication and therapy. 3) The reasons for the treatments done by main character because with healing through therapy and medication will be able to reduce the trauma experienced by Anna Fox.

DISCUSSIONS

The writer found the character Anna Fox in the novel *The Woman In The Window* that make her suffer from anxiety disorder due to the guilty that is inherent in her heart resulting in her often experienced bad things after the events that befell her and family during a car accident in the past. After Anna lost her child and husband.

1. The Cause Anxiety Disorder to The Main Character

The panic attack that happened cause past events that Anna can't control, such as locked herself in the house. The causes anxiety to the main character because had a car accident that make her feeling guilty and caused to post-traumatic stress disorder.

“That’s when your troubles started. Your problems going outside.

Posttraumatic

stress. Which I mean, I can’t imagine.” God, how I cowered beneath the hospital fluorescents; how I panicked in the squad car. How I collapsed, those first times

leaving the house, once and twice and twice more, until at last I dragged myself back inside.

And locked my doors.

And shut my windows.

And swore I’d keep myself hidden.

You wanted someplace safe. I get that. They found you half-frozen. You’d been through hell.”

(Page 275)

The quotation shows that Anna becomes a very different person after her family death. The incident experienced by her husband and child, Anna's anxiety disorder began. She no longer wants to leave the house, always locks herself up, closed the house and even does all activities from the window. Seeing strange things using her camera, that is what she does every day. It becomes a traumatic event experienced by Anna because it presents the probability of a serious threat to one's love ones, in this case the death of her child and husband.

2. The Realization For The Treatments

For the treatments done by Anna fox in the novel *The Woman In The Window* to reduce the fear she experienced, there are two ways, namely therapy and medication. In therapy Anna Fox, consulted a doctor she had known for a long time. The doctor's name is dr. Fielding, he is the good cure for Anna's recovery from her gloomy period which she has been through for a very long time. For medication Anna

Fox also had to take drugs in the form of pills to reduce her feeling guilty that had haunted her in her daily life for a long time. Here, dr. Fielding also plays a very important role in Anna to bought a prescription that has been suggested but with the use of a dose that is not excessive because it will be very influential for her healing.

GRANNYLIZZIE: Have you heard from your family?

THEDOCTORISIN: I need to be honest with you.

GRANNYLIZZIE: ??

THEDOCTORISIN: My family di ed last December.

The cursor blinks.

THEDOCTORISIN: In a car accident.

THEDOCTORISIN: I had an affair. My husband and I were fighting about it and we drove off the road.

THEDOCTORISIN: I drove off the road.

THEDOCTORISIN: I see a psychiatrist to help me deal with the guilt as well as the

agoraphobia.

(Page 292)

From the dialog above shows that Anna fox is talking with her doctor. From their conversation Anna explained the causes of anxiety that she has because the accident in the past. So, the doctor is a psychiatrist doctor to reduce the annoyance experienced by Anna.

3. The Reason For The Treatments

The reason for the treatment in the main character in the novel *The Woman In The Window* can conclude that with therapy and medication can reduce the fear or guilty that suffer to

the main character. So, these treatments are the most effective way to cure Anna from her Anxiety Disorder according to the text from the novel.

In mid-February after nearly six weeks shriveled inside my house, after I realized that I wasn't Getting Better I contacted a psychiatrist whose lecture ("Atypical Antipsychotics and Post-Traumatic Stress Disorder") I'd attended at a conference in Baltimore five years back. He didn't know me then. He does now. Those unfamiliar with therapy often assume that the therapist is by default softspoken and solicitous; you smear yourself along his sofa like butter on toast, and you melt. It ain't necessarily so, as the song goes. Exhibit A: Dr. Julian Fielding. (Pages 69)

The statement above shows that Anna Fox as the main character in the novel has not changed (worse) after almost six weeks of confinement at home, in the end she contacted a psychiatrist to consult about the illness she was experiencing.

CONCLUSIONS

Based on the analysis of the anxiety disorder of the main character, the result of the study show that the cause of anxiety to the main character in the novel *The Woman In The Window* because had a bad life experienced that make she lose her family and its attack her to feeling guilty and the cause to the main character says as the post-traumatic stress disorder. The main character is a child psychology, after she suffer an anxiety Anna always locked herself in her house, feeling guilty and have a traumatic. The realizations of treatments to reduce Anna Fox's anxiety disorder through two stages, they are therapy, and medications. As someone who has anxiety, the most powerful way to reduce their fear/panic attack is through those two ways. Therefore, with healing through therapy and medication will be able to reduce the trauma experienced by Anna Fox as the main character in the novel.

The reasons for the treatments done by Anna Fox, it can be seen from the text in the novel says that everyone have an anxiety disorder will use the treatments with consulted

to the doctor. For the reason to uses the two treatments is because the therapy and drugs it can reduce the fear and trauma experienced by Anna Fox according to the conversation between the dr. Fielding and the main character.

The writer suggest that *The Woman In The Window* novel is a very interesting novel to read as well as analyze. The first half of this novel is boring. But after going through the boring part and more conflicts starting to emerge, this novel becomes difficult to let go of and manages to stay up late. It's a mix of family stories, neighbors, and there's a bit of romance too. By reading this thesis, readers can find out more about those subjects and analysis of the story. Finally, by this thesis the writer hopes that readers will benefit from this thesis and can be useful as a reference for future researchers.

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