

CHAPTER I

INTRODUCTION

1.1 Background

The effect of exposure to bullying on a long-term risk for a patient to become someone that suffers from anxiety-related condition such as a social anxiety disorder, panic disorder or obsessive compulsive disorder (OCD) has been examined in a 2018 study by a team of Canadian researchers. Study's authors concluded that over 90 percent of study participants diagnosed with social anxiety disorder self-reported a personal history that included extreme exposure to the teasing of others (Leigh and Clerk, 2018:5). Numerous studies have shown that certain types of bullying are more likely than others to cause social anxiety disorder or some other form of anxiety-related disorder. For example, the authors of a study published in the Child Study Journal in 2013 concluded that adolescents exposed to physical bullying of themselves or their peer groups have unusually high risks of developing social anxiety disorder (Iverach and Rapee, 2013: 14) Social anxiety disorder is a disorder characterized by excessive fear of being exposed to other people's scrutiny that leads to avowal (Leary, 2008: 13). Simply put, social anxiety disorder is an avoidance or fear of situations where the person may humiliate or embarrass himself before others and appear to be incompetent or foolish. If the situation can not be prevented the person may become incredibly anxious and the symptoms of anxiety are effecting the person's normal functioning. For example, most people have occasionally felt shy or insecure but it does not disrupt with their everyday activities. Those suffering from social anxiety disorder, on the other hand, experience severe emotional, physical and behavioral symptoms. These symptoms affect the person from normal daily functioning (Leary, 1998: 14).

According to the American Anxiety and Depression Association, social anxiety disorder impacts "as many as 12.1% of the general population at some point in their lives" (Durand & Barlow, 2012: 143). This causes social anxiety disorder, besides specific phobia, the most widescale anxiety disorder, impacting more than thirty-five million citizens in the US

alone. An anxiety that has happened to patients with Social Anxiety Disorder appears as a sign of danger. Therefore, someone who encounters it must act through a defense mechanism. Sigmund Freud's theory uses the term defense mechanism to refer to a way people choose to diminish and overcome anxiety. When the individual deals with serious anxiety and emotional conflict, defense mechanism is activated. Defense mechanism is the ego's mental strategy for continuing to block harmful behavior while simultaneously reducing anxiety (Freud, 2010:3).

Sophie Kinsella's *Finding Audrey* is one of the novels which specifically portrays how social anxiety disorder is reflected in the character of the story. This novel tells a story about Audrey, a 14-year-old girl who shows off her fear feelings and worries about the problems of her life as a result of bullying. Audrey generally isn't like a normal teenage girl. She suffers from a social anxiety disorder which makes her frightened, nervous and cry when she interacts with others, especially strangers. But Audrey is wearing sunglasses to cover up the excessive fear that can be used to avoid eye contact. From that situation, the writer sees how bullying makes someone suffer from the social anxiety disorder as a major issue in this study to be discussed. After her social life, it affects her ability to interact with society, as well as how she uses defense mechanisms as her way of overcoming her social anxiety disorder is an important topic to be discussed as her central issue. The writer analyses the psychological conditions of Audrey in which the causes of her anxiety, types of her anxiety, her social anxiety disorder and her defence mechanism as the way to reduce her anxiety.

There are some previous related research that already discussed the novel and the issue. The first related study entitled *A John Coffey Character Analysis of Frank Darabont's The Green Mile Film Using Hamza's Theory of Anxiety Disorder* (2014). This study intends to analyze the personality of the primary character in the *Green Mile* film using Sigmund Freud's theory of anxiety disorder. The result shows John Coffey experienced a four-part anxiety disorder; generalized anxiety disorder, obsessive-compulsive disorder, panic disorder and

phobias. Additionally, the main character-suffering phobias are elaborated into three parts: specific phobias, and acrophobia.

Limant's second related study entitled *The Split Personality of Mort Rainey in Secret Window* (2013). The study portrays the psychological struggle of Rainey, and his anxiety disorder, which causes him to have a split personality. The study reveals the causes of an anxiety disorder in which Mort Rainey suffers. Through scene observation, dialog and Mort Rainey's script, the researcher reveals post-traumatic disorder as the main aspect of character anxiety disorder; the effect is phobia, obsessive-compulsive disorder, and generalized anxiety.

The third correlated study entitled *The Post Traumatic Stress Disorder Analysis of Two Major Characters in Chandra's Room* by Emma Donoghue (2019). This study intends to study two major characters that suffers with Post Traumatic Stress Disorder in Emma Donoghue's novel "Room." It analyzes the portrayal of PTSD, and they're portrayed in the novel as well as their defense mechanisms. The author applies qualitative method in this study. The writer uses Sigmund Freud's (1895) approach of psychoanalysis and the defense mechanism theory which Freud also revealed in 1894. The result of this study shows that after experiencing traumatic events such as sadness, sleeping issue, irritability, fear and nightmare, there are some PTSD symptoms portrayed by two main characters. They're doing some defense mechanisms to cope with the PTSD. They are denial, displacement and repression.

From the above third related studies, the similarity of those researchers with this research is that Sigmund Freud's theory analyzes the characters using anxiety disorder and defense mechanism. The difference between this research and these researchers is the novel and existing characters that will be used for analysis, and the types of anxiety disorder that would be analyzed, which is a disorder of social anxiety.

The researcher believes this research will be of benefit to the readers as this study will provide insight into how to deal with the psychological problem, especially real-life anxiety.

The researcher thinks that this novel is good to be known to the readers as it portrays on how anxiety that is resulted from bullying could affect so much to its victim.

1.2 Research Questions

Regarding the research background, the research questions are formulated as follows:

1. How is Audrey's social anxiety disorder revealed in *Finding Audrey* Novel by Sophie Kinsella?
2. How is Audrey's defence mechanism revealed in *Finding Audrey* Novel by Sophie Kinsella?

1.3 Research Purposes

The aim of the research in this study was to understand the anxiety of Audrey and to serve the best answers based on the research problems above. That is:

1. To reveal the social anxiety disorder suffered by Audrey in *Finding Audrey* Novel by Sophie Kinsella.
2. To reveal the defence mechanism by Audrey in *Finding Audrey* Novel by Sophie Kinsella.

1.4 Scope and Limitations

There are many areas in analysing *Finding Audrey* by Sophie Kinsella. Nevertheless, the researcher has only focused on the psychological analysis of the two research problems that are related to each other based on the content of the novel, they are social anxiety disorder, and defence mechanism. The researcher will only analyse the main character.

1.5 Significance of the Study

Based on the background and formulation of the problem, this research is expected to provide a deeper understanding of psychological approaches in literary works, especially on *Finding Audrey* novel and to be another reference for other researchers who carry out

psychological studies on aspects of anxiety, especially social anxiety disorder and how to deal with them using defence mechanism. This study aims to contribute to the method of developing literature studies on matters relating to the psychological aspects of human life. This research is also expected to enrich the psychological understanding of problems, specifically regarding the anxiety and defence mechanism, that can actually be seen from many perspectives.

