

# ALIENATION IN NICOLA YOON'S EVERYTHING, EVERYTHING

**Farida Diah Pratiwi**

Fakultas Ilmu Budaya, Univeristas 17 Agustus 1945

[Faridasyfii7@gmail.com](mailto:Faridasyfii7@gmail.com)

## **Abstract**

This research aims to discuss the issue of alienation in novel entitled *Everything, Everything* written by Nicola Yoon. The objective of the research is to analyze, how alienation is depicted in the novel, the factors that cause alienation presented in *Everything, Everything*, and how does Madeline face alienation in the novel. This study uses references from journals, books, internet articles, and other sources that can support this research. The data analysis technique of this research is qualitative research. The result of the study that the individual is feeling helpless, feeling that the world is empty or meaningless, feeling left out of conversations or events, feeling different or separate from everyone else, having difficulty approaching and speaking with others especially parents, feeling unsafe when interacting with others, refusing to obey rules. The factors that causes alienation presented in Nicola Yoon's *Everything, Everything* is health-related causes, social causes, causes in adolescents, and parental causes.

**Keywords:** *Alienation, Psychological Approach, Symptom.*

## **1. INTRODUCTION**

Alienation is a term for some forms of separation from society. The subject that can experience alienation can be an individual or community from some aspects of society. As for the individual, Fromm defined an alienated person is one who are not in touch with others. He stated it with a phrase "out of touch with any other person." In larger a form, Alienation is that others have become alien to man (Froom, 1966: 90). Fromm speaks of alienation from others in connection with the lack of "harmony". In this context, a man is alienated from society when he fails to relate himself to others.

Alienation can be viewed as a philosophy, a theory, a philosophy, a pragmatic reality, or can simply be rejected as a fictional state of mind. Alienation is a literary device that has been inscribed from the beginning of any kind of creative writing in literature, only that different writers from different perceptions and points of view have addressed the theme differently.

As a theory, alienation can be applied to some element of literary work. In this case, the literary work that is going to be analyzed is the novel *Everything, Everything* by Nicola Yoon. She is a Jamaican writer who portraits the life sick person. Has struggled to feel the world outside her home and break her mother's rules.

The main problem of this research is Alienation for Freedom toward Madeline in the novel *Everything, Everything* written by Nicola Yoon. The writer formulates the following research questions (1) How alienation is depicted in *Everything, Everything* novel? (2) The factors that cause alienation presented in *Everything, Everything*? (3) How does Madeline face alienation in *Everything, Everything*?

## **2. REVIEW OF RELATED LITERATURE**

### **Alienation**

The development of man's personality and factors responsible for alienation are subject to the influence of human existence on social conditions. Self-alienation is the most important among all forms of alienation, according to Fromm. Self-alienation is the lack of, or a complete loss of, self-awareness. He considers feelings-related self-alienation.(Fromm,1955: 120)

### **Symptoms**

Based on Barclay (2019) there are several symptoms of alienation. The alienation has several common symptoms. They are feeling distance from certain social environment such as environment of work, family, and friends. In addition, there are other kind of symptoms of alienation. They are mentioned as follow:

- feeling helpless
- feeling that the world is empty or meaningless
- feeling left out of conversations or events
- feeling different or separate from everyone else
- having difficulty approaching and speaking with others, especially parents
- feeling unsafe when interacting with others

- refusing to obey rules

Moreover, alienation can be also indicated by several symptoms of the pressure such as having a poor appetite or overeating, sleeping excessively or having insomnia, being fatigued, lacking self-worth, having feelings of hopelessness.

## **Cause of Alienation**

### **a. Health-related Causes**

The consequence of a mental or physical circumstance may be alienation. Mental health problems and any symptoms that can cause a person to feel singled out or isolated are possible health-related causes of alienation. There may usually be other signs that continue for more than a few days when alienation has health-related causes.

### **b. Social Cause**

Social triggers are generally measure by how you feel isolated from other people, their world, or yourself, or someone you know. Changes in your life, for example, can cause alienation, such as changing jobs or schools and moving from one location to another.

### **c. Job-related Causes**

Work alienation happens when a person in the workplace feels estranged from what they make. This disconnection can cause discontent and a sense of isolation from the job they do, theirs, their colleagues, the world, and themselves.

### **d. Causes in Adolescent**

Among teenagers, alienation is normal. In early childhood, it may also be a side effect of commitment to a parent or caregiver. The major shifts in their zone of comfort. As kids grow, adults or the values with which they were raised will begin to mistrust them. Teens are also able to feel disconnected from their parents, educators, and peers.

### **e. Parental Causes**

Parental alienation is a concept that, like not being present, narrowly defines negative, alienating actions exhibited by a parent. Parental alienation syndrome in children is defined as psychiatric, particularly in the context of divorce. It may also be an excuse for a reluctance by a child to visit a parent. A parent's rejection has several variables. These can include interactions between both parents and the child's feelings of vulnerability. This is not the same alienation a

child may feel towards a parent, especially if the child severs ties with that parent as an adult, which is abusive.

### **3. METHOD**

This study applies library research. This method is the most relevant method among others. This study is a descriptive qualitative study. Qualitative research aims to examine popular trends in thought and opinion, generating ideas or hypothesis, and provides insight into the setting problem (Nunan, 2000: 4).

Using psychological approach, this study tries to indicate data that is related to psychological aspects. The psychological approach is an effort to locate and demonstrate a certain recurrent pattern. Psychological approach is used to find out how Madeline, as the main character in the novel *Everything, Everything* survives her life.

This data for this research is novel *Everything, Everything* by Nicola Yoon which consists of 320 pages. It was published by Spring. Another data source is some books relevant to the novel's analysis. Those books are used as a reference in answering the research problems.

The procedure of data collection is firstly, the writer read the novel comprehensively, then collect the data which are related to the topic of discussion. After collecting the data from the novel, the writer begins to analyze the data. The analysis begins with identifying the character's deeds and behaviors. After that, it is continued with Classifying the data based on the theory of Alienation. The discussions are divided into some points. They are the symptoms, causes, and effects of alienation. The discussion presented is the conclusion of the writer interpretation based on the theory mentioned before. It also presented with the data collected in form of script of the novel.

### **4. ANALYSIS**

The writer will analyze the problem that is included in the problem formulation in chapter 1. In the first analysis, the writer will find alienation depicted in the novel *Everything, Everything* that is written by Nicola Yoon. In the second part, the writer will find the factors that cause alienation in *Everything, Everything* novel. And the third, the writer will analyze how Madeline faces alienation in Nicola Yoon's work which is novel entitled *Everything, Everything*.

#### **4.1. Alienation Depicted in *Everything, Everything* Written by Nicola Yoon**

##### **4.1.1. Distance from friends**

For seventeen years, Madeline has been at home without ever leaving her house. She never met anyone other than her mother, her nurse, and her daughter's nurse. Her time is spent reading novels. However, the desire to enjoy her life as a teenager emerges from her own feelings when she is eighteen years of age.

Madeline has a lot of books, she has also read the books she has. Madeline can also beat people who like to read. It happens because Madeline has plenty of time to read books. Everyday Madeline only spends time reading storybooks and only meets her mothers and the nurse.

I don't know why I do this. There's no one else here except my mother, who never reads, and my nurse, Carla, who has no time to read because she spends all her time watching me breathe. I rarely have visitors, and so there's no one to lend my books to, there's no one who needs reminding that the forgotten book on his or her shelf belongs to me."(Yoon,2015: 1-2)

Based on the quotation above, it can be seen that Madeline just spends time at home especially in her room. Madeline has a lot of books in her room, she takes such great a care of them that every book is named. Madeline also imagines how she wouldn't have to remind someone to return her book. Of course, Madeline realizes that no one else borrows her book, neither her mother nor her nurse.

#### **4.1.2. Having difficulty approaching and speaking with others**

Once a new neighbor visited Madeline's house, Madeline was very enthusiastic because Madeline finds out that it is her new neighbor, the Olly family. Madeline often peeks at her new neighbor from her bedroom window. Madeline is eager to greet him in person but that is not possible. Carla moves to stand behind me, her hands pressing down lightly on my shoulder. I know I should stay here. I know I'm expected to. Certainly, I expect myself to, but somehow, today, I just can't. I need to know who it is, even if it's just a wayward traveler. (Yoon, 2015: 28). The symptoms happens because having difficulty approaching and speaking with others. In the quotation above Carla pressing Madeline's hands to prevent she follow her mother to meets her neighbors.

Madeline's mother is extra cautious and her mother won't let anyone past the airlock except her mother and the nurse Carla. Of course, Carla, as her nurse, prevents Madeline from following her mother who is welcoming her new neighbor at their house. Carla also doesn't want Madeline's mother to scold her for not being right to look after Madeline. As in the following quotation: The airlock is a small sealed room surrounding the front door. It's airtight so that no potential hazards

can leak into the main house when the front door is open. I press my ear against it. At first, I can't hear anything over the air filters, but then I hear a voice. (Yoon, 2015: 28)

#### **4.1.3. Feeling different or separate from everyone else**

Madeline's house is more comfortable and peaceful home. Her mother is exceptionally concerned about approximately every idea of the house. She wants Madeline to be happy even at home. So, her mother build an airlock in her house so that any noise outside doesn't bother her daughter because her mother didn't want strangers to visit her house. Everything that goes into the house must be clean, as in the following quotation: Without sharing the truth about me, there's no hope that this Bundt cake has passed proper checks, and I can see my mom struggling to figure out how to tell them she can't take the cake. (Yoon, 2015: 29) It can be seen that Madeline's mother does not want others to know her daughter's condition. It's just that her mother that thinks this doesn't need to be explained to others. Therefore she refuses to give the cake without reason. The symptoms of alienation happens because her mother didn't want strangers to know about her family especially her daughter condition.

### **4.2. The Factors that Cause Alienation in Nicola Yoon's *Everything, Everything***

#### **4.2.1 Health-related Causes**

Madeline experiences alienation due to her physical condition, so she could not feel the outside world and meet other people. Madeline's disease is very difficult to identify. So far, Madeline knows that she has a very rare disease, it's a form of *Severe Combined Immunodeficiency* know as "bubble baby disease". As in the following quotation: My disease is as rare as it is famous. It's a form of Severe Combined Immunodeficiency, but you know it as "bubble baby disease." (Yoon, 2015: 3). The symptoms can present because Madeline has a disease. It was what causes she to stay at home until she recovered from her illness.

I'm allergic to the world. Anything can about sickness. It could be the chemicals in the cleaner used to wipe the table that I just touched. It could be someone's perfume. It could be the exotic spice in the food I just ate. It could be one, or all, or none of these triggers, but everyone knows the consequence. According to my mom, I am, lost died as an infant. And so I stay on SCID row. I don't leave my house, have not left my house in seventeen years" (Yoon, 2015: 3)

Based on the quotation above, Madeline knows about her condition that the disease is unpredictable. So far, Madeline is not aware of her illness. She for searches the illness on the internet and also get information from by her mother. And Madeline isn't too worried about her current state either.

#### 4.2.2. Feeling different or separate from everyone else

When Madeline is on vacation with Olly in Hawaii, initially Madeline is healthy and doesn't feel any pain. She has previously taken precautions, such as carrying the necessary medical equipment and medicines. Madeline finds herself shivering, but what she feels not only shivering but she feels her body also shakes, her head hurts, and bruises appear on her body. Olly panics and he immediately calls the nearest hospital in Hawaii. He feels that the drugs Madeline was carrying at the time had no longer reacted. As soon as possible, the Hawaii Maui Memorial Hospital sends Madeline home. The symptoms feeling different or separate from everyone else happens because people, in general, will prepare goods for the holidays such as clothes and food. Different from Madeline she has to prepare medicines just in case she was in pain.

Two months have passed since the events in Hawaii. Madeline got an email from Dr. Melissa Francis a doctor from Maui Memorial Hospital in Hawaii. She told Madeline that she has studied the case that happened to her two months ago in Hawaii.

Whittier, Ms. Whittier,

You don't remember me, perhaps. Dr. Melissa Francis is my name. You were in my care for a few hours two months ago at Maui Memorial in Hawaii. I felt that contacting you directly was important. You need to know that I've very closely studied your case. I don't think that you've had, or have ever had, SCID. I know it's got to be a shock. Here I have attached quite a few test results and I recommend that you get a second opinion (and a third one). I think you should get another doctor to verify my findings in addition to your mother. A doctor should never practice with his family. The one in Hawaii is my medical opinion. You had a myocarditis episode triggered by a viral infection. Given what I can assume about the nature of your upbringing, I believe your immune system is particularly fragile. With any questions you may have, please feel free to contact me. Have good luck. (Yoon, 2015: 262-263)

About the quotation above Dr. Melissa Francis highly recommends Madeline to find out more about her disease. She must know about his illness from doctor Melissa Francis and her mother should not be the doctor for her daughter. And Dr. Melissa Francis feels that Madeline's experience two months ago was not or may not have anything to do with her previous illness, namely SCID.

Madeline tries to prove does the words of the letter she gets from Dr. Francis and trying to find out the truth that she does not have SCID. Madeline tries to search through her mother's notes in her study. Finally, she finds what she is looking for in her mother's study, as in the following quotation: It doesn't take me long as I search for it to remember that I was a sick kid. I found records of childhood sick-visits of rashes, asthma, eczema, colds, fevers, and two ear infections,

all until I was four months old. I'm looking for lactation and infant-sleep consultant receipts. (Yoon, 2015: 272)

### **4.3. How Madeline faces Alienation in Nicola Yoon's *Everything, Everything***

#### **4.3.1. Health-related Causes**

Madeline has been at home for 17 years without ever leaving her house. She never knew anybody other than her daughter's mother, nurse, and nurse. Her time is spent reading novels. The ability to enjoy her life as a teenager comes from her own feelings as she turns eighteen years old, however. As in the following quotation: This year is a little harder than the previous. Maybe it's because I'm eighteen now. Technically, I'm an adult. I should be leaving home, going off to college. My mom should be dreading empty-nest syndrome. But because of SCID, I'm not going anywhere. (Yoon, 2015: 10). The symptoms of alienation health related causes happens because Madeline have a disease.

Madeline knows that because she is now eighteen years old, which means she was already an adult, she needs to settle on a life decision. She also reminds her mother of her wish for her eighth birthday. As in the quote below: "What did you wish for?" "As soon as I open my eyes, she asks. There is only one thing to be desired—a miracle remedy that helps me to run around like a wild animal outside, but I never hope that because it's unlikely (Yoon, 2015: 11)

#### **4.3.2. Having feelings of hopelessness**

It can be shown that, while she feels it is unlikely to happen, Madeline has an urge to be like a regular girl. Then, however, she allows herself to be positive about her own life.

I realize yet again, for the thousandth time, how hard my illness is on her. It's the only world I've ever known, but she had my brother and my dad before me. She had been travelling and playing soccer. She had a normal life that did not include being cloistered with her sick teenage daughter for fourteen hours a day in a bubble. (Yoon, 2015: 30)

From Madeline's point of view, she often blames her situation. It's just that she does not know how to deal with her illness. She feels very guilty seeing her mother who does not live a normal like before when her brother and father were there. Mothers must always pay attention and take care of the condition of their daughter who is suffering from the disease.

Madeline makes this decision even if she knows her limits. Madeline has determined decisions and consequences for her life. Second, Madeline is very conflicted about her decision to fly with Olly to Hawaii, but not enough to deter her from fulfilling her plans. The journey opens



up new opportunities of driving to the beach for the first time by car and plane, wearing a swimsuit, and snorkeling.

"Help me, Olly, please. Please, please. I point at the Orrery. " He smiles. Where do you want to go? " He smiles. Where would you like to go? "Be serious, Mads. We're not going to be ready to go to Hawaii. "Be serious, Mads. We won't be ready to go to Hawaii. "Why not? I've got air tickets for us. I've booked a hotel for us. "Why not? I have plane tickets for us. I booked a hotel for us." "He places the key in the ignition, but he's not turning it around. " "Three thousand miles away is Hawaii." "Hence the airplane" (Yoon, 2015: 178)

The symptoms of alienation happens because she having feelings of hopelessness felt so far begins to turn into a life of meaning when she is with Olly. For the first time in her life she is in the outside world. Madeline feels grateful to Olly if it is not for his fault maybe until now Madeline would have remained cooped up in her own house. As in the following quotation: Before I knew him, I was satisfied. But now I am alive, and they're not the same thing. (Yoon, 2015: 181)

It can be seen Olly manages to support Madeline to fight the alienation. The alienation she has felt for seventeen years because of having a rare disease.

In this quotation, Madeline is trying something she has never done so far. Although it looks doubtful, Madeline must be optimistic about trying it to fight against the alienation of something new.

#### **4.3.3. Difficulty approaching and speaking with others**

Madeline's outward-world outlook makes her blind to her everyday existence. The quote below indicates that Madeline claims that life is just as amazing and not as complicated on the outside as her present life. The portrayal of the symptoms difficulty approaching and speaking with others that is Madeline feeling guilty about the happen before. Madeline wants to meet Olly and apologize that do her mother because ignore the cake *bundt* from his family. But Madeline is impossible to meet Olly in person because it was forbidden by her mother.

But it's tough to try to get back to my daily life because I can hear all of the outer world's sounds. I note things that I used to pay very little attention to. I hear a breeze that disturbs the leaves. I hear birds in the mornings gossiping. I see the sunshine rectangles that slip through my blinds and during the day make their way through the room. Time may be marked by them. It appears to be determined to get in, as much as I'm trying to hold the world out. (Yoon, 2015: 32)

The quotation above shows how Madeline feels that her routine is a little messed up for some reason. Olly is the reason Madeline doesn't do her routine well. As described on the previous page, Madeline feels guilty for Olly because her mother does not accept the cake from Olly's family. So that makes her not excited about carrying out his routine at home as usual.

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