

MRS. WELLINGTON'S ANXIETY REFLECTED ON GITTY DANESHVARI'S *SCHOOL OF FEAR: THE FINAL EXAM*

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Abstract

This study is entitled Mrs. Wellington's anxiety reflected on Gitty Daneshvari's School of Fear: The Final Exam. This study aims to describe the symptoms, the causes, the effects, and the type of anxiety which is suffered by Mrs. Wellington. This study applies psychoanalysis theory by Sigmund Freud to analyze the anxiety that appears in Mrs. Wellington's character. The method of this study is a qualitative descriptive method. The study analyzes about the symptoms of anxiety that is suffered by Mrs. Wellington such as feeling anxious, being unable to think about anything but something that makes her anxious, and experiencing trembling, melancholy, and the deepest sadness. The study also analyzes the causes of Mrs. Wellington's anxiety. First, Mrs. Wellington's anxiety is caused by her stepson, Abernathy, who hates her since he suffers from novercaphobia or well-known as fear of stepmother. The second cause is Sylvie Montgomery, the nosy reporter who always uses her nose to get information or disgraceful secret of Mrs. Wellington and all her students to make an article in order to win the Snoopulitzer, a contest for reporter in Summerstone. There must be the effects after analyzing the causes. The effects of Mrs. Wellington's anxiety are very complete. She feels the behavioral effect, the emotional effect, and the cognitive effect of her anxiety. It can be seen from her negative feeling because something in her past, her experience trouble of concentrating, and she feels afraid everytime she thinks about her fears. Mrs. Wellington's anxiety is categorized of neurotic anxiety. Neurotic anxiety comes from id which is in the form of unconscious feeling so she often loses her emotion such as being sad, angry, panic, and so on. From the analysis, it can be concluded that Mrs. Wellington suffers from anxiety because her uncontrollable emotion, anxious, worried. Her stepson and Sylvie, the reporter, become the causes of her anxiety. She also feels the behavioral, emotional, and cognitive effects. Mrs. Wellington suffers from a type of neurotic anxiety as reflected in its symptoms, causes, and effects.

Keyword: anxiety, symptoms, anxious, neurotic

1. INTRODUCTION

One time, Freud says “life is not easy” (Zaviera, 2009: 97). It means that people always have problems in their lives. Not all of the problems in life can be solved easily. Usually, problems make us feel so irritated and frustrated. That distressing thing makes us think out loud until we cannot sleep. Unconsciously, that such a thing becomes behavior and because we are unconscious when the thing already become behavior, it is avoided. Everyone experiences symptoms of anxiety, but they are generally occasional and short-lived, and do not cause problems (Rector, Bourdeau, Kitchen, Joseph-Massiah, 2005: 5).

Human behaviour has a close relationship with the psychological aspect of the human itself. Some unusual behaviors can become the symptoms of a mental illness such as depression, phobia, panic attack, anxiety and so on. Anxiety itself is a behavioral issue that has been a common thing in some country. People who get anxiety usually feel anxious, or overly worry about bad things which are hard to control.

Fear and anxiety are universal human experiences that come and go in the course of life (Moss, 2002: 1). Anxiety appears when we are triggered of something that plays our emotion. The resulting emotion is in the form of feeling restless, anxious, overly worried and so on. The trigger for this emotion comes from anywhere. It can be from the outside or within. Such emotion can become behavior unconsciously and make life of people who suffer that thing messed up. It is hard for them to control their emotion and sometimes cannot do something well.

People often live with anxiety disorder for years before they are diagnosed and treated (Rector, Bourdeau, Kitchen, Joseph-Massiah, 2005: 1). They do not realize that they are experiencing something more dangerous than just feeling stressed. When people get triggered by something they fear of, they will feel uneasy and anxious. Some of them are experiencing strange things in their body such as sweating a lot or tremor. Because of the consciousness of what is being experienced, people usually ignore it and assume that it is normal thing so that their anxiety becomes worse.

According to Freud, there are three important conceptualized parts of human personality that are well-known as id, ego, and superego. Anxiety is the function of ego to alert the individual of possible imminent danger so that the appropriate adaptive reaction can be prepared. Anxiety itself has a function as mechanism to protect the ego because anxiety signals when there is danger and if there is no proper action taking the danger will increase until the ego is defeated. Generally,

someone who has experience anxiety usually cannot focus on something, has difficulty concentrating, and cannot feel relaxed.

Psychological analysis is about analyzing a person's behavior by their psychological point of view. In this study, the researcher will analyze the anxiety that is suffered by Mrs. Wellington in *The School of Fear: The Final Exam*.

The researcher chooses the character of Mrs. Wellington in novel *School of Fear: The Final Exam* as material object. Mrs. Wellington is the headmistress of School of Fear. She usually helps treat children in reducing or eliminating their phobia but in this time, she could not do that because she gets some problems. Silvy Montgomery, a nosy reporter is planning a scandalous expose on eccentric Mrs. Wellington and her unorthodox teaching methods, and the news is sure to put an end to the school. Besides her problems with Sylvie Montgomery, she also has a problem with her stepson, Abernathy. Abernathy suffers novercaphobia which well known as fear of stepmother. Mrs. Wellington wants to improve her relationship with her stepson but it is hard for Abernathy to do so because he feels Mrs. Wellington has broken his relationship with his father. In this case, Mrs. Wellington feels so worried about the reporter because she will not lose her school and she is anxious if her stepson would hate her forever.

The researcher is interested to analyze the character of Mrs. Wellington in the novel *School of Fear: The Final Exam* because Mrs. Wellington shows expression of anxiety that she exactly has to face it. By looking at the problems found above, the researcher wants to analyze about the psychological aspect that is Mrs. Wellington's anxiety using psychoanalysis theory of Sigmund Freud.

2. REVIEW OF RELATED LITERATURE

The researcher found two studies to be objects to discuss. The first thesis entitled *Anxiety Disorder In J.K Rowling's Harry Potter And The Philosopher's Stone, Harry Potter And The Chamber Of Secret, And Harry Potter And The Prisoner Of Azkaban* was written by Reti Yulisa Marani, English Department Faculty of Letters Jember University 2014. This thesis elaborates about Harry Potter as the main character who feels anxious about his unlucky life and in the next he gets suffering from this feeling. Harry Potter as a wizard boy lives with his uncle and his aunt, Vernon and Petunia Dursley, but they always treat him badly. Since his parent has died, he has to live with the Dursley family who never love him. These novels describe about a child who experiences bad treatment physically and psychologically. All kinds of bad treatment make him feel anxio

us about his life. Mostly, the feeling anxious of child happens because of the wrong treatment or abusive treatment done by the parent. The children, who lack of affection, will deny almost opportunities for joy and happiness. Through psychoanalytic point of view, the researcher analyzes the condition of emotion of Harry Potter when he gets painful experiences of his childhood.

The study above focuses on anxiety of the main character as the subject matter. The main character of the novel is Harry Potter, so the researcher would like to analyze anxiety that is felt by Harry Potter. The method of the study is descriptive qualitative and the theory of the research is theory of anxiety disorder by Sigmund Freud.

The second previous thesis is *Anxiety and Defense Mechanism of Anne Frank as Depicted in Diary of A Young Girl* which was written by One Ivonda Riawandono, English Department, Faculty of Arts and Humanities, State Islamic University of Sunan Ampel Surabaya, 2018. This thesis talks about a memoir of the writings from the Dutch language diary kept by Anne Frank while she was hiding for two years with her family during the Nazi occupation in Netherlands. Annelies Marie Frank was born on June 12, 1929 in Frankfurt, Germany. She was the second daughter of Otto Frank and Edith Frank Hollander. Her sister, Margot, was three years older than Anne. The family was Jewish and German. The Frank and Hollander families had lived in Germany before they moved to the hiding place. At the beginning of 1933, the Nazi party came to power in Germany, Hitler was responsible for the government. There was a discrimination for Jewish which made Anne's parents no longer feel safe. Otto and Edith Frank decided to leave Germany and moved to Amsterdam where they went into the hiding. The Frank family felt free and safe, until the German Army invaded Netherlands on May 1940 when the Netherlands occupation also began. The family eventually forced to hide in the back of the bookcase where Anne's father worked. On July 30 the Van Daan family, Mr. Van Daan, Mr. Pels and their son Peter Van Daan also joined Frank family in the hiding place, it was known as Secret Annex. They managed to hide there for two years before they were taken to concentration camps. The Diary of Anne found scattered on the floor when the family were taken to the camp. Only Anne's father, Otto Frank survived in the camp.

The study above focuses on anxiety and defense mechanism of the main character as the subject matter. The main character of the novel is The Young Girl who is Anne Frank, so the researcher would like to analyze anxiety that is felt by Anne Frank and how she reduces her anxious with defense mechanism. The method of the study is descriptive

qualitative and the theory of the research is theory of anxiety disorder and defense mechanism by Sigmund Freud.

In this case, the similarity among both of the previous studies and this research is the theory that is the novel used. The researchers of the previous studies above analyzed using theory about anxiety to find types of the anxiety suffered by the character. While the difference among the previous studies and this research is the object of analysis. The researcher of the previous study is using the main character as an object of analysis. The first previous study uses Harry Potter and the second one uses Anne Frank as an object. But the researcher of this research uses the figurative character who is Mrs. Wellington as an object of analysis. And then another difference thing is between the second previous study and this research. The researcher of the second previous study analyzes the defense mechanism of the main character but this research analyzes the anxiety itself. The novel that is analyzed is different of each other. The first previous study uses *Harry Potter*, the second previous study uses *The Diary of A Young Girl* and this research uses *School of Fear*.

3. METHOD

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There is a very strong correlation between literature and psychology for the fact that both of them deal with human beings and their reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts and reconciliations; individual and social concerns, by means of varied concepts, methods, and approaches (Aras, 2015:251). Psychological approach to literature is a way to analyze based on psychology point of view and to avoid the assumption that literature is always talking about human life which is reflection of the way people face against their life (Harjana, 1991:60). Psychology of literature means the psychological study of the writer, as type and as individual, or the study of the creative process, or the study of the psychological types and laws present within works of literature, or, finally, the effects of literature upon its readers (Wellek and Warren, 1963:81). As it has said by Wellek and Warren, the writer uses some points of it. The writer uses psychoanalysis as the psychological types and laws present within this literary works. The psychoanalysis uses to identify anxiety of the character in this literary works. Because anxiety as the topic of this study is one of psychological problems, this study uses a psychological approach.

This study uses qualitative descriptive method in order to analyze, describe, identify, and classify the data which agree with the topic. John

W. Creswell (2003: 19) defines that qualitative approach is constructivist knowledge claims, phenomenology, grounded theory, ethnography, and narrative. According Vanderstoep and Johnston (2009:7-8) qualitative research is a research that produces narrative or textual descriptions of the phenomenon under study, so the researcher provides a richer and more in depth understanding of the population. The study contains the quotations and descriptions of the author from the data illustrating and substantiating the presentation. The primary data are mainly taken from the novel itself and the references are taken some books about anxiety disorder that are related to the problem in the study.

This study uses *School of Fear: The Final Exam* by GittiDaneshvari which is the third series and also the last series of the novel that contains 325 pages and 23 chapters completely as the data source of this research. The data are in the form of quotations taken from the novel. Others references such as academic journal, thesis, and some relevant written materials are used to support the analysis of the novel. The instrument used in this research is the researcher herself as the participant observer. The writer arranges the research design, collects the data, and analyzes the data. The writer read a novel by GittyDaneshvary's novel *School of Fear: The Final Exam* to get the data. Robson (1995:195) states that the observer is the research instrument. Great sensitivity and personal skills are necessary for worthwhile data.

There are some techniques to get the data, reading, and understanding the novel are important for data collection technique in this research. Reading and understanding the novel are aimed to get description of the content of the novel.

The data of this study are obtained from the following steps:

1. Reading the novel in details, in order to understand the whole story well.
2. Choosing and selecting the data dealing with each problem of this research.
3. Giving mark on the data such as underlining each dialogue and description of the author.
4. Classifying the data into three forms: symptoms, causes, and types.

After the data are collected, the data from the dialogues and description of the author are analyzed by using this following steps:

1. Confirming the data into the theory that is chosen to be used appropriately.
2. Beginning to do paraphrasing the dialogues and description of the author that relate with the theory and problem statements.
3. Analyzing the data about the symptoms of anxiety.
4. Analyzing the causes of anxiety.
5. Analyzing the type of anxiety.

6. Making conclusion based on the result of data analysis.

4. DISCUSSION AND RESULT

This chapter presents the analysis to answer the problem statements. This chapter provides the analysis of Mrs. Wellington's anxiety that occurs in *School of Fear: The Final Exam*. It has been explained in previous chapter that this research is aimed at finding the symptoms of anxiety, the causes, and also the type of anxiety suffered by Mrs. Wellington.

4.1. Representation Metafunction

Mrs. Wellington is an eccentric headmistress of School of Fear. She has unorthodox teaching methods to teach her students face their phobias. Mrs. Wellington has to face her greatest fears such as Abernathy, her stepson who hates her because he suffers from novercaphobia or well-known as fear of stepmother and lose her school. Because of both of her fears, she has to suffer from anxiety. There are some common symptoms that become the sign of Mrs. Wellington's anxiety. The symptoms can be known from her feeling, thinking, and experiencing of which is analyzed below.

4.1.1. Feeling

One of the symptoms of anxiety is feeling. Some of the sign of feeling are anxious, afraid or worried most of the time, nervous, panicky, irritable, and agitated. It is illustrated in this statement. Basmati tells Mrs. Wellington that if she cannot find Toothpaste as soon as possible, he will shave her left eyebrow. She cries and feels worry because she will not lose her left eyebrow. She will not be living her life with just an eyebrow. The time is running out but Mrs. Wellington still cannot find the bird. She is very panic and she does not know how to find the bird. This can be seen in the quotation below.

"Contestants! We haven't much time! This man is going bananas! Where is the bird?"

"Schmidty, hide him!" Mrs. Wellington hollered frantically.

"Contestants, hurry!" (Daneshvari, 2012: 293)

Mrs. Wellington is panic so much. She asks all of her students to find the bird but they find nothing. If she cannot find the bird, not only her left eyebrow which will gone but also Basmati will turn Abernathy out to against her. She asks Schmidty to hide Abernathy from Basmati. And

Basmati is being crazier because Toothpaste still cannot be found. From all the events analyzed above, it can be concluded that Mrs. Wellington feels so many feelings which are the symptoms of anxiety and there is also a statement declares that Mrs. Wellington has anxiety.

4.1.2. Thinking

After Mrs. Wellington has felt the feeling of anxious, worry, nervous, and so on, she also has thought that there is something wrong with her. The thought that can be the symptoms of anxiety such as she thinks that she cannot focus on another thing but her anxious, she cannot calm herself down, she cannot think clearly and she thinks that strange thing has happened to her. Thinking as the symptoms of anxiety can be read as the following quotation.

As they waited for an answer, a tremendous and unexpected sense of failure took hold of her. For all her success as a teacher, she had failed the student who mattered most: her stepson. Suddenly teary-eyed, the old woman distracted herself by smoothing imaginary wrinkles on her periwinkle skirt. There simply wasn't time for such emotional indulgence. Basmati was the last line of defense, and Mrs. Wellington needed to be as strong as possible to deal with him. (Daneshvari, 2012: 141-142)

As the statement above, Mrs. Wellington feels that she has failed to teach Abernathy to reduce his phobia. She cannot handle his stepson by herself even she has asked her students to help her, but they all cannot face it yet. Her thinking of failure is her anxious because Abernathy still hate her. It is also proven that her thought of failure to teach Abernathy is the thinking symptoms of anxiety.

4.1.3. Experiencing

Not only feeling anxious and cannot thinking clearly which are the sign of feeling and thinking as the symptoms of anxiety, Mrs. Wellington also has experienced such as trembling, regret, melancholy, and so on as the symptom of anxiety. Mrs. Wellington feels some symptoms of anxiety, not just feeling or thinking but also experiencing.

“Madame is experiencing emotions such as sorrow, regret, and melancholy for the first time in decades, and understandably she's rather overwhelmed,” Schmidty explained as the old woman wiped away tears. (Daneshvari, 2012: 17)

The old man Schmidty, her loyal servant, tells her experiences are the new things that he is just known in decades. Mrs. Wellington shows

the symptoms such as sorrow, regret, and rather overwhelmed by melancholy feeling. It can be concluded that her experiencing shows she suffers anxiety unconsciously.

4.2. Causes of Mrs. Wellington's Anxiety

Mrs. Wellington suffered anxiety because there are some things that make her anxious. Those are Abernathy, her stepson and Sylvie Montgomery, the nosy reporter.

4.2.1. Abernathy

The first meeting of Mrs. Wellington and Abernathy is when Mr. Wellington, Abernathy's father, comes to School of Fear to send him to school in order to heal his phobia of stepmother. Without realizing it, his father madly falls in love with Mrs. Hersterfield, who then becomes Mrs. Wellington. She is trying to unite with Abernathy because she loves her stepson as her own son. She is afraid if she cannot be with her stepson anymore. Two greatest fears which are made her live lonely. Other than that, Abernathy always growls at Mrs. Wellington that is triggering her emotion. How can Mrs. Wellington not anxious if her stepson, the only stepson she loved is hate her so much. The hatred of Abernathy to Mrs. Wellington is a much. He always wants to berate Mrs. Wellington even she is not around him.

"That is not true! If she had left me and my father alone, everything would have been fine! I wouldn't have had to break my promise! I would have had a normal childhood, and maybe even turned into a normal adult!" (Daneshvari, 2012: 211)

Basmati reverses his words until Abernathy confused by his own words in order to heal him from his phobia but before Abernathy is held by Basmati, he will be rough and say something bad over and over again to Mrs. Wellington. Everything that he has done to Mrs. Wellington causes her suffered from anxiety.

4.2.2. Sylvie Montgomery

The cause of Mrs. Wellington is not only Abernathy but also Sylvie Montgomery. The only one who wants Mrs. Wellington to lose her school is Sylvie Montgomery. Sylvie is the nosy reporter who always uses her nose to get disgraceful secrets of Mrs. Wellington and all her students in order to make an article to win Snoopulitzer, the contest for reporter only. This is proven as this quotation.

“Leave the students out of this!” Mrs. Wellington snapped ferociously at Sylvie.

“It’s a little late for that. I’m including all their weird and embarrassing secrets in the article. It will make the story all the more compelling to the Snoopulitzer committee,” Sylvie announced proudly as Mrs. Wellington slammed the door. (Daneshvari, 2012: 91)

Actually Sylvie wants to know the secret of Mrs. Wellington the most but she cannot get it because all the students won’t let her in. So, Sylvie has found a way to make the students tell about Mrs. Wellington’s secret that is by telling their own embarrassing secrets to themselves.

4.3. Effects of Mrs. Wellington’s Anxiety

Abernathy, her stepson and Sylvie Montgomery, the nosy reporter are her major causes of Mrs. Wellington’s anxiety. If there are the causes of her anxiety, there are also the effects of it. She is in danger of losing her school and cannot make peace with her stepson, Abernathy, if the article that is made by Sylvie is published in Snoopulitzer. The effects of her anxiety can be classified into three kinds.

The first is the behavioral effect of her anxiety. She feels the negative feeling because something in the past. It is proven in this statement. “That boy has been a dark cloud over my life, haunting me, torturing my every second! And yet he’s angry with me? What have I ever done to him, besides love his father?” (Daneshvari, 2012: 71)

The second is the emotional effect of her anxiety. She experiences trouble of concentrating. It is proven in this quotation. “Please, Madeleine, I’ve come to you for your sensible British advice, I need help. Something is very, very wrong with me....” (Daneshvari, 2012: 11)

The third is the cognitive effect of her anxiety. She feels afraid everytime she thinks about her fear. Her fears here are Abernathy and losing her school. It is proven in this statement. “There was an understandable urgency in the air as Mrs. Wellington prepared to face her two greatest fears: Abernathy, and losing the school.” (Daneshvari, 2012: 6)

4.4. Type of Mrs. Wellington’s Anxiety

Mrs. Wellington has to face her two greatest fears but she often loses control. Her emotion such as being sad or mad, panic, worried, anxious, and depressed come so suddenly. According to Freud, there are three types of anxiety such as neurotic anxiety, moral anxiety, and the last is reality anxiety (Zaviera, 2009: 97). From the three types of anxiety above, there is a type of anxiety which is suffered by Mrs. Wellington that is, neurotic anxiety. Neurotic anxiety can not be controlled by the id.

It is the feeling when a person cannot control her anger, sanity or her common sense. The reason why Mrs. Wellington is compatible with neurotic anxiety is because her symptoms are almost the same as this type. She feels worried, anxious, emotional, and panic. Those are also the symptoms of neurotic anxiety. The types of anxiety that is best for Mrs. Wellington is only neurotic anxiety because the symptoms which she feels is similar with the symptoms of this type such as being anxious, worried, being unable to control her emotion, and panic.

5. CONCLUSION

This chapter provides the conclusion as a result of the analysis of Mrs. Wellington's anxiety. After analyzing the symptoms that Mrs. Wellington feels and experiences, it can be concluded that Mrs. Wellington suffers from anxiety disorder. The sign of the symptoms can be categorized into three kinds: feeling, thinking, and experiencing. The symptoms of feeling are such as being anxious, worried, and panic. The symptoms of thinking are such as being unable to think about another thing except the things that she is worried about. The symptoms of experiencing are such as trembling, melancholic, and sad. There are two causes that make Mrs. Wellington suffers from anxiety. The first is Abernathy, her stepson who suffers from claustrophobia or well-known as fear of stepmother. That is why Mrs. Wellington feels so frustrated with him because she does not want him to hate her and she wants to unite with him. The second cause of Mrs. Wellington's anxiety is Sylvie Montgomery, the nosy reporter who always uses her nose to get information or disgraceful secret of Mrs. Wellington and all her students to make an article in order to make her win the Snoopulitzer, a contest for reporter in Summerstone. She wants to make an article which tells destruction and unhappy ending of School of Fear. Mrs. Wellington is afraid if she will lose her school and her stepson still hates her if the article has been made. Because of the causes that make Mrs. Wellington suffered from anxiety, Mrs. Wellington feels the three major effects of her anxiety. First is behavioral effect of Mrs. Wellington's anxiety. She feels negative feeling because something in the past. Second is the emotional effect of Mrs. Wellington's anxiety. She experiences trouble of concentrating. The last of the effect of Mrs. Wellington anxiety is the cognitive effect. She feels afraid everytime she thinks about her fears.

The type of anxiety that she has suffered is neurotic anxiety. Neurotic anxiety comes from id which absolutely makes her feeling change fast such as worrying, crying a lot, being nervous, having uncontrollable emotion, and so on. She feels those things intensely.

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