

**ANXIETY SUFFERED BY ADDISON PRENTISS IN KAREN
M. MCMANUS' *ONE OF US IS LYING***

THESIS

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**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM
MALANG
2023**

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THESIS

Presented to:

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In Partial Fulfillment of the Requirements for the Degree of *Sarjana Sastra* (S.S)

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2023**

STATEMENT OF ACADEMIC INTEGRITY

I state that the thesis entitled **Anxiety Suffered by Addison Prentiss in Karen M. McManus' *One of Us is Lying*** 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 references. If there's any objections or claims, I am the only person who is responsible for that.

Malang, 31 May 2023

The Researcher



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APPROVAL SHEET

This is to certify that Farida Anjarwati's thesis entitled **Anxiety Suffered by Addison Prentiss in Karen M. McManus' *One of Us is Lying*** has been approved by the thesis advisor for further approval by the board of examiners 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.).

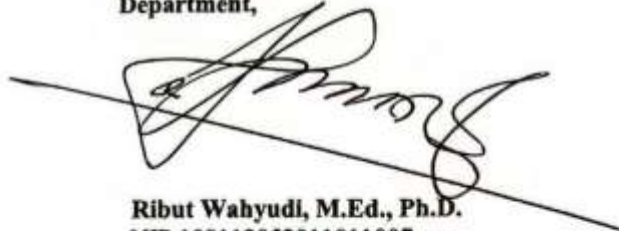
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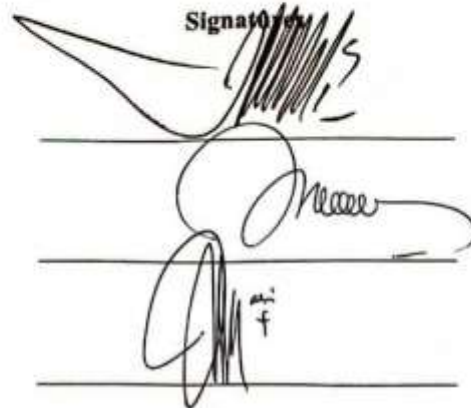
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MOTTO

I contain multitudes.

[Walt Whitman]

DEDICATION

This thesis is proudly presented to:

My dearest mother, Umi Widari Wiyatun

My dearest father, (Alm) Ipung Rinto Jiono

My lovely sister, Rifdah Nurlailaa

My wonderful Grandmother, Siti Umayah

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Finally, I realize that this thesis is still far from perfect, but it is expected to be helpful for the researcher, the reader, and any other related issue. For this reason, suggestions are very much welcomed.

ABSTRACT

Anjarwati, Farida (2023). Anxiety Suffered by Addison Prentiss in Karen M. McManus' *One of Us is Lying*. Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Dr. Hj. Istiadah, M.A

Keywords: Anxiety, Main Character, Conflict, Threat

Time magazine reported that in May 2018, around 18% of the US population was convicted of suffering from anxiety, which has caused the US to become the world's top ranking in the anxiety epidemic. Anxiety is an emotion which deals with frustration, depression and discomfort. In this case, anxiety may cause an excessive long-term effect either physically or mentally if the sufferer takes no preventive action. The statement became the basis for researcher to analyses literary works that contain psychological conditions experienced by characters in the form of anxiety. The basic design that researcher use in this study is literary criticism with a psychological approach. In this study, the researcher focused on a literary work in the form of a novel entitled *One Of Us is Lying* by Karen M. McManus. The purpose of this research is to answer two problems: (1) What are the types of anxiety does Addison Prentiss experience in Karen M. McManus *One of Us Is Lying*? (2) What are the causes of anxiety Addison Prentiss suffered in Karen M. McManus *One of Us Is Lying*? The analysis using Freud's anxiety theory. According to Freud, there are three types of anxiety; realistic anxiety, moral anxiety and neurotic anxiety. Also five causes of anxiety; conflict, environment, threat, age, and frustration. The result of this study based on the analysis is Addy suffered from two out of three anxiety by Freud. That is realistic anxiety and moral anxiety. Addy shows symptoms or behaviors that are biased towards both. In addition, for the cause of the anxiety suffered by Addy concludes three out of five characterized by conflict, environment, and threat as the main factor. The joining elements are rejection, humiliation, fear, worry, frustration, hatred, and shame.

مستخلص البحث

انعكس القلق على الشخصية الرئيسية في فيلم كارين م مكامانوس "أحدنا يكذب" فرضية. قسم الأدب الإنجليزي ، كلية العلوم (٢٠٢٢) أنجروي ، فريدة الإنسانية ، جامعة الدولة الإسلامية مولانا مالك إبراهيم مالانج. المستشار: د. هجرية. استيادة ، ماجستير

.الكلمات المفتاحية: اضطراب القلق ، الشخصية الرئيسية ، التحليل النفسي

القلق هو تأثير يسببه الإحباط المفرط أو الاكتئاب لدى البشر. هناك أنواع مختلفة من القلق يمكن أن تحدث عند البشر. هذا هو السبب. هذا يجعل البشر يختبرون ويعيشون جنباً إلى جنب مع اضطرابات القلق التي يمرون بها طوال حياتهم. تحكي رواية كارين إم مكامانوس بعنوان واحد منا يكذب ، والتي نُشرت في عام ، عن خمسة مراقبين يذهبون إلى المدرسة الثانوية ولديهم مشاكل معقدة للغاية. تقدم هذه الرواية نقاط مشكلة غالباً ما يواجهها المراهقون في المدرسة. بناءً على حبكة الرواية ، ستناقش هذه الدراسة كيف أن المشاكل التي عانى منها أحد الشخصيات المراهقة الرئيسية في رواية واحد منا يكذب تعاني من اضطرابات القلق وما الذي يسبب اضطرابات القلق هذه

ستطبق هذه الدراسة نظرية التحليل النفسي لسليغمونند فرويد والتي ستركز على مناقشة اضطرابات القلق. أوضح فرويد أن اضطراب القلق هو شعور بالخوف والقلق والتوتر يأتي من التهديدات. حيث المصدر المحدد غير معروف. اضطراب القلق هو أيضاً مصدر قلق بشأن المستقبل دون سبب للقلق. من خلال تطبيق نظرية فرويد على البيانات في شكل قصص وحوارات ومونولوجات واردة في الرواية ، يمكن للباحثين معرفة أنواع اضطرابات القلق التي تعاني منها الشخصية الرئيسية في الرواية. وتشير نتائج الدراسة إلى أن الشخصية الرئيسية المسماة آدي تعاني من القلق الأخلاقي والقلق الواقعي اللذين يتسمان بالصراع والتهديدات باعتبارها من العوامل الرئيسية لظهور اضطرابات القلق التي تتعرض لها. الأسباب هي الرفض والإذلال والخوف والعار

ABSTRAK

Anjarwati, Farida (2023) *Anxiety Suffered by Addison Prentiss in Karen M. McManus' One of Us is Lying*. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana malik Ibrahim Malang. Pembimbing: Dr. Hj. Istiadah, M.A.

Kata Kunci: Gangguan Kecemasan, Tokoh Utama, Konflik, Ancaman

Majalah Time melaporkan bahwa pada Mei 2018, sekitar 18% penduduk AS divonis menderita gangguan kecemasan, yang menyebabkan AS menjadi peringkat teratas dunia dalam epidemi gangguan kecemasan. Gangguan kecemasan merupakan emosi yang berhubungan dengan frustrasi, depresi, dan ketidaknyamanan. Dalam hal ini, gangguan kecemasan dapat menimbulkan efek jangka panjang yang berlebihan baik secara fisik maupun mental jika penderitanya tidak melakukan tindakan pencegahan. Pernyataan tersebut menjadi dasar bagi peneliti untuk menganalisis karya sastra yang mengandung kondisi psikologis yang dialami tokoh karakter karya sastra berupa gangguan kecemasan. Desain dasar yang peneliti gunakan dalam penelitian ini adalah kritik sastra dengan pendekatan psikologis. Dalam penelitian ini, peneliti memfokuskan pada sebuah karya sastra berupa novel berjudul *One Of Us is Lying* yang ditulis oleh Karen M. McManus. Tujuan dari penelitian ini adalah untuk menjawab dua masalah: (1) Apa jenis gangguan kecemasan yang dialami Addison Prentiss pada novel *One of Us Is Lying* karya Karen M. McManus? (2) Apa penyebab gangguan kecemasan yang diderita Addison Prentiss dalam novel *One of Us Is Lying* karya Karen M. McManus? Analisis menggunakan teori Freud tentang gangguan kecemasan. Menurut Freud, ada tiga jenis gangguan kecemasan; gangguan kecemasan realistik, gangguan kecemasan moral, dan gangguan kecemasan neurotik. Juga lima penyebab gangguan kecemasan; konflik, lingkungan, ancaman, usia, dan frustrasi. Hasil dari penelitian ini berdasarkan analisis adalah Addy menderita dua dari tiga gangguan kecemasan oleh Freud. Yaitu gangguan kecemasan realistik dan gangguan kecemasan moral. Addy menunjukkan gejala atau perilaku yang bias terhadap keduanya. Selain itu, untuk penyebab gangguan kecemasan yang dialami Addy menyimpulkan tiga dari lima yang bercirikan konflik, lingkungan, dan ancaman sebagai faktor utama. Unsur-unsur yang bergabung adalah penolakan, penghinaan, ketakutan, kekhawatiran, frustrasi, kebencian, dan rasa malu.

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CHAPTER I

INTRODUCTION

This chapter explains the study's background, problems, significance, scope and limitations, and definition of key terms.

A. Background of The Study

Anxiety is a psychological issue commonly talked about for years. It is because of its impact on those suffering from it. There's a possibility of its leading into a serious matter, mental or physical. In the U.S. 40 million adults established 19.1% of the population aged 18 and older are diagnosed with anxiety yearly, while worldwide prevalence rates are estimated to be approximately 6.5% in children and adolescents (Polanczyk et al. 2015). In Indonesia, 6% of the total population growth (RISKESDAS/CNN Indonesia) is in 14 million people aged 15. Based on data 450 million people lived with mental disorders such as anxiety and depression (Ministry of Health of the Republic of Indonesia). Indonesia, 2020). Basic Health Research on adult individuals in Indonesia reveal an increase in emotional disturbances in 2017 by 6% and in 2018 by 9.8%, with the most common symptoms being headaches, sleep problems, decreased appetite, and fatigue (Idaiani et al., 2020).

Anxiety responds to certain threatening situations (American Psychiatric Association (psychiatry.org). At low levels, anxiety helps

individuals be alert to prevent harm or minimize the impact of the danger; it also can encourage increased performance and productivity. On the other hand, excessive anxiety will cause serious matters such as trouble breathing and panic attacks. Kaplan, Sadock, and Grebb (in Fausiah & Widury, 2007). Without realization, anxiety can continue interfering with people's lives while still looking ordinary. Therefore, it does not seem to be overbroad if anxiety is considered and said to be a difficult diagnosis. (AADA) Anxiety and Depression Association of America says that anxiety can be overcome, but some anxiety sufferers get treatment due to a lack of information. Many people do not know or get an education about anxiety; many even underestimate this mental health disorder.

A novel by Karen M. McManus titled *One of Us is Lying* is an excellent example of the related topic. *One of Us is Lying* is a young-adult-themed novel first published in 2017. It recounts a story about five people who got into high school together were accused of murder. During all the chapters, the anxiety of one of the main characters, Addison Prentiss, displayed. How is she having a frantic reaction because of the conflicting personality on behavior on each occasion related to the murder and her misspread romance affair rumour which caused experiences of anxiety.

Based on the quest, there's only one research titled the novel *One Of Is Lying* with a different topic and theme of discussion. That is a thesis by Ayu Sari Andhara entitled *Multiple Point of View in Karen M. McManus One of*

Us Is Lying a student at the State Islamic University of Alauddin Makassar. The study used the theory of multiple levels of point of view, which Rasley proposed. This study was analyzed using the descriptive qualitative method. Based on the data findings, it is identified that the researcher finds the use of each level of point of view for each character. Bronwyn and Addy used all the levels, and Cooper used level five, which consists of the camera's eye, action, perception, thought, and emotion. While Nate is only on two levels which are camera-eye and thought. Lastly, most of the characters are in the first and third-person points of view.

There is no single study that analyzes anxiety in this particular novel. However, the topics and data in this novel are sufficiently appropriate and qualified for further research on anxiety and some any other psychological issues. But even so, many previous studies on anxiety have been carried out, such as by Haby Batul Ummah (2020) titled *An Analysis of Anxiety Disorders On the Main Character of Rainbow Rowell's Novel Fan girl*. It discusses the struggle of the main character, Cath, who experiences anxiety disorder because of living in the first year of university by herself, which negatively impacts Cath's mental condition, behaviour, personality, and well-being. This thesis explains how anxiety disorders are described and experienced by the characters in the particular novel. In addition, this previous study's thesis helps researchers find several references related to discussions such as psychology and mental state conditions.

The second previous study is a thesis entitled *Anxiety and Defense Mechanism of Hannah Baker in Jay Asher's Thirteen Reasons Why* written by Nanda Saraswati (2020), a Maulana Malik Ibrahim State student Islamic University of Malang. This research explained object anxiety in the literary work *Thirteen Reason Why*, which focuses on the character anxiety and the self-defense mechanism. The research used a psychological approach, the theory of anxiety, and the self-defense mechanism by Sigmund Freud. The result of the study revealed that the main characters have trouble with their ego and superego, with mainly their society as the primary triggers. While the self-defense mechanism aspects help the main character to maintain the anxiety in place.

The third previous study is a thesis entitled *The Anxiety of Kurt Cobain in 'Heavier Than Heaven' Charless R. Cross Novel* written by Nailul Author (2020) a student at Maulana Malik Ibrahim State Islamic University of Malang. The study used the theory of Sigmund Freud of anxiety and self-defense mechanism. The main character 'Kurt Cobain' anxiety was caused by his failure to reach his goals; he also felt that lack of love was why he failed. Therefore, the cause of anxiety symptoms is love, ignorant, neglect, degradation, rejection, and loneliness. While the main character act of self-defense is sublimation, projection/forecast, and repression.

The fourth previous study is a thesis entitled *Dr. Leidner's Anxiety Suffered in Agatha Christie Murder in Mesopotamia* written by Fendy Yugo

Sarjono (2016) a student at Maulana Malik Ibrahim State Islamic University Malang. The study used the anxiety and self-defense mechanism theory by Sigmund Freud and also conducted literary criticism as a research method. Dr. Leidner's anxiety was proven by his behaviour closely related to the psyche condition. The conflict between his ego and superego created his problems with the people around him. Then, to reduce his moral anxiety, he practised self-defense mechanisms: suppression, regression, and aggression.

The fifth previous study is a thesis entitled *Anxiety Suffered by Elizabeth Holland in Anna Godbersen's Splendor (Psychological Literary Criticism)* written by Fiqih Aisyatul Farokhah (2015) a student at Maulana Malik Ibrahim State Islamic University Malang. The study used the anxiety and self-defense mechanism theory by Sigmund Freud. The result is that Elizabeth Holland experienced internal conflict between her ego and superego, which is moral, realistic, and neurotic anxiety. While her symptoms are panic and fright, mainly caused by her husband. The self-defense mechanism are sublimation, repression, displacement, reaction formation, rationalization, aggression, asceticism, fantasy, and denial.

The sixth previous study is a thesis entitled *A Main Characters Analysis On Anxiety and Defense Mechanisms in Bridge To Terabithia Novel* written by Nuraeni (2010), a student at Syarif Hidayatullah State Islamic University Jakarta. The study used the anxiety and self-defense mechanism theory by

Sigmund Freud. The two main characters, Jesse and Leslie, suffer from neurotic and moral anxiety. To distort their anxiety, both Jesse and Leslie used defense mechanisms, Jesse used five different kinds of defense mechanisms, namely behavioural withdrawal, fantasy, sublimation, displacement, and denial. While Leslie only used fantasy.

The seventh previous study is a thesis entitled *The Major Character Anxiety Suffered in Coetzee's Disgrace* written by Riky Ardiyansyah (2019), a student at the University of Semarang. The study used the three principles of Freud's theory (Id, Ego, and Superego), which resulting the character experiencing neurotic anxiety, moral anxiety, and realistic anxiety. All of the anxiety was mainly accused by frustration, threat, gender, age, fear, environment, repression, and social conflict. While to reduce the anxiety, the main character used projection, aggression, and rationalization as a self-defense mechanism.

The eight previous study is a thesis entitled *The Analysis of Main Character's Anxiety on Confession of A Shopaholic Novel through Freudian Theory* written by Sophie Kinsella written by Dewi Wijaya (2019), a student at Buddhi Dharma University Tangerang. The study used the anxiety theory by Sigmund Freud. The analysis results indicates that the main character suffers from three kinds of anxiety: realistic anxiety, moral anxiety, and neurotic anxiety. Each has a different cause, either because of her lousy habit or guilt.

The last previous study is a thesis entitled *Ralph's Anxiety in the Wildlife in Lord of the Flies novel* written by Rizkian Hasim (2018), a Maulana Malik Ibrahim State Islamic University student Malang. The study used the anxiety theory of id, ego, and superego by Sigmund Freud. The analysis found out that the main character, Ralph, had a conflict between his ego and superego, which caused him to suffer from moral, realistic, and neurotic anxiety. The factors were mainly accused of external matters such as environment, oppression, threats, stress, and frustration. To sustain his anxiety, Ralph used regression, projection, fantasy, oppression, rationalization, aggression, and identification as a self-defense mechanism.

The previous study has helped the researcher better understand the theories for the application. How to examine anxiety, how it differs from other psychological conditions, its types, and its categorization. This study uses anxiety theory by Sigmund Freud to analyze the novel for better data findings.

Considering these things, the researcher is interested in studying an analysis entitled *Anxiety Suffered by Addison Prentiss in Karen M. McManus' One of Us Is Lying*. Although other researchers have examined the same object of study or used the same theme of anxiety, there is a lack of research on the characters' anxiety in the novel *One Of Us is Lying*. This research gap limits our understanding of how to distinguish and identify the difference in the type of anxiety the character suffers and its cause.

Therefore, this study aims to analyze the novel *One Of Us is Lying* character named Addison Prentiss to find the anxiety she is experiencing viewed from the theory of anxiety by Sigmund Freud.

B. Problems of the Study

Consecutively to the study of the background stated, the researcher proposed two research questions. Those questions are:

- 1.) What kinds of anxiety are suffered by Addison Prentiss in Karen M. McManus *One of Us Is Lying*?
- 2.) What are the causes of anxiety suffered by Addison Prentiss in Karen M. McManus *One of Us Is Lying*?

C. Significance of the Study

The researcher hopes this thesis can provide theoretical and practical benefits for the reader on the anxiety topic. Theoretically, the results obtained from this research can reflect on society based on the storyline, problem-solving, and the character concerned. Practically, the readers can distinguish between each type and cause of anxiety. This novel itself is welcome to be a reference for readers and other parties who want to use it as an object of broader and deeper research.

D. Scope and Limitation

There are spacious aspects in discussing the social phenomena of anxiety of the character in the novel *One of Us Is Lying* novel by Karen M. McManus. Nevertheless, the researcher focuses on the kinds of anxiety on one of the main characters, Addison Prentiss, in short Addy in the novel and its causes only. The researcher does not include all the characters in the novel but mainly focuses on the main female character instead because she has psychological issue related to anxiety.

E. Definition of Key terms

Furthermore, various terms emerge in writing. To elude misunderstanding and misconstruction in the terms used, the researcher describes several definitions of each term, namely:

- 1.) Anxiety : an unpleasant feeling that has symptoms such as worry, fear, trembling, asynchronous thoughts, and movements which sufferers can feel at different levels (Freud in Hilgard, et al., 1983:212)

CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter explains the related psychological approach as literary criticism and the basic concept of anxiety theory.

A. Psychology and Literature

The development of interdisciplinary literary studies has combined the literary sciences with various other disciplines, such as psychology, sociology, anthropology, gender, and history. The meeting gives rise to several approaches to studying academic psychology as a type of literary work, literary authors, and readers using various concepts and theoretical frameworks in psychology (Wiyatmi, 2011).

One way to study literature is to use a psychological perspective. It is because literature is a form of reflection of human life; humans' behavior and psychological side frequently appear in literary works. In addition, literature cannot stand alone without relating to other domains, because without other disciplines that literature can reflect, then literature will have no meaning. Therefore, literary writers consciously or unconsciously use psychological aspects to describe and represent their works.

Literature and psychology have a similar function in life. Both deal with humans as a social problem or as an individual. Both also utilize a matching foundation, which causes humans to become the main object for study. This is why the psychological approach is considered necessary in literary

criticism research. In this case, psychological aspects can be used as an analytical tool to complement Freud's theory (Endraswara, 2008).

According to Wellek & Warren (1990), psychology can be applied in the study of literature in terms of three aspects; the psychology of the author particularly in the process of creation, the study of character on the literary work types, and finally the effect of a literary work on the reader. Psychological aspects in literature mean that literature supports psychology by describing psychological conditions in literary works (Emir, B. C., 2016). In literary works, psychology successfully presents characters, feelings, and brings the readers into the psychological side of human life. Psychological aspects can be seen from the side of the author, reader, or the literary work itself.

Psychological analysis from the point of view of the author of the book is related to the author's mental state when creating the literary work because it will affect the content aspects of the literary work written. Therefore, the relationship between the psychological condition of the author and the literary work produced is very influential to one another.

Next is psychological analysis from the reader's side. This is how readers respond and react to the literary works they read. Is there a change in the emotions and mindset of the reader psychologically or how does the literary work affect the emotional state of the reader himself before and after finishing reading.

Then, namely, psychological analysis based on the literary work itself. This is unrelated to how the mental state of the writer of literary works or the mental state of the reader results from reading the literary works. However, this analysis occurs because of the psychological condition aspects of the characters in literary works, especially those in the form of novels. This analysis will usually occur on the character and characterization development.

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 researcher must find the symptoms that are hidden or deliberately hidden by the author, namely by utilizing psychological approaches 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 itself can be overtaken in two ways. First, the rules of understanding psychology will be applied as an analytical method in literary works. Second, determining what type of literary work will be used as the research object, then deciding which psychological theory is suitable and appropriate for the analysis.

In conclusion, psychology and literature are interdisciplinary of literary studies because it's application uses the method of understanding and

studying literature with various concepts and theoretical frameworks in psychology; it gives several advantages, such as analyzing characterization aspects in depth; also, psychology and literature can include suggestions for researchers about character development. This type of research will be beneficial in analyzing and studying literary works that are very thick with psychological problems. (Endraswara, 2008).

B. Psychological Analysis of Sigmund Freud

Psychology and literature recognize literary works as a reflection of psyche conditions, and then the authors of these literary works will include and designate psychiatric symptoms. Authors will generally describe and represent their personal imaginative experiences in the literary works they create (Endhaswara, 2003). Therefore, psychoanalysis in literature has the function and purpose of analyzing literary works psychologically.

Many different branches of psychology have developed rapidly over time, which was then marked by the emergence of various forms of flow in it. One of the sciences in psychology is the theory of the concept of personality. This concept has many designations and meanings by experts, one of which is the concept of personality by Sigmund Freud, named psychoanalysis (Ja'far, 2015).

Freud (2002) said that mental processes are unconscious, isolated actions and parts of physical entities. Feelings and thoughts do not coincide constantly, which causes internal conflict. According to the definition of

psychoanalysis, a person's mind is the result of a comparison of the process of thinking and expecting, which then the mind also works unconsciously, simultaneously producing hopes, desires, feelings that require answers, and many other comparisons.

According to Freud, a person's personality has three levels: conscious, preconscious, and unconscious. For example, Freud explained this level of personality as an iceberg, where the first small lump that is visible on the surface of the water, which is the tip of the iceberg, is part of the consciousness section, which is then followed by the second chunk of the lump located in the middle, an ambiguity that occasionally appears on the surface namely sub-consciousness, and finally the biggest lump that lies at the bottom and is hidden from the surface of the water is part of the realm of unconsciousness. Freud's theory about consciousness and unconsciousness considered aspects of personality, instinct, and anxiety (Wiyatmi, 2011).

C. The Concept of Anxiety

Psychology comes from the Greek words psyche and logos. Psyche means soul, while Ogos is knowledge. Hence psychology is the science that studies human behavior (Atkinson, 1996). Personality integrates all aspects of one's unique character and is modified by one's efforts to adapt to one's environment (Minderop, 2010:8). Psychology studies human personality with research objects influencing factors. In character, psychology also

acquires a relationship between retention or observation, representation development, individual adjustment, and forth (Koswara, 1991).

Anxiety is the core of psychoanalytic and is recognized as central to understanding mental conflict. According to Pervin (1993:84), anxiety is an excruciating experience produced by the ego representing an alarm signal of potential threat to the person; meanwhile, Freud (1993/1964) also emphasizes that it is an unpleasant state accompanied by physical sensations that warns the person against impending danger. The discomfort itself is often quite cryptic, to be precise, but the feeling of anxiety will continue to appear and haunt the person (Feist, J., Feist, 2006: 33).

According to Freud, behavior is a form of outcome between conflict and reconciliation based on three personality systems. The factors influencing personality include past and present, historical factors, heredity analogies, and environmental factors in forming personal character (Minderop, 2010).

To study and understand the working system of human personality, Freud compiled the structural forms of personality that exist in humans, which are mutually sustainable but can also intersect between one another. This human personality structure has a different function for each personality; they have other references, different work systems, and produce different energies. Therefore, despite their differences, they are a unity that works together to balance human emotional states in everyday life. The said personality system was formed by Freud, namely the id, ego, and superego.

1. Id

Freud stated the id to a king or queen, the id is needed as an absolute rule, spoilt, despotic, and self-centered; anything must be done immediately. The id is the human instinct to meet basic needs. According to Freud, the id exists in the subconscious and has no contact with reality. The work of the id is related to the principle of pleasure, which is always to seek pleasure and let go of discomfort (Minderop, 2010).

2. Ego

The ego is two opposing forces. The difference between adhering to the reality principle and trying to fulfil pleasures limited by facts. The ego helps an individual consider whether they can feel satisfied without suffering from trouble. The ego is between consciousness and unconsciousness. The ego provides a place for the main mental functions, such as reasoning, problem-solving, and decision-making (Minderop, 2010).

3. Superego

Superego is principled in morality in personality. The superego is like a 'conscience' that filters out good and bad values. The superego does not consider reality; it is the aspect of personality that holds all internalized moral standards and ideals obtained from the environment and society, a sense of right or wrong. Although the superego and ego can have an agreement about something, the superego's reasons for that decision are based more on moral values. In contrast, ego decisions are based on what other people think or the consequences of an action (Minderop, 2013).

1.) The Kinds of Anxiety

In defining anxiety, Freud emphasized that it is a felt, affective, discomfort feeling, and unpleasant state which produced by the ego. Therefore, anxiety is generally produced by ego reactions, but it usually occurs due to the actions of the id, superego, and other external factors. Freud distinguished anxiety into three types, namely: realistic anxiety, moral anxiety, and neurotic anxiety. The ego that deals with the id will produce neurotic anxiety, the ego that depends on the superego will produce moral anxiety, and the ego that is influenced by external factors will produce realistic anxiety. In accordance to Freud (in Suryabrata, 2001) There are three types of anxiety, namely:

A. Neurotic Anxiety

Neurotic anxiety occurs of interception about an indefinite danger. The feeling will arise in the ego, but the real cause is the id. The arises of fear of being subject to punishment for a impulsive behavior dominated by Id. When the ego is dependent on the id, which it isn't very comforting because the id often acts according to instinct without thinking about the causes and tends to be unsettled (Corey, 2010). In general, someone who experiences neurotic anxiety will feel afraid and anxious about something unknown and unrealistic; the sufferer does not know what factors cause them to feel that way. According to Freud, the anxiety factor can be divided into three: anxiety caused by phobias or irrational anxiety, then anxiety caused by

environmental reconciliation, and finally, anxiety caused by fear, anger, and stammers (Yenni, Andri 2007:235).

B. Moral Anxiety

Moral anxiety is caused by feeling one's internal values will be compromised, then there will be fear of self-punishment or guilt for acting contrary to one's values. Moral anxiety is a function of superego development, which violation of right and wrong stated by it. This anxiety is an instinct from an individual mindset based on (Berry, 2001) in Hasim, Rizkian. When a person's perspective does not appeal to the rules and norms, it violates the superego. Realizing that there is a deficiency, the superego will produce the emotion of guilt in the individual. Moral anxiety is anxiety caused by individual conflicts, such as envy, hate, revenge, lies, anger, etc. Then it leads to fear, anxious feeling, and despair. It generally occurs when a person fails to do something good based on prevailing morals. This is because the thing that causes anxiety is each individual's conscience. Briefly, moral anxiety is identified from the sufferers' emotions of guilt and shame.

C. Realistic Anxiety

Realistic anxiety occurs because of exact uncomfortable situations related to the ego. According to Freud (2006), realistic or objective anxiety is a condition experienced by a person in which the situation triggers feelings of restlessness and insecurity, most incidents are also caused by

excessive fear and nervousness experienced by a person. Oftenly occurs when a person feels they are in genuine danger, which makes sufferers feel that they must immediately take shelter and be rescued from feeling safe and protected. This will trigger a person's adrenaline to avoid and survive the threat. For example, if there is an earthquake, people will try to avoid it and get to a safe place. Moreover, the outcome dependent of ego towards outer world namely, oppression, threat, environment, and frustration which will then affect a person's feeling of anxiety, which affects emotional conditions and behaviour (Hilgard et al., 1983: 213).

2.) The Cause of Anxiety

Anxiety is caused by the uncertainty individuals display due to a problem they face, making them worry and anxious (Freud, in Trasmiasi, 2004). In that case, anxiety has excessive concerns that will cause symptoms such as shaking, tension, sweating, nerve stimulation, and heart palpitations as a self-reaction. Freud has explained that anxiety caused by the conflict between the Id, Ego, and Superego. Still, external factors also influence a person to experience anxiety (Freud, 1964) as for the other five complex things that can affect stress and anxiety, namely conflict, frustration, environment, threat, and age.

A. Threat

A threat is something that occurs intentionally or unintentionally. According to Clark and Beck (2010) anxiety related to threat. The feelings

of under pressure and fear caused by threat surely triggered anxiety. There are two factors, namely internal and external. Internal threat were most likely caused by the mental condition of the person, while external threat caused by the outside factors such as other person or an environment.

B. Environment

The environmental conditions where a person lives can affect their mental and emotional state. For example, someone who lives in a peaceful, safe, and comfortable environment, of course, has a calmer and more peaceful behaviour and mindset than someone who lives in a chaotic and unpleasant environment Savitri Ramaiah (2003: 11).

C. Frustration

Anyone in the world wants all their wishes to be achieved and fulfilled. The person will feel happy and satisfied when the desire is within reach. Conversely, if the willingness fails, that person will feel sad, annoyed, and angry. This sense of failure can make them feel frustrated and depressed. If it continues, it will have an impact on mental disorders and anxiety (Myers 1983:190).

D. Conflict

Freud (in Suryabrata, 1993) stated that conflict is a condition of incompatible goals and the emergence of various behavioural disputes, both for individuals and groups. This condition can hinder achieving an individual or group's goals. Also, it can cause emotional tension, and

conflicts can occur between individuals with themselves or individuals with groups.

E. Age

Age determines experience. Someone older is said to have more experience than someone younger. They were likely to make any solution without leaving any disproportionate impact. Therefore, older people are believed to be able to solve problems quickly with more experience. Meanwhile, younger people are said to be more easily depressed by the said problems, which will arise in anxiety (Myers, 1983).

CHAPTER III

RESEARCH METHOD

The chapter explains the research methods, such as data sources, research design, data analysis, and data collection.

A. Research Design

This research applied the literary criticism method to analyze the kinds and the cause of anxiety suffered by Addison Prentiss in the novel *One Of Us Is Lying*. Literary criticism can be defined as one of the objects of academic study (a branch of literature) that analyzes, interprets, and evaluates literary texts (Wellek & Warren, 1968). It employs a theoretical framework to analyze literary works. This research also focused on the psychological approach and Freud's theory of anxiety because it is considered as the most suitable for analyzing Addison Prentiss psychological condition. The problem in this study is one of the main characters in the novel who experience anxiety.

B. Data Source

The data sources are words, phrases, and sentences in *One of Us Is Lying* by Karen M. McManus. It includes such as narration, monologue, dialogue, etc. The source comes from *One of Us Is Lying* novel, written by Karen M. McManus, 276 pages, and published on May 30th, 2017, by Delacorte Press and Penguin Random House imprint in the United States. The novel had 30 chapters, each based on the main character's point of view and thoughts.

C. Data Collection

The researcher applies two steps to collect the data required by the thesis. First, the researcher read and tried to understand the story. Second, the researcher identifies, classifies, and marks the data, which then references the topics by highlighting the sentences, phrases, conversations, statements, and any other evidence of the related problem of study. This requires rereading the novel several times to match the data and story in the novel.

D. Data Analysis

The collected data will be analyzed based on the selected theoretical basis to determine the types and causes of anxiety experienced by one the main characters in the novel, Addison Prentiss, as Addy in short. After collecting the data, the researcher goes through several processes to verify it: 1.) identify the collected data relevant to the types and causes of anxiety suffered by Addison Prentiss. 2.) classifying data relevant to the types and causes of anxiety suffered by Addison Prentiss. 3.) conclude and describe the point of the data about the types and causes of anxiety suffered by Addison Prentiss.

CHAPTER IV

DISCUSSION

This chapter discusses the data findings to answer the problem of the study. The researcher discovers the kinds, and the cause of the anxiety felt by Addison Prentiss in Karen M. McManus, *One of Us is Lying*.

A. The Anxiety Suffered by Addison Prentiss

Anxiety is a form of discomfort in the human condition that occasionally happens and becomes part of their emotional state. *One Of Us is Lying* is a novel by Karen M. McManus published in 2017. Addison Prentiss, as in Addy in short, is one of the main characters in the book. She is a high-school girl with a picturesque background life story. However, despite the excellent introduction for her character, she experiences several conflicts in the novel, such as a murder accusation and a broken relationship. Based on the unfortunate circumstances, in this analysis, Addison Prentiss suffered from two of the three types of anxiety by Sigmund Freud. Which there are realistic anxiety, neurotic anxiety, and moral anxiety (Freud, 2006). While the anxiety suffered by Addy are realistic anxiety and moral anxiety.

1. Realistic Anxiety

Realistic anxiety occurs because of real situations related to the ego. According to Freud (2006), realistic or objective anxiety is a condition experienced by a person in which the situation triggers feelings of

restlessness and insecurity, most incidents are also caused by excessive fear and nervousness experienced by a person. Oftenly occurs when a person feels they are in genuine danger, which makes sufferers feel that they must immediately take shelter and be rescued from feeling safe and protected. This will trigger a person's adrenaline to avoid and survive the threat. The fear of circumstances over people in real life causes realistic anxiety. This anxiety will cause a person to experience stress, concern, and fear because of the uncomfortable situation which threatens them. In this literary work, one of the main characters, Addy, experiences realistic anxiety due to threats and pressure. As stated in the following statement:

I get out of the car and try to steel myself for the day. The school used to be so easy. I belong to everything without even trying. Now I'm barely hanging on to the edges of who I used to be, and when I catch my reflection in a window, I hardly recognize the girl staring back at me. She's in my clothes—the formfitting top and tight jeans that Jake likes—but her hollow cheeks and dead eyes don't match the outfit. (One Of Us is Lying: 95)

The narration described that school is a pleasant place and environment for Addy. She is the 'princess' of the school, as it says. She is beautiful, popular, and has a fantastic boyfriend. However, things take turns; the school quickly becomes Addy's nightmare. Simon's death and Addy's estranged relationship with Jake because of her affair became the main factor; as the case increased, people at school started to mistreat her. Likewise, in the dialogue, her appearance likely changes drastically due to the stress and anxiety she is experiencing; Addy, previously the beautiful

and perfect high school girl, was gone and replaced by a distressed and damp-looking one.

According to Freud (2006), realistic or objective anxiety is a condition experienced by a person in which the situation triggers feelings of restlessness and insecurity. By the look of it, the anxious feeling and the fear caused a significant transformation in Addy appearance, Addy's eyes looked dead because of the lack of sleep she experienced due to the stressful thinking and unstable emotion because of the case going on. The hollow cheeks represent that lack of eating; she barely had an appetite to put anything inside her stomach, let alone her mouth, because of how much pressure and anxious feeling she had because of the event. Then, going to school likely added more stress to her because the safe and easy environment for her changed drastically and became dreadful and scary.

I force myself to walk, not run, to the nearest bathroom. Two girls stand in the mirror, fixing their make-up, and I duck past them into the farthest stall. I collapse onto the toilet seat and cry silently, burying my head in my hands. (One of Us is Lying: 96)

The first thing Addy did when she experienced verbal harassment from her school friends was to escape from the situation. Here it seems self-explanatory that Addy feels pressure from the problem she is experiencing. By the pressure she was feeling, the ego takes on action by telling her to run to discover a safe place to take shelter and acted calmly about the situation where several people possibly saw her awful state. Addy wanted to be alone and let her emotions out. The body language in the description used in the narrative, namely '*collapsed in the toilet seat*', represents Addy's

helplessness to sustain herself, she requires a grip and support to withstand her exhausted mind and body from the overwhelmingly emotional state she's in.

This indicates how frail and vulnerable Addy's emotions were at that moment. Likewise, the statement '*cry silently, burying my head in my hands*' signify the fear, worry, and anxiety feeling is unbearable for Addy, which causes her to have a mental breakdown, especially in an obnoxious place such as the public bathroom. This is a form of emotional overflow at the lowest point of the individual in a depressed position.

The first bell rings, but I stay where I am, tears rolling down my cheeks until I'm cried out. I fold my arms onto my knees and lower my head, immobile as the second bell rings, and girls enter the bathroom again. Snatches of conversation float through the room; some of it's about me. I plug my ears and try not to listen. (One of Us is Lying: 96)

Another realistic anxiety experienced by Addy is that she does not desire to budge and leave the school public bathroom where she currently takes shelter from the people at school which she counted as a threat. In this case, it indicates Addy's ego confirmed she feels secure in that place. According to Freud (2006), realistic or objective anxiety is a condition experienced by a person in which the situation triggers feelings of restlessness and insecurity. While Addy's action by continuing to cry and '*I fold my arms onto my knees and lower my head, immobile as the second bell rings*' signifies the fear and anxiety she is experiencing is quite severe.

This action implicitly indicates that she demands protection, well aware there is no one to do that for her, she attempts to protect herself by having her arms embrace the whole body as a shield which seems to make her as small as possible. Likewise, covering her ears to dismiss the voice of someone talking about her proves that she is afraid to understand the words coming out from other people and refuses to acknowledge the conversation. By doing so, the ego thought it would help prevent the fear or affect her anxious stress.

In the middle of the third period, by the time I uncoil myself and stand. I unlock the stall door and head for the mirror, pushing my hair away from my face. My mascara's washed out, but I've been here long enough that my eyes aren't puffy. I stare at my reflection and try to collect my scattered thoughts. I can't deal with classes today. I'd go to the nurse's office and claim a headache, but I don't feel comfortable there now that I'm a suspected EpiPen thief. That leaves only one option: getting out of here and going home. (One Of Us is Lying: 97)

The constant fear Addy experiences withdraws her intention to go to a class, which is her obligation as a student to do, but sense of uneasiness and danger then her ego declines and refuses to do it on that day because it seems safer that way. Since Addy managed to quit crying and had the strength to straighten up and exit the bathroom, she observed herself in the mirror and realized her appearance was disoriented. Addy appears disarrayed with unruly hair. However, she was relieved she did not cry long enough to make her eyes swell, which worsened the condition she was already in.

According to Freud (2006), realistic anxiety is a condition experienced by a person in which the situation triggers feelings of restlessness and insecurity. Even though Addy can put herself in her leg by now, she does not have the courage to go to her classes eventually. Her mind was still afloat, and she felt that meeting people who put her in that state would not help or make her any less good. It will only make her petrified and depressed.

Addy's ego has the urge for her life to be convenient and peaceful. However, it does not proceed as lightly as it is, Addy's does the substance which makes her satisfied, that is, eschew and preserve herself from the threatening situation. Addy considered calling it sick and going to the medical room to disguise herself and avoid class. But she discouraged this intention because of Simon's murder case, which made her one of the suspects, and accusations that Addy had stolen EpiPens to treat Simon's allergies and prevent him from dying. Continuously haunted by fear and anxiety, Addy chose the safest option for herself by returning home, distant from the suffocating threat of the school atmosphere.

As evidenced by the incident at Addy's school, her realistic anxiety will increase as it builds on the previous incident about her privacy and safety. In recent events, her privacy and security have been threatened. In realistic anxiety, when the fear is substantial, the anxiety will be supreme. In Addy's case, the fear of threats invading her privacy and safety has

reached an all-time high, resulting in increased anxiety, which makes her terrified.

2. Moral Anxiety

The second anxiety experienced by Addy is moral anxiety. It generally occurs when a person fails to do something good based on prevailing morals, a conflict between ego and superego. Moral anxiety is caused by feeling one's internal values will be compromised, then there will be fear of self-punishment or guilt for acting contrary to one's values. Moral anxiety is a function of superego development, which violation of right and wrong stated by it then sent signal to the ego. It mainly causes personal strife, such as envy, hate, revenge, lies, anger, etc. Then it leads to fear, anxious feeling, and despair. Addy's moral anxiety is mainly related to her friends, ex-lover, or the police investigating the case.

Officer Budapest clears his throat. "The investigation is ongoing, but I'm here because I had a particular question for Addy. You were in the nurse's office the day Simon died, is that right?" (One Of Us is Lying: 44)

I hesitate and dart a glance toward Ashton, then look back at Officer Budapest. "No." (One Of Us is Lying: 44)

In this section, there is an interaction between Addy and the police officer who regulate Simon's case of death, Addy's school friend. The police asked Addy whether she was in the infirmary the day Simon died. By the question given, the feeling of restlessness and anxiety was evident in Addy's body language. She appeared to be doubtful and unfocused, even seemed indecisive of herself. When the police officers asked her the questions, Addy

did not answer them immediately, this shows Addy's superego is on edge about the wrongdoing she did. On the contrary, she turned her attention towards Ashton, Addy's sister, and after a short eye contact, she returned her focus to the police officers again. The questions asked were relatively easy, and the answers were only 'yes' or 'no,' but Addy could not answer shortly and tended to be puzzled by the solutions she finally gave.

"You were," Officer Budapest says. "It's in the nurse's log." (One Of Us is Lying: 44)

Eventually, the police officers verify Addy's answer 'no' is certainly wrong; evidently, her ego took the decision then Addy was lying. The written records of visits to the infirmary proven that Addy did visit the ward on the day Simon died. This contradicts her previous statement that she did not go to the infirmary the day before and did not reckon with the action she had done.

I'm looking at the fireplace, but I can feel Ashton's eyes boring into me. I wind a strand of hair around my finger and tug nervously. "I don't remember that." (One Of Us is Lying: 44)

"You don't remember going to the nurse's office on Monday?" (One Of Us is Lying: 44)

"Well, I go a lot," I say quickly. "For headaches and stuff. It was probably for that." I scrunch my forehead like I'm thinking hard and finally meet Officer Budapest's eyes. "Oh, right. I had my period and I was cramping bad, so yeah. I needed Tylenol." (One Of Us is Lying: 44)

Freud (2006) Personal conflicts, such as envy, hate, revenge, lies, and anger, cause moral anxiety. Then it leads to fear, anxious feeling, and despair. It generally occurs when a person fails to do something good based on prevailing morals. Because Addy was proven to be lying to the police

officers regardless of the case, her anxiety increased. She became more aware of the circumstances around her; she realized that Ashton was observing her as if she knew Addy was lying. Addy's gesture of twirling with strands of hair and pulling them anxiously is a form of fear and nervousness of the lie that she declares.

In contrast with her anxiety, the ego on Addy refuses to speak the truth. She insists that she does not remember—coupled with a little gesture, which Addy did by wincing her forehead to appear convincing therefore, it will emphasize that she was thinking as hard as she could by reminiscing of the event when she went to that room. Eventually, Addy admitted because she remembered going to the infirmary to find certain medicine for herself, who was feeling unwell due to a headache. The superego of Addy's nervousness and anxious gestures add to the clarity of her lies, she uncomfortably did it but on the other side she has to. The unfocused gaze, twirling of her hair, occasionally giving side glances to ensure the other person in the room behaves, and attempting facial gestures to look convincing and speak rapidly; thus, she seems calm and genuine. Addy's body language refers to her feeling anxious and trying to conceal the truth she is hiding.

If Officer Budapest notices that my sister has stepped into the parenting role here, he doesn't mention it. "Nobody's saying that. But did you happen to see whether the pens were in the office then, Addy? According to the nurse's log, you were there at one o'clock." (One Of Us is Lying: 45)

My heart's beating uncomfortably fast, but I keep my tone even. "I don't even know what an EpiPen looks like." (One Of Us is Lying: 45)

Addy constantly exposed the lies as she responded to the questions asked by the police. She did not claim that she went to the infirmary, then followed it up with another lie about her relational incident with the EpiPen inside the storage on the infirmary. Addy indirectly admits providing the lies merely to protect herself, as she did take the EpiPen. Her heart beating fast did not make Addy flutter to state the lie; she understood her subconscious refused to lie continuously but had no other choice. Addy tried to smother up the lie by telling it as confidently as possible; she kept her tone steady and firm, trying as hard to appear honest.

Behavior that violates the applied morals is not commendable; it makes people concerned, afraid, anxious, restless, and hopeless. This theory proves that Addy senses the pressure, frustration, and despair be up against the police, which causes Addy to be afraid and anxious because of the incident, where she is certainly hiding the truth. That is what ultimately causes moral anxiety in Addy.

I look at Ms. Shaloub. She does look interested, I have to say, but not like she's on my side. "I don't understand what you mean." (One Of Us is Lying: 62)

"You lied about being in the nurse's office, Addy. Did someone put you up to that? To remove the EpiPens so Simon couldn't be helped later?" (One Of Us is Lying: 62)

My heart pounds as I pull a strand of hair off my shoulders and twist it around my fingers. "I didn't lie. I forgot." God, what if she makes me take a lie detector test? I'll never pass. (One Of Us is Lying: 62-63)

Addy does something that could be said to invade morale; she lies to the police officers about the information she knows on the murder case. Committing a violation as such thing certainly violates the rules that apply to a witness and integrity. This action is contrary to moral values and can be charged with the law, but what Addy has done is a form of trauma and fear that arises due to eventual events that will happen to her, causing anxiety.

In this case, Addy experiences a conflict between ego and superego. According to Freud (in Schultz, 1986), the conflict between the ego and the superego expresses instinctive drives that conflict with moral hearing. Here Addy's ego announces falseness to protect herself, therefore, she does not have to deal with the consequences of her supposed honesty later. Her superego gave off feelings of discomfort and guilt. Addy is restless and scared because she knows this is the wrong thing to do. This conflict causes moral anxiety in Addy.

I hate the entire ride. Hate sitting there acting normal when I want to throw up. Hate listening to Jake and TJ talk about tomorrow's game. Hate when the latest Fall Out Boy song comes on and TJ says, "I love this song," because now I can't like it anymore. But mostly, I hate the fact that barely a month after my and Jake's momentous first time, I got blind drunk and slept with TJ Forrester. (One Of Us is Lying: 48)

Freud (2006) said a person's personality affects moral anxiety because each individual has different emotions: fear, hate, jealousy, anger, envy, anxiety, revenge, hopelessness, etc. The chanting words of 'hate, hate, hate', prove the resentment Addy's experiencing. Addy's scared and anxious feeling was overwhelming because she was in the same room with her lover and the friend she had an affair with. The urge to vomit Addy desperately

tries to hold indicates how pressured she is about the situation and condition. Symptoms like this will likely appear when people are extremely sick or stressed, which Addy currently feels. The guilt of lying and betrayal certainly bothers Addy. Likewise with hopelessness, in the final narration, Addy admits and realizes her mistakes were wrong, and she has to take the consequences.

Certainly, the resentment was not something that came without any apparent reason. Addy's desire and willingly cheat on her relationship with Jake was an instinctual, impulsive action against morale. The conflict that occurs makes her want to do anything to cover up the trait, but the guilt generated by the superego makes Addy's moral anxiety all the more intense. She knew that she could not suppress and avoid her mistake because Addy wanted no such thing to endanger her relationship with Jake, but on the other hand, she also felt guilty towards Jake for her lies and behavior.

Personal conflicts, such as envy, hate, revenge, lies, anger, etc., cause moral anxiety. Then it leads to fear, anxious feeling, and despair. It generally occurs when a person fails to do something good based on prevailing morals. Addy feels scared, frustrated, and worried about the incident of Simon's death and hopeless and nervous about her lies. Angry about her love relationship and friendship. This is what eventually causes Addy's moral anxiety.

In this case, Addy experiences a conflict between ego and superego. According to Freud (in Schultz, 1986), the conflict between the ego and the

superego expresses instinctive drives that conflict with moral hearing. Here Addy's ego announces lies to protect herself and her relationship with Jake, therefore, she does not have to deal with the consequences of her supposed honesty later. Her superego gave off feelings of discomfort and guilt of the affair she was having with TJ behind Jake. Addy is restless and scared because she knows this is the wrong thing to do. This conflict causes moral anxiety in Addy.

B. The Causes of Anxiety Suffered by Addison Prentiss

According to Freud (in 2004, Trasmiasi), anxiety is caused by a sense of uncertainty that a person shows, by a problem point where they feel anxious and depressed. Anxiety is not only classified based on the conflict between emotion and logic but also with various kinds of external issues that are also one of the leading causes. Freud stated there are five kinds of external factors that affect anxiety: conflict, threat, frustration, environment, and age. One of the main characters on the novel '*One Of Us Is Lying*' by Karen M. McManus named Addison Prentiss as in Addy in short caught the three of five causes; which are conflict, threat, and environment.

1. Conflict

Conflict is a discrepancy between one thing and another that will lead to irrelevant results and behavior. In this novel, there are several conflicts experienced by Addy. One of Addy's conflicts was with her school friend, Vanessa. This conflict occurs because Vanessa intends to take advantage of

Addy; outward the sincere friendship between them, Vanessa is envious and desires to overcome Addy in each aspect of her beautiful school life.

Don't cry. Don't cry. Everyone's staring at me as Jake stalks away. I catch Vanessa smirking from a few lockers over. She's loving this. How did I ever think she was my friend? She'll probably go after Jake soon, if she hadn't already. I stumble in front of my own locker, my hand stretching forward the lock. It takes a few seconds for the word written in thick black sharpie to sink in. (One of Us Is Lying: 96)

The first thing that caused conflict between Addy and Vanessa was when Addy informed Jake (Addy's boyfriend) regarding her affair with TJ Forrester (Jake's friend). Jake treats her indifferently afterward; the previously caring and gentle Jake becomes cold, distant, and ignorant. This sparks Vanessa's misbehavior, and she makes fun of Addy amid her sadness; Vanessa's facial expressions, such as a smirk and mocking smile toward Addy, prove it right. According to Freud (Suryabrata, 1993), conflict is a condition where there is a discrepancy between goals and the emergence of various behavioral disputes, both for individuals and groups. This condition can interfere with and hinder achieving individual or group goals. This conflict encounter made Addy remarkably stressed and pressured. It impacted her body language to take in the action of the discomfort; she eventually quivered and tripped over the locker when she headed over and wanted to open it, causing her to humiliate herself in front of the crowded students in the hall.

WHORE.
(the word is written messily inside Addy's school locker. (One Of Us is Lying: 96)

Muffled laughter surrounds me as my eyes trace the two Vs that make up the W. They cross each other in a distinctive, loopy scrawl. I've made dozens of pep rally posters for the Bayview Wildcats with Vanessa, and

teased her for her funny-looking W's. She didn't even try to hide it. I guess she wanted me to know. (One Of Us is Lying: 96)

This points to Addy and Vanessa's next conflict. The writing of the crude and disrespectful words on Addy's locker by Vanessa is considered verbal harassment. Vanessa scribes the insult according to the affair between Addy and TJ; her wrongdoing creates the friction of mockery. Vanessa did not even attempt to pretend that she was the person who was responsible for the misdeed of the graffiti; she appeared overbearing in the stunt she pulled off. This triggers Addy to experience realistic anxiety. The crude writing Vanessa left on Addy's locker caused her to be the target of harassment by the student at the school. Addy was mocked, cornered, also humiliated, which resulting her crying and running to the school bathroom to hide.

Kate shoots me a severe look. "Would you put that away?" I do, but in my head I'm giving her the finger the whole time. Yumiko's all right, but Kate almost makes me miss Vanessa. (One of Us Is Lying: 145)

No. That's a complete and utter lie. I hate Vanessa. Hate how she's mean-girled her way into the center of my former group and how she's glommed on to Jake like they're a couple. Even though I don't see much interest on his part. Chopping my hair off was like giving up on Jake, since he wouldn't have noticed me three years ago without it. But just because I've abandoned hope doesn't mean I've stopped paying attention. (One of Us Is Lying: 145)

The conflict with Addy was a form of conformity that led to several behavioral clashes. According to Freud (Suryabrata, 1993), conflict is a condition where there is a discrepancy between goals and the emergence of various behavioral disputes, both for individuals and groups. This condition can interfere with and hinder achieving individual or group goals. In the

case that happened to Addy, the irregularity was the verbal harassment that occurred to Addy due to Vanessa's writing, which led to various destructive behaviors Addy received from the other students of the school, which led to conflict between Addy and Vanessa later on. It was the conflict that emerged that ultimately gave Addy realistic anxiety.

God. How can my heart be hammering this hard and I still be alive? It should have burst out of my chest by now. "At the end of the school last year, when you were in Cozumel with your parents, I ran into TJ at the beach. We got a bottle of rum and ended up getting really drunk. And I went to TJ's house and, um, I hooked up with him." Tears slide down my cheeks and drip onto my collarbone. (One of Us Is Lying: 78)

*"So, why'd you do it? Why?" (One of Us Is Lying: 79)
I've asked myself that question for months and can't come up with anything except weak excuses. I was drunk, I was stupid, I was insecure. I guess that last one's closest to the truth; years of being not enough finally catching up with me. "I made a mistake. I'd do anything to fix it. If I could take it back I would." (One of Us Is Lying: 79)*

The next conflict that takes place is between Addy and Jake. Addy admits her mistakes and recounts her affair with TJ Forrester to Jake. Addy arrives at Jake's house to utter her guilt; she feels petrified and nervous. The fear of saying the wrong thing, how Jake will respond, and how her relationship with Jake will end once the truth is told. Addy's moral anxiety occurs based on having an affair with TJ. Even though Addy claimed that she was unconscious and consumed by insecurity at the time, it does not justify her wrongdoings. Addy should be able to stick to her principles and refrain from making mistakes that can make her remorse even doing so.

Addy's ego decides to protect herself by come up with a lie continuously and denies the truth about the affair. At the same time, her superego affected by guilt determines to speak the truth about her matter because deep inside,

it realizes she does not wish to hide the guilt anymore. Addy thinks the longer she keeps the secret, the worse it costs. From the id, ego, and superego, Addy felt frustration and hopelessness.

2. Threat

In general, a threat causes discomfort in an individual, such as feeling threatened or cornered, especially if a particular factor does not go according to the suspect's will. In this novel, anxiety and fear threaten Addy after the allegations of Simon's death and her affair with TJ Forrester. The gossip account reveals the secret that Addy tried to maintain close for so long. Then Simon died at the exact moment when he was in the same room with Addy. This made Addy the perfect suspect of the accused murder; she was restless and scared because of such a strong motive. The threat that Addy is experiencing here is about how she feels depressed about the harmful consequences that she will receive because of these two related things.

I ignore her and bound down the stairs, opening the door with the big smile I can't help when I'm about to see Jake. And there he is, in his football jacket with his chestnut hair tousled by the wind, giving me the same smile back. "Hey, baby." I'm about to kiss him when I catch sight of another figure behind him and freeze. "You don't mind if we give TJ a ride, do you?" (One of Us Is Lying: 47)

A nervous laugh bubbles up in my throat, and I push it down. "Of course not." I go in for my kiss, but the moment's ruined. (One of Us Is Lying: 47)

Freud (in Alwisol, 2009) stated that a person could be aware of verbal and nonverbal threats. It also came from anywhere, either the person himself

or other. The form of danger is the negative thought consumed Addy about the met-up she was having with Jake and TJ Forrester. Addy is anxious and scared. The happiness and delight seemed to change drastically; her body could not move due to her nervousness and fear. Addy certainly felt threatened about the secret affair. By letting out a fake laugh to cover up her anxiety, Addy tries to remain calm enough to hide her nervousness. She tried to suppress the uneasiness and pressure from Jake, then agreed as if she was okay. But behind it all, she could not hide that the happiness she had a moment ago just disappeared and was replaced with the feeling of fear, stress, and anxious.

I can't breathe. It's out there for everyone to see. How? Simon's dead; he can't have published this. Has someone else taken over for him? The Tumblr poster? But it doesn't even matter: the how, the why, and the when—all that matter is that it is. Jake will see it, if he hasn't already. All the things I read before I got to my initials, that shocked me as I realized who they were about and what they meant, fall out my brain. Nothing exists except my stupid, horrible mistake in black and white on the screen for the whole world to read. (One of Us Is Lying: 61)

The revealed affair becomes the threat Addy's experiencing, which causes an immediate reflection of panic through her action of labored breathing. She sensed the anxiety she had been concerned about had eventually done when the news of the affair spread. Addy feels pressured by the reveal. She was astonished to see that it drained and petrified her inducing the feeling of her collapsing anytime soon. Addy is unprepared for the consequences she dealt with on the right ahead. All she can do is mourn over her mistake, which makes her feel hopeless and stressed.

Until the voice behind me stops me like I've slammed into an invisible wall. "Addy." (One of Us Is Lying: 146)

My shoulder tense as I turn. I haven't tried talking to Jake since he blew me off at his locker, and I'm afraid of what he's going to say to me now. (One of Us Is Lying: 146)

My throat feels like I swallowed something sharp. Do I? Jake waits for an answer, and I mentally, shake myself. Of course, I do. That's all I've wanted since this happened. "Yes." (One of Us Is Lying: 147)

The affair that Addy had caused her relationship with Jake to end in flawed reconciliation. Addy could not help but become anxious when she eventually met Jake after the incident and the confrontation as if he was a threat she had to avoid. The calm and affection she once had for Jake seemed replaced by fear and foreign. In the dialogue, it appears Addy was startled when they met; after so much time of Jake ignoring and pretending that Addy does not exist in his life, he finally acknowledged her by calling her name. At first, Addy felt giddy, but evidently, it is not a good sign. There is no longer the thrill of happiness; Addy feels oppressed and stiff. The effect of their last encounter did not end well and left a traumatic impression on Addy. She showed tension and worry as if Jake threatened her and acted like she should be careful and aware around him.

But, oh God, my ankle hurt so badly. I'm barely dragging myself forward, and the noises behind me get louder until a hand catches my arm and yanks me back. I manage to scream more before Jake clamps his other hand over my mouth. (One of Us Is Lying: 254)

Instead he shoves me to the ground, kneels down, and slams my head in a rock. My skull explodes with pain and my vision goes red around the

edges, then black. Something presses across my neck and I'm choking. I can't see anything, but I can hear. "You should be in jail instead of Nate, Addy," Jake snarls as I claw at his hands. (One of Us Is Lying: 255)

Freud (in Alwisol, 2009) stated that the awareness of a threat is felt by a person both verbally and nonverbally. It also came from anywhere, either the person itself or others. In this case, the danger experienced by Addy comes from another person, her ex-lover, Jake. Addy's threat here is in physical and verbal form; she was attacked and injured, physically, and verbally; the sound of Jake's voice screaming out continuously threatening words to scare Addy to make her yield and surround herself to Jake.

The tragedy happened because it is confirmed that Addy had a voice recording that would prove Jake is guilty. Jake is the mastermind behind Simon's death and the spreading of rumors about Addy's affair. If Addy succeeds in giving this voice record to the police as evidence, Jake will be avowed guilty and will receive a punishment commensurate with his crime. Jake does not want that to happen; thus, he does everything he can to prevent Addy from escaping with the tape. With verbal and non-verbal threats, Jake threatened Addy that she was scared enough to give it up. The constant threat to Addy makes her feel anxiously petrified; it causes her tremendous fear, leading to her reality and moral anxiety.

3. Environment

The environmental conditions where a person lives can affect their mental and emotional state. For example, someone who lives in a peaceful,

bright, and comfortable environment, of course, has a tranquil mindset and behavior rather than someone who lives in a chaotic and unpleasant environment (Suryabrata, 1993).

I get out of the car and try to steel myself for the day. The school used to be so easy. I belong to everything without even trying. Now I'm barely hanging on to the edges of who I used to be, and when I catch my reflection in a window, I hardly recognize the girl staring back at me. She's in my clothes—the formfitting top and tight jeans that Jake likes—but her hollow cheeks and dead eyes don't match the outfit. (One Of Us is Lying: 95)

The school is ordinarily where Addy felt convenient, safe, and happy. She does not have to struggle to blend in; she fits right in. Addy always manage to handles her days smoothly. She has a good reputation among her friends, teachers, and the school staff. She has many friends, a handsome boyfriend, and is a candidate for the prom-night queen as a complete symbol of her beauty and popularity. But all of the above dissolved when the rumors of her affair spread; it took her down momentarily. The school became a frightening and threatening environment for her. Her friends no longer treated her well, her boyfriend broke things off with the relationship, and she became a mockery throughout the school.

This has become a significant change influence for Addy. Whether physically or mentally. The horrid appearance on her body demeanor and the unstable state of mind explained it all. The environment where she previously felt safe and happy has been reversed and has become scary and threatening. The feeling of anxious Addy experiencing indicates that the school environment is not the peaceful and reserved place she used to know

it to be. Now, for Addy go to school likely added more stress and fear to her because the safe and easy environment became dreadful and scary.

Addy's points out she could not withstand her fear and anxiety any longer; she wanted the dreadful feeling to stop as soon as possible. Her ego taking action by letting out the emotion of crying and hiding to avoid people. Then she determines to go stay at home, the safest and calmest place she could reckon, hoping to find a sense of security and protection; she unconsciously thinks it will help improve everything in her life.

CHAPTER V

CONCLUSION AND SUGGESTION

The last chapter contains the conclusion and suggestions. The conclusion from the data analysis discussion results in the previous chapter. The request includes the recommendation for the following research purpose.

A. Conclusion

After completing the analysis, the researcher can finally answer and conclude the problem from the study related to one of the main characters in the novel *One Of Us Is Lying*. From the analysis, Addison Prentiss, as in Addy in short, experiences two types of anxiety; the insecurity from the bullying at school causes Addy's ego to react to hide and shelter causes realistic anxiety. At the same time, the excessive behavior contradictory on her testifies towards the police and her scandalous affair she was hiding violates the moral of superego causes moral anxiety. Addy shows symptoms or behaviors that are biased toward both.

The cause of anxiety for Addy is conflict, threat, and environment; friction occurs between Addy with Jake and Vanessa. While the threat mostly comes from external factors such as Jake, the students, and her affair. The environment causing Addy to have anxiety is the school; the place and surrounding where she used to feel safe and easy become hard and scary for her.

B. Suggestion

In this study, the researcher only focuses on the intrinsic elements in the novel *One Of Us is Lying* on one of the main character's psychological aspects. After examining further the novel's contents, the researcher found other cases of phenomena such as moral values, defense mechanism, and other psychological issues. On the other hand, the researcher only focuses on one of the main characters in the novel *One Of Us is Lying*. Meanwhile, the other characters in the novel also experience some psychological problems; therefore, future research is expected to be able to analyze more than one character or other characters in this novel. Apart from that, the researcher also found the causes and effects of anxiety experienced by other characters in *One Of Us is Lying*, a future researcher can use various theories to evaluate the problem in this lesson, for example, such as Anna Freud, Melanie Klein, Sullivan, and Adler. Finally, the researcher is aware that this research is far from perfect, but hopefully, it can be helpful for other research purposes. Therefore, suggestions from any party through this analysis are most welcome to help with future studies and research results.

➤ **APPENDICES**

NO.	QUOTATIONS	TYPES OF ANXIETY
1.	<p><i>I get out of the car and try to steel myself for the day. The school used to be so easy. I belong to everything without even trying. Now I'm barely hanging on to the edges of who I used to be, and when I catch my reflection in a window, I hardly recognize the girl staring back at me. She's in my clothes—the formfitting top and tight jeans that Jake likes—but her hollow cheeks and dead eyes don't match the outfit. (One Of Us is Lying: 95)</i></p>	Realistic Anxiety
2.	<p><i>I force myself to walk, not run, to the nearest bathroom. Two girls stand in the mirror, fixing their make-up, and I duck past them into the farthest stall. I collapse onto the toilet seat and cry silently, burying my head in my hands. (One of Us is Lying: 96)</i></p>	Realistic Anxiety
3.	<p><i>The first bell rings, but I stay where I am, tears rolling down my cheeks until I'm cried out. I fold my arms onto my knees and lower my head, immobile as the second bell rings, and girls enter the bathroom again. Snatches of conversation float through the room; some of it's about me. I plug my ears and try not to listen. (One of Us is Lying: 96)</i></p>	Realistic Anxiety

4.	<p><i>In the middle of the third period, by the time I uncoil myself and stand. I unlock the stall door and head for the mirror, pushing my hair away from my face. My mascara's washed out, but I've been here long enough that my eyes aren't puffy. I stare at my reflection and try to collect my scattered thoughts. I can't deal with classes today. I'd go to the nurse's office and claim a headache, but I don't feel comfortable there now that I'm a suspected EpiPen thief. That leaves only one option: getting out of here and going home. (One Of Us is Lying: 97)</i></p>	Realistic Anxiety
5.	<p><i>Officer Budapest clears his throat. "The investigation is ongoing, but I'm here because I had a particular question for Addy. You were in the nurse's office the day Simon died, is that right?" (One Of Us is Lying: 44)</i></p>	Moral Anxiety
6.	<p><i>I hesitate and dart a glance toward Ashton, then look back at Officer Budapest. "No." (One Of Us is Lying: 44)</i></p>	Moral Anxiety
7.	<p><i>"You were," Officer Budapest says. "It's in the nurse's log." (One Of Us is Lying: 44)</i></p>	Moral Anxiety

8.	<i>I'm looking at the fireplace, but I can feel Ashton's eyes boring into me. I wind a strand of hair around my finger and tug nervously. "I don't remember that." (One Of Us is Lying: 44)</i>	Moral Anxiety
9.	<i>"Well, I go a lot," I say quickly. "For headaches and stuff. It was probably for that." I scrunch my forehead like I'm thinking hard and finally meet Officer Budapest's eyes. "Oh, right. I had my period and I was cramping bad, so yeah. I needed Tylenol." (One Of Us is Lying: 44)</i>	Moral Anxiety
10.	<i>If Officer Budapest notices that my sister has stepped into the parenting role here, he doesn't mention it. "Nobody's saying that. But did you happen to see whether the pens were in the office then, Addy? According to the nurse's log, you were there at one o'clock." (One Of Us is Lying: 45)</i>	Moral Anxiety

11.	<i>My heart's beating uncomfortably fast, but I keep my tone even. "I don't even know what an EpiPen looks like." (One Of Us is Lying: 45)</i>	Moral Anxiety
12.	<i>My heart pounds as I pull a strand of hair off my shoulders and twist it around my fingers. "I didn't lie. I forgot." God, what if she makes me take a lie detector test? I'll never pass. (One Of Us is Lying: 62-63)</i>	Moral Anxiety
13.	<i>I hate the entire ride. Hate sitting there acting normal when I want to throw up. Hate listening to Jake and TJ talk about tomorrow's game. Hate when the latest Fall Out Boy song comes on and TJ says, "I love this song," because now I can't like it anymore. But mostly, I hate the fact that barely a month after my and Jake's momentous first time, I got blind drunk and slept with TJ Forrester. (One Of Us is Lying: 48)</i>	Moral Anxiety

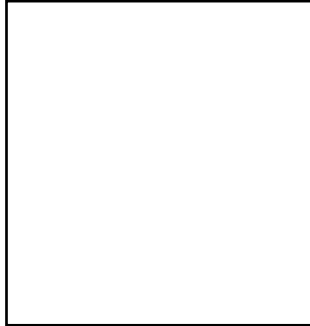
14.	<i>No. That's a complete and utter lie. I hate Vanessa. Hate how she's mean-girled her way into the center of my former group and how she's glommed on to Jake like they're a couple. Even though I don't see much interest on his part. Chopping my hair off was like giving up on Jake, since he wouldn't have noticed me three years ago without it. But just because I've abandoned hope doesn't mean I've stopped paying attention. (One of Us Is Lying: 145)</i>	Moral Anxiety
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CURRICULUM VITAE



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