

**THE ANXIETY OF PAULINE AND MADELINE IN NICOLA  
YOON'S *EVERYTHING, EVERYTHING***

**THESIS**

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**DEPARTMENT OF ENGLISH LITERATURE**

**FACULTY OF HUMANITIES**

**UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG**

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YOON'S *EVERYTHING, EVERYTHING***

**THESIS**

Presented to  
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2021**

## STATEMENT OF ACADEMIC INTERGRITY

I state that the thesis entitled “**The Anxiety of Pauline and Madeline in Nicola Yoon’s *Everything, Everything***” is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

Malang, 19 May 2021

The researcher



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## APPROVAL SHEET

This to certify that Maulida Khurin Inaya's thesis entitled **The Anxiety of Pauline and Madeline in Nicola Yoon's *Everything, Everything*** has been approved for thesis examination at Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of *Sarjana Sastra* (S.S.).

Malang, May 19<sup>th</sup>, 2021

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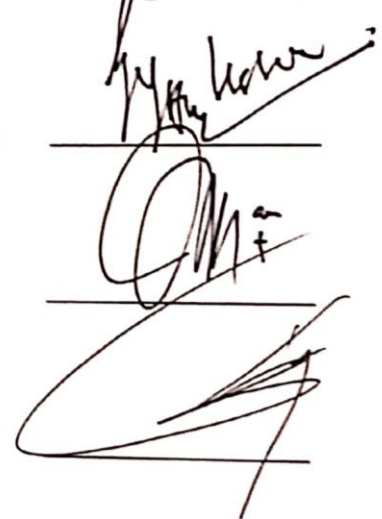
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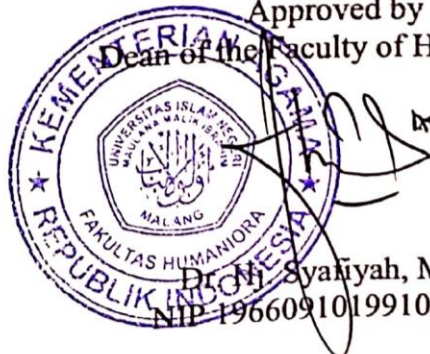
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## **MOTTO**

Do not despair of Allah's grace. Indeed, those who despair from the grace of Allah are only those who infidel.

*(Q.S. Yusuf 12:87)*

## **DEDICATION**

I proudly dedicate this thesis to my beloved parents, who always take care of me and support me through their prayers. My lovely brother and sister who constantly motivate me to complete my thesis. My thesis supervisor who always helps and guides me with his patience. My partner who has supported and always ready if I needed, also accompanying my college journey rollercoaster since day one. My wonderful senior and unique friends in batch 2017 who have spent almost four years together at English Letters Department. May Allah always take care and bless you all, and also that your life will always be filled with luck and happiness.

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The last, if there are errors and inadequacies in this study, I expect all constructive suggestions and criticisms from all parties, for the sake of further improvement. I hope that this thesis can be useful for me, the readers, and the next researcher.



*Wassalamu'alaikum wa Rahmatullahi wa Barakatuh*

Malang, 19 May 2021

The researcher

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## مستخلص البحث

مولدة حورين عناية. (2021). قلق بولين ومادلين في فيلم "كل شيء ، كل شيء" لنيكولا يون. بحث الجامعي. قسم أدب الإنجليزية كلية الإنسانية جامعة مولانا مالك إبراهيم مالانج. المشرف الدكتور مزكي عفيف الدين، الماجستير

الكلمات المفتاحية: القلق والحماية وآليات الحماية الذاتية.

تعتبر الرابطة بين الأم والطفل أهم علاقة بين الوالدين والأبناء. من المرجح أن تفهم الأمهات والبنات بعضهن البعض ويرتبطن بعواطفهن (Yamagata et al., 2016). تهدف هذه الدراسة إلى معرفة أشكال القلق وآليات الحماية الذاتية التي عاشتها بولين ومادلين في رواية كل شيء ، كل شيء لنيكولا يون. هذه الرواية مثيرة للاهتمام للتحليل لأن الباحثة يصف بوضوح جوهر علم النفس. تم نشر هذه الرواية أيضًا في عام 2015 وقد تم البحث عنها من قبل ثلاثة أشخاص فقط. هذا يجعل الباحثين مهتمين بتحليل هذه الرواية من منظور مختلف. هناك ثلاثة أهداف في هذا البحث ؛ أولاً ، لتحديد سبب القلق ؛ ثانيًا ، التعرف على أنواع القلق ؛ ثالثًا ، تحديد آليات الدفاع عن النفس التي تستخدمها بولين ومادلين للتعامل مع قلقهما.

هذا البحث هو بحث نقد أدبي لأنه يركز فقط على تحليل العمل الأدبي. البيانات الواردة في هذه الدراسة مأخوذة من النصوص السردية والنصوص الحوارية الواردة في رواية كل شيء ، كل شيء. يجمع الباحثون البيانات مع التركيز على النصوص السردية أو الحوارية ذات الصلة بالمشكلات في الدراسة. تستخدم هذه الدراسة نهج التحليل النفسي باستخدام نظرية القلق وآليات الدفاع عن النفس لسيموند فرويد. قال فرويد أن القلق هو حالة عاطفية غير سارة ، في شكل رد فعل ينشأ في الشخص تحسبًا لخطر حقيقي أو متخيل على موقف ما. يمكن أن ينشأ القلق المفرط بسبب حدث صادم حدث لشخص ما. آليات الدفاع عن النفس هي استراتيجيات نفسية يستخدمها شخص أو مجموعة من الناس أو حتى أمة للتعامل مع الواقع والحفاظ على الصورة الذاتية. وفقًا له ، يجب أن يكون لكل شخص آلية دفاع عن الأنا الخاصة به والتي تتأثر بتجاربه عندما يكبرون.

تشير نتائج هذه الدراسة ، أولاً ، أن سبب القلق الذي تشعر به بولين هو الإدراك ، أي بسبب صدمة سابقة لم يتم شفاؤها. كان سبب قلق مادلين هو الحافز الذي واجهته ، وهو الخوف من مرضها الذي يهدد حياتها أو يعرضها للخطر. ثانيًا ، هناك ثلاثة أنواع من القلق عانى منها بولين ومادلين ، وهي القلق الواقعي ، والقلق العصبي ، والقلق الأخلاقي ، وفي هذا القسم ، وجد الباحثة أن قلق بولين الواقعي مزدوج وأن قلق مادلين الواقعي كان ستة. ثم وصل قلق بولين العصبي إلى سبع أدلة. أخيرًا ، يصل القلق الأخلاقي لمادلين إلى خمسة أدلة. ثالثًا ، وجد الباحثة أشكال آليات الدفاع عن النفس التي فعلتها بولين ومادلين ، والتي تضمنت الإنكار والقمع والعقلنة والتسامي والإسقاط.

## ABSTRACT

**Inaya, Maulida Khurin.** 2021. *The Anxiety of Pauline and Madeline in Nicola Yoon's Everything, Everything*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Dr. Muzakki Afifuddin, M.Pd.

*Keywords: Anxiety, Protective, Defense Mechanism.*

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The bond between mother and child is the most substantial relationship between parents and children. Mothers and daughters are more likely to understand each other and relate to their emotions (Yamagata et al., 2016). This study aims to find out the forms of anxiety and defense mechanism experienced by Pauline and Madeline in the novel *Everything, Everything* by Nicola Yoon. This novel is interesting to analyze because the researcher describes clearly the essence of psychology. Also, this novel was published in 2015 and has only been researched by three people. This makes researchers interested in analyzing this novel from a different perspective. There are three objectives in this research; first, to identify the causes of anxiety; second, to identify the types of anxiety; third, to identify what defense mechanism used by Pauline and Madeline to deal with their anxiety.

This is a literary criticism research because it only focuses on the analysis of a literary work. The data in this study were taken from narrative texts and conversational texts contained in the novel *Everything, Everything*. Researchers collect data with a focus on narrative or conversational texts that are relevant to the problems in the study. This study uses a psychological analysis approach using the theory of anxiety and defense mechanism by Sigmund Freud. Freud said that anxiety is an unpleasant emotional state, in the form of a response that arises in a person in anticipation of real or imagined danger to a situation. Excessive anxiety can arise because of a traumatic event that happened to a person. Defense mechanism is a psychological strategies used by a person, group of people, or even a nation to deal with reality and maintain self-image. According to him, each person must have their own ego defense mechanism which is influenced by their experiences when growing up.

The findings of this study indicate that, first, the cause of the anxiety that Pauline feels is perception, namely due to past trauma that has not been recovered. The cause of Madeline's anxiety was caused by the stimulus encountered, namely the fear of her illness that would threaten or endanger her life. Second, there are three types of anxiety experienced by Pauline and Madeline, namely realistic anxiety, neurotic anxiety, and moral anxiety. In this section, the researcher found that Pauline's realistic anxiety was two and Madeline's realistic anxiety was six evidence. Then neurotic anxiety in Pauline amounted to seven evidence. The last, moral anxiety on Madeline amounted to five evidence. Third, the researcher found the forms of defense mechanism efforts that Pauline and Madeline did, which included denial, repression, rationalization, sublimation, and projection.

## ABSTRAK

**Inaya, Maulida Khurin.** 2021. *The Anxiety of Pauline and Madeline in Nicola Yoon's Everything, Everything*. Skripsi. Jurusan Sastra Inggris Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing Dr. Muzakki Afifuddin, M.Pd.

*Kata Kunci: Kecemasan, Protektif, Mekanisme Perlindungan Diri.*

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Ikatan ibu dan anak merupakan hubungan yang paling substansial antara orang tua dan anak. Ibu dan anak perempuan lebih cenderung untuk memahami satu sama lain dan berhubungan dengan emosi mereka (Yamagata et al., 2016). Penelitian ini bertujuan untuk menemukan bentuk kecemasan dan mekanisme perlindungan diri yang dialami oleh Pauline dan Madeline dalam novel *Everything, Everything* karya Nicola Yoon. Novel ini menarik untuk dianalisis karena peneliti mendeskripsikan dengan jelas esensi psikologinya. Serta, novel ini diterbitkan pada tahun 2015 dan baru diteliti oleh tiga orang saja. Hal ini, membuat peneliti tertarik untuk menganalisis novel ini dalam perspektif yang berbeda. Ada tiga tujuan dalam penelitian ini; pertama, untuk mengidentifikasi penyebab kecemasan; kedua, untuk mengidentifikasi jenis-jenis kecemasan; ketiga, untuk mengidentifikasi apa saja mekanisme pertahanan diri yang dilakukan Pauline dan Madeline untuk menanggapi kecemasan mereka.

Penelitian ini adalah penelitian kritik sastra karena hanya difokuskan pada analisis sebuah karya sastra. Data dalam penelitian ini diambil dari teks naratif dan teks percakapan yang terkandung dalam novel *Everything, Everything*. Peneliti mengumpulkan data dengan fokus terhadap narasi atau teks percakapan yang relevan dengan permasalahan dalam penelitian. Penelitian ini menggunakan pendekatan analisis psikologis menggunakan teori kecemasan dan mekanisme pertahanan diri oleh Sigmund Freud. Freud mengatakan bahwa kecemasan adalah keadaan emosional yang tidak menyenangkan, berupa respon yang timbul pada diri seseorang sebagai antisipasi bahaya yang nyata atau khayalan terhadap suatu keadaan. kecemasan berlebih bisa timbul karena peristiwa traumatis yang terjadi pada seseorang. Mekanisme pertahanan diri adalah strategi psikologis yang dilakukan seseorang, sekelompok orang, atau bahkan suatu bangsa untuk berhadapan dengan kenyataan dan mempertahankan citra-diri. Menurutnya, tiap orang pasti memiliki mekanisme pertahanan egonya tersendiri yang dipengaruhi dari pengalamannya ketika bertumbuh dewasa.

Temuan dari penelitian ini menunjukkan bahwa, pertama, penyebab kecemasan yang dirasakan oleh Pauline adalah persepsi, yaitu karena trauma masa lalu yang belum pulih. Penyebab kecemasan Madeline disebabkan dari stimulus yang dihadapi, yaitu ketakutan akan penyakitnya yang akan mengancam atau membahayakan hidupnya. Kedua, jenis-jenis dari kecemasan yang dialami oleh Pauline dan Madeline ada tiga, yaitu kecemasan realistik, kecemasan neurotik, dan kecemasan moral. Pada bagian ini, peneliti menemukan bahwa kecemasan realistik Pauline ada dua dan kecemasan realistik Madeline ada enam bukti. Kemudian kecemasan neurotik pada Pauline berjumlah tujuh bukti. Terakhir, kecemasan moral pada Madeline berjumlah lima bukti. Ketiga, peneliti menemukan bentuk-bentuk upaya mekanisme pertahanan diri yang dilakukan Pauline dan Madeline yaitu meliputi penyangkalan, represi, rasionalisasi, sublimasi, dan proyeksi.

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## **CHAPTER I**

### **INTRODUCTION**

In this chapter, the researcher explains the overview of the thesis in the background. The formula for the research questions explains the problem of the study. The objectives of the study will present related to the problem of the study. The researcher will also explain some steps such as limitation of the study, significances of the study, definition of key terms in collecting and analyzing the data. Some previous studies will be described in detail and clarity in this chapter to reinforce her research. Of course, the method of the study will be shared here so the reader can better understand the flow of this research.

#### **A. Background of the Study**

An adult's qualities are inseparable from experiences and developments in the previous period, one of which is the golden age period. In this golden age in the periodization of life, it takes a large enough portion to determine human quality. From various studies, it is known that the Golden Age is a beneficial and urgent period for optimizing the various potential intelligence possessed by children to achieve quality human resources (Capecchi, 2014). The achievement of optimal child development requires the role of the child's environment. According to Heckman (2008), the first environment that can help optimize children's development is the family environment. The family environment plays a role by providing a quality care environment. Based on research published in The Journal of Neuroscience, the bond between mother and child is the most substantial relationship between parent and child, more than the relationship

between father and child. The mother and child bond when the child is still in the womb. Mothers and daughters are more likely to understand each other and relate to their emotions (Yamagata et al., 2016).

Psychoanalysis is one of the things that can be used to learn the things that have been described above. Psychoanalysis serves to interpret, read, and even write literary works by applying various theoretical frameworks and psychology concepts (Wiyatmi, 2011). The use of psychoanalysis in research can examine various character developments in literary works (Ekawatie, 2013) and provide a way out of the psychoanalytic understanding or scheme processing in literary works. The part of a psychological study is anxiety and defense mechanism. According to Craig (in Indiyani 2006: 12) Anxiety can be defined as a feeling of uneasiness, worry, or fear of something unclear or even unknown. The impact of life events that have an anxiety side will show certain behaviors: There is an area on the body that immediately experiences the effect, namely the Central Nervous System. Long-term anxiety and panic attacks cause the brain to release stress hormones regularly. It increases the frequency of headaches, dizziness, and depression (Maslim 2013). Defense Mechanism is an essential part of the self to sustain emotion. Without a defense mechanism, the conscious mind will be much more vulnerable to negative emotional influences, such as making us feel sad and even anxious (Browins, 2004). The reader can understand examples of events such as the explanation above by reading the researcher's research.

The researcher's literary work is young adult literature in the form of a novel entitled *Everything, Everything* by Nicola Yoon, a New York Times Best



Seller. She chose this novel because of the way it has written, and the language is easy to understand, including recent literary works (2015) so that it is still relevant to discuss. It has a unique storyline and also a lot of moral messages. *Everything, Everything* by Nicola Yoon tells about Pauline and her daughter. Pauline is a single parent because her husband and son had died in an accident. So she only lives alone with her daughter named Madeline (Yoon, 2015). Since that dark incident, Pauline becomes very protective of Madeline. Having traumatized her loss, Pauline treated her daughter by locking her in the house for seventeen years. She said that her daughter had SCID, also known as “bubble baby disease.” Pauline is a doctor, she feels capable and can make her daughter believe what she said and her diagnosis.

Several other studies have also discussed *Everything, Everything* novel written by Nicole Yoon. The first is the reasons why Pauline is protective. It was analyzed through her internal conflict. The author attempted to illustrate Pauline’s overprotection by examining its characteristics and tried to explain the impact this had on her daughter, Madeline. It is analyzed by Audrina, 2019, using the new criticism theory and using the new critical approach. The second is research by Aprilia, 2019, using feminism theory by explaining Pauline’s characteristics and good deeds as a mother. The third discusses personality development. Christita, 2020, outlines how Madeline went through stages one to five of personality development under her mother's influence and outlines how Olly, Madeline's boyfriend, influenced the sixth stage of her personality development. The fourth is about the anxiety and defense mechanism of the main character named Alice

Howland in Lisa Genova's *Still*. It was analyzed by Adelin, 2016, used Freud's psychoanalysis. Unsiyyah, 2019, analyzes the fifth. She discussed the journey of spiritual hunting about the search for meaning in life experienced by Barman's character in the novel *Khotbah di Atas Bukit*. This study focuses on identifying the search for the meaning of life of Barman character through other figures and discusses psychoanalysis by Freud, which consists of anxiety and indications of dead instincts. The method used in this thesis is qualitative. The last is a thesis by Ja'far, 2017. This study aims to examine Emi, who has anxiety in her life. This study aims to look at plot elements, main character characters, and story settings of Christian Simamora's *Pillow Talk*. With the things that have been discussed above, the author wants to discuss new things from those novels.

The researcher wants to discuss using psychological theory, specifically anxiety and defense mechanism, by Sigmund Freud. She wants to know what causes, forms and identify the defense mechanisms used by Pauline and Madeline to handle anxiety. Sigmund Freud (1936: 69) argues that anxiety is a state of effectiveness, unpleasant, accompanied by physical sensations that warn the person against impending danger. Hall (1985: 41) also states that anxiety is a crucial variable in almost all personality theories. The point of conflict, which is an inescapable part of life, anxiety is often seen as a significant component of personality dynamics. Defense mechanisms are also being researched because it is complementary to anxiety. Two theories are used because they are used to answer different research questions found by the researcher in this novel. In fact, to handle the defense mechanism, the researcher used Freud's theory (1896). Freud's

theory (1920) for anxiety also used and it turns out that all the evidence is in the novel. Both of these theories are still in the perspective of psychoanalysis. According to the story in this novel, the plot about mother and daughter is rare in everyday life. No parent has ever been able to lock up their child for seventeen years and cover up her lies, even if it is for the good of their child. Therefore, this novel is interesting to study. What makes this novel interesting to analyze is that the researcher clearly describes psychology's essence about anxiety and defense mechanism. The researcher assesses the moral messages, and research results produced from this novel will be useful for the readers and society in this modern era. Researchers consider her research to be a unique example and easy to understand also implicitly as character education for children and parents. The researcher does this research with opinions and detailed explanations that focus on the novel.

### **B. Problems of the Study**

The researcher formulates the problem of the study as follows:

1. What are the causes of Pauline and Madeline's anxiety in *Everything, Everything* by Nicola Yoon?
2. What forms of anxiety are found in Pauline and Madeline in *Everything, Everything* by Nicola Yoon?
3. What defense mechanisms used by Pauline and Madeline to handle anxiety in *Everything, Everything* by Nicola Yoon?

### **C. Objectives of the Study**

Related to the problem of the study above, the objective of the study is presented below, they are:

1. To find out the causes of anxiety suffered by Pauline and Madeline in *Everything, Everything* by Nicola Yoon.
2. To find out the forms of anxiety are found in Pauline and Madeline in *Everything, Everything* by Nicola Yoon.
3. To find out the defense mechanisms used by Pauline and Madeline to handle anxiety in *Everything, Everything* by Nicola Yoon.

### **D. Limitation of the Study**

This research focuses on Pauline and Madeline Whittier's character in the novel *Everything, Everything* by Nicola Yoon. This research analyzes the causes, forms, and defense mechanisms used by Pauline and Madeline to handle anxiety. This study's limitation is that the researcher using a story from Pauline and Madeline based on the plot, settings, and the depiction of the characters in the novel. Then narrowed it down to answer the problem of the study. The researcher has not examined the anxiety and defense mechanism experienced by a mother or child collectively thoroughly. The conclusions cannot be directed comprehensively about how to react because everyone's experience is different. Therefore this can be a suggestion and recommendation for further research to be further developed.

### **E. Significances of the Study**

This study is expected to be used practically and theoretically. Practically, the results would also develop ways to deal with anxiety and improve character development, especially the relationship between parents and children. The data gathered will also help the students improve both literature and psychological performance. Theoretically, this research expects that the study's result will help the reader insight into what anxiety is and its types on a psychological study in analyzing literary works.

### **F. Definition of Key Terms**

In this chapter, the researcher defines the key terms used in this study. Here are the keywords: Anxiety, Personality, and Defense Mechanism.

1. Anxiety is a form of individual emotion related to a feeling of being threatened by something, usually with an unclear threat object. Anxiety with the right intensity can be considered to have a positive value as motivation. However, if the intensity is high and adverse, it can cause harm and interfere with the individual's physical and psychological condition (Gustiar, 2010).
2. Personality is what a person says and does. Personality is also something that can differentiate a person from another. The stabilities and consistencies of personality traits over time define personality development (Larsen & Buss, 2008).
3. Defense Mechanism is an essential part of the self to sustain emotion. Without a defense mechanism, the conscious mind will be much more vulnerable to

negative emotional influences, such as making us feel sad and even anxious (Browins, 2004).

### **G. Previous Studies**

The researcher used six previous studies, some of which had the same object, topic and theory. there are Aprilia's thesis *The Analysis of Pauline Through Feminism Theory on Everything, Everything Novel Written by Nicola Yoon* (2019), Audrina's thesis *The Potrayal of a Protective Mother in Nicola Yoon's Novel Everything, Everything: a New Criticism Study* (2019), Christita's thesis *Madeline Whittier's Stages of Personality Development in Nicola Yoon's Everything, Everything* (2020), Adelin's thesis *Kecemasan dan Mekanisme Pertahanan Diri Alice Howland dalam Novel Still Alice Karya Lisa Genova* (2016), Unsiyyah's thesis *Kecemasan dan Hasrat Mati pada Tokoh Barman dalam Novel Khotbah di Atas Bukit Karya Kuntowijoyo: Kajian Psikologi Sastra* (2019), and Ja'far's thesis *Kecemasan Tokoh Emi dalam Novel Pillow Talk Karya Christian Simamora Kajian Psikologi Sastra* (2017).

The first is Aprilia's thesis entitled *The Analysis of Pauline Through Feminism Theory on Everything, Everything Novel Written by Nicola Yoon* (2019), using feminism theory by explaining Mrs. Whittier's characteristics and good deeds as a mother. This research shows that Pauline's existence is widely shown in the novel *Everything, Everything* by Nicola Yoon. According to the researcher, the character Mrs. Whittier is cool and can describe the power of women. She describes a strong, brave woman and doing anything to protect hevr child even though Mrs. Whittier is a single parent. But, she is always anxious about

making choices and making her own decisions about looking after her child. Pauline has never invited her daughter to feel free, but she can do anything like work and manage the kitchen. She made her own rules for her freedom, never weighing whether it was something right or wrong, most notably to keep Madeline safe and awake from anything. Pauline also has the nature of inequality, which can be seen from her still treating Madeline like a child even though she is 18 years old.

The second is a thesis by Audrina's *The Potrayal of a Protective Mother in Nicola Yoon's Novel Everything, Everything: a New Criticism Study* (2019), she focuses on why Mrs. Whittier is overprotective. The researcher was analyzed through Mrs. Whittier's internal conflict. The researcher attempted to illustrate Mrs. Whittier's overprotection by examining its characteristics and explaining the impact this had on her daughter, Madeline. It is analyzed by Audrina, 2019, using the New Criticism theory and using the New Critical approach. She wrote that New Criticism is proper for this study because this study's issue is explained through New Criticism formal elements. Based on her research results, the internal conflict felt by Mrs. Whittier is because of the incident she experienced during her life, specifically the loss of a husband and son. It was the reason she became an overprotective mother. This study found an essential theme in the novel, namely that parental affection does not have to be express in a protective attitude. There are many other best ways to show it.

The third discusses personality development. Christita, 2020, in *Madeline Whittier's Stages of Personality Development in Nicola Yoon's Everything, Everything* outlines how Madeline went through stages one to five of personality

development under her mother's influence and outlines how Olly, Madeline's boyfriend, influenced the sixth stage of her personality development. Research finding of Christita study about personality development, she found Madeline has been through the five stages of her life with her mother, Mrs Whittier. It happened because his mother was the only central figure in her life. Mrs. Whittier is responsible for many things in Madeline's life, including as a doctor who handles her SCID, storytelling friends, and parents. They are very close to each other; their bonding is concrete. It is also found that Madeline did not fully tell her mother what was in her heart even though Madeline seemed very close and affectionate. She still had some burdens and questions because she did not want to bother Mrs. Whittier was like about her illness and loves the beach. Then in her sixth stage personality development, Madeline goes through with Olly, who is her boyfriend. Olly is a freedom-loving person, so some things change in Madeline's life because of Olly's presence in her life. Olly also accepts SCID so as not to be surprised and afraid to be close to Madeline. Instead, Olly is always encouraging and entertaining. It is a new feeling in Madeline's life for the 18 years she has lived in the world. After getting to know Olly, Madeline becomes braver, more energetic, and begins to break. Despite Madeline's altercation with her mother because Mrs. Whittier disagreed with their friendship, Madeline eventually convinced her that everything would be okay.

The fourth is Adelin's *Kecemasan dan Mekanisme Pertahanan Diri Alice Howland dalam Novel Still Alice Karya Lisa Genova (2016)*, which discusses the main character's anxiety and defense mechanism. The researcher used two



theories to analyze the personality of the main character, namely Theory by Robert Stanton (2007) and Edgard Robert (1964). To analyze anxiety and its defense mechanisms, the researcher used psychoanalysis by Freud in the book *Personality Theory* (2006) by C. George Boeree. After conducting the analysis, it has concluded that Alice Howland has two types of anxiety: moral and neurotic. Several defense mechanisms carried out by Alice include denial, projection, turning against the self, displacement, compensation, rationalization, and reaction formation.

The fifth is a journal belonging to Unsiyyah entitled *Kecemasan dan Hasrat Mati pada Tokoh Barman dalam Novel Khotbah di Atas Bukit Karya Kuntowijoyo: Kajian Psikologi Sastra* (2019). The novel told that Barman's journey in hunting for spiritual meaning in life. The method used in this thesis is qualitative. To analyze this, the authors used Freud's psychoanalysis to analyze personality. The analysis results proved that suicide was a decision taken by a character named Barman because he experienced excessive anxiety in interpreting the meaning of his life.

The last is a thesis by Ja'far, 2017, entitled *Kecemasan Tokoh Emi dalam Novel Pillow Talk Karya Christian Simamora Kajian Psikologi Sastra*. This research aims to reveal the character elements, plot, and setting in *Pillow Talk* and to reveal the anxiety experienced by the main character. The method used in this study includes two stages, namely the data collection stage and the data analysis stage. Data were studied and analyzed using structural theory and anxiety theory by Sigmund Freud. The structural analysis result shows that the main character in

Pillow Talk is Emi. The flow used is a mixed plot. The novel's background was divided into two: Jakarta and Bali. This novel's social setting is about the main character's social life, which shows a free life in his interactions. The anxiety analysis of the Emi shows that the character has three types of anxiety: realistic anxiety, moral anxiety, and neurotic anxiety.

With the things that have been discussed above, the researcher found it helpful in understanding anxiety and defense mechanism. The researcher wants to place her research among other studies. So that it can support and become a reference for future research. The researcher's theory and topics were chosen because they wanted to find novelty in *Everything, Everything* novel by Nicola Yoon which is still included in the new category (first published in 2015) and discusses new things from this novel.

## **H. The Method of the Study**

### **1. Research Design**

The researcher answers the problem of the study using the literary criticism to be used in research design since the data from word of utterance by Pauline Whittier in the novel. Literary criticism is the analysis, interpretation, comparison, and evaluation of literature (Terry, 1987). The researcher used these methods because the researcher wants to interpret the terms and statements considered to the anxiety and defense mechanism experienced by Pauline and Madeline. The theory used by the researcher to analyze the data is using Sigmund Freud's theory. According to Freud, anxiety is an ego function to warn individuals of a potential danger so that appropriate adaptive reactions can be prepared.

Anxiety serves as the mechanism that protects the ego because worry signals to us that there is danger and that if the action is not done properly it will increase until the ego is defeated. Defense mechanism according to Freud is a form of defense or protection from feelings of anxiety.

## **2. Data Source**

The researcher gets the data source of this study from Nicola Yoon's novel entitled *Everything, Everything* published by Ember in United States, 2015, 310 pages.

## **3. Data Collection**

The researcher is getting the novel's data, reading it, and highlighting the causes, forms, and what defense mechanisms used by Pauline and Madeline to handle anxiety by taking notes. The researcher finds the words and the story's utterances categorized as words describing Pauline and Madeline's anxiety and defense mechanism attitude. After collecting the data, the researcher organizing the data and choosing particular parts deemed important and suitable for analysis. Then, the researcher started analyzing those data.

## **4. Data Analysis**

There are three steps that the researcher has done in accomplishing the research. The first is the researcher re-reading and exploring the collected data. Second, she analyzes the selected data related to Pauline and Madeline's anxiety and defense mechanism expressions. The last step is, she concludes the analysis and provide suggestions to the reader.



## **CHAPTER II**

### **REVIEW OF RELATED LITERATURE**

This chapter will discuss a related literature review to show that previous studies are related to the research topic. The researcher explains the discussion in general to the most specific, starting from the psychological approach in literary criticism, personality theory by Sigmund Freud, and defense mechanism.

#### **A. Psychological Approach in Literary Criticism**

Literature is an expression in written or oral works based on thoughts, experiences, opinions, and feelings imaginatively of humans. It can also be said to be a face of a reality wrapped in an aesthetic appearance through language media. Literature is a reflection of human attitudes, this is a truth that has been recognized by everyone (Keraf, 2002). Literature is divided into poetry, drama, film, and prose. Wellek and Warren (1949: 22) said that the writer's imagination also produces literature. Literature is not only about stories in a world of facts that have facts, but literature is a product of the imagination of a writer who creates their world and has no limits. In essence, literature cannot be called ordinary general printed writing. Psychology in literature has the meaning described by Wellek and Warren (1949: 75) as follows: "With literary psychology, we can define from the author's psychological studies, as types and as individuals, or the study of the creative process, or the study of psychological types, and the laws that exist in literary works, or, ultimately, the effect of literature on the reader."

Psychoanalysis is one of the things that can be studied in the literature. Psychoanalysis serves to interpret, read, and even write literary works by applying various theoretical frameworks and psychology concepts (Wiyatmi, 2011). The use of psychoanalysis in research can examine various character developments in literary works (Ekawatie, 2013) and provides a way out of the psychoanalytic understanding or scheme that is processing in literary works. Sigmund Freud has developed a branch of science to find out what human psychological behavior and functions are, this branch of science is psychoanalysis. Wellek and Warren (1949: 102) claim that the term psychoanalysis fundamentally assumes that the human mental element is divided into two levels: conscious and unconscious. Short-term remedies are better suited for short-term problems such as anxiety or depression caused by stress, loss, or trauma.

The difference between psychology and literature is in the objects discussed. Psychology is about creatures with their heads and bodies' contents, namely real humans created by God. Whereas in literature, it is discussed humans who are created by writers (imaginary humans). Although human characteristics in literature are imaginary, in describing their character and soul, the writer makes humans who live in the real world as models in their creation. Besides that, one of the character demands is the psychological dimension of the character and the social and physical aspects. Therefore, in analyzing the role of a literary work and its stature, a literature reviewer must also base his psychological theory and laws that explain human behavior and roles (Wiyatmi, 2011).

## **B. Personality Theory by Sigmund Freud**

The word personality in English comes from ancient Greek, namely *propane* or *persona*, which means a mask usually used by artists in a theater. The artists behave by expressing the mask they wear as if the cover represents certain personality traits. So, the initial concept of personality (in ordinary society) is shown in the social environment. The impression about oneself is desire so that the social climate can capture it. When personality becomes a scientific term, its meaning develops into a more internal character, which is relatively permanent, guiding, directing, and organizing human activities (Alwisol, 2007: 8).

According to Alwisol (2007: 1), The psychological theory of personality is descriptive in the form of a systematic and easy-to-understand description of behavior. Personality is the realm of psychological studies, understanding behavior, thoughts, feelings of human activity using rational methods and systematic methods of other disciplines such as economics, biology, or history, not the psychological theory of personality. The psychological theory of personality studies the specific individual, who he is, what he has, and what he does. Analysis of non-individuals (e.g., groups, nations, animals, or machines) means viewing them as individuals, not the other way around. Personality is a part of the soul that builds human existence into a unity, is not fragmented in functions. Understanding personality means understanding human beings as a whole. The most important thing about understanding personality is that this understanding is strongly influenced by the paradigm used as a reference for developing the theory itself (Alwisol, 2007: 2).

In personality theory, Sigmund Freud argues that humans as complex systems have the energy for various purposes such as breathing, moving, observing, and remembering. Psychological activities also require energy. He calls psychic energy the energy that is transformed from physical energy through the id and its instincts. All of this is corresponding to the rules of physics; energy cannot be lost but can move and change (Freud in Alwisol, 2007: 21). In terms of personality psychology, Freud divided the dynamics of personality into interconnected parts:

### **1. Instinct**

According to Freud (in Alwisol, 2007: 21), instinct is a psychological manifestation of the body's needs that demand fulfillment. For example, the hunger instinct comes from the needs of a body that lacks nutrients which are psychologically manifest in the form of a desire to eat. Desire or motivation or impulse from instinct is quantitatively psychic energy, and the energy collection of all instincts that a person has is the energy available to drive personality processes. Freud divided instincts into two types namely:

#### **a. Life Instinct and Sex Instinct**

Freud proposed two general categories, life instinct and the death instinct. The life instinct is also called eros, which is the drive that ensures survival and reproduction, such as hunger, thirst, and sex. The energy used by the life instinct is called libido. According to instinct, sex is related to the pleasure of the sexual organs and the satisfaction obtained from other parts of the body. It is called the



erogenous zone; an area or body part that is sensitive and stimulating will create satisfaction and relieve tension.

#### **b. Death Instinct**

According to Freud, the goal of all life is death. Aggressive drive is the most integral death instinct derivative. The death instinct drives a person to self-destruct, and an aggressive urge is a form of channelling so that people do not kill themselves (suicide).

### **2. Energy Distribution and Consumption in the Id, Ego and Superego**

Personality dynamics are determined by how psychic energy is distributed and used by the id, ego, and superego. The amount of psychic energy is limited. The three structural elements compete for it; if one element becomes more substantial, the other two become weak unless new energy is transferred or added to the system (Freud in Alwisol, 2007: 24).

#### **a. Id**

The id is a personality system that is original from birth. Furthermore, the id will raise ego and superego. The id contains all inherited psychological aspects, such as instincts, impulses, and drives. The id exists and operates in an unconscious area. Id operates based on the pleasure principle, which is trying to get pleasure and avoid pain.

**b. Ego**

The ego is the executor of the personality, which has two main tasks; First, choose which stimulation to respond to and which instinct to satisfy according to priority needs. Second, determine when and how the need is satisfied by providing minimal risk opportunities. In other words, the ego as a personality executive tries to fulfill the needs of the id and meet the moral needs and the need to develop to the perfection of the superego. The ego works to satisfy the id; therefore, the ego, which does not have its energy, will get energy from the id.

**c. Superego**

The superego is the moral and ethical force of the personality, which operates using the idealistic principle instead of the id satisfaction principle and the realistic principle of the ego. The superego develops from the ego, and like the ego, it has no energy of its own. Similar to the ego, the superego operates in the three regions of consciousness. However, unlike the ego, it has no contact with the outside world (the same as the id), so the need for perfection to be strived for is unrealistic (the id is not realistic in striving for pleasure).

**3. Anxiety**

In living daily life, there are times when a human being is faced with a life problem that will cause disappointment, distress, and conflict that can eventually cause the individual to feel anxiety, fear, and tension. Anxiety is an essential variable of almost all personality theories. Anxiety, which is an inevita-

ble part of life as the impact of conflict, is seen as the central personality dynamic. Anxiety is a function of the ego to warn individuals about the possibility of a danger coming to prepare an appropriate adaptation reaction. The definitions of anxiety have been described by several experts:

**a. Freud (1920)**

Anxiety is an ego function to warn individuals of a potential danger so that appropriate adaptive reactions can be prepared. Anxiety serves as the mechanism that protects the ego because worry signals to us that there is danger and that if the action is not done properly it will increase until the ego is defeated.

**b. Stuart (2013)**

Anxiety manifests rejection from individuals who cause feelings of fear. Anxiety is also associated with the development of trauma, such as separation and loss that cause anxiety. Individuals with low self-esteem experience anxiety easily.

**c. Jeffrey S. Nevid (2005)**

Anxiety is an emotional state with the characteristics of physiological arousal, feelings unpleasant tension, and a comprehensive feeling that something bad is going to happen.

**d. Spielberg (1966)**

Anxiety is a sign of coming danger. It is an institution related to bodily processes wherein the activity of a dangerous situation, in the sense that when

trouble comes, a process will occur within the individual to balance conditions from outside.

Based on the understanding above, it can be concluded that: anxiety involves the somatic system or the autonomic nervous system and is a learned avoidance response, which is a fear at a moderate level or a sign of an exact specific cause. With anxiety, the individual will be in a waking condition and ready to face the dangers in his life.

Freud (in Koeswara, 1991: 44) states that anxiety can arise because:

- 1) The influence and role of the surrounding environment on the individual's personality that is able to threaten and harm the individual.
- 2) Stimulus encountered. In this case the stimulus is threatening or harmful, the individual usually shows a reaction of fear and even more so if the stimulus cannot be overcome.
- 3) Perception. That is about unpleasant feelings that arise anxiety.

According to him, each person must have their own ego defense mechanism which is influenced by their experiences when growing up. However, when anxiety becomes overwhelming, the human mind must defend itself. Freud (1920: 39) divided the three main types of anxiety, there are: realistic, neurotic, and moral anxiety.

### **1) Realistic Anxiety**

It is an anxiety that comes from fear against the dangers that threaten the real world. This anxiety leads us to behave in a way to face danger and often fear that comes from this reality to be extreme (Freud, 1920). According to Corey (1996), realistic anxiety is a fairly reasonable response to the events at hand. This anxiety does not need to be eliminated because this is a motivation towards change.

Example: "A motorcyclist will be anxious if he passes alone on a quiet road."

### **2) Neurotic Anxiety**

It is anxiety over unknown dangers. During childhood, feelings of anger are often accompanied by fear of punishment, and this fear generalizes into unconscious neurosis anxiety (Freud, 1920). According to Corey (1996: 178), neurotic anxiety is an inner instinct that will do something beyond the limit and lead to punishment.

Example: "When you see the police, a person may feel anxious and nervous about getting a ticket even though that person has not violated any traffic laws."

### **3) Moral Anxiety**

This anxiety is a fear of the individual's conscience—the principle of moral values, namely the level of ego control. Moral anxiety remains rational because of the contribution of superego energy (Freud, 1920). Sigmund Freud (in

Corey, 1996: 5) explains that people with sufficiently developed consciences tend to feel guilty when they do something against their moral code.

Example: "A person feels very guilty about his friend's death."

In this anxiety concept, Freud concentrated on strengthening the Ego through psychoanalysis and gave his ideas about anxiety. Freud also determined that three main types of anxiety explain the difference between neurotic realistic anxiety and moral anxiety. Whatever the type, anxiety is a warning sign to the individual. It causes pressure on the individual and becomes a reason for the individual to be motivated to satisfy; this pressure must be reduced. Anxiety warns the individual that the ego is under threat. Therefore, if there is no action, the ego will be completely wasted.

There are various ways the ego protects and defends itself. The individual will try to run away from threatening situations and limit the need for impulses that are a dangerous source. Individuals can also follow his heart. Alternatively, if there is no analytical technique at work, the individual can use a non-rational defense mechanism to defend the ego.

### **C. Defense Mechanism**

The primary function of psychodynamic anxiety is to help the individual reject the desired impulses from entering consciousness and give satisfaction to these impulses indirectly. Freud (1920) further explained that anxiety, which has mentioned earlier, is formed because of the conflict between id and superego. This anxiety then acts as a dangerous signal for the ego to act (Murphy, 1994). If the

ego cannot cope with anxiety in rational ways, then the ego will use unrealistic methods, which are called self-defense mechanisms (Surya, 2003). This self-defense mechanism is said to be unrealistic because the ego will deny, falsify, or destroy reality (Ward & Furnham in Santrock, 2003).

For Freud, the defense mechanism is a strategy used by the individual to defend against the expression of the id's impulse and the ego's super-pressure. Freud divided defense into several mechanisms, but according to Freud, people rarely use only one defense mechanism to protect themselves from anxiety; generally, people use several defense mechanisms. Several defense mechanisms have been written by Sigmund Freud (1896) in the work he has written. He had a daughter named Anna Freud (1936), who continued and helped develop the defense mechanism. She added her ideas. After that, many psychoanalysts also added a different type of defense mechanism. The mechanisms are as follows:

### **1. Rationalization**

Rationalization is a defense mechanism that arises when the ego does not accept individual behavior's true motives and replaces them with hidden motives (Freud, 1896). Teenagers widely use this mechanism. Here the action is perceived, but the motive that causes it is not. Behavior is reinterpreted so that the behavior looks reasonable and acceptable (Murphy, 1994).

**Example:** A person who is rejected on a date will tell people that he is not interested in his date. This rationalization was carried out to protect his rejected self-esteem.

## 2. Repression

Repression is the process of using the ego's power to suppress everything (ideas, instincts, memories, thoughts) that can cause anxiety to come out of consciousness (Murphy, 1994). According to Freud (1896), repression is the most potent, familiar, and pervasive defense mechanism. Repression occurs to push unacceptable id impulses and traumatic memories out of consciousness and back into the unconscious. Repression is the foundation of any defense mechanism. The purpose of all psychological defenses is to suppress destructive impulses or push them out of consciousness (Ward & Furnham, 2000). Freud said that our childhood experiences, which are sexual, are too threatening and stressful if faced consciously, and we reduce anxiety from these conflicts through repression (Santrock, 2003).

**Example:** There is a man who has sexual impotence. After being investigated, sexual impotence is a form of guilt for sexual behavior. Impotence prevents the man from dealing with the guilt and anxiety that will arise if he engages in regular sexual activity and enjoys it. Based on this case, a man's subconscious has blocked his desire and thoughts to have sex by becoming impotent.

## 3. Displacement

Satisfying the impulse with a substitute object creates a feeling of frustration and anxiety that is too strong. Displacement is the transfer of an impulse to a defenseless replacement target. The target could be a person, animal, or object, which could be a symbolic substitute (Freud, 1896). Displacement occurs when Id



wants to do something Superego does not allow. The ego thus finds another way to release Id's psychic energy. Displacement is a defense mechanism that arises when an individual changes feelings that cannot be accepted from one object to another that are more acceptable (Surya, 2003). Satisfaction is carried out with a substitute object because satisfaction with the original object is inhibited or prevented by external forces (Prihanto, 1993).

**Example:** Someone who frustrated by his or her boss at work may go home and kick the cat.

#### **4. Reaction Formation**

Formation reactions are defense mechanisms that arise when individuals express unacceptable impulses by showing or expressing the opposite (Freud, 1896). For example, feelings of hatred for someone are replaced by love for that person. To distinguish true love from fake, Ward and Furnham explained that the fake would show excessive character or be done demonstratively (Prihanto, 1993). This type of defense mechanism user is very aware of what he feels but chooses to behave the opposite way.

**Example:** People who are experiencing instead behave very positively, such as praying diligently.

#### **5. Sublimation**

Sublimation is considered to be a socially important defense mechanism. Sublimation occurs when the ego replaces unacceptable impulses with more so-

cially acceptable behavior (Freud, 1896). Sublimation is a successful type of defense, and because it does not have a specific mechanism, sublimation is not easy to detect (Bellak & Abrams, 1997). People who apply this mechanism choose to vent their emotions or feelings on objects or activities that are safer.

**Example:** A boss who is angry with the behavior of his subordinates will choose to vent his emotions by exercising. In addition, some choose to sublimate other activities related to music or the arts.

## 6. Projection

This involves individuals attributing their own unacceptable thoughts, feeling and motives to another person. Projection is a mechanism to change neurotic or moral anxiety into realistic anxiety by throwing internal impulses that threaten to transfer to an external object (Freud, 1896). The threat is a project from an external object. Projection is a defense mechanism that arises when we delegate our weaknesses, problems, and mistakes to others (Ward & Furnham, 2001). This defense mechanism is considered to be the most primitive defense mechanism. In projection, what is inside (internal) and cannot be accepted is projected and seen as external. For example, when the individual cannot accept the hostility in himself, the individual sees other people showing this hostility (Murphy, 1994). Projections occur to protect the ego from guilt or fear, or worry (Prihanto, 1993)

**Example:** When he feel that they don't get along well with a friend or coworker, someone will convince him that the coworker does not like him.

## 7. Intellectualization

Intellectualization is where the ego uses rational logic to accept the object's axis as a reality that matches the original impulse. People's efforts to deal with situations that suppress their feelings using analytic, intellectual ways and a little away from the problem (Freud, 1896). With their intellectual analysis, they hope that the situation will not be disturbed. With this intellectualization mechanism, individuals can reduce their unpleasant influence on themselves as a way of dealing with stress and depression and at the same time provide opportunities for themselves to be more able to review problems more objectively.

**Example:** If the individual faces a situation that becomes a problem, he will study that situation or feel like he wants to know what the real goal is not to get too involved with the problem emotionally.

## 8. Denial

Denial is the impulses to which the response is expressed negatively, such as denial to the impulse/drive. The id-impulse, which poses a threat by the ego, is denied by thinking it does not exist (Freud, 1896). If a situation is just too much to handle, the person may respond by refusing to perceive it or by denying that it exists. Denial is a type of defense that is often used (Bellak & Abrams, 1997). Denial can occur by denying reality or by denying impulses. Denial of reality is commonly seen where people try to avoid known threats (Murphy, 1994).

**Example:** Smokers may refuse to admit to themselves that smoking is bad for their health.

## 9. Ego Restriction

According to Freud (1896), it is a condition that rejects an accomplished effort, assuming that a situation involving that effort does not exist because of anxiety that the outcome will be wrong or damaging. Form a way of reducing stress by avoiding negative possibilities by rejecting the results.

**Example:** It is like a candidate for parliament who is about to lose resigns before the election is held and chooses to be the judge of the competition.

This study uses Sigmund Freud's theory of anxiety and defense mechanism. The researcher wants to know what causes, forms and defense mechanisms used by Pauline and Madeline to handle anxiety in *Everything, Everything* by Nicola Yoon. Sigmund Freud (1949: 7) views humans as being pushed towards reducing tension to reduce anxious feelings. The mind will respond in two ways if anxiety occurs in humans. The first is the increased effort of the mind in solving problems, and the second is to trigger self-defense mechanisms.

## CHAPTER III

### FINDING AND DISCUSSION

This chapter will explain the description and analysis to answer the problem of the study in the research. The object analyzed is a novel entitled *Everything, Everything* by Nicola Yoon, which tells a mother named Pauline Whittier who experiences anxiety after losing her husband and son. This research will conclude about what are the causes, forms and defense mechanisms used by Pauline and Madeline.

#### **A. The Causes of Pauline and Madeline's Anxiety in *Everything, Everything* by Nicola Yoon**

##### **1. The Cause of Pauline's Anxiety**

###### **a. Perception**

The researcher found that Pauline's anxiety is caused by unpleasant feelings due to past trauma that has not healed, namely when her husband and son died in a car accident. So it causes anxiety. While her second child, Madeline, is still safe. At the time of the accident, Madeline was only five months old. Losing someone loved, especially family, is the most painful thing and can mentally affect the future. Pauline is a doctor. She also diagnosed her child with SCID. Severe Combined Immunodeficiency Disorders (SCID) is a dangerous and rare disease. The characteristics of SCID disease are malfunctioning of the immune system to enter the body quickly. Someone who suffers from this disease cannot lead an everyday life because they will be susceptible to disease from bacteria, fungi, viruses and

will usually die after one year of life (Shamsi & Jamal, 2018). Therefore, Madeline has not been out of the house for eighteen years due to constant isolation from her mother.

All her life, Pauline has lied too. Whatever Pauline did to protect Madeline, it was none other than Pauline's anxiety. Until finally, Madeline tried to find the truth of her illness. It turned out that Madeline was not sick; it was Pauline who was sick. Pauline is still haunted by the shadow of her husband and children who died in an accident Pauline had been checked by a psychiatrist, it turned out that something was wrong with Pauline. Pauline is still in an accident when her husband and son die in the present. The statement shows that Pauline is still troubled by her painful past. Here are some of the statements that Pauline shared during the consultation:

*She told me what happened, but I wasn't there anymore. I was back in the nursery with Maddy. I was rubbing her belly. She was sick again. She was always sick. Ear infections. Diarrhea. Bronchitis. The female officer kept talking and I just wanted her to stop. I wanted everything to just stop. No more crying baby, no more sickness, no more hospitals, no more death. If only everything would just stop for once, just stop (Chapter 129, Page 292).*

The statement given to the psychiatrist above explains how Pauline felt about hopelessness in this tiring situation. Pauline shows an attitude of frustration because she is tired of her thoughts, and problems persist. However, Pauline's problems did not end there. Madeline spent three days in the hospital, a month after the accident that killed her husband and son. One of Pauline's attitudes that shows how protective she is to Madeline is when she refuses to give a bundt cake

from her new neighbor because afraid that Madeline's health will be disturbed, she does not want to accept anything from outside.

*“I’m sorry, but I can’t accept this.”  
There’s a moment of shocked silence.  
“So you want us to take it back?” Olly asks disbelievingly.  
“Well, that’s rude,” Kara says. She sounds angry and resigned, as though she’d expected disappointment.  
“I’m so sorry,” my mom says again. “It’s complicated. I’m really very sorry because this is so sweet of you and your mom. Please thank her for me.”  
(Chapter 12, Page 29).*

The evidence above supports that the cause of Pauline's anxiety is the fear that Madeline will get sick again later. Although Pauline could not explain with certainty why she could not accept the bundt cake, she seemed confident to refuse. There was a time when Madeline had doubts about her illness. Because she had met Olly, but her body did not react anything. Madeline told this to her nurse named Carla, and she helped Madeline find out the truth about Madeline's illness. Carla asked for a day to find this valid information.

*“I swear I don’t know anything. But sometimes I suspect.”  
“Suspect what?”  
“Sometimes I think maybe your mama’s not quite right. Maybe she never recovered from what happened to your papa and brother.” (Chapter 116, Page 270).*

Carla, who is hired as a nurse for Madeline, actually suspects Pauline's overprotective attitude. Carla feels this has something to do with Pauline's past trauma, which caused her strange behavior. It seems that in fact Carla has never received a detailed explanation about SCID. Carla has only been assigned to care for Madeline.

## 2. The Cause of Madeline's Anxiety

### a. Stimulus Encountered

When a stimulus is threatening or harmful, Madeline has shown a fearful reaction and at first she feels that the stimulus is insurmountable. The stimulus is her illness. Namely, SCID, which she had suffered from since childhood. This sickness made her unable even to dare to do anything other than obey her mother. Madeline's development was late compared to other children of her age; she became friendless, who certainly could not socialize with new people, also solved problems, and unable to explore the natural world outside. Because of her illness, she was always afraid to reveal things that did not agree with Pauline. she always kept them so that it was a burden on himself. She fears that she feels a burden on the family, she is sick, and Pauline has been struggling and trying to make her happy and take care of her.

*My disease is as rare as it famous. It's a form of Severe Combined Immunodeficiency. But you know it as "bubble baby disease." Basically, I'm allergic to the world. Anything can trigger about of sickness. It could be the chemicals in the cleaner used to wipe the table that I just touched. It could be someone's perfume. It could be the exotic spice in the food I just ate. It could be one, or all, or none of these things, or something else entirely. No one knows the triggers, but everyone knows the consequences. According to my mom I almost died as an infant. And so I stay on SCID row. I don't leave my house, have not left my house in seventeen years (Chapter 2, Page 3).*

Like the statement above, it appears that Madeline can describe her illness in detail, how her activities and even her life needs are always limited. She looks tormented and worried about her rare disease condition. Because of Pauline always insists that there is no world that Madeline can see except in the house, so when Madeline has an interest in something or someone new, Madeline lies and



does not want to open up to her mother. As Madeline's answer when asked about Olly:

*“Why would you risk your life for a total stranger?”  
I’m not a skillful enough liar to hide my feelings from her. Olly’s in my skin. She sees the truth. “He’s not a stranger, is he?”  
“We’re just friends. Online friends,” I say. I pause. “I’m sorry, I wasn’t thinking, I just wanted to make sure he was OK.”  
I rub my hands down my forearms. My heart beats so fast it hurts. The enormity of what I’ve done overwhelms me and I’m trembling. My sudden shaking derails my mom’s questioning and sends her into doctor mode.  
“Did you touch anything?” she asks, over and over again.  
I tell her no, over and over again ( Chapter 56, Page 137).*

Once in an incident, Madeline was forced to leave the house to protect Olly and make sure he was okay. Before Madeline explained, her mother immediately scolded and told her to sterilize her body. It is hurting Madeline's feelings. She felt she had no room to move and argued because of her illness. In the above quotation, Madeline explained how she reasoned in front of her mother. Madeline says that Olly is just an ordinary online friend. She tried to cover up her feelings for Olly despite her racing heartbeat for fear of trouble if Pauline found out.

In fact, the reason for the anxiety that Pauline experienced was perception, a trauma that had not yet healed. And the cause of the anxiety experienced by Madeline is the stimulus encountered, namely because of a problem with her own illness (SCID). The feeling anxiety they feel is in accordance with the basic theory of Sigmund Freud.

**B. The Forms of Anxiety are Found in Pauline and Madeline in *Everything*,  
*Everything* By Nicola Yoon**

**1. Realistic Anxiety**

Madeline's belief about her mother's illness and the fact that she cannot set foot outside the house area and inevitably has to do all her activities only from inside the house are the effects of Pauline's anxiety. Eighteen years is an age that should be fun for teenagers, there are many stories to be made with peers at this age, but this does not apply to Madeline. Right on her eighteenth birthday, Madeline said:

*Another year of missing all the normal teenager things—learner's permit, first kiss, prom, first heart break, first fender bender. Another year of my mom doing nothing but working and taking care of me. Every other day these omissions are easy, easier, at least—to ignore. (Chapter 3, Page 10).*

Madeline feels anxious because she cannot do activities like young people her age. It is called realistic anxiety because she is worried about real things, precisely all the normal teenage things. Eighteen years is the right age for the transition period of human personality development. Some of the stages are looking for a relationship that can be mutually satisfying, usually through making friends, having a family, and being independent (Gallo & Gallo, 2011). In general, Madeline's abnormal life with teenagers made all situations new for her and made her a patient person. Sometimes she looks sad, but this is sure to step aside and accept her destiny immediately. She could understand teenagers of her age through the internet and the books she had read, even though Madeline never got in touch with them. She is a smart girl.

Even though Madeline was locked in the house, it did not satisfy her mother's anxiety. Madeline still has to do sterilization; not just anyone can enter her house. So far, only Pauline, Carla, and Rose have been there. Pauline ensures that there should be no bacteria or the slightest danger so that her daughter is always safe. Pauline cared for Madeline and made the rules in her house, like demonstrating the protective attitude and anxiety she suffered. Madeline described her house as follows:

*In my white room, against my white walls, on my glistening white bookshelves, book spines provide the only color. The books are all brand-new hardcovers—no germy secondhand softcovers for me. They come to me from outside, decontaminated and vacuum-sealed in plastic wrap. I would like to see the machine that does this (Yoon 2015, 1)*

*The windows are sealed so air only comes in through the filters on the roof. Nothing over 0.3 microns gets in. Also, the circulation system completely changes all the air in the house every four hours (Yoon 2015, 96)*

In the quotes above explain that, Pauline controlled everything related to the house. She watched in detail; even the dust could not touch Madeline. White paint was chosen for their home because it signifies cleanliness and health. The hospital building and its staff use a white color that describes and creates a sterility vibe (Cherry, 2019). Choosing white color also makes the property at home easier to clean because the dirt that sticks to it will be more visible. Air filters are also a must in Pauline and Madeline's house. Pauline believes that even dirty air can harm her only daughter. In her mind, her life threat comes from danger to Madeline.

Olly is the only male friend Madeline can see for real. Madeline also fell

in love with Olly from the first time they communicated through the bedroom window. After a few days, they started exchanging e-mail addresses, and IM then continued a more intense conversation there. They even had a schedule to go online, and it had been a long time until Carla found out about it. Then Madeline asked and begged Carla to meet with Olly, but Carla did not respond to that. Every day Madeline begged Carla until Carla thought Madeline deserved the opportunity. The house, which had been designed to be "safe" by her mother, also made Madeline even more convinced to bring Olly. Madeline stated:

*I look around my white room at my white couch and shelves, my white walls, all of it safe and familiar and unchanging. I think of Olly. Decontamination-cold and waiting for me. He's the opposite of all the things. He's not safe. He's not familiar, he's in constant motion. He's the biggest risk I've ever taken (Chapter 30, Page 68).*

Madeline's statement explained that her household was a safe zone for as long as she lived. She described it in detail. Therefore, the most significant risk decision she ever made during her eighteen years of living at home was that she invited a new person named Olly to come. Madeline did not know what would come of her; it can be good or bad. Actually Madeline also feels realistic anxiety because she thinks Olly is a real person and can also bring real bacteria or viruses to her. But, the white environment has made Madeline have the confidence and urge to take risks. According to Smith (2013), purification of behavior and thoughts can be brought by the white color. This color can also be symbolized as a new beginning (Smith, 2013).

To meet new people, Madeline feels anxious. She is afraid of her body's

reaction and things that she does not know what will happen to her. However, out of curiosity, Madeline still invited Olly. After meeting Oly, they talked for about twenty minutes, and nothing terrible happened to Madeline's physique.

*It feels strange not to talk to my mom about something, someone, who's becoming so important to me. My mom and I are drifting apart, but not because we're spending less time together. And not because Olly's replacing her. We're drifting apart because for the first time in my life, I have a secret to keep. (Chapter 43, Page 101).*

At first, Madeline felt guilty for not telling a story and had to cover up her meeting with Olly. But since Madeline already knows how her mother will respond, she better not do it. Pauline always knew and controlled all of her daughter's activities throughout her life, including making a routine daily schedule. The statement described above shows how Madeline begins to keep secrets and hide from Pauline. Telling Pauline about Olly would cause trouble. Madeline did this because she saw her mother's first impression when she met Olly when he delivered a bunt cake, and Pauline refused. Therefore lying is the only way to keep her relationship with Olly.

Madeline puts ego first to fulfill her id's needs, and she already knows that Olly will never be accepted. Overprotecting someone will make them feel constrained. According to Steinberg (2007: 22), when a child reaches adolescence, the child should not be restrained because they will try something prohibited and do risky things. So overprotecting is not an effective way to educate children (Steinberg, 2007).

At first, Carla had allowed Madeline to meet Olly, and it made Madeline

think that Carla supported her. Nevertheless, suddenly Carla forbids their relationship even though Olly has become an important person in Madeline's life, Madeline also needing him as a partner and a support system. It makes Madeline shock. Her ego cannot accept Carla's treatment when she defends her mother instead and tells her to keep Pauline's feelings:

*“No,” she says, holding a hand up. “you can’t see him anymore.”  
She picks up the discarded remote and clutches it in her hands,  
looking anywhere but at me.  
Panic sends my heart racing. “Carla, please. Please don’t take  
him away from me.”  
“He’s not yours!”  
“I know”  
“No, you don’t know. He’s not yours. Maybe he has time for you  
right now, but he’s going to be her Olly. You understand me?”  
(Chapter 48, Page 112).*

In the above quotation, Madeline knew very well that Carla was trying to protect her, but Carla's words pierced and irritated Madeline's ego. Madeline could not be angry with her nurse, but with this statement, Madeline is afraid that her secret behind Pauline will be revealed and that she will not see Olly again. Madeline understood and hated this situation at the same time. In the end, Carla and her mother still control everything for Madeline to keep her safe in her "bubble."

Realistic anxiety was also found when Madeline went to Hawaii with Olly. While on vacation with Olly and enjoying her vacation, Madeline suddenly felt a headache and shortness of breath. She panicked and was afraid of her illness. Madeline was afraid that her SCID disease would recur. As she describes it in the following sentence:

*I'm shivering. I'm more than shivering. I'm shaking uncontrollably and my head. My brain is being squeezed in a vise. Pain radiates out and crashes into the nerves behind my eyes. (Chapter 97, Page 234).*

Fortunately, Madeline regained consciousness after being unconscious for a while. She was back in her “bubble” and had to rest. While resting while waiting for herself to recover, Madeline gets a short message from the doctor who examined her in Hawaii. The doctor stated that Madeline did not suffer from SCID; she was exhausted because her activities while in Hawaii while on vacation were quite busy. Madeline is also still adapting to the outside world, so that her body reaction is shocked. It contained in the message as below:

*Ms. Whittier,*

*You probably don't remember me. My name is Dr. Melissa Francis. You were under my care at Maui Memorial in Hawaii for a few hours two months ago. I felt it was important to contact you directly. You need to know that I've studied your case very closely. I don't believe you have, or have ever had, SCID. I know this must be a shock. I've attached quite a few test results here and I recommended that you get a second (and a third) opinion. I believe that you should get another physician besides your mother to verify my findings. Physicians should never practice on their families. It is my medical opinion that in Hawaii you had an episode of myocarditis triggered by a viral infection. I believe that your immune system is especially fragile given what I could surprise about the nature of your upbringing. Please feel free to contact me with any questions you may have. Good luck.*

*Best regards,*

*Dr. Melissa Francis (Chapter 113, Page 263).*

Madeline was quite surprised at Dr. Melissa's message above. She just understood that scientifically, a doctor should not check her own family. As Madeline had read the message six times, Madeline was sure that she did not

know something. Madeline was shaken because she was confused about whether her anxiety had been real or not. She immediately searches to google the words the doctor had given her, even though she already knew that it would not work. Madeline is worried about the bad things that will happen, and she is also confused about everything. At least, Madeline printed out the lab results that the doctor gave her. Madeline immediately asked Pauline, but after asking and showing the results of the diagnosis from a doctor who handled her in Hawaii, Pauline still denied and lied:

*"I'm sorry but it's not true," she says.  
She strokes my hair. "I'm sorry you had to see this. It's so irresponsible."  
"Of course it's a mistake."  
"SCID is so rare and so complicated, honey. Not everyone understands it. There are just so many versions and every person reacts a little differently." (Chapter 114, Page 266).*

Pauline shows neurotic anxiety in the sentence above. She denied that the lab results had come out and she was worried that her lies had been exposed. Madeline is trying to understand, but it seems Pauline still has to convince her daughter by saying,

*"I had to protect you," (Chapter 114, Page 267).*

In three times. Moreover, this made Pauline's anxiety even more visible, and Madeline became hesitant again. In this section, the researcher found that realistic anxiety in Pauline appeared two times and six times in Madeline. Pauline's neurotic anxiety is placed in this section because it functions as a supporting sentence.



## 2. Neurotic Anxiety

Madeline often noticed from her window that Olly was constantly fighting with her father. There was a time when they have a big fight, and it can put Olly in danger. When Olly argued with her father, Madeline had immediately left the house on reflex, and Pauline also witnessed it. She wanted to make sure Olly was all right. Pauline was shocked and immediately took her daughter into their house and scolded Madeline by saying:

*“Did you touch anything? I had to trash your clothes. And we’re going to have to be extra careful for the next few days to make sure nothings—”*  
*“It was less than a minute!” “Sometimes a minute is all it takes” (Chapter 56, Page 137).*

Panic attitude is illustrated by Pauline's statement above. Her anxiety was triggered by seeing Madeline heading out of the house without any protection. Pauline's attitude to satisfy her impulse id was to make sure Madeline was sterile, not contaminated by anything so that everything Madeline used at that time had to be thrown away. The neurotic anxiety she felt when she saw Madeline go outside the house made Pauline even more protective. She was conscientious about her daughter because she was traumatized by going through the incident when the people she loved left, there are her husband and son.

It is the same when Carla allowed Olly to meet Madeline was a threat to her, Pauline would have been outraged when she found out about this. in the end, the thing to worry about has happened. Pauline's neurotic anxiety was triggered. Pauline immediately tightened the rules at home for her daughter. Pauline's anger is shown in the following sentence:

*"how cold you do this? How could you let stranger in here?"*  
*"She went outside. Because of him. Because of you."*  
*"she put her life at risk and she's been lying to me for weeks."*  
*" so am I. Carla, pack your things and go." (Chapter 58, Page 141).*

In the end, Carla was fired. Even though Carla is Madeline's closest person from childhood, Pauline does not care who understands Madeline the most. With her anxiety, Pauline still tells Carla to go so that Madeline remains safe. At least, Pauline found a replacement for Carla to look after and care for Madeline's health while she was working:

*"I hired one of the nurses."*  
*I nod. She offered to let me interview Carla's potential replacements, but I declined. It doesn't matter who she hires. No one's ever going to be able to replace Carla.*  
*"I have to go back to work tomorrow."*  
*"I know."*  
*"I wish I didn't have to leave you."*  
*"I'll be OK." (Chapter 62, Page 147).*

Pauline's neurotic anxiety was also evident when Madeline immediately ran out of the house because she felt disappointed. Then Pauline chased her, screaming and showing a frightened face. Some sentences that describe Pauline's fear are:

*"What are you doing? What are you doing? You have to go inside! Because you are sick, bad things could happen to you out here! I can't loose you too, not after everything. I lost them. I lost your dad and I lost your brother. I couldn't loose you too, I just couldn't." (Chapter 118, Page 277).*

*"Right after they died you got so, so sick. You wouldn't breathe right and I drove you to the emergency room and we had to stay there for thre days. And they didn't know what was wrong. They said it was probably an allergy. They gave me a list of things to stay away from, but I knew it was more than that."*  
*"I'll prottect you. Stay with me. You're all I have." (Chapter 118, Page 278).*

Pauline is very worried shown in the above statement. She yelled at Madeline, still mentioning that she was still sick and afraid that something terrible would happen to Madeline. Her neurotic anxiety is very visible in this sentence. Pauline kept trying to convince her daughter to stay, Pauline was very scared. Pauline is still trying to hold Madeline back into her house. It shows that illness is something Pauline believes in keeping her daughter under her protection. It is also shown that Pauline was confused by the two reasons she had to protect her daughter. Pauline said that after losing her husband and son, she did not want to lose her daughter.

When Madeline was a baby, she was indeed sick and hospitalized because of an allergy. Doctors advised Pauline to protect her child from several things. However, Pauline assumed that this allergy was not ordinary. Pauline's response indicated that it was her anxiety that caused her to be protective of Madeline. When the fear of losing her child was so big, Pauline's ego continued to dominate and kept telling Madeline to keep going back into the "bubble." Pauline still assumed that she could lose her only child and that there would be dangers if Madeline were out of the house. Even though she knew that her daughter did not have any disease, Pauline still does these things. Neurotic anxiety is shown from the things that go through Pauline's head and also her behavior. As Carla said, Pauline is still recovering from the incident in the past, when her husband and son died. Pauline was still crushed and injured in her mind. In this section, the researcher found seven data showing that Pauline felt neurotic anxiety.

*He looks at me, a nonbeliever confronted with, if not evidence, then at least the possibility of God. He pulls me into his arms and we're wrapped around each other, his face buried in my hair and my face pressed into his chest, no daylight between our bodies.*

*"Don't die," he says.*

*"I won't," I say back. (Yoon, 2015, Chapter 80, Page 193).*

*"I can't believe I've missed all this," I say. "I've missed the whole wide world."*

*Olly shakes his head. "One thing at a time, Maddy. We're here now." (Chapter 82, Page 195).*

Pauline's beginning to make a deal with anxiety is regret that ends up giving up. When Madeline was angry and wanted to leave the house, Pauline continued to apologize and stated that she loved Madeline. Pauline couldn't live without Madeline by her side. As Pauline's statement below:

*I still love you, Madeline. And you still love me. You have your whole life ahead of you. Don't waste it. Forgive me." (Yoon, 2015, Chapter 131. Page 295).*

Carla also took part in convincing Madeline that she would lower her ego and forgive her mother. Madeline is still determined to leave Pauline because she thinks her mother has taken away her life. The words when Carla convinced Madeline are in the conversation below:

*She hold my chin. "When are you going to find it in your heart to forgive her?"*

*"She was sick, honey. She's still sick."*

*I shake my head. "she took my whole life away from me." Even now, thinking about all the years I've lost makes me feel like I'm on the lip of an enormous chasm, like I could fall in and never come back out. Carla nudges me back to the present. "not your whole life," she says. "You still have a lot left." (Yoon, 2015, Chapter 130, Page 294).*

*"When will you come back home?" she asked.*

*And I told her the truth. "I don't know if this is home anymore."*

*She cried then, but still she let me go, and that has to count for something.  
(Chapter 135, Page 301).*

Furthermore, in the end, they made peace. The relationship between mother and child is the closest thing. Deep down, Madeline must have loved her mother very much. Pauline loved Madeline with all her heart too, but she has been expressing it in the wrong way. Pauline put her ego aside and encouraged her to allow Madeline to go to New York to find Olly.

*Love.  
Love make people crazy.  
Loss of love makes people crazy.  
My mother loved my father. He was the love of her life. And she loved my brother. He was the love of her life. And she loves me. I am the love of her life. The universe took my dan and brother away. For her it was the Big Bag in universe—everything that became a nothing.  
I can understand that. (Chapter 135, Page 301).*

Madeline's statement above adds an explanation of how love can beat anything. Pauline could surrender to let her child go in the end. Pauline is already aware of her anxiety triggers to control her emotions and deal with them by accepting the destiny and giving up her daughter to live her life as an individual. The researcher found that Pauline's neurotic anxiety appeared seven times.

### **3. Moral Anxiety**

The moral conflict occurs between the ego (the principle of reality) and the superego (morals and ideal conditions). The researcher found some of the evidence when Madeline was afraid to make her mother sad but still sought peace for herself by being more open to Carla. As in the statement below when Madeline woke up from her nightmare:

*I woke up crying and mommy came and stayed in bed with me. I didn't tell her what the dream was about because it would make her sad, but I told Carla and she gave me a hug (Chapter 7, Page 19).*

In the above statement, it can be seen how Madeline feels moral anxiety. She had nightmares and cried when she woke up from her sleep. Madeline had been feeling anxious for a long time, but her superego still prevented her from telling the truth to Pauline. Madeline would feel sad if she saw her mother sad, so she prefers to tell Carla. Madeline also often lamented her life, but she always tried to show cheerfulness and declared that she was okay with Pauline.

*"I'm OK, Mom. Don't worry."  
For the thousandth time I realize anew how hard my disease is on her. It's the only world I've ever known, but before me she had my brother and dad. She traveled and played soccer. She had normal life that did not include being cloistered in a bubble for fourteen hours a day with her sick teenage daughter.  
I hold her and let her hold me for a few more minutes. She's taking this disappointment much harder than I am (Chapter 12, Page 30).*

In the quote above, Madeline is afraid of hurting her poor mother's feelings. Her mother has gone through difficult times, spent much time caring for her from childhood. Pauline could not have an everyday life because she had to care for a girl with a rare disease.

Madeline has started to fall in love, which is something new for her. She wanted to tell how the body felt and responded to these beautiful feelings. Nevertheless, Madeline is too afraid to open up to her mother because she thinks of her mother, who is too strict, has lots of rules to keep Madeline busy at work too. Although all of this can be appropriately discussed, Madeline remains silent

and keeps the whole story and feelings. She does not want to make her mother sad or disappointed, Madeline is not ready to listen to Pauline's response like the following statement:

*I wish again that I could talk to my mom about this. I want to ask her why I get breathless when I think of him. I want to share my giddiness with her. I want to tell her all the funny things Olly says. I want to tell her how I can't make myself stop thinking about him even though I try. I want to ask her if this is the way she felt about Dad at the beginning (Chapter 40, Page 94).*

The moral anxiety felt by Madeline remains something that can be responded to rationally in thinking about the problem because of the energy from the superego. Madeline can control her ego to keep thinking about her mother because of love. Moral anxiety arises when Madeline violates her mother's standard of values. She is obliged to do activities only in the house, not meet and touch strange objects, and be sterilized. Madeline has tried to run away from home with Olly to satisfy her id. Olly will take her on vacation to the places Madeline has long dreamed of.

As explained before, Olly has given a new page or phase to Madeline's life. After Madeline proved to herself that her body was fine after meeting and kissing Olly, she felt that she could not just leave Olly. Though Pauline keeps trying to tighten her rules after she finds out Carla is helping Madeline to break the rules. Madeline's ego is getting bigger, so she wants to get out of her monotone life.

*Ever since Olly came into my life there've been two Maddys: the one who lives through books and doesn't want to die, and the one who lives and suspects that death will be a small piece to pay for it. The first Maddy is surprised at the direction of her thoughts.*

*The second Maddy, the one from the Hawaii photograph? She's like a god— impervious to cold, feminine, disease, natural and man-made disasters.*

*She's impervious to heartbreak. The second Maddy knows that this pale half-life is not really living (Chapter 71, Page 167)*

Madeline was confused and caught up in her thoughts about maintaining her old self or living a new life. Her old personality will continue to obey Pauline's orders but cannot find her happiness, while her new life with Olly promises herself to be confident and not afraid of death. Madeline looked at the photos when she was a child; she gets excited again and believes that she is not weak. Finally, she was sure to live the true happiness of life.

The day after, Olly and Madeline traveled directly to Hawaii to fulfill one of Madeline's dreams. Going on vacation outside the home is a big decision. Madeline chose to go to Hawaii because she remembers her old life when she was a child. She hopes to live her life as before when she is free to leave the house and express herself. The sea, the beach, the fish, and the surroundings are things that Madeline likes, which she can only imagine from inside her house. Before the trip, Madeline took the time to write a letter for Pauline. Madeline said goodbye through the letter, saying sorry and thanks for everything her mother had done so far.

Madeline explains that she wants to know what life is; she wants to experience it by herself. She also explained not to blame Olly because Madeline had run away of her own accord. The reasons were explained in the following statement:



*I'm not doing this just because of Olly. Or maybe I am. I don't know. I don't know how to explain it. It's Olly and it's not Olly at the same time. It's like I can't look at the world in the old way anymore. I found this new part of myself when I met him and the new part know how to stay quite and still and just observe. (Chapter 72, Page 168).*

Madeline's belief in leaving home seemed like she did not want to waste her life. If she did end up suffering from SCID, she would not have died without seeing the outside world. The person who made Madeline learn about experiences is Olly. Therefore he can also be said as one of the reasons Madeline is increasingly curious and daring to take risks. As an eighteen-year-old teenager who never left the house, Madeline had little life experience. The curiosity that has made him reckless may be influenced by the way he has lived so far. Usually, adolescents tend to be careless in their behavior and make decisions because of the curiosity that drives them. Many facts explain that teenagers mostly try dangerous things because of their high curiosity. It is the most common reason (Pellissier, 2018). Madeline's curiosity can be seen when she tries to prove whether her body reacts when it hits a foreign object. When the answer is wrong, she will continue to try other things that are riskier. Madeline knew that she might die while traveling, but her fear of death was less than her curiosity.

On the way to their destination, Madeline and Olly stopped at Carla's house. Madeline missed the nurse who had taken care of her since she was a child. After Carla was fired, it turned out that she did not hate Pauline, instead of asking how she was and defending her as a mother. The statement is explained in the conversation below:

*“How’s your mama? She asks when I finally stop.  
 “She doesn’t hate me.”  
 “Mama don’t know how to hate their babies. They love them too  
 much.”  
 “But she should. I’m a terrible daughter. I did a terrible thing.”  
 (Chapter 108, Page 254).*

Madeline felt more moral anxiety after pouring out her heart on Carla. After Madeline broke the rules to meet Olly at that time, her mother still did not hate her. According to Carla, mothers must love their child until she does not know how to hate.

Olly is a support system as well as a partner for Madeline. Madeline loved him so much because he had accepted all of Madeline's flaws, even the fact that Madeline had a terminal illness; Olly did not care. Olly sincerely wants to make her girlfriend happy. According to Gael (in Surya, 2007), The thing that must be developed in a person is a sense of self-confidence. Self-confidence is one factor that will make a person able to interact with other people, although to succeed in interacting, other supporting factors still need. In addition to communicating, self-confidence is also needed in developing personality. If someone has high self-confidence, a sense of optimism will follow in living something. Optimism will have a significant impact on one's success. However, in real life, self-confidence is not owned by everyone. There are still many people who like to feel shy, so that their self-confidence still needs to be formed (Strayhorn, 2008). Therefore, Olly's presence means a lot to Madeline.

Jumping cliff diving is one of the things Madeline does while on vacation in Hawaii. At first, she was afraid because this activity could pose a risk.

However, Olly helps Madeline to be more confident to jump by practicing first.

The statement is described in the sentence below:

*I wave back and then close my eyes to take stock of my situation, because jumping off a cliff seems like a pivotal moment where a little stock-taking should be done. Strangely, though, I find I don't really want to think too much. Like Olly, I just want to jump. I search out Olly's face in the water and find him waiting for me. Considering what the future may hold, jumping off this cliff doesn't seem so scary at all."*  
(Chapter 88, Page 210).

When with Olly, Madeline can be herself. Nothing limits her from exploring the beauty of the world. Illness had never occurred to Madeline in her mind. She also forgot about her worries about her mother. Madeline has dealt with her anxiety because she started to love herself, so her anxiety does not drag on any more. Olly had unsolicited always convinced Madeline that everything would be all right. The sentence made Madeline feel calm.

Throughout Madeline's life, Pauline always told her daughter to stay at home. Pauline thinks that she can fulfill all of Madeline's needs and wants even though she is in a "bubble." Even though so far, Madeline has only harbored her desires for fear of hurting her mother's heart. With Olly's presence, everything changed. Madeline dared to take risks and risked her life to try new experiences. Olly opened the way for Madeline to go further. The climax is when Pauline increasingly curbs Madeline in the house, disconnects from the internet, and fires Carla. That attitude convinced Madeline to leave her protective mother and lead an everyday life.

Nevertheless, halfway there, Madeline felt anxious and thought of her mother. The principle of moral anxiety is ego control, and Madeline remains rational in feeling her anxiety because of the superego energy. Madeline's ego wanted to get out of her mother's prison, but on the other hand, she also thought about what if her mother was sick and Madeline had time to think about going back. Madeline's anxiety is the result of a conflict between the id and the superego. She felt anxiety because of her conscience:

*.I stop reading, cradle the phone against my chest, and close my eyes. I'm guilty and resentful and panicked all at once. Seeing all her worry and pain makes me want to go to her and reassure her that I'm OK. That part of me want to let her keep me safe. (Chapter 90. Page 216).*

In this section, the researcher found moral anxiety five times on Madeline.

### **C. What Defense Mechanisms Used by Pauline and Madeline to Handle Anxiety in *Everything, Everything* by Nicola Yoon.**

#### **1. Pauline's Defense Mechanisms to Handle Her Anxiety**

##### **a. Denial**

Denial to Pauline was discovered when Madeline finally became suspicious of her illness and tried to check herself and look for evidence in her mother's office. During the search, Pauline enters her study and finds Madeline there. As she search through, she stated:

*"You have record to everything, but there's nothing about SCID in here. Why can't I find anything?"*  
*"what are ou talking about?, of course it's in here." (Chapter 117, Page 274)*

Pauline still denies and covers her anxiety by assuming that the file is actually in her office. Pauline lied and put forward her ego to convince Madeline by saying:

*After a while she looks up at me. "did you take them? I know they were in here." Er voice is thick with confusion and, also, fear. And that's when I know for sure. I am not sick and I never have been (Chapter 117, Page 275).*

Because Pauline felt too much worry, as a doctor, she still diagnosed Madeline with SCID and concluded that something was wrong. Because of the diagnosis, she had to isolate Madeline for good to simplify her worries so that no danger could get near her daughter. Pauline made denial as a defense mechanism. Pauline's denial serves to protect the ego from something that she cannot control. Pauline still wants to believe that her child is sick and locks Madeline up to cover her anxiety. A doctor cannot practice on her own family. Personal feelings can influence the doctor when making her professional diagnosis when the patient is a close relative. Doctors will tend to handle problems at will, even beyond training and expertise (Mentor, 2012). Pauline's ego to protect her daughter because anxiety had overpowered her id. Dr. Pauline had been wrong for practicing isolation and purposely diagnosed SCID with Madeline for eighteen years.

Pauline keeps trying to convince her daughter when Madeline continues to be suspicious of the truth of her SCID disease by pretending to look for a lab file that has been stored for eighteen years. However, her face and behavior were still predictable if Pauline was frightened. Pauline only fantasized about her daughter's illness. From this, Madeline could immediately conclude that her mother had been lying all this time:

*She clutches the folder to her chest like she's trying to make it a part of herself. "Did you look carefully? I keep everything." She walks over to her desk and clears a space. I watch her as she examines the files, rearranging them, smoothing her hands over pages that don't need smoothing.*

*After a while she looks up at me. "Did take them? I know they were in here." Her voice is thick with confusion and, also, fear. And that's when I know for sure. I am not sick and I never have been. (Chapter 117, Page 275).*

In the sentence above, Pauline still continues to denial that Madeline does not actually suffer from SCID. But because Madeline was old enough and understood to interpret her mother's movements, Madeline finally concluded that Pauline had been lying all this time. Madeline had discovered the truth about her illness in her mother's study.

#### **b. Projection**

Taking care of her daughter for eighteen years made Pauline feel a sense of belonging. One trait that is wrong but difficult to get rid of is the feeling of extreme ownership. The characteristics of this trait are the feeling of having excess where a person tends to try to control other people to match what they want (Weisskirch, 2017). Pauline feels that this is all for Madeline's good, even though her protective attitude is also to protect her anxiety. Olly is considered a threat and can make Pauline lose Madeline. Carla, who had been taking care of her daughter since she was young and was also close to Madeline, was fired because she allowed the two of them to meet briefly. Carla understood Madeline so well, she felt Madeline deserved the opportunity, but Pauline did not think the same. Pauline immediately cut off Internet access for Madeline to no longer communicate with Olly, and she could only read books. Madeline had requested

that her internet connection be restored immediately, but her mother still refused and discussed the prohibition of falling in love. Pauline afraid that Madeline will get back in touch with Olly over the internet and ends up feeling heartbroken:

*“Can I have my Internet privileges back?” I have to try.  
She shakes her head. “Ask me for something else, honey.”  
“Please, Mom.”  
“It’s better this way. I don’t want you to have a broken heart.”  
“Love can’t kill me,” I say, parroting Carla’s words.  
“That’s not true,” she says. (Chapter 62, Page 149).*

In the quotes above, Pauline believes that falling in love can kill, so she does not want Madeline to be close to Olly and end up hurt. Pauline still insists on managing Madeline's life by holding her big ego using Madeline's safety reasons. For Pauline, the only way to eliminate her anxiety was to lie about SCID and be a protective mother. Pauline will make sure nothing can hurt her daughter by doing everything. When Olly has started to enter Madeline's life, Pauline will firmly cut the relationship and stretch the rules at home.

Pauline protects her anxiety by doing Projection as a defense mechanism. She protects her ego by considering Olly as a threat, and in the future he will hurt Madeline. With things that Pauline thinks are out of line, she will be more protective. Her neurotic anxiety was in serious condition because of past trauma.

### **c. Repression**

Madeline was quite surprised at Dr. Melissa's message above. She just understood that scientifically, a doctor should not check her own family. As Madeline had read the message six times, Madeline was sure that she did not know something. Madeline was shaken because she was confused about whether

her anxiety had been real or not. She immediately searches to google the words the doctor had given her, even though she already knew that it would not work. Madeline is worried about the bad things that will happen, and she is also confused about everything. At least, Madeline printed out the lab results that the doctor gave her. Madeline immediately asked Pauline, but after asking and showing the results of the diagnosis from a doctor who handled her in Hawaii, Pauline still denied and lied:

*"I'm sorry but it's not true," she says.  
She strokes my hair. "I'm sorry you had to see this. It's so irresponsible."  
"Of course it's a mistake."  
"SCID is so rare and so complicated, honey. Not everyone understands it. There are just so many versions and every person reacts a little differently." (Chapter 114, Page 266).*

She denied that the lab results had come out and she was worried that her lies had been exposed. Madeline is trying to understand, but it seems Pauline still has to convince her daughter by saying,

*"I had to protect you," (Chapter 114, Page 267).*

In three times. Moreover, this made Pauline's anxiety even more visible, and Madeline became hesitant again. When the lab result from Dr. Melissa has appeared, Pauline has done a repression as a defense mechanism. Pauline's condition refuses the result of something attempted. She still thinks that the lab result is nothing because that did not correspond with Pauline's expectations will raise her anxiety.

## **2. Madeline's Defense Mechanisms to Handle Her Anxiety**

### **a. Denial**



As a nurse who has always been beside Madeline since she was a child, Carla has helped bring Olly and Madeline together. Even though the scope and time are limited, it makes Madeline happy to interact with other people and the first time saw a boy who has been her friend:

*“Now. You listen to me,” she says. “No touching. You stay on your side of the room and he stays on his. I already told him the same thing.” (Chapter 30, Page 67).*

Even though Carla gave permission, some rules had to be followed. There are not touching each other and staying distant. Madeline was excited. It was something new in her life, a unique feeling that made her stomach a little nauseous because she was nervous about meeting Olly:

*I stand up, sit down, and stand up again.  
“Oh Lordly,” she says. “Go fix yourself up fast. I’m only giving you twenty minutes.’  
My stomach doesn’t just flip, it does hih-wire somersaults without a net. “What made you change your mind?”  
She comes over, takes my chin in her hand, and stares into my eyes for such a long time that I start to fidget. I can see her sorting throubh all she want to say.  
In the end all she says is: “You deserve a little something.”  
This is how Rosa gets everything she wants. She simply asks for it from her mother with the too-big heart (Chapter 30, Page 68).*

Madeline loved Carla so much for her kindness. Madeline can imagine how Rosa, who is Carla's daughter, always gets everything she wants. This part is where Madeline's healing journey begins, how she can deal with her anxiety for the rest of her life. She started feeling things she had never felt before. By meeting Olly is an excellent start for Madeline. At this moment, Madeline did not know that her disease did not exist, so she made denial as a defense mechanism for herself; she put aside the things that scared her for the first time.

*Maybe we can't predict everything, but we can predict some things. For example, I am certainly going to fall in love with Olly (Chapter 41, Page 99).*

When Carla allowed them to meet, it felt like a couple who had been in a long-distance relationship. Their heart was pounding so much that in the end, Olly could not help getting closer to Madeline, and she did not refuse him. They broke Carla's rules; love conquers all. Madeline's first kiss is a moment she cannot forget, and it is always pictured in her mind.

*I pull away first this time, but only because I need air. If I could, I could kiss him every second of every day for all the days. He leans his forehead against mine. His breathe is warm against my nose and cheeks. It's slightly sweet. The kind of sweet that makes you want more.  
 "Is it always like that?" I ask breathles.  
 "No," he says. "It's never like that." I hear the wonder in his voice.  
 And just like that, everything changes. (Chapter 54, Page 130).*

## **b. Rationalization**

When with Olly, Madeline felt like she had a new page in life. She feels that SCID and broken heart are not something to be afraid of. Madeline missed the time when she was little and did not know anything. There were no worries that she should think about. After going through some considerations, Madeline decided to run away from the "bubble" to fulfill her ego all this time. She did not hate Pauline, She did not run away because she hated Pauline, but she could not be locked up in her old life and want to find herself and start to venture to explore the outside world. Madeline did all of this not solely because of Olly, but he was one reason she was happy. Madeline wrote a letter while leaving the house in the statement below entitled GOOD-BYE:

*Dear Mom,*

*The first thing is I love you. You already know that, but I may not get the chance to tell you again. So, I love you, I love you, I love you. You are smart and strong and kind and selfless. I couldn't have wished for a better mom. You're not going to understand what I'm going to say. I don't know, I understand it myself.*

*Because of you I'm alive, Mom, and I'm so, so grateful for that. Because of you I've survived this long and gotten a chance to know my small part of the world. But it's not enough. It's not your fault. It's this impossible life.*

*I'm not doing this because of Olly. Or maybe I am. I don't know. I don't know how to explain it. It's Olly and it's not-Olly at the same time. It's like I can't look at the world in the old way anymore. I found this new part of myself when I met him and the new part doesn't know how to stay quiet and still and just observe.*

*Do you remember when we read The Little Prince together for the first time? I was so upset that he died in the end. I didn't understand how he could choose death just so he could get back to his rose. I think I understand it now. He wasn't choosing to die. His rose was his whole life. Without her, he wasn't really alive. I don't know, Mom. I don't know what I'm doing, only that I have to. Sometimes I wish I could go back to the way I was before, before I knew anything. But I can't.*

*I'm sorry. Forgive me. I love you.*

- Maddy (Chapter 72, Page 168).

According to the contents of Madeline's letter above, Madeline is appropriate to do this because she feels that she is a teenager. She no longer deserves to be restrained by his mother. Here Madeline begins to have a "rebel" soul to find new things, including falling in love and fighting for those she loves. She acts rationalization as a defense mechanism. Its rational logic regulates the ego in accepting reality. Apart from preventing anxiety for coming, this defense mechanism can also protect self-concept and self-esteem (Browins, 2004).

Madeline was pleased when she finally saw how people walk, talk, and ride bicycles for the first time. Real-life was in front of her eyes. Even though Madeline usually describes human activities on earth with her mini-figures.

*It's early, but still there are so many people doing so many things-walking or talking or sitting or standing or running or riding bicycles. I don't quite believe they're really real. They're just like the mini figures I pose in my architecture models, here to give Koreatown the vigor of life (Chapter 76, Page 181).*

One by one, Madeline's happiness has been manifested. She barely thought about the worries about her illness. On the way to Hawaii, Madeline stopped at Carla's house. She came to Carla because she missed her and wanted to apologize. Madeline realized that Pauline fired Carla because of Madeline's selfishness.

*"I'm happy to see you, too," I squeak.  
She pulls away, shakes her head as if I were some kind of a miracle, and pulls me back in for more.  
"Oh, my girl," she says. "Oh, how I missed you." She holds my face in her hands.  
"I missed you, too. I'm so sorry about-"  
"Stop. You don't have anything to be sorry for."  
"You lost your job because of me."  
She srugs. "I got another one. Besides, it's you that I miss."  
"I miss you, too." (Chapter 77, Page 182).*

### **c. Sublimation**

Madeline has to accept that she has to do everything from home, such as studying, taking classes, shopping, even making friends. Access that she can pass to seek knowledge about the outside world, namely through the internet, books, and films. Madeline's statement above explains her realistic anxiety because it arises or is caused by a danger from the outside world. Even though her ego was threatened, Madeline had been a good, obedient girl for eighteen years. Madeline has also implemented sublimation as a defense mechanism by her hobbies of

drawing and reading without realizing it. She covered her anxiety with positivity and did not show her sadness so that those around Madeline felt calm.

*I'M READING ON my white couch when Carla comes in the next morning.*

*"Feliz cumpleaños," she sings out.*

*I lower my book. "Gracias."*

*"How was the birthday?" She begins unpacking her medical bag.*

*"We had fun."*

*"Vanilla cake and vanilla frosting?" she asks.*

*"Of course."*

*"Young Frankenstein?"*

*"Yes."*

*"And you lost at that game?" she asks.*

*"We're pretty predictable, huh?"*

*"Don't mind me," she says, laughing. "I'm just jealous of how sweet you and your mama are."*

*"Flowers for Algernon again?" she asks. "Doesn't that book always make you cry?"*

*"One day it won't," I say. "I want to be sure to be reading it on that day." She rolls her eyes at me and takes my hand.*

*It is kind of a flip answer, but then I wonder if it's true.*

*Maybe I'm holding out hope that one day, someday, things will change. (Chapter 2, Page 37).*

Like the evidence above, it appears that Madeline can only do basic things in her house. Even on her birthday she still reads books and watches movies. Madeline tries to enjoy her normal birthday, which she already knows her daily activities. But Madeline believes that one day, the situation will change.

## CHAPTER IV

### CONCLUSION AND SUGGESTION

This chapter contains the thesis's conclusion, which contains a clear and systematic statement of the analysis's overall results based on the data on *Everything, Everything* novel and suggestions from the researcher relating to solving problems that are the object of research or the possibility of further research.

#### A. Conclusion

The findings of this study indicate that, first, the cause of anxiety felt by Pauline was perception, due to past trauma that had not yet recovered. She still cannot deal with the bad memories of the past when her husband and son died in a car accident. After the incident, Madeline, who was still a baby, had allergies and was hospitalized. Pauline's anxiety over losing someone she loves is getting bigger, so that she has to lie to Madeline and Carla that Madeline has SCID. So, Madeline was always in the house for eighteen years. Madeline's anxiety was caused by stimulus encountered, she feels anxiety because of her own illness when she does not know the truth. So, she fear of hurting her mother's feelings. Because Madeline thought that her mother had taken extra care of her than the other mothers because Madeline had a rare disease, so that she had big pity for her mother, her mother had been feeling disappointed, sad, and hurt enough. Madeline did not feel like adding to Pauline's life burdens. However, this anxiety made Madeline a closed child, unable to show sad emotions and hidden feelings

of falling in love.

Second, Pauline and Madeline experienced anxiety in three types: realistic anxiety, neurotic anxiety, and moral anxiety. It includes how Madeline is being a sick kid who lives differently from the other normal teenager, how she starts lying to her mom, and how she finally being rebellious. Pauline had also lied to Madeline so she could stay indoors for eighteen years, Pauline does not let Madeline meet Olly, and fake diagnosis by Pauline. In this section, the researcher found that Pauline's realistic anxiety was two and Madeline's realistic anxiety was six evidence. Then neurotic anxiety in Pauline amounted to seven evidence. The last, moral anxiety on Madeline amounted to five evidence.

Third, the researcher discovered what defense mechanism used by Pauline and Madeline to handle their anxiety, specifically Pauline: denial repression projection. Maddeline: denial, rationalization, sublimation.

## **B. Suggestion**

In this research, the readers can learn about anxiety and defense mechanism. They can find out the causes of anxiety, the forms of anxiety, and the defense mechanisms to handle anxiety. The researcher realized that there were still many weaknesses in this thesis. Suggestion In this study, the researcher hopes that more students will research anxiety. Because if we experience anxiety for a long time, anxiety is a dangerous factor for our mental and physical health. It is very useful to prevent anxiety and increase knowledge. It is hoped that if future researchers are still interested in matters related to anxiety and it's cope, it is advisable to understand this theory better. If the next researchers are interested in

the same object, namely the novel *Everything, Everything* by Nicola Yoon, they can develop and research using other theories to see from different theoretical angles. Researchers also hope that this research can be helpful for future researchers who are interested in the same object or theory and future researchers to use this research as a reference, especially in analyzing anxiety and defense mechanism through novel objects or different objects.



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## CURRICULUM VITAE



Maulida Khurin Inaya was born in Banyuwangi on December 18<sup>th</sup>, 1998. She graduated from International Standard Boarding School of Amanatul Ummah in 2017. While at school, she communicated in three languages, namely English, Arabic and Indonesian. She has also been a committee of Book Bazaar that invite a famous writers. She began her tertiary education in 2017 at the Department of English Literature of UIN Maulana Malik Ibrahim Malang and finished in 2021. During her studies at the university, she joined the music community (UKM KOMMUST) and held events with other KOMMUST members. She was a community organizer in the multimedia department. She has also participated in several volunteer activities and campaigns. There are Earth Hour Malang as public relations and Character Matters Indonesia as campaigner. she likes to follow and try a lot of activities to improve her skill and personality, looking for experience, and also relations.