

**ANXIETY EXPERIENCED BY MAIN CHARACTERS IN
SIMONE DE BEAUVOIR'S NOVELLA COLLECTION**

THESIS

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FACULTY OF HUMANITIES
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IBRAHIM MALANG
2020**

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THESIS

Presented to
Universitas Islam Negeri Maulana Malik Ibrahim Malang
in Partial Fulfillment of the Requirements for the Degree of Sarjana Sastra (S.S.)

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IBRAHIM MALANG
2020**

STATEMENT OF AUTHORSHIP

I state that the thesis entitled “Anxiety Experienced by Main Characters in **Simone de Beauvoir’s Novella Collection**” 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, 26 June 2020
The researcher



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APPROVAL SHEET

This to certify that Septianur Aji Hariyanto's thesis entitled **Anxiety Experienced By Main Characters In Simone de Beauvoir's Novella Collection** 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.).

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MOTTO

Physical comforts cannot subdue mental suffering, and if we look closely, we can see that those who have many possessions are not necessarily happy. In fact, being wealthy often brings even more anxiety.

-Dalai Lama

DEDICATION

I dedicated this thesis specifically to my lovely Mother and beloved Father.

ACKNOWLEDGMENT

In the Name of Allah, the Most Beneficent, the Most Merciful. All the praises and thanks be to Allah, the Lord of the 'Alamin. The Lord of the worlds has given pleasure and knowledge to learn everything in this world. God has given inspiration, guidance, and grace to the researcher to be able to complete this thesis. Peace and knowledge are also conveyed to the prophet Muhammad, who has brought Islam as Rahmatan Lil Alamin and who has shown us the way to heaven.

This thesis is actually intended to fulfill the requirements to reach the level of Bachelor of Literature (SS.) At Universitas Islam Negeri Maulana Malik Ibrahim Malang. The existence of this thesis entitled Anxiety Experienced by Main Characters in Simone De Beauvoir's Novella Collection, has involved many people who gave me support and skills. This research could not have completed without the involvement and support of everyone around me. Therefore, I am very grateful to my advisor Dr. Syamsudin, M. Hum. who has spent his time correcting, guiding, and giving advice and criticism of this thesis. The Researcher also wants to thank:

1. All beloved lecturers in English Department who have guided me carefully in conducting this research, who gave me advice, correction, attention until this thesis fully completed. Thank you very much.
2. My beloved parents, my father, and my mother always wisely guide and pray for his son. They are truly the people I love the most in this life.

3. My beloved friends and family in Sasing'16 Maliki, Alfu Roaita, Humaniora Assemble who always support and help me complete this thesis.
4. Especially for my hang out friends Fake Squad, KUA, and BBS who encourage each other in completing this thesis.

Malang, 26 June 2020

Septianur Aji Hariyanto

ABSTRACT

Hariyanto, Septianur Aji (2020) *Anxiety Experienced by Main Characters in Simone de Beauvoir's Novella Collection*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Dr. Syamsudin, M. Hum.

Keyword: Anxiety, the cause of anxiety, the impact of anxiety.

In essence, anxiety is a symptom that exists in every human being. Anxiety arises in humans is characterized when humans are experiencing a moment of fear and loss of confidence. In this case, anxiety also has various aspects, and from each of these aspects has a very influential impact on the mental state and human health that experience it. The anxiety will respond to situations that threaten. In this case, the people who experience it will get a development, new experiences, and changes in life, to find an identity and meaning of life.

The statement became the basis for researchers to examine literary works in which literary works can describe psychological conditions in the form of character anxiety. The basic design that the researcher applied in this study uses the method of literary criticism with a psychological approach.

In this study, the researcher focuses on literary works in the form of novella collection contained in the novel called *The Woman Destroyed* and divided the problem into three parts: (1) What kinds of anxiety are experienced by the main characters in the novella collection? (2) What are the causes of anxieties experienced by the main characters in the novella collection? (3) What are the impacts of anxieties experienced by every main character in dealing with anxiety in the novella collection?

In this case, every character in this literary work tells the psychological experience of female characters which experience excessive anxiety. This novel has three novella collection, each of which has the main character of a woman who experiences different anxiety. The main character in each of these short stories experiences a weak mental state, fear of an unexpected change, and very deep disappointment. The situation is what causes the researcher to conduct research related to the types of anxiety and the underlying causes of anxiety and also the impact on the characters that experience it. The research on anxiety is very crucial. The researcher hopes that in the future, other researchers can find the basics of anxiety in the characters in other literary works. It is expected that researchers will examine the literature of *The Woman Destroyed* to examine it with another aspect. Because in this literary work can be examined in various aspects of relevant literature.

ABSTRAK

Hariyanto, Septianur Aji (2020) *Kecemasan yang Dialami oleh Karakter Utama dalam Koleksi Novella Simone de Beauvoir*. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Dr. Syamsudin, M. Hum.

Kata kunci: Kecemasan, penyebab kecemasan, dampak kecemasan.

Dalam esensinya, kecemasan adalah gejala yang ada pada setiap manusia. Kecemasan yang timbul pada manusia ditandai ketika manusia mengalami saat ketakutan dan kehilangan kepercayaan diri. Dalam hal ini, kecemasan juga memiliki berbagai aspek, dan dari masing-masing aspek tersebut memiliki dampak yang sangat berpengaruh terhadap kondisi mental dan kesehatan manusia yang mengalaminya. Kecemasan akan merespons situasi yang mengancam. Dalam hal ini, orang-orang yang mengalaminya akan mendapatkan perkembangan, pengalaman baru, dan perubahan dalam hidup, untuk menemukan identitas dan makna hidup.

Pernyataan itu menjadi dasar bagi peneliti untuk meneliti karya sastra di mana karya sastra dapat menggambarkan kondisi psikologis dalam bentuk kecemasan karakter. Desain dasar yang peneliti terapkan dalam Penelitian ini menggunakan metode kritik sastra dengan pendekatan psikologis.

Dalam studi ini, peneliti fokus pada karya sastra berupa koleksi novella yang terkandung di dalam novel berjudul *The Woman Destroyed* dan membagi masalahnya menjadi tiga bagian: (1) Apa jenis kecemasan yang dialami oleh karakter utama dalam koleksi novella? (2) Apa penyebab kecemasan yang dialami oleh tokoh utama dalam koleksi novella? (3) Apa dampak kecemasan yang dialami oleh setiap karakter dalam menghadapi kecemasan dalam koleksi novella?

Dalam hal ini, setiap karakter dalam karya sastra ini menceritakan pengalaman psikologis karakter perempuan yang mengalami kecemasan berlebih. Novel ini memiliki tiga koleksi novella, yang masing-masing memiliki karakter utama seorang wanita yang mengalami kecemasan yang berbeda. Tokoh utama dalam setiap cerita pendek ini mengalami kondisi mental yang lemah, takut akan perubahan yang tidak terduga, dan kekecewaan yang sangat mendalam. Situasi inilah yang menyebabkan peneliti melakukan penelitian terkait dengan jenis kecemasan dan penyebab yang mendasari kecemasan serta dampaknya pada karakter yang mengalaminya. Penelitian tentang kecemasan sangatlah penting. Peneliti berharap bahwa di masa depan, peneliti lain dapat menemukan dasar-dasar kecemasan dalam karakter dalam karya sastra lainnya. Diharapkan para peneliti selanjutnya yang akan meneliti literatur *The Woman Destroyed* untuk menelitinya dengan aspek lain. Karena dalam karya sastra ini dapat diteliti dalam berbagai aspek sastra yang relevan.

مستخلص البحث

هاريانتو، سبتيانور اجي (٢٠٢٠) القلق الذي تعانيه الشخصيات الرئيسية في مجموعة نوفيلاسيمون د باوفوي. أطروحة قسم الأدب الإنجليزي ، كلية العلوم الإنسانية ، جامعة مولانا مالك إبراهيم الإسلامية الحكومية في مالانغ. المستشار: دكتور. سيامسودين ماجيستر
الكلمات المفتاحية: القلق ، سبب القلق ، أثر القلق.

القلق ، في جوهره ، هو عرض موجود في كل إنسان. يتميز القلق الذي ينشأ عند البشر عندما يمر البشر بلحظات من الخوف وفقدان الثقة بالنفس. في هذه الحالة ، للقلق أيضًا جوانب مختلفة ، ومن كل من هذه الجوانب له تأثير مؤثر جدًا على الحالة العقلية وصحة الإنسان التي تعاني منه. سوف يستجيب القلق لموقف تهديد. في هذه الحالة ، سيحصل الأشخاص الذين يختبرونها على تطورات وتجارب جديدة وتغيرات في الحياة ، للعثور على هوية الحياة ومعناها.

أصبح البيان الأساس للباحثين لفحص الأعمال الأدبية التي يمكن أن تصف فيها الأعمال الأدبية الحالات النفسية في شكل قلق الشخصية. يستخدم التصميم الأساسي الذي طبقه الباحثون في هذه الدراسة أسلوب النقد الأدبي مع النهج النفسي.

في هذه الدراسة ، ركز الباحثون على العمل الأدبي بعنوان *ذ وومان دسترويد* وقسمت المشكلة إلى ثلاثة أجزاء: (١) ما نوع القلق الذي تشعر به الشخصيات الرئيسية في مجموعة نوفيلا؟ (٢) ما الذي يسبب القلق شعرت به الشخصية الرئيسية في مجموعة نوفيلا؟ (٣) ما هو تأثير القلق الذي يعانيه كل من الشخصيات الرئيسية في التعامل مع القلق في مجموعة نوفيلا؟

في هذه الحالة ، تخبر كل شخصية في هذا العمل الأدبي التجربة النفسية للشخصيات النسائية التي تعاني من القلق المفرط. تحتوي الرواية على ثلاث مجموعات نوفيلا ، لكل منها شخصية رئيسية لامرأة تعاني من قلق مختلف. تواجه الشخصية الرئيسية في كل من هذه القصص القصيرة حالة ذهنية ضعيفة وخوفًا من تغييرات غير متوقعة وخيبة أمل عميقة جدًا. يدفع هذا الموقف الباحثين إلى إجراء البحوث المتعلقة بأنواع القلق والأسباب الكامنة للقلق وتأثيرها على الشخصيات التي تمر بها. البحث عن القلق مهم جدًا. يأمل باحثون أنه في المستقبل ، يمكن للباحثين الآخرين العثور على أساسيات القلق في الشخصيات في الأعمال الأدبية الأخرى. من المتوقع أن يقوم باحثون آخرون بدراسة الأدبيات *ذ وومان دسترويد* لفحصها مع جوانب أخرى. لأنه في هذا العمل الأدبي يمكن التحقيق في جوانب مختلفة من الأدبيات ذات الصلة.

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CHAPTER I INTRODUCTION

This chapter outlines the research background, research question, research significance, scope and limitation, definition of key terms, and research method.

A. Background of the Study

The development of literature in recent years has experienced changes, especially in terms of expression and freedom. According to some literary expert say that in its understanding, literature is interpreted as freedom itself, that is what makes no restrictions that can hold back the pace of literary development. Therefore the presence of literature is a representation of the culture that has evolved to the present (Abrams, 1981).

The discourse of life, everyone would want to have a quiet and pleasant life. But in life itself, there must be something called a problem that can make everyone experience anxiety and disappointment. Something like that can happen caused by factors such as friends, family, the environment, and even in the field of work. As for other things that cause someone to be very disappointed and anxious when what they expect does not match what they receive and the individual experiences a feeling of uncertainty in the future. Therefore, these problems can make someone's mental experienced that can be disturbed, and that is what causes the term anxiety (Namora Lumongga Lubis, 2009: 14).

Psychological phenomena encountered by the public at this time lead to inspiration from various groups of artists, including writers. Inspiration arising from writers on psychiatric phenomena experienced by the public is expressed in

the form of literary works such as short stories, drama, and romance. (Sumardjo in Nurgiyantoro, 1986: 3)

The development of science at this time has connected various sciences such as Literature with various other sciences. As an example of the relationship between literatures with psychology, this relationship created a meeting of disciplines that can develop and connect with each other. In addition to the relationship of literature with psychology, the relationship of Literature with various other sciences also gave birth to a variety of approaches in the world of literature, such as literary sociology, anthropological literature, and feminist literature. Psychology and literature in the world of science is not something new, because the characters in literary work must be turned on, given a soul that can be accounted for psychologically as well. A good writer will consciously or unconsciously incorporate the human soul into his work. This will be seen in the characters where the story occurs (Wellek and Warren, 1989: 41).

The Woman Destroyed is a work of fiction written by Simone de Beauvoir in 1967. Simone de Beauvoir in this novella collection carries the theme of women as central characters in each part of the story. This novella collection consists of three short stories in which all the background content of this story is about married life. The three stories also have different main characters and problems, in which the theme of the story itself contains an element of a woman who is psychologically anxious in the life they experiences.

In this novella collection, each story has a different phenomenon. The first part of the story is titled *The Age of Discretion*. It tells the story of a mother who

is gradually feeling depressed about her son's behavior. This feeling of pressure is caused because in the end the child takes a different political stance and decides some actions that are not expected by both parents. This attitude and decision made his parents unacceptable and began to blame everything including the woman that his child chose to be his wife.

While in the second story is titled *The Monologue*. This story tells of a woman who was frustrated in her solitude. This is because the main character loses her daughter and also cannot accept that she has not had time to be the best mother for her girl. In this story, it is also found that the behavioral tendencies experienced by the main character are caused by psychological trauma during childhood. Because in childhood the main character is depicted that she felt injustice in her mother's behavior that made her feel ignored and alienated.

The third story in this book is titled *The Woman Destroyed* in which tells of a woman who felt disappointed with her husband's affair. The main character is told from time to time to lose confidence and lose the ability to build her conditions. This is also supported by the fact that her children did not grow up as she had hoped. Not only that, but she was also blamed by her husband for it all.

The solution to the case in the story above, by looking at the behavior of the main characters of each story, the researcher assume that this method of Anxiety by Sigmund Freud is appropriate for analyzing the psychological condition of each main character. They are believed to have chronic anxiety that must be resolved.

The first focus is anxiety. The researcher at this stage will find out the kinds of anxieties in the novel. Anxiety itself is defined as an important part of the personality system which is a foundation and center of the development of neurotic and psychotic behavior. The definition of anxiety is a prototype derived from birth trauma because at birth individuals are faced with a hostile environment. The individual must then adapt to reality, that is, instinctive needs cannot always be found. Basically anxiety itself occurs when the nervous system of a newborn baby is still raw and also not yet prepared, suddenly bombarded with a sensory stimulus that is hard and persistent. (Yenny Dwi, 2007)

The second focus of this research is the cause and impact of anxiety. Anxiety functions as a sign of impending danger, a threat to the ego that must be avoided or resisted. In this case, the ego must reduce the conflict between the will of the Id and the Superego. This conflict will always exist in human life because according to Freud, instincts will always look for satisfaction while the social and moral environment limits that satisfaction. Anxiety often develops over a period of time and largely depends on the entire life experience of each individual. Special events or situations can accelerate an anxiety attack.

The anxiety that was initiated by Freud was one of the important points which talked about psychoanalysis. This theory gradually undergoes several changes as does Freud's other theories about the mental structure of the individual. Freud's various forms of anxiety have been put forward, but in reality, the prototype of all forms of anxiety is birth trauma. That is when the first time an

individual is faced with a situation of anxiety that had never been experienced while in the womb.

In starting the study, the researcher analyzed each of the main characters in the story. Data is taken by reading the whole story in the novella under study. Thus, the form of data to be obtained can be taken in the text of this novel in the form of textual data. This study uses literary criticism with a psychological approach where the object of research is the novel.

In conducting this research, this analysis was inspired by several studies that carried out the study of psychoanalysis in the literature. Firstly Atun Farkhatun (2017) from State Islamic University Sunan Kalijaga conducted a study entitled "Anxiety in Paula Hawkins 'Novel The Girl on The Train'" The subject of this study is *The Girl on the Train* which is a horror psychology genre novel written by British authors, Paula Hawkins. Told this novel has a character named Rachel who refers to as "the girl on the train". Research conducted by Researchers aims to describe the types and anxiety factors used by characters in novels. This research also describes the mechanisms and also the defense to reduce Rachel's anxiety. The theory used is the theory of psychoanalysis by Sigmund Freud with a concentration in anxiety theory and defense mechanisms.

Secondly, One Ivonda Riawandono (2018) from State Islamic University of Sunan Ampel Surabaya who conducted a study entitled *Anxiety and Defense Mechanism of Anne Frank as Depicted in the Diary of a Young Girl*. Researchers here examine the *Diary of a Young Girl*. Which this study aims to describe the types and factors of anxiety used by a character named Anne Frank and also to

explain the defense mechanism as a strategy to reduce feelings of anxiety in character. Not only that exposure techniques used include: classifying data, searching for defense mechanisms, and also making a list of anxiety events, The theory used is psychoanalysis by Sigmund Freud to analyze the anxiety and defense mechanism experienced by a character named Anne Frank.

B. Problems of the Study

Based on the background of the study above, the research questions are:

1. What kinds of anxiety are experienced by the main characters in the novella collection?
2. What are the causes of anxieties experienced by the main characters in the novella collection?
3. What are the impacts of anxieties experienced by every main character in dealing with anxiety in the novella collection?

C. Objectives of the Study

Based on the study question mentioned above, the goals of the study are:

1. To find out the kinds of anxiety experienced by the main characters.
2. To find out the causes of anxiety experienced by the main character.
3. To find out the impacts experienced by the main characters in dealing with anxiety.

D. Significance of the Study

The findings of this study are expected to contribute both practically and dynamically and in this study focus on relevant studies in terms of cultural significance, especially the study of literature and human psychological life.

This research is also expected to enrich the development of literary criticism found in novella collection in *The Woman Destroyed*, especially psychological problems in women from the perspective of anxiety theory based on psychoanalysis and the causes of anxiety that arise in a person. It also provides references in literary works, especially in terms of psychoanalysis and methods of handling anxiety in women.

Besides, this research is expected to be able to convince and provide more information to readers so that they can think more critically about the causes of anxiety that occur in women. It also helps the reader to understand anxiety theory as a very relevant branch of psychoanalysis. Finally, this research will be a source of information for readers interested in research studies on anxiety and the effects of anxiety on women.

E. Scope and Limitation

This research focuses on investigating the kinds of anxiety contained in a novel and also looking for the causes and impacts of anxiety using the anxiety theory initiated by Sigmund Freud, a theory that expresses the thought that anxiety is a permanent libido in a person. Not only that, but the researcher also found some anxiety experienced by the main characters in each of these stories. The researcher also only examined one novella collection called *The Woman Destroyed* compiled by Simone de Beauvoir which in this novella was obtained by the researcher in lessons learned at university. This novella collection consists of three stories and each has a different story. There are *The Age of Directions*, *The Monologue*, and *The Woman Destroyed*.

F. Definition of the Key Terms

In this study, there are several key terms to define:

1. **Psychological Analysis:** Therapeutic methods for personality disorder techniques to investigate the thoughts & feelings of an unconscious individual. (Hjelle & Ziegler, 1992)
2. **Anxiety:** Freud's theory of anxiety was first revealed in 1890, starting with a thought that anxiety is a sedimentary libido. Furthermore Freud agreed with his colleague Otto Rank that the origin of anxiety began with birth trauma.

G. Previous Studies

Several previous studies about anxiety markers with the difference disciplines have been studied in various research problems and also in the different object.

Firstly Atun Farkhatun (2017) from State Islamic University Sunan Kalijaga conducted a study entitled "Anxiety in Paula Hawkins 'Novel The Girl on The Train'" The subject of this study is The Girl on the Train which is a horror psychology genre novel written by British authors, Paula Hawkins. Told this novel has a character named Rachel who refers to as "the girl on the train". Research conducted by Researchers aims to describe the types and anxiety factors used by characters in novels. This research also describes the mechanisms and also the defense to reduce Rachel's anxiety. The theory used is the theory of psychoanalysis by Sigmund Freud with a concentration in anxiety theory and defense mechanisms.

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Thirdly Husni mubarok (2019) who came from the State Islamic University of Sunan Ampel Surabaya who conducted a study entitled “The Main Character's Defense Mechanism in Cormac McCarty's Novel The Road”. In this study, this researcher analyzes the fictional novel written by Cormac McCarty entitled The Road. The novel under study tells of a journey to the south undertaken by a father and son. In this study, the writer focuses on the first character, Dad, which examines the defense mechanism and how it is shown. The author also uses Sigmund Freud's theory of the mechanism of self defense as the main theory and uses the theory of new criticism as a supporting theory to do this research.

H. Research Methodology

This part of the study will present the methods used to analyze this research. This study uses literary criticism with a psychological approach.

Furthermore, the design of this research will clarify several items, such as research instruments, data and data sources, data collection, and data analysis.

1. Research Design

This study uses a literary criticism approach in analyzing a novella collection called *The Woman Destroyed*. The purpose of using the approach of literary criticism with a psychological approach by a researcher is so that the researcher can examine anxiety in character as well as cause and impacts experienced by characters more specifically. This research is applied to get a deeper understanding of psychoanalysis from the novel. Thus, the analysis of anxiety in this study is applied to see how the effects of character anxiety occur in this novel.

The research was conducted more critically about human reactions affected by anxiety and symptoms that arise as a result of the anxiety experienced. This approach is very appropriate to analyze this psychological story, in which the researcher applies the Anxiety theory to analyze the characters in the story.

2. Data Source

The Primary data from this study are novella collection contained in *The Woman Destroyed* book written by Simone de Beauvoir. The novella collection contains 341 pages published in December 1967 by Pantheon Books in New York.

The novella taken is a story that contains psychological characters. In this novella, there is some anxiety experienced by the characters. The first part of this story is titled *The Age of Discretion*. This research is based on the main character,

a mother. It is told that the main character gradually feels pressured about her son's behavior. This feeling of pressure is caused because in the end the child takes a different political attitude and decides some actions that are not expected by both parents.

The second story is titled *The Monologue*. In this story, the research is based on the main character who is a woman. This story tells of a woman who was frustrated in her solitude and also because the main character lost her daughter.

After that, the third story has titled *The Woman Destroyed* which has the main character of a woman. It is said that this woman felt disappointed with her husband's affair. Of the three stories mentioned each main character is a woman who is both experiencing anxieties.

3. Data Collection

In collecting data, the first step that the researcher does is to read and understand the object's story in more depth. In the sense that the researcher reach further and analyze the contents and meaning in objects more thoroughly so that the researcher really understand the content of the story. The second step is the researcher find out a piece of information related to the topic that they want to analyze, namely the theory of anxiety. The final step is that the researcher identifies 3 problems that are the objectives of this study, and also the researcher obtains data from various online journals about semi-papers that have been published lately.

4. Data Analysis

In analyzing data, the researcher followed several procedures. First, the researcher will carefully read the data collected one by one while marking all the anxiety found by the researcher while reading the novels. Second, the researcher look for signs of anxiety, cause and and the impacts of anxiety while classifying the types based on psychoanalytic theory.

CHAPTER II

REVIEW OF THE RELATED LITERATURE

This chapter reviews several relevant to the issue being investigated in this research used to analysis the data. The discussion covers the anxiety experienced by main character in Simone de Beauvoir's novella collection. Therefore, the theoretical framework is explained in this chapter to have a deep understanding of the whole concept of this study.

A. Psychology and Literature

The development of science at this time has connected various sciences such as Literature with various other sciences. As an example of the relationship between literature with psychology, this relationship created a meeting of disciplines that can develop and connect with each other. In addition to the relationship of literature with psychology, the relationship of Literature with various other sciences also gave birth to a variety of approaches in the world of literature, such as literary sociology, anthropological literature, and feminist literature. From this description, it can be concluded that literary psychology can be used to interpret a literary work, the author of a literary work, and also as one type of literary study that uses various theoretical frameworks and concepts in psychology.

The relationship between literature and psychology, before there is a relationship between the two sciences that gave birth to the approach of literary psychology, the understanding of each of the two branches of science needs to be elaborated. In a general sense, psychology is a science that is used to examine and

also learn about the forms of behavior or activities that are seen as manifestations of human psychic life (Walgito, 2004: 10).

In psychology, each individual has a certain behavior or activity which in each individual is considered not appearing itself, but with cause and effect, simulations on individuals or organisms. In this case, the behavior and also the activity is considered as an answer or response to the stimulus that is about it. In this case, the behavior or activity is considered as an answer or response to the stimulus around it.

Talking about literature, in this science can be seen from two aspects, namely as a literary science and literary works which is one branch of science. When used in the framework of literary works, literature is the result of works of art that provide language and are created by authors or certain community groups. As a work of art that provides language, literary works in the branch of science are seen as imaginative works. The term "imaginative literature" is closely related to the term belles letters ("beautiful and polite writing", derived from French), more or less this understanding resembles the etymological words of literature (Wellek & Warren, 1990).

Based on expressive theory in the sense of literary work is seen as an expression of the writer, as an outpouring of feelings and overflowing feelings of literary thought, or as a product of imagination that works with perceptions, thoughts or feelings. Meanwhile, based on pragmatic theories of literary works are seen as a means to convey certain goals, for example, values or teachings to the reader (Abrams, 1981).

The notion of psychology and literature is text analysis which considers the relevance and role of psychological studies. By focusing on the characters in the story, inner conflict can be analyzed which might conflict with psychological theories. In this connection, the authors must find symptoms that are hidden or deliberately hidden by the author, namely by utilizing psychological theories that can be considered relevant. In the understanding and purpose of psychology and literature, namely understanding the psychological aspects contained in literary works (Ratna, 2009: 342-344).

Psychology and literature in the world of science is not something new, because the characters in literary work must be turned on, given a soul that can be accounted for psychologically as well. A good writer will consciously or unconsciously incorporate the human soul into his work. This will be seen in the characters where the story occurs (Wellek and Warren, 1989: 41).

In conclusion, psychology and literature are one of the interdisciplinary literary studies, because in its application it uses the method of understanding and studying literature with various concepts and theoretical frameworks in psychology. Psychological psychology has four possible meanings, namely the study of author psychology as a type or as a person, the study of types and the psychological laws applied to literary works, the creative process, and studying the impact of literature on readers.

B. Psychoanalysis-Sigmund Freud

The various kinds of psychology developed rapidly at that time, which was marked by the birth of various streams in it. One school of psychology is the

theory of the concept of personality. This concept was also interpreted by many experts with various definitions, one of which was the meaning of the concept of personality initiated by Sigmund Freud named psychoanalysis (Ja'far, 2015).

According to Freud, soul life has three levels of consciousness, namely conscious, preconscious, and unconscious. Schematically, Sigmund Freud describes the soul as an iceberg, where the part that appears on the surface of the water is the smallest, the peak of the iceberg, which in psychiatric terms is the consciousness section, somewhat below the surface is the sub consciousness section and the largest part is located at the bottom of the water in terms of psychology is a realm of unconsciousness. Until 1923, Freud introduced three other structural models, namely das Es, das Ich, and das Ueber Ich. This structure does not replace the old structure, but complements the mental picture, especially in the function and purpose (Awisol, 2005: 17)

C. Structural Personality by Sigmund Freud

Some of the basic concepts of the theory put forward by Freud are about consciousness and the unconscious, which is considered as an aspect of personality and about one's instincts and anxieties. According to Freud, the consciousness part is like the surface of an iceberg which appears to be a small part of the personality, while the part of the unconscious is that which is below the surface of the water, in this case, contains the instincts that drive all human behavior (Walgito, 2004: 77).

In studying and understanding the systems of human personality, Freud developed personality models that could be interconnected and also cause tension

between one another. The basic conflict of these three personality concepts can create individual psychic energy and also have different properties, work systems, and functions. Therefore, one another is the unity that works together in influencing the activities of human life. In this case, Freud developed a system consisting of id, ego, and superego as personality structures.

The Id is the most basic layer of psychic concepts. In the id consists of innate biological instincts such as sexual and aggressive, there is no reason or ethical consideration and which is a consideration of pleasure and desires that are repressed. Psychic fetuses before birth and newborn babies only consist of Id only. So id as an innate time of birth is the basic ingredient for the formation of further individual psychological life.

The instinct of the id is the first principle of life which Freud called the pleasure principle, the purpose of this id is to free someone from tension or reduce the amount of tension so that it becomes less. It also suppresses it so as far as possible to be fixed. Tension is felt by individuals as suffering or heat while relief from tension is felt as pleasure (Calvin, 1995: 30).

The Ego is explained as a personality system that is dominated by consciousness which is formed as the influence of the individual on the object of reality and also functions according to the principle of reality. So the ego begins to form in the personality structure of each individual and becomes the result of contact with the outside world. The process that is owned and run by the ego which is relate to the effort and offer to the needs or reduce tension.

The ego is the implementation of the personality that controls and also commands the id and the superego and maintains a relationship with the outside world which is for its interests, personality, and all its broad needs. If the ego carries out its actions wisely, there will be harmony. But if the ego leads or surrenders too much to id, the superego or the outside world, then the consciousness will be disorganized and there will be irregularities (Calvin: 37-38).

The Superego in its concept is a personality system that contains an evaluative moral value. This concept provides both good and bad limits. According to Freud, superego is the internalization of individuals about the values that exist in society, because in this section there is a moral value that gives boundaries of good and bad (Syarkawi, 1991).

In other words, the superego is also considered as the moral of individual personality. The main function of the superego when viewed from the relationship with the three aspects of personality in blocking impulses of the ego, especially sexual and aggressive impulses in which the statement is strongly opposed by most people and encourages the ego to pursue more things that are moralistic than realistic and pursue a perfection that is absorbed by the individual from his environment (Zohar, 2000).

D. The Concept of Anxiety

The general description of anxiety is when an individual experience, feelings of depression and discomfort, and thoughts are chaotic and also accompanied by many feelings of regret. As for this matter, it is very influential on the body of every human who experiences it, the symptoms experienced in the

form of a shivering body, causing a lot of sweat, the heart beats fast, and the body feels weak and also lacking in productivity, this causes many individuals to escape into the imagination as a form temporary therapy.

Anxiety is neurotic helplessness, insecurity occurs, and also feels a lack of ability to deal with demands in social life as well as difficulties and stresses in everyday life (Syamsu, 2009: 43). The conclusion of anxiety that has been described is the condition of someone in an emotional state with the emergence of discomfort in a person, and an experience that appears vague accompanied by feelings of helplessness that seem uncertain because it is caused by something that is not yet clear. In other words, anxiety is a form of courage to things that seem unclear (Kartono, 1989: 120).

In this case, Freud divides anxiety into three types, namely realistic anxiety, neurotic anxiety, and moral anxiety.

1. Neurotic Anxiety

Neurotic anxiety in its sense is a fear, which arises due to the instincts or impulses of the id that experience going out of control and causing the individual to do something that can make him punished. The neurotic anxiety is not a fear of instincts that arise in the individual itself, but a fear of the consequences that will befall him if an instinct is released. This neurotic anxiety also develops through experiences gained when in childhood related to punishment or threats that have been given by parents or from other people who have authority if he does something impulsive.

In conclusion, neurotic anxiety itself is anxiety arising from unknown dangers. The feeling is with the ego, but comes from the urge id. Neurotic anxiety is not a fear of the instincts themselves, but a fear of punishment that might occur if an instinct is satisfied. (Fitri, 2016).

2. Moral Anxiety

The moral anxiety is the result of conflict between Id and superego. It can be said is the fear of the conscience of the individual himself. This anxiety stems from a conflict between ego and superego. This anxiety can arise due to individuals who experience failure and be consistent with what they believe is morally right. Moral anxiety is also a fear of the conscience of the individual himself. But moral anxiety also has a basis in reality, such as when in the past the individual was punished for violating moral norms and could be punished again.

When someone has a good superego, they tend to feel guilty or ashamed if they act or think something contrary to morals. Likewise, similar to neurotic anxiety, moral anxiety also develops in childhood related to the consequences that will be given or the threat of parents and others who have authority if he does something that violates the norm. (MGKB Team, 2010).

3. Realistic Anxiety

The understanding of realistic anxiety is an unpleasant and sometimes non-specific feeling that includes the possibility of danger itself. Realistic anxiety is a fear of real dangers emanating from the outside world. (Ifdil, 2016).

In another sense, it is an anxiety that originates from the fear of the dangers that threaten in the real world. The Anxieties like this, for example, such

as fear of tornadoes, fires, earthquakes, or wild animals. It is this anxiety that leads individuals to behave how to deal with danger. Not infrequently also the fear that comes from reality is extreme. A person can be very scared when trying to leave the house for fear of an accident happening to him or afraid to light a match for fear of fire. (Yenny, 2007).

E. The Cause of Anxiety

The basic cause of anxiety is a natural thing that has ever been experienced by every human being. In essence, anxiety has been considered a part of daily life. It can be said that anxiety is a general feeling, where someone who is experiencing anxiety will feel fear or lose confidence that is not clear in origin or form (Sutardjo Wiramihardja, 2005: 66).

It was explained that anxiety arises because of a response from a real or imagined threat. The individual will experience anxiety due to uncertainty that is often thought of in the future. Anxiety will arise when thinking about something unpleasant that will happen. (Namora Lumongga Lubis, 2009: 14)

In this case, the causes of anxiety have several aspects, such as Environmental factors, Threats, Conflicts, Physical Causes, and also caused by Frustration.

1. Environment

The cause of this anxiety occurs because of factors in an environment. Besides, this anxiety can affect the way each individual thinks about themselves and others. The social environment that tends to be negative can be a cause of anxiety for the individual.

In this case, the cause of anxiety is marking by the experiences of unpleasant individuals. Whether it's an experience when the individual is still small, and when he is growing up. These unpleasant experiences can occur with friends, family, or coworkers. So that individuals who experience it feel insecure with their environment (Savitri Ramaiah, 2003: 11).

2. Physical Causes

The cause of the individual experiencing anxiety occurs because of the physical impact he has experienced. When this physical collision occurs, the mind and body that always interact with each other will make individuals experience anxiety.

This condition begins to occur, for example, when a woman recovers from an illness or pregnancy during adolescence. On the other hand, it can also be caused by physical violence during childhood experienced by the individual. During this state, changes in feelings are natural, and this can cause anxiety (Savitri Ramaiah, 2003: 11).

3. Threat

The cause of the emergence of anxiety arises from a threat. This threat affects the minds of individuals who feel threatened by something that makes their hearts nervous. This form of threat can come from anywhere, such as threats from family, work environment, and social influence.

Individuals who experience anxiety caused by this threat will always be imagining by seeing the danger that is threatening around them. In this case, this

anxiety is characterized by excessive fear, and also the origin of the fear tends to come from unclear sources. (Kholil Rochman, 2010: 167)

4. Conflict

The cause of the emergence of anxiety symptoms occurs because of a conflict that has been experienced by individuals. This conflict tends to often occur in the realm of family, while when it occurs in a social environment, then this conflict can cause greater anxiety for the individual.

The term conflict occurs marked by a condition in which the individual who experiences it depends on other individuals. In this case, it can be said that emotional experiences or mental conflicts that occur in individuals will accelerate the onset of anxiety symptoms. (Elina Rufaidah, 2009: 31)

5. Frustration

The emergence of anxiety is caused by individuals who experience frustration. This term appears when an individual is doing something and is hampered by a failure. Frustration is very normal in every person who is fighting for something, but sometimes the individual does not get what he wants, this is what causes anxiety.

On the other hand, this anxiety arises from the failure to get satisfaction, obstacles for activities aimed at achieving certain goals this emotional state is caused by a feeling of restraint, disappointment, and defeat. (Nugroho, 2011).

F. The Impact of Anxiety

The Impact of Anxiety is something that can afflict almost anyone on their lives at a certain time. You could say Anxiety is a normal reaction to situations

that are very pressing on one's life. Anxiety can appear alone or join with other symptoms of various emotional disorders (Savitri Ramaiah, 2003: 10).

The basis of anxiety is a subjective feeling about a mental tension that experiences anxiety as a general reaction of the inability of individuals to overcome a problem and feel the lack of security. In this case, the uncertain feelings are generally very unpleasant which in turn will cause physiological and psychological changes (Kholil Rochman, 2010: 104).

In this case, it can be concluded that the impact of anxiety is a sense of worry in a very threatening situation and fear due to uncertainty in the future and fear that something bad will happen. The impact of anxiety is characterized by several symptoms that appear such as anxiety, feeling insecure, difficult to concentrate, fear of something that happens in the future, and feel unable to overcome the problem. In this case, there are several aspects of the effects of anxiety such as mood symptoms, cognitive symptoms, and also motor symptoms.

1. Mood Symptoms

The impact of anxiety that makes the mood of individuals who experience it to be not good is called the mood symptom. The impact of this anxiety arises when the individual experiences anxiety and has feelings such as the arrival of a threatening disaster or punishment that can disturb his mind and make his mood run poorly. Feelings like this arise from certain unknown sources.

Individuals who experience this impact are characterizing by difficulty in falling asleep because they feel too restless. In this case, this is what makes individuals who experience it can cause irritability. (Elina Raharisti, 2009: 31)

2. Cognitive Symptoms

Individuals who experience excessive worry when affected by anxiety are called cognitive symptoms. The impact of this anxiety can cause anxiousness felt by individuals when in the mind of the individual is thinking of unpleasant things that might happen to him.

In this case, the individual tends not to pay attention to the problem he is currently facing, so that individual often does not work or study effectively. In the end, he will become seamlessly anxious in doing something. (Elina Raharisti, 2009: 31)

3. Motor Symptoms

Motor symptoms are situations where individuals who experience the effects of anxiety feel uncomfortable and nervous about doing something. It is characterized by motor activity that is meaningless and tends to be aimless. On the other hand, individuals affected by this type of motor symptom often feel uncomfortable and nervous about doing something. This impact is characterized by the individual being easily shocked by the sound that occurs suddenly, and also when being nervous then the individual will knock on the toe.

In this case, Motor Symptoms are a picture of high cognitive stimulation in individuals, and also affected individuals tend to try to protect themselves from anything that feels threatening. (Elina Raharisti, 2009: 31)

CHAPTER III FINDINGS AND DISCUSSION

This chapter contains the data finding of the data analysis from the data source. The data will be in the form of sentence or dialogues mentioned in the novella. The discussion below will be focus in the anxiety experienced by main character in Simone's novella collection.

It has been explained in the previous chapter that this study aims to find the kinds of anxiety suffered by each of the main characters in 3 short stories contained in the novella collection *The Woman Destroyed*, besides that researcher also look for the causes of anxiety and also the impacts experienced by each character major in dealing with such anxiety. Based on the objectives of this research, this chapter is divided into 3 parts. The first part of the research will explain the kinds of anxiety, causes, and impacts experienced by the main character in the story titled *The Age of Discretion*. The second part explains the kinds of anxiety, causes, and impacts experienced by the main character in the story titled *The Monologue*. The final section also explains the kinds of anxiety, causes, and impacts experienced by the main character in the story titled *The Woman Destroyed*.

A. The Anxiety Experienced by Main Character in *The Age of Discretion*

Anxiety is a worry. Anxiety can appear at any time in the life of every human being, vague fear becomes the cause of Individuals experiencing anxiety. As for someone who experiences anxiety because of fear with uncertainty in the future. Anxiety is also experienced when thinking about something unpleasant that will happen. Freud himself divided the types of anxiety into three parts: they

were realistic anxiety, moral anxiety, and neurotic anxiety. In this case, the various types of anxiety can be classified in each of the main characters in this novella collection.

1. The kinds of Anxiety in *The Age of Discretion*

In this section, the researcher will discuss the types of anxiety experienced by the main character in *The Age of Discretion*. This story, there is the main character of a woman who experiences anxiety because the behavior of the son and her husband is not as expected.

a. Moral Anxiety

It has been explained in the previous section that moral anxiety is the result of conflict between the id and the superego. It can be said that fear is the individual's conscience. This anxiety comes from the conflict between ego and superego. This anxiety can arise because individuals who experience failure and are consistent with what they believe to be morally right. Moral anxiety is also a fear of the individual's conscience. The definition of moral anxiety is following the conditions experienced by the main character in *The Age of Discretion*.

The main character in the story titled *The Age of Discretion* is a woman who lives in France, and the name of the main character is not mentioned. She is the main character who feels moral anxiety. The illustration can be seen below:

What is there to do when the world has lost its savor? All that is left is the killing of time. I went through a wretched period myself, ten years ago. I was disgusted with my body; Philippe had grown up; and after the success of my book on Rousseau I felt completely hollow inside. Growing old filled me with distress. (The Woman Destroyed: 13)

In the data above, the researcher found that the data is considered as a moral anxiety. This is because the data explained that the writer has a

feeling based on one's internalized values are about to be compromised, such as a fear of self-punishment (e.g., guilt) for acting contrary to one's values. Moral anxiety, in this data, is a function of the development of the superego. Whatever the anxiety, the ego seeks to reduce it. However, in the data above, moral anxiety happened when the main character thinks that she does something wrong. In moral anxiety, the ego depends on the superego. So, the dependence of ego causes a conflict between ego and superego that can produce anxiety. During the writer has anxiety, she feels worry and afraid to interact with others. She is a writer who experiences anxiety because she feels that the more, she gets older, the greater the consequences of being a woman. She has a son named Philippe, who grows into a man who is not what she expected. After she succeeded in writing a book about Rousseau, she felt increasing immersed in herself. She felt she had been through various difficult times. The more she feels old, the more she feels hopeless. In this statement, it can be concluded if the main character experiences moral anxiety. The anxiety comes from the conflict of Id and Superego caused by the fear of conscience experienced by the main characters. This anxiety arises because the main characters have failed and is consistent with what she considers morally correct. He felt very pathetic, he also felt that he was very disgusting and could not accept himself as he was. She is very worried about other people's perception of her, while her child is already growing up. He was afraid of a situation where the disgust he had in him also affected his son's life.

Another moral anxiety arises in this story when the main character starts writing another book about Montesquieu. At that time, she sent her son Philippe to take a very difficult exam in France, and also, she succeeded in getting Philippe to start writing a thesis. But on the other hand, the main character still feels anxious that her son grows up not as she expected. Based on the story above, it portrays the main character's moral anxiety. Moral anxiety is the outcome of a struggle between the Id and the superego in this paragraph. It might be stated to be the terror of the individual's conscience.

But then I began to work on Montesquieu; I got Philippe through his aggregation and managed to make him start on a thesis. I was given a lectureship at the Sorbonne, and I found my teaching there even more interesting than my university scholarship classes. I became resigned to my body. It seemed to me that I came to life again. (The Woman Destroyed: 14)

In the data above, it is explained that the main character feels moral anxiety. Moral anxiety stems from a fear that one's internalized ideals are about to be jeopardized. There is apprehension about self-punishment (e.g., guilt) for acting against one's principles. Moral uneasiness is a result of the superego's maturation. Whatever the source of the uneasiness, the ego strives to alleviate it. In moral anxiety, the ego depends on the superego. So, the dependence of ego causes a conflict between ego and superego that can produce anxiety. The data above shows moral anxiety by the main character because she always thinks of other people response. The main character always thinks if she can't give her son the best and he is also afraid of what other people think about it. The moral anxiety possessed by the main

character makes him only able to express his complaints and even his sadness only to himself. He could only keep it to himself and overthink it.

b. Neurotic Anxiety

It has been explained that neurotic anxiety in the sense of fear, arising from instincts or impulses from the id that is experiencing out of control and cause the individual to do something that can make her anxious.

It can be seen in the illustration below:

We went back to the library. Philippe glanced at my desk. "Did the work go well?" "Pretty well". You didn't have time to read my proofs?" "No; can you imagine it? I'm very sorry." "You'll read the book. I have a copy for you." His carelessness saddened me a little, but I showed nothing. (The Woman Destroyed: 24)

The data above is considered as a neurotic anxiety. Neurotic anxiety is a term used to describe anxious and uncomfortable feelings that arise when a person does not feel in control of themselves or their circumstances. Neurotic anxiety often leads to defensiveness and rigid patterns of behavior while resolving inner conflicts and restoring a sense of control. Neurotic anxiety is defined as apprehension about an unknown danger. In neurotic anxiety, the ego depends on the id because it can only produce anxiety. In the data above, it is explained that the main character feels neurotic anxiety when the main character fears come from within herself and it is not controlled. Philippe as the only child owned by the main character in this story has married a girl named Irene. At that time Philippe visited her house after she and her husband named

Andre came out of a library, she also offered Philippe to read the proof that she had sent some time ago, but Philippe refused it reasoned if Philippe did not have much time to read the book for her mentioned. She felt a little sad about Philippe's refusal. From the statements that Philippe made, the main character arises instincts or impulses from the id that is out of control and causes the main character to feel anxious. The main character's reaction when Philippe refused her is called neurotic anxiety because when someone make her feels anxious, her reaction of her body like she gets shock and feel sad.

Another neurotic anxiety in its sense is a fear, which arises due to instincts of the Id that experience going out of control and causing the individual to do something that can make it punished.

I said, "And what about you? Are you going to get back to serious work on your thesis again now?" He did not answer. He exchanged an odd kind of look with Irène. "What's the matter? Are you going to set off on your travels again?" "No." Silence again, and then he said rather crossly, "Oh, you'll be vexed; you'll blame me; but during this month I have come to a decision. It is altogether too much, teaching and working on a thesis at the same time. But unless I do a thesis there is no worthwhile future for me in the university. I am going to leave." (The Woman Destroyed: 24)

The data above is considered as a neurotic anxiety. Anxiety and discomfort that emerge when a person does not feel in control of themselves or their surroundings are referred to as neurotic anxiety. Neurotic anxiety frequently results in defensiveness and rigid patterns of conduct at resolving inner conflicts and regaining control. People with neuroticism tend to have more depressed moods and suffer from feelings of guilt, envy, anger, and anxiety more frequently and more severely than

other individuals. They can be particularly sensitive to environmental stress. People with neuroticism may see everyday situations as menacing and major. Neurotic anxiety is defined as apprehension about an unknown danger. In neurotic anxiety, the ego depends on the id because it can only produce anxiety. In this part of the story, there is a description of the data regarding neurotic anxiety which in this story is explained the main character asks about the continuation of the thesis Philippe is working on. When she asked about his thesis, Philippe reasoned that he had a lot of work, so Philippe did not have time to work on the thesis he was working on. Hearing this answer, she was emotional and agitated because Philippe had gone too far in his thesis research, but Philippe planned to stop working on his thesis and leave university. The main character feels disappointed and saddened by the answer her son said. The statement makes the main character feel her id is safe, so in this case, she shows a sad expression, by showing the expression is expected to provide a sense of security and not afraid of her.

c. Realistic Anxiety

It has been explained that the understanding of realistic anxiety is an unpleasant and sometimes non-specific feeling that includes the possibility of danger itself. This anxiety is considered as something real and coming from the outside world.

The illustration can be seen below:

This year, when I saw him with Irène or his in-laws, so unlike the person he is with me, I thought he was falling in with a game: I was the one who knew the real Philippe. And he has preferred to go away from me,

to break our secret alliance, to throw away the life I had built for him with such pains. He will turn into a stranger. Come! André often accuses me of blind optimism: maybe I am harrowing myself over nothing. After all, I do not really think that there is no salvation outside the world of the university, nor that writing a thesis is a categorical imperative. (The Woman Destroyed: 35)

The data above is considered as a realistic anxiety. Realistic Anxiety is a state that occurs in humans when they perceive themselves to be in genuine danger. This state causes an increase in adrenaline and causes a person to take whatever action they need to save themselves from that danger. Anxiety may be caused by a mental condition, a physical condition, the effects of drugs, stressful life events, or a combination of these. Realistic anxiety is also anxiety in response to an identifiable threat or danger. This type of anxiety is considered a normal response to danger in the real world and serves to mobilize resources to protect the individual from harm. Realistic Anxiety is the ego depends on the outer world in neurotic anxiety. The outer world leads the ego to realistic anxiety. Realistic anxiety is closely related to fear. But, they are different. In fear, the object is specific. However, in realistic anxiety, the object does not involve a specific object. It is only unpleasant feeling involving possible danger. In the data above is described that the main character in *The Age of Discretion* feels that her son has grown into someone who is not what she expected. Starting from Philippe, who married a girl named Irene, who she did not approve of. As for what made her even more worried when Philippe stopped his thesis. That is why she felt she had broken up with her son. She assumed that the university world was very important. She also thinks that her husband, Andre, does not agree with her. In this context, the main character experiences realistic anxiety. In that statement,

there is an unpleasant feeling found in her and sometimes is not specific, which includes the possibility that anxiety will arise in her.

Another realistic anxiety can be seen in the illustration below:

Why was André late? I had worked for four hours without a pause; my head was heavy and I lay down on the divan. Three days, and Philippe had not given any signs of life: that was not his way, and I was all the more surprised by his silence since whenever he is afraid he has hurt me he keeps telephoning and sending little notes. I could not understand; my heart was heavy, and my sadness spread and spread, darkening the world; and the world gave it back food to feed upon.
(The Woman Destroyed: 36)

The data above is considered as realistic anxiety. Humans experience Realistic Anxiety when they believe they are in serious danger. This state creates a spike of adrenaline and causes a person to do whatever action is necessary to save oneself from the danger. Anxiety can be induced by a mental or physical disease, the effects of medicines, stressful life events, or a combination of these. Realistic anxiety is anxiety that occurs in reaction to a specific threat or risk. Reality anxiety is also described as Fear of real-world events. The cause of this anxiety is usually easily identified. Realistic Anxiety is the ego depends on the outer world in neurotic anxiety. The outer world leads the ego to realistic anxiety. Realistic anxiety is closely related to fear. But, they are different. In fear, the object is specifics. However, in realistic anxiety, the object does not involve a specific object. It is only unpleasant feeling involving possible danger. Besides this, realistic anxiety also arises when the main character feels that she has cut off family relations with her son, and she is increasingly worried. When her husband, Andre, had not yet come home, she was very nervous. She also wondered why Philippe did not immediately apologize to her. Even though Philippe had hurt

him, Philippe usually knew how to bring things back to normal, but until now, Philippe hadn't even sent a letter to his mother. Knowing this, the main character in this story feels her heart feel heavy and increasing experiencing very deep sadness. Realistic anxiety appears in this story marked by anxiety and fear of the real danger that arises from the outside world and makes the main character feel insecure.

2. The Causes of Anxiety in *The Age of Discretion*

The basic cause of anxiety is a natural thing that has ever been experienced by every human being. Anxiety has been considered a part of daily life. In this section, the researcher will discuss the reasons for the emergence of anxiety experienced by the main characters in the story of *The Age of Discretion* in this section will be divided into several sections. As explained in the previous section, if there are several causes for anxiety such as Environmental factors, Threats, Conflicts, Physical Cause and also caused by Frustration.

a. Conflict

As for what causes the main character in the story of *The Age of Discretion* to become an individual who experiences anxiety is not only because of the disapproval of the relationship between her son Philippe and Irene, the thesis that Philippe abandoned and also because of the different political views between the main character and her son. Philippe by his father-in-law was given a job at the Ministry of Culture where differences in political views occurred there. Although Philippe was aware that France's left-wing negativism had led him in an unclear direction, Philippe continued to do so. Whereas in the last election they

had the same political views and not only that, in the last election they were the same in determining their choices. In this case can be seen in the illustration below:

“You won’t like it. He could not bring himself to tell us the other evening, but it is all settled. His father-in-law has found him a job. He is getting him into the Ministry of Culture. He tells me that for anyone his age it is a splendid post. But you see what it implies.”

“It’s impossible. Philippe?”

It was impossible. He shared our ideas. He had taken great risks during the Algerian war that war which had torn our hearts and which now seems never to have taken place at all he had got himself beaten up in anti-Gaullist demonstrations; he had voted as we voted during the last elections....(The Woman Destroyed: 37)

The data above is included in the category of conflict. It is a serious disagreement or argument, typically a protracted one. It is a state of opposition between ideas, interests, etc; disagreement or controversy. Conflict is also defined as mental struggle resulting from incompatible or opposing needs, drives, wishes, or external or internal demands. Conflict means to clash with someone or something. An example of conflict is to disagree with someone over opposite opinions. The fear of conflict is common, especially among those with social anxiety. Someone might worry about saying something that others will disagree with or have general fears about doing things that will annoy or bother other people. Although avoiding conflict reduces someone anxiety in the short term, it perpetuates their fear that they can't handle conflict situations in the long run.

The data above explains the conflict felt by the main character. She found out that her son Philippe had a different political view from her, she told her husband Andre to tell Philippe not to see her again. She also wondered and was so worried, why was Philippe so easily influenced by his father-in-laws' ambitions,

even though Philippe had always obeyed her. She was very confident with Philippe, even though her husband Andre wanted to criticize Philippe, then she would stand at the front to defend Philippe. But all that changed, and all the main character trust in her son had collapsed. With her anger finally decided to contact Philippe by telephone. On the telephone, there was a debate between the main character and Philippe. From this statement, there is a conflict between the main character and Philippe. The conflict triggers the onset of anxiety symptoms experienced by the main character. This anxiety occurs due to emotional feelings towards the small and close scope, namely the family itself. The illustration can be seen below:

*I went angrily toward the telephone. André stopped me. "Calm down first. A scene will do nobody any good."
 "It will relieve my mind." "Please."
 "Leave me alone."
 I dialed Philippe's number. "Your father has just told me you're joining the Ministry of Culture right up at the top. Congratulations!"
 "Oh, please don't take it like that," he said to me.
 "How am I to take it, then? I ought to be glad you're so ashamed of yourself that you didn't dare tell me to my face."
 "I'm not ashamed at all. One has the right to reconsider one's opinions."
 "Reconsider! Only six months ago and you were utterly condemning the regime's entire cultural policy."
 "There you are, then! I'm going to try to change it."
 "Come, come, you aren't of that caliber and you know it. You'll play their little game as good as gold and you'll carve yourself out a charming little career. Your motive is mere ambition, nothing more. ..." I don't know what else I said to him. He shouted, "Shut up, shut up." I went on: he interrupted, his voice filled with hatred, and in the end he shouted furiously, "I'm not a swine just because I won't share in your senile obstinacy." (The Woman Destroyed: 39)*

The conversation above shows that the main character responds poorly when she finds out that Philippe has a position in the Ministry of Culture. It is said that six months ago Philippe was very critical of the current regime, and the main character here was surprised by the decision that Philippe took. But Philippe

reasoned that if he entered the government ranks, he would try to change existing policies. But the main character here feels disappointed with the decision taken by her son because she knows that Philippe is just ambitious and nothing more. This statement can be seen if the main character experiences anxiety due to experiencing conflict with her son. The cause of anxiety is characterized by a condition in which the main character depends on other individuals, namely her son. In this case, it can be said that emotional experiences or mental conflicts that occur in individuals will accelerate the onset of anxiety symptoms.

b. Environment

Anxiety is characterized by an individual experiencing disproportionate and sustained distress, worry, or fear in response to an emotional trigger. Anxiety is a normal, necessary emotion that can be caused by a variety of factors. A variety of factors can increase the likelihood of feeling anxious. Anxiety feelings and anxiety disorders are not the same thing. Anxiety is a feeling characterized by tension, worried thoughts, and physical symptoms such as elevated blood pressure. Anxiety disorders are defined by recurring, intrusive thoughts or concerns, as well as other specific criteria that lead to a diagnosis. These factors can be internal, such as genetics, or external, such as racial inequity or environmental concerns.

In this case, it happens because of an unpleasant experience experienced by individuals with friends, family, or colleagues. The statement shows that if the main character experiences anxiety due to the closest environmental factors,

namely the environment in the realm of family. The illustration can be seen below:

It's all Irène's fault," I burst out. "If he had not married her, if he had not got into that environment, he would never have ratted."
"But he did marry her, and he married her partly because he found people of that environment impressive. For a long time now his values have no longer been ours. I can see a great many reasons—"
"You're not going to stand up for him." "I'm trying to find an explanation."
"No explanation will ever convince me. I shall never see him again. And I don't want you to see him, either."
"Make no mistake about this. I disapprove of him. I disapprove very strongly. But I shall see him again. So will you."
"No, I shan't. And if you let me down, after what he said to me on the telephone, I'll take it more unkindly—I'll resent it more than I have ever resented anything you've done all my life. Don't talk to me about him anymore." (The Woman Destroyed: 41-41)

Environmental factors can affect the way individuals think about themselves and others. Worry about the state of the environment can also cause anxiety, and this is sometimes called "eco-anxiety." The APA describes eco-anxiety as "a chronic fear of environmental doom." Eco-anxiety is not yet a diagnosable condition. Anxiety can be caused by a variety of things: stress, genetics, brain chemistry, traumatic events, or environmental factors. Symptoms can be reduced with anti-anxiety medication. But even with medication, people may still experience some anxiety or even panic attacks. The data above is categorized as an environmental factor because the main character in this story is well-educated. She is the type of person who demands that everything be flawless. Her desire to see her son Philippe grow up to be the person she expected. Environmental influences such as these cause the main character in this story to not want to be disappointed in any way by others, but as previously stated, if Philippe has a different political viewpoint. This environmental condition made

her so disappointed and anxious. The son she hoped could enter the world of education as she and her husband did. Philippe did the opposite. She felt thrown away by her son. She felt like an old item that her son didn't want. Besides, she was suspicious of Philippe's wife Irene, and even to her husband Andre. These disorders alter how a person processes emotions and behave, also causing physical symptoms. Mild anxiety might be vague and unsettling, while severe anxiety may seriously affect day-to-day living.

3. The Impacts of Anxiety in *The Age of Discretion*

In this section, the researcher will explain the impacts experienced by the main character in *The Age of Discretion* in dealing with anxiety. Anxiety Impact is something that can afflict almost everyone in their lives at a certain time. You could say Anxiety is a normal reaction to situations that are very depressing in one's life. In this case, there are several aspects of the effects of anxiety such as mood symptoms, cognitive symptoms, and also motor symptoms.

a. Cognitive Symptom

The impact of anxiety can cause worries and worries felt by individuals about unpleasant things that might occur. This cognitive symptom is characterized by the main character experiencing excessive anxiety, which causes the main character to always think of unpleasant things that might happen to her. The illustration can be seen below:

All day long I thought of André, and from time to time there was something that flickered in my brain. Like having been hit on the head, when one's sight is disordered and one sees two different images of the world at different heights, without being able to make out which is above and which below. The two pictures I had, of the past André and the present André, did not coincide. There was an error somewhere. This present moment was a lie: it was not we who were concerned not André, not I: the whole thing was happening in another

place. Or else the past was an illusion, and I had been completely wrong about André. Neither the one nor the other, I said to myself when I could see clearly again. The truth was that he had changed. Aged. He no longer attributed the same importance to things. Formerly he would have found Philippe's behavior utterly revolting: now he did no more than disapprove. He would not have plotted behind my back; he would not have lied to me. His sensitivity and his moral values had lost their fine edge. Will he follow this tendency? More and more indifferent.

... I can't bear it. This sluggishness of the heart is called indulgence and wisdom: in fact, it is death settling down within you. Not yet: not now. (The Woman Destroyed: 50)

The attentional control theory, proposed by Eysenck et al. (2007), suggests that state anxiety impairs cognitive performance by giving greater influence to the stimulus-driven (bottom-up) attentional system. The greater the anxiety, the more disruption this causes. Cognition is the mental process of learning, understanding, and communicating. Cognitive symptoms are common and can be caused by a brain or spine tumor, side effects of medications, treatment, other health conditions or sleep issues. Anxiety disorders can cause rapid heart rate, palpitations, and chest pain. Someone may also be at an increased risk of high blood pressure and heart disease. If they already have heart disease, anxiety disorders may raise the risk of coronary events. In this case, she was concerned about everyone around him because the main character had significant impacts. Starting with her son Philippe, she became increasingly concerned about her husband Andre's behavior. She felt that her relationship with Philippe had faded, and that her only love affair was with her husband Andre. However, the main character's perspective gradually began to shift. She felt that her husband Andre had no more thoughts with her. She felt that if she grew older, Andre would change more. She was worried about all the treatment of the people around her.

The statement shows if the main character experiences the impacts of anxiety in the form of cognitive symptoms.

b. Motor Symptom

The main characters here experience the impacts of anxiety in the form of motor symptoms. Anxiety disorders can result in a racing heart, palpitations, and chest pain. Someone may also be predisposed to high blood pressure and heart disease. Anxiety disorders may increase the risk of coronary events if they already have heart disease. In that case, there was a time when the main character finished arguing on the phone with Philippe. The illustration can be seen below:

*That's enough. I shall never see you again as long as I live.
I hung up: I sat down, sweating, trembling, my legs too weak to hold me. We had broken off forever more than once; but this clash was really serious. I should never see him again. His turning his coat sickened me, and his words had hurt me deeply because he had meant them to hurt deeply. (The Woman Destroyed: 42)*

In the data above, the researcher found out that She felt very disappointed and restless, her legs felt weak, and her body trembled and was sweating violently. The motor symptom that is felt by her is when she was bothered by her son's opinion. She was concerned because her son did not develop as expected. The signs that appear are typical of motor symptoms, in which the individual experiences anxiety as a result of frequently feeling uncomfortable and nervous. These feelings cause motor symptoms to occur. In this case, motor activity becomes meaningless and aimless, such as tapping on the toes and being surprised by a sudden sound.

B. Anxiety Experienced by Main Character in *The Monologue*

As in this section, the researcher will analyze anxiety in the second part of the story in *The Woman Destroyed* novella collection, titled *The Monologue*. The story told, there is a woman named Murielle, whose life is not going well at all. She lives alone in a noisy apartment and thinks about her life and the people who have harassed her. Her daughter from her first marriage, Sylvie, apparently had died, and she was separated from her second husband, who had custody of their son, Francis. In this section, the researcher will analyze the types, causes, and impacts of anxiety experienced by Murielle in several sections.

1. The Kinds of Anxiety in *The Monologue*

In this section, the researcher will discuss the kinds of anxiety experienced by the main character in *The Monologue*. There is the main character of a woman named Murielle who experiences anxiety due to the death of her daughter.

a. Neurotic Anxiety

Neurotic Anxiety arises from instincts or impulses from the id that experiences a disorder that cannot be controlled and causes the individual to feel scared and anxious. In this section, Francis, the son of her second ex-husband, Tristan, in this story, comes to Murielle's house to hear the story of her heart being torn apart by her ex-husband. The illustration can be seen below:

Francis will make the answers his father has gone over with him he lies like a grown-up man. I should have made a decent child of him. I shall tell Tristan a kid deprived of his mother always ends up by going to the bad he'll turn into a hooligan or a fairy you don't want that. My serious thoughtful voice makes me feel sick: what I should really like to do is scream it's unnatural to take a child away from its mother! But I'm dependent on him. (The Woman Destroyed: 120)

The data above is considered as a neurotic anxiety. Neurotic anxiety is a term used to describe anxious and uncomfortable feelings

that arise when a person does not feel in control of themselves or their circumstances. Neurotic anxiety often leads to defensiveness and rigid patterns of behavior while resolving inner conflicts and restoring a sense of control. Neurotic anxiety is defined as apprehension about an unknown danger. In neurotic anxiety, the ego depends on the id because it can only produce anxiety. In the data above, it is explained that the main character feels neurotic anxiety when the main character fears come from within herself and it is not controlled. This is explained when Murielle considers what will happen if a child is separated from her mother. Murielle was displeased and wanted to scream. She expressed her displeasure, saying that it is very unnatural to separate a child from her mother. This statement can be assumed if Murielle suffers from neurotic anxiety, which is characterized by the emergence of anxiety feelings on Murielle as a result of a disturbed id impulse that cannot be controlled. The neurotic anxiety is not a fear of the instinct itself, but a fear of punishment that might occur if the inclination is satisfied.

b. Moral Anxiety

As for this section, moral anxiety occurs as a result of conflicts between the id and the superego. This anxiety can arise because the main characters fail and are consistent with what they believe is morally right. The illustration can be seen below:

I'll fix him. I'll tell him I'm going to tell Francis the truth: I'm not ill I live alone because your swine of a father ditched me he buttered me up then he tortured me he even knocked me about. Go into hysterics in front of the boy bleed to death on their doormat that or something else. I have weapons I'll use them he'll come back to me I shan't go on rotting all alone in this dump with those people

on the next floor who trample me underfoot and the ones next door who wake me every morning with their radio and no one to bring me so much as a crust when I'm hungry. (The Woman Destroyed: 121)

In the data above, the researcher found that the data is considered as a moral anxiety. This is because the data explained that the writer has a feeling based on one's internalized values are about to be compromised, such as a fear of self-punishment (e.g., guilt) for acting contrary to one's values. Moral anxiety, in this data, is a function of the development of the superego. Whatever the anxiety, the ego seeks to reduce it. However, in the data above, moral anxiety happened when the main character thinks that she does something wrong. In moral anxiety, the ego depends on the superego. So, the dependence of ego causes a conflict between ego and superego that can produce anxiety. Murielle wants to explain to Francis why she lived alone in her noisy apartment in this section. She lived alone due to the attitude of her ex-husband, Tristan, who had abandoned her. Tristan initially praised Murielle, but after a while, their relationship ended, leaving Murielle alone. Moreover, in her solitude, Murielle felt she did not have to be constantly destroyed as a result of her ex-husband's actions. No one from her apartment neighbor ignored her when she was hungry. Furthermore, she was becoming increasingly agitated by the people who lived upstairs in her room, which was always noisy and making noise by turning on the radio at a high volume until Murielle awoke in the morning. The statement shows that Murielle experienced moral anxiety. Anxiety occurs because of conflict between id and superego, which arises because she was abandoned by her ex-husband.

c. Realistic Anxiety

The understanding of realistic anxiety occurs when feelings that are unpleasant and may contain danger come without the expected direction. This anxiety is considered as something coming from the outside world and is real. The statement can be seen in the illustration below:

I could croak any minute with my poor overloaded heart no one would know anything about it that terrifies the guts out of me. They'll find a rotting corpse behind the door I'll stink I'll have shat the rats will have eaten my nose. Die alone, live alone, no I can't bear it. I need to have a man I want Tristan to come back lousy dunghill of a world they are shouting they are laughing and here I am withering on the shelf: forty-three it's too soon it's unfair I want to live. Big-time life that's me: the convertible the apartment the dresses everything. (The Woman Destroyed: 125).

The data above is considered as a realistic anxiety. Realistic Anxiety is a state that occurs in humans when they perceive themselves to be in genuine danger. This state causes an increase in adrenaline and causes a person to take whatever action they need to save themselves from that danger. Anxiety may be caused by a mental condition, a physical condition, the effects of drugs, stressful life events, or a combination of these. Realistic anxiety is also anxiety in response to an identifiable threat or danger. This type of anxiety is considered a normal response to danger in the real world and serves to mobilize resources to protect the individual from harm. Realistic Anxiety is the ego depends on the outer world in neurotic anxiety. The outer world leads the ego to realistic anxiety. Realistic anxiety is closely related to fear. But, they are different. In fear, the object is specifics. However, in realistic anxiety, the object does not involve a specifics object. It is only unpleasant feeling involving possible danger. In this section, Murielle is anxious as a result of her loneliness. Furthermore, she is concerned

about his deteriorating health. Murielle requires a man. She is still waiting for her ex-husband. Her life seemed unfair to her. She had to give up everything at the age of 43. She wishes to live as other families do. You have a car, clothes, and an apartment. Murielle clearly experienced realistic anxiety, as evidenced by her statement. Anxiety is characterized by the emergence of unpleasant feelings because she felt she had lost happiness at a young age.

2. The Causes of Anxiety in *The Monologue*

As for what can cause anxiety, that can include environmental factors, both family and social environment. The other factors include suppressed emotions, physical factors, and also trauma to something. In this section, the researcher will analyze the factors causing the emergence of anxiety experienced by the main character in the part of *The Monologue* story of a woman who is frustrated by her loneliness, Murielle.

a. Physical Causes

An anxiety condition isn't developed or caused by a single factor but a combination of things. A number of other factors play a role, including personality factors, difficult life experiences and physical health. When someone has a medical condition or a serious illness, they may be concerned about their treatment and their future. A major event or a series of minor stressful life events can cause excessive anxiety. Anxiety can cause many physical symptoms, such as sweating hands, shaking legs, and a fast heart rate. Physical illness can also contribute to anxiety conditions or impact on the treatment of either the anxiety or the physical illness itself.

The illustration can be seen in the below:

“Proper little God- damn woman.” But when he kicked the bucket she didn’t bother to hold in anymore and she used to swipe me across the face with her rings. I never slapped Sylvie once. Nanard was the king. She used to take him into her bed in the morning and I heard them tickling one another. (The Woman Destroyed: 113).

Anxiety is the body’s response to a stressful situation, such as attending a significant event or speaking in public. It is normal to feel nervous, tense, or apprehensive in these circumstances. However, some individuals experience these emotions in situations that are not typically stress-inducing. They may have feelings of extreme and overwhelming anxiety, which may cause heart-pounding panic and irrational fears. Although anxiety disorders come under the umbrella of mental health conditions, they can also cause physical reactions. This is explained when Murielle had a difficult childhood. She started out as a child who was constantly tortured by her biological parents. She was not treated the same as her brother, Nanard. Murielle was hit in the face by her mother once during an Easter celebration for no apparent reason. Murielle grew up in an environment that was not conducive to her happiness, according to her childhood story. She has been mistreated since childhood, which causes her anxiety and makes her emotionally and physically depressed. Although the main character in this story treated physically violently early on, when she grows up, she does not imitate how her parents educate her until when she has daughter, Sylvie. The statement shows that Murielle experienced anxiety from the time she was a child. She experienced anxiety caused by the physical causes her parents had done on her.

b. Threat

Anxiety may result from threat-hypersensitivity of the salience evaluation mechanism; in other words high-anxiety individuals evaluate mild threat cues as having high aversive-motivational salience (i.e., overestimate threat value), which contributes to subjective experience of danger (fear and anxiety). A major event or a series of smaller stressful life events can cause excessive anxiety. Certain personality types are more prone to anxiety disorders than others. Other mental health issues.

In this part, Murielle experienced the most severe anxiety in her life. The illustration can be seen below:

All my life it will be two o'clock in the afternoon one Tuesday in June. "Mademoiselle is too fast asleep I can't get her to wake up." My heart missed a beat I rushed in calling "Sylvie are you ill?" She looked as though she were asleep she was still warm. It had been all over some hours before the doctor told me. I screamed I went up and down the room like a madwoman. Sylvie. Sylvie why have you done this to me? I can see her now calm relaxed and me out of my mind and the note for her father that didn't mean a thing I tore it up it was all part of the act it was only an act I was sure I am sure a mother knows her own daughter she had not meant to die but she had overdone the dose she was dead how appalling! It's too easy with these drugs anyone can get just like that: these teen-age girls will play at suicide for a mere nothing: Sylvie went along with the fashion she never woke up. And they all came they kissed Sylvie not one of them kissed me and my mother shouted at me "You've killed her!" my mother, my own mother. (The Woman Destroyed: 148)

The data above shows that on Tuesday in June, she found her daughter Sylvie fall asleep on a bed. Murielle thought Sylvie was sleeping normally, but eventually, she began to get suspicious and began checking Sylvie's condition. After that, Murielle held Sylvie's body, which was still warm, but her heart was no longer beating. Murielle was surprised, then walked up and down and shouted Sylvie's name. She was confused about why Sylvie had committed suicide. Sylvie died by taking lots of drugs. Murielle also found a piece of paper containing a

message for her father of Sylvie, but by Murielle, the message was torn. In this part, it can be seen that anxiety in the main character arises from a sense of death threat to her girl. The cause of anxiety arises from threats. This threat affects the thinking of individuals who feel threatened by something that makes their hearts nervous.

c. Environment

An individual with anxiety experiences disproportionate and sustained distress, worry, or fear in response to an emotional trigger. Anxiety is a normal, necessary emotion that can be triggered by a number of factors. A number of factors can contribute to feelings of anxiety. Anxiety symptoms and anxiety disorders are not the same. Anxiety is a state of mind marked by tension, worried thoughts, and physical symptoms such as high blood pressure. Recurrent, intrusive thoughts or concerns, as well as other specific criteria that lead to a diagnosis, characterize anxiety disorders. Internal factors, such as genetics, or external factors, such as racial inequity or environmental concerns, are examples of these.

This section shows the influence of the surrounding environment that makes Murielle become increasingly Anxious. The illustration can be seen below:

Yes, if I were one of those mothers who get up at seven in the morning she would have been saved I live according to another rhythm there's nothing criminal about that how could I have guessed? I was always there when she came back from school many mothers can't say as much always ready to talk to question her it was she who shut herself up in her room pretending she wanted to work. I never failed her. And my mother she who neglected me left me by my self how she dared! I couldn't manage any reply my head was spinning I no longer knew where I was. "If I'd gone to give her a kiss that night when I came in..." (The Woman Destroyed: 149)

Environmental factors can influence how people perceive themselves and others. Worrying about the state of the environment can also cause anxiety, which is referred to as "eco-anxiety." The American Psychological Association defines eco-anxiety as "a chronic fear of environmental doom." Eco-anxiety is not yet a recognized medical condition. Anxiety can be brought on by a number of factors, including stress, genetics, brain chemistry, traumatic events, or environmental factors. Anti-anxiety medication can help to alleviate symptoms. However, even with medication, people may experience anxiety or panic attacks. In the data above, the researcher found out that after discovering that Sylvie ended her life by taking large doses of medicine, Murielle's image here had become even worse in the eyes of others. People assume that Murielle doesn't pay attention to her children like parents in general. Sylvie died by committing suicide at such a young age that indeed contained many questions for others. Told if Sylvie was not so close to her parents, this is what makes Murielle not know the cause of Sylvie decided to commit suicide. Before Sylvie committed suicide, she had locked herself in her room and pretended to study. After a while, Sylvie was found lifeless. The statement shows if Murielle experienced anxiety caused by environmental factors. Besides, this anxiety can affect the way the main characters think about themselves and others. The social environment that tends to be negative can be a cause of anxiety for the main character.

3. The Impacts of Anxiety in *The Monologue*

In this section, the researcher will explain the impacts experienced by the main character in *The Monologue* in dealing with Anxiety. Impact Anxiety, when

it grows into excessive fear, can be detrimental to the mind and impact the physical cause of various physical illnesses. In this case, the researcher will describe Murielle's various impacts after she experienced Anxiety from various events that happened to her.

a. Mood Symptom

Two of the most common mental health problems among people are mood disorders and anxiety disorders. Mood and anxiety disorders mainly occur due to the complex interplay of various psychological, biological, genetic, social and economic factors. Anxiety has an effect on mood, but it is not a mood disorder. The simple reason is that anxiety affects an individual's mood but is not directly related to mood. Anxiety can lead to the development of feelings like hopelessness, fear and several other emotions. Anxiety can result in the development of feelings such as hopelessness, fear, and a variety of other emotions.

The individuals who experience anxiety in the form of mood symptoms have feelings about something that threatens from a certain source that is sometimes unknown to the origins of anxiety by the individual herself. People who experience anxiety have an impact on their habits, such as difficulty in being able to sleep, and sometimes this is what causes irritability to appear in sufferers.

The statement can be seen in the illustration below:

I should have made a lovely person of Sylvie. I'd have given her dresses jewels I'd have been proud of her we should have gone out together. There's no justice in the world. That's what makes me so mad the injustice. When I think of the sort of mother I was! Tristan acknowledges it: I've forced him to acknowledge it. And then after that he tells me he's ready for anything rather than let me have Francis: they don't give a damn for logic they say absolutely anything at all and then escape at the run. He races down the stairs four at a time while I shout

down the well after him. I won't be had like that. I'll force him to do me justice: cross my heart. He'll give me back my place in the home my place on earth. I'll make a splendid child of Francis they'll see what kind of a mother I am. (The Woman Destroyed: 143)

However, in this section, the main character in The Monologue story experiences a significant anxiety impact. Murielle had a symptom in which she felt threatened because she couldn't treat Sylvie like a girl who was well-treated by her parents in general. Murielle felt she had failed as a parent, and she felt she couldn't make Sylvie a pleasant person; Murielle had never bought Sylvie jewelry or fine clothes at the time; Murielle felt the world was not in her favor, that the world was unfair. Even her second husband, Tristan, admitted that Murielle was not a mother to be proud. The statement can be seen in the illustration. The statement shows if Murielle experienced the effects of anxiety called symptom mood. The impact of this anxiety arises when Murielle experiences anxiety and has feelings such as the coming of social threats that make her irritable.

b. Motor Symptom

The main characters here experience the impacts of anxiety in the form of motor symptoms. Anxiety disorders can result in a racing heart, palpitations, and chest pain. Someone may also be predisposed to high blood pressure and heart disease. Anxiety disorders may increase the risk of coronary events if they already have heart disease.

In this section, individuals who experience anxiety in the form of motor symptoms often feel uncomfortable and also nervous. The illustration can be seen below:

After the funeral I fell ill. Over and over again I said to myself, "If I had got up at seven.... If I had gone to give her a kiss when I came in...." It seemed to me that everybody had heard my mother's shout I didn't dare go out anymore I crept

along by the wall the sun clamped me in the pillory I thought people were looking at me whispering pointing enough of that enough I'd rather die this minute than live through that time again. I lost more than twenty pounds, a skeleton, my sense of balance went I staggered. "Psychosomatic," said the doctor. (The Woman Destroyed: 149-150).

This data shows that Murielle became ill after Sylvie was declared dead. In this case, the motor symptom works, but the impact of the anxiety is due to mental stress and an excessive feeling of pressure, which causes the person experiencing it to become ill. Murielle felt bad about what she had done. She was sorry for not waking up that morning, and she was sorry for not getting to kiss Sylvie when she came home at the time. She reasoned that if she did all of that, the event would not occur. Murielle then became enraged with her mother. Her mother chastised her in front of the entire family. Everyone seemed to be staring at her and talking about it. Murielle was becoming increasingly anxious and depressed, and she considered suicide. Murielle's body was becoming thinner by the day, and she checked her condition with the doctor, who also stated that if Murielle had "psychosomatic" symptoms.

C. The Anxiety Experienced by Main Character in *The Woman Destroyed*

In this section, the researcher will analyze the third story entitled *The Woman Destroyed*. The main character in this story is a woman named Monique. She is a housewife who lives in Paris and has two daughters and a husband named Maurice, who is a medical researcher. In this story, Monique experiences anxiety caused by her husband, Maurice, who had an affair with a young lawyer named Noëllie. She is an ambitious young lawyer, and her whole story deals with and impacts Monique's life. Maurice will not surrender to Noëllie and also does not want to release Monique. In the next section, it will be explained in more complex

terms about the anxiety experienced by Monique, the cause, and also the impact she feels.

1. The Kinds of Anxiety in *The Woman Destroyed*

In this section, the researcher will discuss the kinds of anxiety experienced by the main character in *The Woman Destroyed*. In this story, there is the main character of a woman named Monique which experiences anxiety due to an affair committed by her husband.

a. Neurotic Anxiety

It has been explained that neurotic anxiety, in the sense of fear, arises from instincts or impulses from the id that are experiencing out of control and cause the individual to do something that can make them anxious. Monique as a housewife in general, who loves her life partner with all her heart, was suddenly shocked by the confession made by her husband, Maurice. The illustration can be seen below:

Looking at me steadily he said, "Yes, Monique, there is a woman in my life." (Everything was blue above our heads and beneath our feet: on the other side of the strait loomed the coast of Africa. He squeezed me against him. "If you were to deceive me I should kill myself." "If you were to deceive me I should have no need to kill myself. I should die of grief." Fifteen years ago. Already? What do fifteen years count? Twice two is four. I love you, I love you alone. Truth cannot be destroyed: time has no effect upon it.

"Who is it?"

"Noëllie Guérard."

"Noëllie! Why?"

He shrugged. Of course. I knew the answer pretty, dashing, bitchy, available. The sort of adventure that has no importance and that flatters a man. Did he need flattery? He smiled at me. "I'm glad you questioned me. I hated lying to you." "Since when have you been lying to me?" He scarcely hesitated at all. "I lied to you at Mougins. And since I came back."

That made five weeks. Was he thinking about her at Mougins? "Did you go to bed with her when you stayed in Paris by yourself?"

"Yes."

"Do you see her often?"

"Oh, no! You know very well I am working...."

I asked him to be more exact. Two evenings and one afternoon since he came back: that seems often enough to me.

"Why didn't you tell me right away?"

He looked at me shyly, and with sorrow in his voice he said, "You used to say you would die of grief..."

"One says that."

Suddenly I wanted to cry: I should not die of it that was the saddest thing about it. (The Woman Destroyed: 175-176).

The data above is considered as a neurotic anxiety. Neurotic anxiety is a term used to describe anxious and uncomfortable feelings that arise when a person does not feel in control of themselves or their circumstances. Neurotic anxiety often leads to defensiveness and rigid patterns of behavior and at resolving inner conflicts and restoring a sense of control. Neurotic anxiety is defined as apprehension about an unknown danger. In neurotic anxiety, the ego depends on the id because it can only produce anxiety. In the data above, it is explained that the main character feels neurotic anxiety when the main character fears come from within herself and it is not controlled. Monique's husband, who had been with her for decades, abruptly asked if he had another woman in his life. Monique was taken aback and attempted to persuade Maurice that what he said was not a lie. Monique had threatened to kill herself if Maurice continued to lie about his affair. Then Maurice responded with the name of another woman in his life, Nollie Guérard. Monique immediately understood why Maurice chose that woman in his life after hearing her name. Monique later realized that she had been duped by her husband all along. She also asked again why Maurice just told her now, and Maurice answered that if he was honest first, Maurice was afraid that Monique would die of sadness. The statement shows that Monique experienced neurotic anxiety. This type of anxiety appears marked by

fear arising from instincts or impulses from the id that is experiencing getting out of control. Monique was surprised to hear that her husband had another woman in his life, so neurotic anxiety arose.

b. Moral Anxiety

In Moral Anxiety, anxiety occurs to individuals because of the conflict between the id and the superego. This anxiety can arise because these individuals fail and are still consistent with what they believe is morally right. The illustration can be seen below:

He came back a little before midnight. I said to him, "Talbot called. I thought he was with you at the laboratory." He answered without looking at me, "He wasn't there." I said, "Nor were you." There was a short silence. "Just so. I was at Noëllie's. She had begged me to drop in."

"Drop in! You stayed three hours. Do you often go and see her when you tell me you are working?"

"What do you mean? It's the very first time," he cried, as indignantly as if he had never told me a single falsehood.

"It's once too many. And what's the point of having told me the truth if you are going to go on lying?"

"You're right. But I didn't dare..."

I really did react at this all that anger choked back, all those efforts to keep up the appearance of tranquillity. "Didn't dare? Am I a shrew, then? Show me another woman who will stand being pushed around as much as this!"

His voice turned nasty. "I did not dare because the other day you began to reckon everything up 'so many hours for Noëllie, so many hours for me...' "

"Oh, really! Really! You were the one who confused me with sums!"

He hesitated a moment and then said with a repentant air, "All right. I plead guilty. I shall never lie anymore."

I asked him why Noëllie had wanted to see him all that much. "It's not a very pleasant situation for her," he replied. (The Woman Destroyed: 195-196).

The researcher discovered in the data above that the data is classified as moral anxiety. This is because, according to the data, the writer has a feeling that one's internalized values are about to be jeopardized, such as a fear of self-punishment (e.g., guilt) for acting contrary to one's values. In this data, moral anxiety is a function of superego development. Whatever the source of the anxiety, the ego seeks to alleviate it. However, moral anxiety occurred in the data

above when the main character believes she has done something wrong. The ego is dependent on the superego in moral anxiety. So, the dependence of ego causes a conflict between ego and superego that can produce anxiety. However, in this section, the main character suffers from Moral Anxiety as a result of her husband. Maurice arrived home at midnight on Sunday, October 10. Monique, who had previously heard from her husband's friend Talbot, If Maurice had not been in the laboratory on that particular day. Monique then inquired as to where Maurice had gone that day. If he went to Nollie's house, Maurice replied. Monique became enraged when she heard this. She was suspicious if every Maurice left for work but went to Nollie's house. Maurice admitted that this was his first visit to Nollie's apartment. Monique felt cheated after hearing that, and she understood why Maurice didn't want to be honest with him. Monique asked her husband sadly whether she was a shrew and if a woman could not be played like this. The statement demonstrates that the main character suffers from moral anxiety, which is characterized by guilt when she discovers her husband is lying.

c. Realistic Anxiety

Realistic anxiety occurs when an unpleasant feeling arises without a known cause and also includes the possibility of containing a threat and danger itself. This anxiety is considered as something real and comes from an unexpected direction. Monique also experiences realistic anxiety as the main character in this story. The illustration can be seen below:

I behaved badly for the first time. During breakfast Maurice told me that from now on, when he goes with Noëllie in the evening, he is going to spend the whole night at her place. It is more seemly for her, just as it is for me, he says. "Since you acquiesce in my having this affair, let me live it decently." Taking into account the number of evenings he spends

at the laboratory and the number of lunches he skips, he is giving Noëllie almost as much time as me. I flared up. He bewildered me with calculations. If the actual number of hours is counted, all right, he is more often with me. But during a great many of them he is working, reading periodicals or else we are seeing friends. When he is with Noëllie he gives himself entirely up to her (The Woman Destroyed: 187)

The data above is thought to be a realistic anxiety. Humans experience Realistic Anxiety when they feel themselves to be in true danger. This state increases adrenaline and causes a person to do whatever action is necessary to save oneself from the danger. Anxiety can be induced by a mental or physical disease, the effects of medicines, stressful life events, or a combination of these factors. Realistic anxiety is anxiety caused by an identifiable threat or risk. In the actual world, this form of worry is considered a typical response to risk and serves to mobilize resources to defend the individual from damage. In neurotic anxiety, the ego is dependent on the outside world. The outer world causes realistic anxiety in the ego. Fear is closely related to realistic anxiety. But they are not the same. Specifics are the object of fear. However, the object in realistic anxiety does not involve a specific object. It is simply an unpleasant sensation associated with the possibility of danger. However, in the data above, the researcher found out that Monique was devastated on Friday, October 1, because Maurice had asked permission to spend every night with Nollie on that day. Maurice believes that he can help Monique and Nollie by adopting this wise attitude. Maurice hopes that now that Monique is aware of her husband's affair, she will allow it to continue so that Maurice's life can be happy. Furthermore, Monique's rage erupted, and Monique was perplexed by all of Maurice's considerations. Monique realized that if the time spent by Maurice and Nollie was calculated correctly, the time spent by

the two of them was no longer than the time Monique spent with Maurice. But most of the time he has for Monique is spent more on working in the laboratory. Monique experiences realistic anxiety as a result of this conclusion, which is characterized by unpleasant and sometimes non-specific feelings, including the possibility of danger itself. Monique's realistic anxiety stems from her fears of real danger from the outside world. Monique felt betrayed and realized that the time allotted to Nollie was greater than her own.

In another part of the story, Monique also experiences realistic anxiety. The illustration can be seen below:

They are in their pajamas; they are drinking coffee, smiling at one another.... There is an image that hurts me. When you hit against a stone at first you only feel the impact the pain comes after. Now, with a week's delay, I am beginning to suffer. Before, I was more bewildered amazed. I rationalized, I thrust aside the pain that is pouring over me this morning these images. I pace up and down the flat, up and down, and at each step another strikes me. I opened his cupboard. I looked at his pajamas, shirts, drawers, vests; and I began to weep. Another woman stroking his cheek, as soft as this silk, as warmly gentle as this pullover that I cannot bear. (The Woman Destroyed: 189)

On the data above, it is said that Maurice had an affair with Nollie after only one week. Monique has always imagined Maurice and Nollie's intimacy as if they were hitting a stone, with only a loud bang at first, followed by pain. Monique is told to be very unhappy in this section. Previously, Monique had been perplexed and surprised by this affair. But the longer Monique imagined the things she didn't want, the more she cried.

2. The Causes of Anxiety in *The Woman Destroyed*

As for what can cause anxiety can occur because of threats, both threats from one's own family and social threats. In other cases, the cause of anxiety also caused by suppressed emotions, physical factors, and trauma to something. In this

section, the researcher will analyze the factors that cause anxiety experienced by the main character in the section of *The Woman destroyed* about a woman who is frustrated because her husband is having an affair.

a. Threat

Anxiety may result from threat-hypersensitivity of the salience evaluation mechanism; in other words high-anxiety individuals evaluate mild threat cues as having high aversive-motivational salience (i.e., overestimate threat value), which contributes to subjective experience of danger (fear and anxiety). A major event or a series of smaller stressful life events can cause excessive anxiety. Certain personality types are more prone to anxiety disorders than others. Other mental health issues.

The data above shows that Monique began to worry even more in this section, her anxiety stemming from a threat posed by her husband's affair. Prior to her relationship with Maurice, Nollie was in a relationship with another man named Louis Bernard. Monique, who was aware of this, was shocked and had many preconceived notions about Nollie. It is also stated in this section that everyone close to Monique is aware of the affair she had. But Monique didn't care how other people perceived her. Monique was becoming increasingly distraught as she wondered if Maurice had planned all of the lies that had occurred over the years or if Maurice had no intention of lying. These are the questions that Monique is constantly asking herself. The statement implies that if Monique felt anxious because she felt threatened, she felt cheated, and she wondered if Maurice

was unaware that what he was doing made Monique feel worse and sadder. The following is an illustration:

Two years ago Noëllie was with Louis Bernard; but maybe she was a pluralist. When I think that I have to fall back on conjectures! And it is Maurice and I who are involved! Obviously all our friends knew what was going on! Oh, what does it matter? I'm beyond caring about what people think. I am too utterly destroyed. I don't give a damn for the picture they may draw of me. It's a matter of survival. "Nothing has changed between us!" What illusions I built up for myself upon those words. Did he mean to say that nothing had changed because he had already been deceiving me for the past year? Or did he really mean nothing at all? Why did he lie to me? Did he think me incapable of standing up to the truth? Was he ashamed? In that case why did he tell me? No doubt because Noëllie was tired of concealment. In any case what is happening to me is perfectly dreadful. (The Woman Destroyed: 230-231).

In another part, it also talks about a threat experienced by Monique. The illustration can be seen below:

I was very much surprised that Maurice had not yet spoken about winter sports. Coming back from the cinema yesterday evening I asked him where he would like to go this year. He answered evasively that he had not thought about it yet. I smelled a rat at once. I am growing very good at catching the scent in any case it's not difficult: there are rats everywhere. I pressed him. Speaking very quickly, without looking at me, he said, "We'll go wherever you like; but I must warn you that I also count on spending some days at Courchevel with Noëllie." I always expect the worst: and it's always worse than I had expected. "How many days?" "About ten." "And how long will you stay with me?" "About ten days." "That's really too much! You are taking half our holidays away from me to give them to Noëllie!" Anger choked me. I managed to get out the words: "Did you two decide that together, without consulting me?" "No, I have not talked to her about it yet." I said, "Fine! Keep it that way! Don't talk to her about it at all." Speaking quietly, he said, "I want those ten days with her." The words held a scarcely concealed threat if you deprive me of them I will make our stay in the mountains hell. The idea that I was going to give in to this blackmail made me feel sick. No more concessions! It gets me nowhere, and it disgusts me with myself. One has to look things in the face. This is not a mere affair. He is cutting his life into two, and I don't have the larger part. I've had enough. Presently I shall say to him, "Her or me." (The Woman Destroyed: 247-248).

It was said that it was the end of the year holidays at the time, and when Monique and Maurice returned from the movies, Monique inquired about their annual vacation plans. But what Monique heard did not match her expectations. Maurice said he could go anywhere, but he wanted to spend ten days in

Courchevel with Nollie. Monique was enraged when she heard that. She felt that too much time had been given by Maurice to be with Noëllie. If Maurice hadn't already told Noëllie about this plan. Maurice repeated his words a few moments later, pleading in hushed tones for permission to spend ten days with Noëllie. Monique felt increasingly threatened as he repeated his words. Monique also imagined that if she gave up on the threat, she would suffer. Monique believes this is not an ordinary affair, but Maurice has divided his life into two parts, and Monique does not feel she plays a significant role in either. Monique then threatened, saying, "Her or me." The threat is the source of the anxiety. This threat had an impact on Monique's mind, who felt threatened by something that made her heart race. This form of the threat came from Maurice, who asked permission to be on vacation with his affair.

b. Conflict

Besides being a threat, the cause of anxiety can also arise from a conflict between the two camps who are equally depressed. In this section, it is told that after Maurice begged ten days to be with Noëllie, but Monique has still rejected it. Finally, in this section, there was a conflict between Monique and Maurice. Monique said that if she could not share her life with Noëllie, Maurice was finally forced to choose. But Maurice could not, he did not want to part with Noëllie at this time, but Monique did not care about the statement, she wanted Maurice to decide immediately. The illustration can be seen below:

Yet I started off very calmly. "I don't want any sharing: you must make your choice."

He had the overwhelmed look of a man who is saying to himself, Here we are! It had to happen. How can I get myself out of this one? He adopted his most coaxing voice. "Please, darling. Don't ask me to break with Noëllie. Not now."

“Yes, now. This business is dragging on too much. I have borne it too long by far.” I looked at him challengingly. “Come now, which do you like best? Her or me?”

“You, of course,” he said in a toneless voice. And he added, “But I like Noëllie too.”

I saw red. “Admit the truth, then! She’s the one you like best! All right! Go to her! Get out of here. Get out at once. Take your things and go.”

I pulled his suitcase out of the wardrobe, I flung clothes into it higgledy-piggledy, I unhooked coat hangers. He took my arm: “Stop!” I went on. I wanted him to go; I really wanted it it was sincere. Sincere because I did not believe in it. It was like a dreadful psychodrama in which they play at truth. It is the truth, but it is being acted. I shouted, “Go and join that bitch, that schemer, that dirty little shady lawyer.” (The Woman Destroyed: 248-249).

The data above is included in the category of conflict. It is a serious disagreement or argument, typically a protracted one. It is a state of opposition between ideas, interests, etc; disagreement or controversy. Conflict is also defined as mental struggle resulting from incompatible or opposing needs, drives, wishes, or external or internal demands. Conflict means to clash with someone or something. An example of conflict is to disagree with someone over opposite opinions. The fear of conflict is common, especially among those with social anxiety. Someone might worry about saying something that others will disagree with or have general fears about doing things that will annoy or bother other people. Although avoiding conflict reduces someone anxiety in the short term, it perpetuates their fear that they can't handle conflict situations in the long run. This section concludes that a major conflict occurred between husband and wife, causing Monique to experience anxiety as a result of the conflict. This was explained that after being threatened, Maurice responded that he still preferred Monique, but he also adored Nollie. Monique was enraged and ordered Maurice to leave the house. In another part, it also talks about the conflict, which is the cause of Monique's increasing anxiety. The illustration can be seen below:

I am shattered. He telephoned to tell me that he was spending the night at Noëllie's that he could not leave her in her present state. I protested; he hung up; I telephoned in my turn; I let the bell ring on and on, and then they unhooked it. I very nearly jumped into a cab to go and peal away at Noëllie's door. But I dared not face Maurice's look. I went out, I walked in the cold of the night, seeing nothing, not stopping, until I was exhausted. A cab brought me back, and I dropped, fully dressed, onto the divan in the sitting room. Maurice woke me up. "Why didn't you go to bed?" There was reproach in his voice. A dreadful scene. I said he had spent his time with me because he had quarreled with Noëllie; that at the first snap of her fingers he came running; that as far as I was concerned I might perfectly well die of grief.

"You are unjust," he said indignantly. "If you want to know, it was because of you that we quarreled."

"Me?"

"She wanted us to stay on in the mountains."

"You might just as well say that she wanted you to finish with me!" I wept, wept... "I know very well that in the end you will leave me."

"No." (The Woman Destroyed: 310-311).

The information presented above is seen as a conflict. It is a significant disagreement or argument, usually one that lasts for a long time. It is a condition of conflict or controversy between ideas, interests, and so forth. Conflict is also defined as a mental conflict caused by incompatible or opposing wants, drives, desires, or external or internal demands. Conflict is defined as a disagreement with someone or something. Disagreeing with someone over opposing views is an example of conflict. This is explained by the fact that after Maurice and Nollie left Courchevel, Maurice had a disagreement with Nollie. He decided to inform Monique if she was staying in Nollie's apartment that night. Hearing this, Monique's heart was broken even more, so she became frustrated and decided to leave the house despite the cold weather. Monique took a taxi back to her house after being tired from walking for too long, and when she arrived, she immediately fell into bed. Maurice arrived a few moments later and woke Monique, explaining why he had gone to Nollie's apartment at that time. Maurice claimed that the conflict he had with Nollie was caused by Monique's refusal to go

on vacation with him for ten days, but Monique did not believe him and wept uncontrollably in the end. In this case, it can be said that the emotional experience or mental conflict that occurred with Monique in that statement hastens his anxiety symptoms.

c. Frustration

The cause of anxiety also arises from the state of individuals who feel frustrated. Anxiety is often connected with overstimulation from a stressful environment or threat, combined with the perceived inability to deal with that threat. In contrast, anger is often tied to frustration. Often when anxiety is left unacknowledged and unexpressed, it can turn into frustration, which can lead to anger. When someone have anxiety, they tend to notice the negative things more, and over time those negative things can add up and start to become annoying or irritating. The illustration can be seen below:

Yesterday we had dinner with Colette. The poor child had taken a very great deal of trouble, and nothing went right. I looked at her through Maurice's eyes. Her apartment certainly lacks charm. She scarcely possesses any ideas of her own, even for her clothes or her furniture. Jean-Pierre is very kind; he adores her a heart of gold. But it is impossible to know what to talk to him about. They never go out; they have few friends. A very dismal, very narrow existence. Once again, and with terror, I asked myself, Is it my fault that the brilliant fifteen-year-old schoolgirl has grown into this lifeless young woman? It is a metamorphosis that happens often enough, and I have seen plenty like it: but perhaps each time it was the parents' fault. Maurice was very cheerful, very friendly all through the evening, and when we left he said nothing about them. I imagine that did not stop him from thinking, however. (The Woman Destroyed: 296-297).

However, the data above is considered as an anxiety from frustration. In this section, it is stated that, in addition to feeling anxious about her husband's affair, Monique was also frustrated because she could not raise her daughter, Colette, to be able to grow up and live well like most people in general. Monique

was said to have visited Colette's home at the time. She was a poor child with many issues. Colette's life was filled with anguish and constraint. Monique was frustrated as she witnessed her daughter's experiences. She wondered if it was all her fault that her daughter had grown into a young woman with no life. Monique was frustrated, and she realized it was all her parents' fault. If Monique experiences anxiety as a result of frustration symptoms, the statement can be concluded. This phrase appears when someone attempts something but is thwarted by failure. Frustration is normal for anyone who works hard for something, but sometimes people do not get what they want, which causes anxiety.

In another part also mentioned Monique also experienced frustration because she debated with Maurice. The illustration can be seen below:

Shut up! We were happy, passionately happy you said yourself that you only lived for our love.”
“That was true you hadn't left me anything else. You ought to have thought that one day I should suffer for it. But when I tried to escape you did everything you could to prevent me.”
I can't remember the exact words, but that was the meaning of this hideous scene. I was possessive, overbearing and encroaching with my daughters just as I was with him. “You encouraged Colette to make an imbecile marriage; and it was to escape from you that Lucienne left.”
That put me beside myself; I shouted again, and I wept. At one moment I said, “If you think all this evil of me, how can you still love me?”
And he flung this into my face “But I don't love you anymore. I stopped loving you after the scenes of ten years ago.”
“You're lying! You're lying so as to hurt me!”
“It's you who are lying to yourself. You claim to love the truth: so just you let me tell it to you. After that we can make up our minds” (The Woman Destroyed: 251).

Anxiety is frequently associated with overstimulation caused by a stressful environment or threat, as well as a perceived inability to deal with that threat. In contrast, anger is frequently associated with frustration. Becoming angry may have become the way they express their feelings. But for some people their anger

is a symptom of underlying anxiety, and that anger may actually be directly related to the physiological reaction that occurs when faced with dangerous situations. Monique then asked Maurice whether he still loved her or not. Monique, on the other hand, realized that she was constantly blocking Maurice, making her feel confined. Not only did Monique realize she was too possessive of her husband, but she also realized she was a dictator to her daughters, Colette and Lucienne. Maurice claimed that Monique was the cause of Colette's crazy marriage and also forced Lucienne to flee France. Monique felt guilty and frustrated after hearing those words. She felt as if she had been slapped across the face. Monique screamed and then sobbed. Monique yelled, "If everything Maurice said was a lie!" Monique saw the words that were brought up as an attempt to break her heart. Monique's frustration grew as a result of her husband's words, and she screamed and cried. She also inquired as to why Maurice had continued to love her all this time, but, as previously stated, Maurice stated that he no longer loved Monique due to the events of ten years ago.

3. The Impacts of Anxiety in *The Woman Destroyed*

In this section, the researcher will explain the impact experienced by the main character in *The Woman Destroyed* in dealing with anxiety. Impact Anxiety is a form of fear that can afflict almost anyone. Sometimes it can damage the mind and also affect the body. In this case, the researcher will describe Monique's various impacts after she experienced anxiety from various events that befell her.

a. Cognitive Symptom

Cognitive Symptom is one of the terms of the effects of anxiety that can cause concerns felt by individuals. This concern is about unpleasant things that might happen in the life of the individual. The illustration can be seen below:

I chose going to pieces: I no longer know when it is day and when it is night: when things are too bad, when it becomes unbearable, I gulp down spirits, tranquilizers or sleeping pills. When things are a little better I take stimulants and plunge into a detective story I have laid in a stock. When the silence stifles me I turn on the radio and from a remote planet there come voices that I can hardly understand: that world has a time, set hours, laws, speech, anxieties and amusements that are essentially foreign to me. How far one can let oneself go, when one is entirely alone and shut in! The bedroom stinks of stale tobacco and spirits; there is ash everywhere; I am filthy; the sheets are filthy; the sky is filthy behind the filthy windows: this filth is a shell that protects me; I shall never leave it again. It would be easy to slide just a little further into the void, as far as the point of no return. I have all that is needed in my drawer. But I won't, I won't! I'm forty-four; it's too early to die it's unfair! I can't live any longer. I don't want to die. (The Woman Destroyed: 300).

The attentional control theory, proposed by Eysenck et al. (2007), suggests that state anxiety impairs cognitive performance by giving greater influence to the stimulus-driven (bottom-up) attentional system. The greater the anxiety, the more disruption these causes. Cognition is the mental process of learning, understanding, and communicating. Cognitive symptoms are common and can be caused by a brain or spine tumor, side effects of medications, treatment, other health conditions or sleep issues. Anxiety disorders can cause rapid heart rate, palpitations, and chest pain. Someone may also be at an increased risk of high blood pressure and heart disease. If they already have heart disease, anxiety disorders may raise the risk of coronary events. Monique was already concerned when she was told on January 15. Monique remained motionless on her bed all day. She refuses to eat, take a bath, and even avoids visitors to her home. Maurice, who was at Courchevel with Nollie, called Monique every now and then to see what she was up to. Monique appears distracted in this section. She was sick of

hearing about his affair. Until this part is mentioned, if Monique can't tell the difference between day and night, she believes everything has changed for the worse. She bestows all of her depression by drinking alcoholic beverages, taking supplements, and even sleeping pills. Monique wonders if she is still too young; she is forty years old, but she has experienced pain that has caused her to experience cognitive symptoms like this. The cognitive symptoms that have been felt by Monique also affect her other activities such as for two weeks, Monique did not write anything in her diary. She reread all the writings she had written before, but the words he met meant nothing, only anger, nightmares, and fear that were on his mind at that time. Every feeling that, she usually poured in a diary, but she could not anymore because she was still in a desperate condition. It can be concluded if Monique experiences excessive anxiety when influenced by anxiety in the form of cognitive symptoms. The impact of this anxiety can cause the anxiety felt by Monique when in her mind is thinking of unpleasant things that might happen to her.

b. Motor Symptom

Individuals who experience symptoms of Motor Symptom will experience anxiety and often feel uncomfortable and nervous. The characters here experience the impacts of anxiety in the form of motor symptoms. Anxiety disorders can result in a racing heart, palpitations, and chest pain. Someone may also be predisposed to high blood pressure and heart disease. Anxiety disorders may increase the risk of coronary events if they already have heart disease. The illustration can be seen below:

Sometimes I stand at that window from which I saw him leave, one Saturday morning an eternity ago. I said to myself then, He will not come back. But I was not certain of it. It was the lightning flash of intuition the intuition of what would happen later, of what has happened. He has not come back. Not him: and one day there will no longer be even this semblance of him at my side. The car is there, parked against the pavement: he left it. It used to mean his presence, and the sight of it warmed me. Now it only emphasizes his absence. He is gone. Forever he will be gone. I shall not live without him. But I do not wish to kill myself. What then?

Why? I batter my head against the walls of this blind alley. I have not loved a scoundrel all through these twenty years! I am not, unknown to myself, a fool or a shrew! This love between us was real: it was solid as indestructible as truth. Only there was time going by and I did not know it. The river of time, the erosion caused by the river's current: there you have it there has been an erosion of his love by the flow of time. But why not of mine, too, in that case? (The Woman Destroyed: 302-303).

The data above is included in the category of motor symptoms. Symptoms of motor disorders include tremors, jerks, twitches, spasms, contractions, or gait problems. Tremor is the uncontrollable shaking of an arm or a leg. Twitches or jerks of body parts may occur due to a startling sound or unexpected, sudden pain. Motor symptoms have to deal with the muscular movement of any part of the body. This movement refers to something that produces or refers to motion. An example being a motor neuron is a nerve cell that conveys an impulse to a muscle causing it to contract. This is explained when Monique is in a deep state of sadness. Monique was on the verge of committing suicide. Not only that, but she also hit her head against a roadside wall. She despises everything she has gone through. She assumed that the love he felt for Maurice was genuine. But he realized that the longer he waited, the more the love would fade. The statement demonstrates that Monique experienced the effects of anxiety in the form of motor symptoms, which are characterized by meaningless and aimless motor activity. The motor symptoms that Monique felt also happened because she hates her husband for lying to her for twenty years. She even wondered if she was a shabby

woman or a foolish woman easily duped by her partner if she didn't recognize herself. She believes that her love for her husband is genuine and will not be easily broken. But, over time, everything changes, and the love he considers eternal becomes meaningless once more. Monique experienced Motor Symptoms, indicating a high level of cognitive stimulation, according to that statement. She also began to be influenced and now tries to protect herself from anything that appears to be threatening.

CHAPTER IV

CONCLUSSION AND SUGGESTION

In this chapter, the researcher will provide conclusion from the analysis of main character which focuses on the anxiety experience in Simone's novella collection. All the analysis result will be highlighted and mentioned as well. The researcher will give a suggestion for further study to this novel.

A. Conclusion

After analyzing this study, the researcher finally concluded the results of the analysis of anxiety experienced by each of the main characters in three short stories contained in *The Woman Destroyed*. While previously explained by the researcher, the novel consists of 3 long stories, each of which has a female main character. In the first story titled *The Age of Discretion*, the researcher found that the main character in the story experienced anxiety. The kinds of anxiety experienced by the main characters in this story are neurotic, reality, and moral anxiety. Besides, the cause of anxiety experienced by the main character is caused by many external problems such as environment and conflict. Then the impacts of anxiety felt by the main characters in this story include cognitive symptoms and motor symptoms that cause anxiety and affect the body.

The second story in this novel is titled *The Monologue* that has the main character of a woman named Murielle. The main character in this story experiences anxiety caused by the death of her daughter. The kinds of anxiety experienced by Murielle such as neurotic, reality, and moral anxiety. Besides, other things that cause Murielle to experience anxiety are caused by threats, the

environment, and also physical causes. The impact of anxiety is also experienced by the main character in this story, such as mood and motor symptoms.

The third story in this novel is titled *The Woman Destroyed* which has the main character of a woman named Monique. The main character in this story experiences anxiety caused by her husband's affair. Various kinds of anxiety experienced by Murielle among others such as neurotic, reality and moral anxiety. On the other hand, the things that cause Monique to experience anxiety are threats, conflict, and frustration. The impact of anxiety is also experienced by the main characters in this story, such as cognitive symptoms and motor symptoms.

B. Suggestion

In this study, the researcher only focused on the intrinsic elements of the novel contained in three stories with psychological aspects. After understanding the contents of the novel, the researcher here are aware of many other phenomena, namely feminism and moral values. On the other hand, the research also only focuses on each of the main characters contained in these three stories. Each of these main characters has chronic anxiety, so the next researcher is expected to be able to analyze more than one character in this novel. Besides, the researcher also found the causes and effects of anxiety experienced by each of the main characters in the story. It is hoped that the next researcher will investigate the anxiety of the character, cause, and the impact reflected in other literary works. This can be applied by Freud's theory or other theories. By doing that, it is hoped that it can provide a greater understanding of the concept of anxiety and that is carried out in human life and is expected to be of benefit to the reader and also to reduce his

anxiety. The researcher suggests to the next reader to read this novel because the contents contained in each story cannot be predicted. On the other hand, it is expected to provide lessons to an individual who is experiencing anxiety to know the causes and effects of such anxiety. The researcher hopes this research will help the reader to understand the novel. Besides, the researcher hopes this research will benefit for the next researchers to conduct their research.

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CURRICULUM VITAE



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