

# Simon's Hysteria in Julia Quinn's Bridgerton: The Duke and I

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**Submission date:** 28-Jul-2022 09:00AM (UTC+0700)

**Submission ID:** 1876012717

**File name:** JURNAL\_UNTAG\_EMIRA\_BENAYA.docx (78.11K)

**Word count:** 6751

**Character count:** 33908

## Simon's Hysteria in Julia Quinn's *Bridgerton: The Duke and I*

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### ABSTRACT

The main character in the novel *Bridgerton: The Duke and I* by Julia Quinn is a young man who has a history of hysteria. This study aims to find out the symptoms and causes of hysteria and explain what the impact is and how Simon deals with his hysteria. This research provides theoretical and practical benefits for the development of literary studies in the future. This study uses Freud's psychoanalytic approach to analyze the psychological state of Simon's character by using aspects related to Sigmund Freud's Hysteria theory. Qualitative methods are also used wherein the data collected from the proposed research will be explained and provide conclusions for the current problems. Simon's hysteria can appear through several of the symptoms he experiences. This analysis also found several causes that caused Simon to experience these symptoms, namely wrong emotional training in parenting, failure, accepted curses, and unpleasant events in the past. This study explains that of the four causes that resulted in changes in Simon's life, Simon chose to see the meaning of his life in a different way. Simon only wants to live to hate his father, he does not want to marry and have children so that one day the heir of the Duke of Hastings will die with him but fate brings Simon to meet a young lady who is able to release his grudge and anger at his father and make him break all the vows he took to take a revenge.

**Keywords:** *Hysteria, Simon, Symptoms, Causes, Impacts*

**Submitted:**  
01 June 2022

**Accepted:**  
15 July 2022

**Published:**  
27 July 2022

### 1. INTRODUCTION

Hysteria is a social mystery (Sham, 2015:1), whether it is purely a psychological disorder or involves the influence of other mysterious elements. People who have experienced hysteria often say that they feel they are losing some bodily function even control over themselves. Back in the history of hysteria in ancient times, hysteria was once referred to as Conversion Disorder, Psychogenic Disorder, Non-Organic Disease, Functional Disease, or Medical Unexplained Disease (Zhao et al., 2018:1854) caused by unpleasant things. Most people think hysteria is a sign that the body is in convulsions and shows weakness. Still, this disorder also shows symptoms of dramatization, namely emotional overexpression, attention-seeking, seduction, and suggestion (Poupart, 2014:5).

As a psychological disorder that cannot be explained medically, hysteria has several factors that cause a person to experience this disorder. Freud believed that one of the factors that influence a person to experience hysteria is none other than sexual factors. The sexual factors in question are those usually caused by sexual violence and harassment or any form of trauma that refers to sexuality (Bogousslavsky & Dieguez, 2014:116). Other factors that can be found include feelings of guilt and suppression of emotions, vulnerability to demoralization, sadness, anxiety, stress, panic, and vulnerability to influence or other factors mentioned in the Western Perspective (Sham, 2015:1), namely individual internal factors. A person who experiences hysteria with the factors described above can experience the impact of significant changes in his life because this can affect a person's life mentally and physically. A person who experiences hysteria their health can decline. Not only is their

health disturbed, but the social and economic impact, even the sufferer's personality, is also disturbed (Zhao et al., 2018:1855).

Learning about psychology, such as psychological disorders, or what is being discussed, namely hysteria, trauma, and so on, is now not only through books that specifically discuss psychology. Now there are many literary works whose authors provide lessons about the psychology behind their works. In the psychological aspect, literary works result from the author's thoughts created unconsciously, then form sentences that are consciously called literary works (Mahmudah, 2018:16). Like a novel whose story is seasoned with psychological problems from the main character, a poem that describes the author's psychological condition, like a song that describes the writer's mood, and so on. Literary works related to psychology are also very popular with literary fans, both authors and readers. This makes them, the readers, feel that what they experience is represented in a literary work. As in *Julia Quinn's Bridgerton: The Duke and I*, Julia Quinn, as the author, embellishes her story with Simon's character, who is almost perfect physically but not mentally.

In the novel *Bridgerton: The Duke and I*, phenomena similar to those of hysteria are found. Psychological disorders such as hysteria generally provide different symptoms for each sufferer. In this novel, it is told that the main character, Simon has a family history that is considered not good. Simon's father is a Duke who is arrogant, ambitious, and obsessed with getting offspring who will continue his Duke title. An unexpected sign, the baby boy, was growing slowly in learning to speak. This made Simon's father so disappointed and angry that he suddenly shouted and insulted him every time he met and heard his son stuttering. Very disappointed, his father no longer considers Simon as his son because it is very embarrassing for him. Simon, who was still a child, had to face his father, who often scolded him and cursed him as an idiot child. This made little Simon have to be traumatized because he confronts his father.

The trauma that Simon experienced profoundly impacted his life as he grew up. Often when something triggered him and made Simon think of his father, he suddenly became moody or sometimes very emotional, and when he was angry, he chose to suppress it. He showed behaviours such as excessive anxiety, panic, and the image of his father appearing in front of him. However, when he chose to argue, every word that Simon spoke would stammer. When he experienced that, he decided to go and be alone. Simon's symptoms were similar to those of hysteria, such as excessive anxiety, often remembering unpleasant things, sensory and motor disturbances such as Simon's stuttering, and inability to control emotions that cause hysteria sufferers may become very hysterical if something or someone triggers him.

The choice of the novel *Bridgerton: The Duke and I* by Julia Quinn as research material was motivated by the desire to understand the symptoms, causes, and effects of hysteria and how Simon dealt with it. Because researchers believe that many people experience these psychological problems in real life, this study can represent how they feel about hysteria. Using Sigmund Freud's psychoanalytic approach, which focuses on his theory of Hysteria, the researcher analyzes the main character, Simon Basset, who has a bad family background, making Simon's behaviour categorized as someone who is experiencing hysteria. The researcher will prove it by analyzing each expression, word, and conversation and then interpreting the data based on hysteria theory as a reference in analyzing Simon's character psychology with the hope that readers can understand the content of the story from a psychological perspective and how the hysteria is represented in Simon's character in Julia Quinn's *Bridgerton: The Duke and I*.

## 2. METHOD

In this study, researcher used qualitative research as a research design. Qualitative research collects open data that emerges and then used to develop the theme. According to (Sastrawijaya, 2021:84) qualitative research concentrates on the meaning of revealing various qualitative information with detailed and nuanced descriptions to describe the state of the phenomenon accurately. So the method that the researcher uses is very suitable for this research, where this research focuses on revealing the phenomena that exist in the novel, such as the psychological state of the main characters in Julia Quinn's *Bridgerton: The Duke and I*. Although there are many methods for conducting this qualitative research, the research instrument is a fundamental step in collecting valid and reliable data (Lavee & Itzchakov, 2021:5).

In this qualitative research, the instrument used is the researcher himself. In conducting this research, the researcher did not use a special tool, but the researcher himself who carried out this analysis by reading, taking notes, looking for data to draw conclusions. In other words, from all the data that the researcher collects, the researcher will draw conclusions based on the researcher's own perspective<sup>12</sup>. That is called Human Instrument. This study describes things related to psychology in Simon's character based<sup>23</sup> the data that has been collected, both in the form of sentences and paragraphs contained in Julia Quinn's *Bridgerton: The Duke and I*; it is necessary to analyze the contents of the novel with the following steps: (1) Read repeatedly through the text from beginning to end; (2) Then, note taking every data that related to the topic in a notebook or computer; (3) Next, analyzing and interpreting data based on hysteria theory on Simon's character in *Bridgerton: The Duke and I*; (4) Then the last one is concluding.

## 3. RESULT AND DISCUSSION

### 3.1. The Symptoms of Simon's Hysteria

#### 3.1.1. Reminiscence Symptom

The first symptom of hysteria that Simon experienced was this reminiscence symptom. This symptom will make Simon recall all the events that traumatized him. When Simon was a child, Simon often got bad treatment from his father. In Clyvedon, Simon, who has no mother, lives with his nanny. It was his nanny who taught him many things. Simon's father, who was the Duke of Hastings, longed for a perfect son to succeed his title. When Simon's father came to visit his son, he found his son was not fluent in speech<sup>15.a</sup>. Simon was slow in learning to speak. His speech was stuttering. This is what makes Simon get bad treatment from his father. Often his father cursed Simon and even left his son and pretended not to have children. The Duke felt ashamed to have a child who stuttered, for him this was his greatest failure<sup>16.f</sup>. Many times Simon sent letters to his father, begging to visit him but there was no reply from his father<sup>18.h</sup>.

<sup>3</sup> *"The memories brought back the feelings. And Simon didn't want to feel like that young boy again. He didn't want to remember the number of times he'd sent letters to his father, only to wait in vain for a response."* (Quinn, 2020:242)

When Simon and Daphne got married, Simon brought Daphne to live in Clyvedon. Once Simon and Daphne arrived at Clyvedon, Simon felt uncomfortable. This was because Clyvedon reminded him of bad memories with his father, and Simon hated those memories<sup>17.e</sup>. In fact, without realizing it, any event, whether good or bad, will definitely leave an impression. Good events may always be remembered but bad events will cause trauma. After that, the symptom reappeared because Simon felt that memory could bring back those unpleasant feelings. Simon doesn't want to feel like a child

anymore<sup>[7.f]</sup>. He also **didn't want to remember** how many **times he had sent letters to his father**, asking him to visit him, but all he got was endless waiting<sup>[7.f]</sup>.

What happened to Simon strongly illustrates Freud's statement that the symptom of reminiscence are nothing but remnants and symbols of memories from certain (trauma) experiences (Bogousslavsky & Dieguez, 2014:115). Therefore, it can be concluded that when Simon remembers his bad childhood in Clyvedon, it reminds him of when he was a child. When he was scolded by his father because of his imperfection or when he sent many letters to his father but did not receive any reply. That's when he experienced reminiscence symptom.

### 3.1.2 Avoidance

Avoidance is also the symptom of Simon's hysteria. This symptom makes Simon avoid a situation that corners him or something that reminds him of something unpleasant. At the age of eleven, Simon has been able to speak fluently but there is a condition that can make him stutter again such as when he is angry or emotional. One day, Daphne and Mrs Colson were talking, Mrs Colson told the story about Simon's parents and how Simon's mother died after giving birth to Simon. Mrs. Colson said that a perfect child comes from a perfect seed too.

**1**  
*"And he knew she was right, so all he did was wrench himself away from her and storm out of the room."* (Quinn, 2020:276)

When Daphne and Simon had finished having sex, Daphne asked what he had spilled on their bedside. Daphne wondered if that was the seed Mrs. Colson was referring to. Simon answered Daphne's question ramblingly. Daphne concluded that it was the seed that would get her pregnant and that Simon had been deceiving her all along. So far, it's not that Simon can't have children, but that he doesn't want to. When Simon and Daphne argue over the matter, an angry Daphne tries to kick Simon out of her room. Simon became helpless; he felt that what Daphne said was the truth, but he didn't think he was wrong either. The only thing he was sure he could do at that point was to distance himself from Daphne. If he continued the argument, it could cause him to stutter again<sup>[7.k]</sup>.

**1**  
*"— he had worked his entire life to escape it, and now she had brought it all back with a vengeance"* (Quinn, 2020:288)

When Daphne and Simon make up and have sex again, Daphne, who already knows about the seed, decides to hold Simon while he climaxes, hoping that the seed will get her pregnant. This makes Simon very angry and makes him unable to stand the sight of Daphne. So Simon chose to run away and avoid Daphne. Actually Simon had no intention of avoiding Daphne, but he was trying to escape because of himself. He hated himself when something made him stutter, what Daphne did made Simon so angry that he stuttered. So he ran and left Daphne<sup>[7.n]</sup>. What happened to Simon, as explained above, explains that avoidance is closely related to avoiding or trying to avoid external memories, thoughts, or feelings and reminders of the traumatic event or those closely related to it (Yrondi et al., 2019:803). So this proves that what Simon did was one of Simon's ways to avoid his stuttering and also to calm down, without realizing that what he was doing was just to avoid rather than face the problems that befell him. So when Simon chooses to dodge, that's when he experiences avoidance symptom.

### 3.1.3. Emotional Attacks

Emotional Attack is the third symptom experienced by Simon. Simon often experiences excessive emotions and is also irritable. Simon's anger was justified. Everything about his father must have made him irritable. It started when little Simon stuttered causing his father to reject him as his son. His father left him when he was four-year-old and he pretended not to have any children. Then his father also



told the people that Simon was dead. When Simon was eleven years old, Simon went to see his father but his father refused to come and threw him out. Simon really hates his father because of the rejection<sup>[7.a]</sup>.

*"When you brought him up... it grabs at my mind. I can't stop thinking about him. It – it – it makes me extremely angry."* (Quinn, 2020:155)

So when someone or something reminded Simon of his father, he immediately became very angry or suddenly became quiet. Long story short, when Daphne told him that there was a Duke who was also good friends with Simon's father, Simon suddenly became gloomy and quiet. Simon's change in mood confused Daphne. When Daphne wants to leave Simon, Simon restrains Daphne and begs her to stay. Simon explained that his change in attitude was nothing but because Daphne was talking about her father, which he hated because Daphne was talking about him, this made him unable to stop thinking about his father. It made Simon very angry<sup>[7.c]</sup>.

In Amin's statement it was written that emotional symptom appeared, such as high emotional dependence, frustration, mood changes, and irritability (Amin, 2019:23). What happened to Simon greatly proves that statement that the slightest thing that reminds Simon of his father will change Simon. He could instantly transform and, worse, become so angry that what he felt like anger welled up inside him, churning in his stomach, pressing against his skin, until he thought he was going to explode<sup>[7.h]</sup>. Therefore, it can be concluded that when Simon feels the things mentioned above, that's when he experiences symptom of emotional attack.

#### 3.1.4. Sensory- Motor Symptom

*"The progress was slow, but Simon's speech did improve. By the time he was six, "d-d-d-d-d-d-d-don't" had turned into "d-d-don't."* (Quinn, 2020:7)

As a child, Simon was very slow in learning to speak. When Simon was two years old, Simon could not say a word<sup>[5.a]</sup>. At the age of four, Simon stammered a word<sup>[5.b]</sup>. At the age of six, he showed gradual progress<sup>[5.c]</sup>. Then at the age of eight, Simon managed to pronounce a full sentence without stuttering<sup>[5.d]</sup>. However, his weakness is when he is angry or emotional, his speech will stammer again<sup>[5.e]</sup>.

*"But his throat felt tight, and his tongue felt thick, and his father's eyes started to narrow' – "I am not d-d-d —"* (Quinn, 2020:11)

By the time Simon was eleven, he had worked up the courage to meet his father<sup>[5.f]</sup>. At first, Simon managed to say three words. But when his father glared at Simon, suddenly Simon felt his throat constrict as if choking, and his tongue went numb, then he stuttered again<sup>[5.i]</sup>. Another example is when Simon and Anthony argue, making Simon feel emotional turmoil. This made Simon feel his tongue begin to feel awkward again, but as quickly as possible, he pretended to cough to cover his stuttering<sup>[5.j]</sup>. This will keep repeating itself; if he loses control of his emotions, then he will lose control of his speech<sup>[5.k]</sup>.

There are statements that state that sensory and motor disturbances indicate that pain makes body representations less robust (Brun et al., 2017:2). Simon's trauma causes him to experience sensory and motor problems. The disorder is a speech disorder, making him stutter when speaking. This statement proves that Simon's pain (trauma) can cause weakness in sensory and motor nerve cells as

a reaction of the body to external influences. So it can be concluded that Simon's stuttering is a sensory-motor symptom experienced by Simon.

### 3.1.5. Somatic Symptom

This somatic symptom is the fifth symptom experienced by Simon. Long story short, when Simon was at Lady Throwbridge's dance, Simon who was heading to the park with Daphne suddenly heard someone calling him 'Hastings'. The Duke of Middlethorpe who apparently called Simon 'Hastings'. The Duke of Middlethorpe is a good friend of Simon's father and what happened to Simon when someone called him 'Hastings' on the night of Lady Throwbridge's ball party, caused him to experience complaints such as stomach pains and nausea. Simon realized that the name Hastings had become part of his name shortly after the Duke of Hastings, or Simon's father, died but the idea made him nauseous<sup>[7.d]</sup>. For some reason, he didn't like his father's title being his now.

<sup>1</sup> *"Still, even though he was, he was plagued by this nagging sense of guilt every time he thought of her (which pretty much meant all day), and even though his gut twisted every time he saw her stricken face in his mind (which pretty much meant he spent the day with an upset stomach)."* (Quinn, 2020:268)

Then another example is when Simon and Daphne's fight caused by not wanting to have children, makes Simon who goes alone, keeps feeling guilty every time he thinks about Daphne. Simon felt his stomach twist every time he saw Daphne's beaten face<sup>[18.e]</sup>. Then when another fight broke out, this time Simon left Daphne alone in Clyvedon for two months<sup>[18.h]</sup>. Eventually, Simon leaves Daphne for another property belonging to her family. In his absence, for some reason, Simon continued to have a throbbing headache as if their fighting was stressing him out a lot<sup>[18.f]</sup>. Somatic symptom, such as headache, abdominal pain, nausea, and so on, cannot be medically identified as a cause. Patients only feel certain complaints that usually occur because of a lot of external pressure. What Simon experienced proves that his complaints, such as nausea, stomach pain, to a throbbing headache, are somatic symptom experienced by Simon.

## 3.2. The Causes of Simon's Hysteria

### 3.2.1. Family Background

<sup>18</sup> *"And his father, the ninth Duke of Hastings, had waited years for this moment."* (Quinn, 2020:1)

The first causes of Simon's hysteria is Family background. Simon's father is the ninth Duke of Hastings and Simon's mother is a Duchess of course<sup>[3.a]</sup>. Simon's mother had been pregnant five times over fifteen years but only two made it to nine months but both were also born lifeless<sup>[3.b]</sup>. Simon's mother died shortly after giving birth to Simon, she was bleeding profusely to death<sup>[3.c]</sup>. Simon Arthur Henry Fitzranulph was born as Earl of Clyvedon<sup>[4.b]</sup>. He is the oldest and richest Duke<sup>[4.c]</sup>. When his mother dies, Simon was cared for by nurse Hopkins and his father are busy taking care of his dukedom. Occasionally his father visits Simon to see his son's development<sup>[3.d]</sup>.

<sup>1</sup> *"Even though he never expected it of m-me, what he w-wanted was a perfect son, someone who'd be the perfect d-duke, who'd then m-marry the perfect duchess, and have p-per-fect children."* (Quinn, 2020:281)

Simon's father is someone who is very ambitious and obsessed with having the perfect offspring. This is because he wants the perfect heir to carry the title of Duke of Hastings<sup>[8.o]</sup>. He closely monitors Simon's progress on everything. Until one day, Simon who is only two years old and could not say a word made his father wonder why Simon has not spoken a word<sup>[6.a]</sup>. Actually, the care from Nurse Hopkins is the best care Simon receives, but Simon's father thinks that his son is stupid because he has not been able to speak fluently until the age of four. His father even tries to beat him so he could talk<sup>[6.b]</sup>. His father kept cursing him as an idiot child<sup>[6.c]</sup>.

The incident makes his father angry and disappointed, he then goes and pretended not to have children. He left little Simon behind, and never visits him again. Simon continues to send his father letters, but never gets a reply. When he is eleven years old, he ventures to meet his father far away in London, but his father refuses to come and throws him out. From this it can be concluded that Simon does not have a good family background. Simon's father only cares about the title and heir, he doesn't care about Simon's life and feelings.

### 3.2.2. Wrong Emotional Training in Parenting

Wrong emotional training in parenting is the second cause of Simon's hysteria. Simon, who is four years old, is abandoned by his father just because Simon is stuttering. His father even tells people that Simon was dead<sup>[8.g]</sup>. When Simon is eleven years old, he comes all the way to meet his father but what happens instead was that his father refuses to come and throws him out. Simon is devastated by his father's attitude. Simon can't even express how disappointed and angry he is at his father because he can't say a word when he is angry and his father doesn't even give Simon a chance to continue talking then what happens is Simon can only hold back and suppress his feelings.

<sup>1</sup> *"All he cared about was the title. He never gave a single thought to me, about how I feel, trapped with a m-mouth that didn't w-work!"* (Quinn, 2020:263)

Then one day when Simon and Daphne are arguing, Daphne asks how she could hold a grudge against someone who isn't even in the world anymore. Simon finally explains to Daphne that his father only cares about his title. His father had never thought of Simon once, not even about how he feels stuck with a crooked mouth<sup>[8.i]</sup>. In Amin's statement, several other causes of hysteria have been mentioned in his research, one of which is wrong emotional training in parenting (Amin, 2019:25). This proves that parental care and upbringing is important. However, the way Simon's father treats Simon is wrong. This causes trauma to Simon, trauma that will cause Simon to experience hysteria.

### 3.2.3. Failure

The third cause of Simon's hysteria is failure. As happened to Simon, when his father found out that Simon was stuttering, his father said that Simon was the biggest failure in his life<sup>[6.f]</sup>. Since Simon was the fourth, Simon still hadn't said a word. Although Simon was very quick to learn to write, his father thought it was a waste of time if he could not speak. His father would even hit him with the handle of a silver comb and threaten him to speak<sup>[6.b]</sup>.

<sup>1</sup> *"Don't you h-h-h-h-h-h —"* (Quinn, 2020:6)

So what happened was that Simon spoke haltingly. Simon felt his stuttering was a failure of being unable to become what his father wanted him to be. So Simon thought it was his failure. But behind it all, Simon also feels challenged to be able to learn to speak fluently just to prove it to his father<sup>[7.q]</sup>. There is Amin's statement regarding another cause of Hysteria, Unexpected Failure (Amin, 2019:25). What happens to Simon was Simon's failure. This failure made Simon very sad because his father refused to accept Simon's stuttering condition. This leaves Simon experiencing hysteria caused by his



failure to become what his father wanted him to be. Therefore, it can be concluded that the statement above proves that it is true that one's failure can cause a person to experience hysteria.

#### 3.2.4. *Insults*

The fourth causes of Simon's hysteria is Insults. As happens with Simon, as soon as Simon's father finds out that his four-year-old son can't pronounce words fluently, the Duke of Hastings curses his son as a moron, idiot child, and half-wit<sup>[6.c]</sup>. Simon, still a child, heard insults; he could only suppress his anger. So even when Simon met his father all the way to London, his father said that Simon was his worst failure<sup>[6.g]</sup>.

"He's a moron" – <sup>1</sup> "And he's an idiot!" – "A goddamned, bloody little idiot!" (Quinn, 2020:6)

<sup>11</sup> "And f-for what? Hastings would go to a half-wit. His precious dukedom would b-be ruled by an idiot." (Quinn, 2020:263)

The hurtful words, insults, and even the cursing Simon received from his father slowed Simon down. Simon has every right to be angry, but when he gets angry, all he can do is stutter. It can be concluded that bad words, insults, or curses from someone greatly affect a person's mental state. The bad words, insults, or curses Simon got from his father broke Simon down. This causes Simon to experience a trauma that causes him hysteria.

#### 3.2.5. *Unpleasant Events in the Past*

The last causes of Simon's hysteria is the unpleasant events in the past. As experienced by Simon, because his father did not accept Simon's stuttering condition, his father shouted and insulted Simon as a stupid and idiot child. His father also tried hitting Simon with a silver-backed comb to get him to talk<sup>[6.b]</sup>. However, when Simon was four years old and unable to speak fluently, his father dumped Simon by going to London and pretending to have no children<sup>[6.e]</sup>.

"Go home" – "There is no place for you here." (Quinn, 2020:11)

As the years passed, Simon continued to study hard to speak fluently. Simon also continued to write letters to his father, begging him to visit even though there was no reply from his father. Worse, his father told people that Simon was dead<sup>[8.g]</sup>. Another unpleasant incident was when Simon ventured to meet his father in London, but he found that his father refused to come and kicked him out, saying there was no place for Simon at home<sup>[6.g]</sup>.

Hearing his father's refusal, Simon vows that he will be the exact opposite of what his father wants him to be. So far, it can be concluded that the unpleasant events that Simon experienced with his father in the past made Simon appear hateful and anger towards him, traumatized Simon, and now makes him hysterical every time he remembers things about his father.

### 3.3. The Impacts of Simon's Hysteria

#### 3.3.1. *Changes in Life*

<sup>5</sup> "and, as hatred flooded his body and poured from his eyes, he made a solemn vow. If he couldn't be the son his father wanted, then by God, he'd be the exact opposite." (Quinn, 2020:11)

Just like what happens to Simon, the unfortunate events that happened to him made Simon see the meaning of life wrongly. Simon changes the meaning of his life by vowing to live only to hate his

father<sup>[8.n]</sup>. Simon swear that he would be the exact opposite of what his father wants him to be<sup>[7.b]</sup>. His father wants a perfect offspring, someone who would become a perfect duke, who would later marry into a perfectly noble, and have perfect offspring<sup>[8.o]</sup>. So Simon also vows not to fall in love, marry, let alone have children<sup>[9.h][9.q][9.r]</sup>.

There are claims that hysteria greatly impacts life (Zhao et al., 2018:1855). So the statement can be said to be true if it is seen from Simon's view, which has been described above; what he has experienced in the past can change Simon's perspective on seeing the meaning of life. This was one of the biggest impacts of the hysteria he experienced. Because the unpleasant events caused trauma, this trauma impacts Simon's perspective on the meaning of life. This is a cycle experienced by hysteria sufferers like Simon.

### 3.3.2. *Changes in Personality*

<sup>1</sup>  
*"There was an anger in him, afury that had simmered deep in his soul for years. It finally found its way to the surface, and it had taken very little provocation to set him to fighting."* (Quinn, 2020:277)

Like what happened to Simon, the personality change that happened to him was that he became someone who got angry quickly. Since his father's rejection<sup>[7.a]</sup>, Simon has become a different person. Little Simon, who is very good at controlling his emotions and doesn't get angry quickly<sup>[5.h]</sup>, suddenly turns into an easily angry person. Simon even hit anyone who was near to vent his anger<sup>[7.l]</sup>. Also, whenever he was reminded of his father, he immediately felt anger welling within him<sup>[7.c]</sup>.

From what happened to Simon, it can be concluded that the impact of the hysteria that Simon experienced made Simon experience changes in his personality. Simon, who was initially good at controlling emotions and not irritable, became quick to anger.

## 3.4. The Way Simon Deals with His Hysteria

### 3.4.1. *Married to Daphne*

Simon's father's rejection of Simon seems to have brought Simon to the highest level of hatred towards his father. This hatred makes Simon vow to be the opposite of what his father wanted<sup>[7.b]</sup>. Although what the Duke of Hastings wanted was never said to him, Simon knew that his father's wish was to have a perfect son, someone who would become a perfect Duke, who would later marry a perfectly noble, and have perfect children<sup>[8.p]</sup> it was the wish of a Duke of Hastings. But knowing that Simon was not perfect, Simon's father told the people that he was gone<sup>[8.g]</sup>. This made Simon vow not to marry and have children, so Hastings no longer has an heir. Simon will carry the title with him in the future<sup>[9.i][9.n][7.i]</sup>. Even Simon specifically said that he didn't want to fall in love and have a family<sup>[9.r]</sup>.

But in the course of his life, Simon met a young woman named Daphne Bridgerton. Unexpectedly Daphne turned out to be the younger sister of her best friend at Oxford, Anthony Bridgerton<sup>[11.k]</sup>. You could say that Simon and Daphne's meeting was very inappropriate<sup>[11.m]</sup> because at that time, Simon met Daphne when Daphne was arguing with Nigel Berbrooke<sup>[10.d]</sup>. Apart from that, they actually have an interest in each other<sup>[15.d][15.t]</sup>. Circumstances make them closer, especially with their little plan, namely pretending to have a bond so that each other can achieve their respective goals<sup>[13.c][13.d][13.e]</sup>. Simon wants himself not to be approached by mothers who are busy introducing their children to Simon. Daphne wanted herself to find lots of suitors.

*"I'll marry you."* (Quinn, 2020:190)

*"I now pronounce you man and wife."* (Quinn, 2020:214)

Unexpectedly this skit makes them trapped in each other's attraction. Simon is often jealous to see Daphne has many suitors<sup>[15.a]</sup>, and Daphne is also constantly anxious if she doesn't meet Simon for a day<sup>[15.n]</sup>. Unfortunately, Simon and Daphne broke their agreement with Anthony<sup>[16.o]</sup>. Anthony finds them kissing in the garden behind Lady Throwbridge's residence<sup>[16.v]</sup>. This makes Simon forced to marry Daphne to keep Daphne's good name<sup>[17.a][17.b]</sup>. Simon and Daphne's marriage makes one of Simon's vows void.

#### 3.4.2. *In Love with Daphne*

During his married life with Daphne, Simon and Daphne continued to feel attracted to each other. Simon and Daphne may never express love for each other but what they think about each other clearly illustrates their attraction. Often, Simon steals glances at Daphne<sup>[15.h]</sup>. Daphne also stated that Simon was always on her mind<sup>[15.q]</sup>.

When they got married, all the fights that happened between Simon and Daphne didn't make the two of them any farther away. On the contrary, the two of them felt even more passionate. When Simon feels guilty for not being able to grant Daphne's wish to have children, Simon thinks that it is okay for Daphne to leave him and marry another man. However, he immediately refuted the thought that he couldn't let that happen because Daphne had officially become his completely<sup>[15.x]</sup>.

*"I love you," – "If I ever, ever hurt you again, I want you to kill me."* (Quinn, 2020:324)

The quarrel between Simon and Daphne made Simon leave Daphne alone in Clyvedon for two months<sup>[18.h]</sup>. Two months was enough to reflect on their feelings for each other. And once they met, they both professed their love for each other<sup>[19.b]</sup>. Simon's declaration of love to Daphne can apparently cancel one of Simon's other vows, namely, not wanting to fall in love.

#### 3.4.3. *Release of Anger and Grudge Against His Father*

In Simon's life, he has never felt true love; it is complicated for him to forgive his father and get rid of his hatred. While Simon and Daphne are arguing, Daphne keeps saying that there's no point in harboring hatred for people who no longer exist in the world. Daphne also says that Simon should try to hold on to love than hold on to hate.

<sup>1</sup>  
*"–maybe anger wasn't the solution. Maybe – just maybe he could learn to hold on to love instead."* (Quinn, 2020:318)

When Simon can feel genuine love for Daphne, it seems that his hatred for his father can be released from him<sup>[19.a]</sup>. Simon thought that as long as Daphne was right, anger was not the solution. Now Simon understands Daphne's point of learning to grasp love. Even when Daphne brought back the letters the Duke of Middlethorpe had given Simon, she didn't feel the slightest bit of anger<sup>[19.f]</sup>.

<sup>16</sup>  
*"I don't want to live my life j-just to spite my father."* (Quinn, 2020:330)

Simon seems to have changed his outlook on life, that he let his father win all this time, and now he no longer wants to live his life hating his father<sup>[19.d]</sup>. However, even this time, Simon took his flaws as a joke for the first time when Daphne accidentally stuttered<sup>[19.g]</sup>. This proves that another oath Simon has taken has been broken, namely his oath that he will live only to hate his father.

#### 3.4.4. *Having Children*

<sup>1</sup>  
*"It's a boy for the Duke and Duchess of Hastings! After three girls, society's most besotted couple has finally produced an heir."* (Quinn, 2020:337)

After the three vows that Simon took had fallen, Simon, who had let go of his hatred for his father, began to love Daphne and was willing to grant Daphne's wish. Now Simon felt he was ready to start a family with Daphne. When having sex, Simon no longer pulls himself up when he reaches his climax. This proves that Simon is ready to have a child with Daphne. A few years later, Simon and Daphne had three daughters named Amelia, Belinda, and Caroline and a recently born son named David<sup>[19.h]</sup>. This proves that he has succeeded in aborting his one last oath, which is not to have children. It can also be concluded that Simon has managed to deal with Hysteria in his own way.

#### 4. CONCLUSION

After analyzing the main character, Simon, in Julia Quinn's *Bridgerton: The Duke and I*, the researcher found that Simon was a Hysteria Defense type (*Abwerh-Hysteria*). It is explained that the defense against hysteria explains that the effects associated with unacceptable thoughts are separated from thoughts and used for somatic innervation, that is, arousal as well as hysterical transitions. It refers to a protective response to an unpleasant statement. This means the hysteria defense works like a protective barrier to separate unacceptable ideas such as unpleasant events.

Simon's hysteria can appear through some of the symptoms he has experienced. That symptoms include Reminiscence symptoms. Simon experiences reminiscence symptoms such as remembering symbols or remnants of memories from an event. The second symptom is avoidance; Simon is avoiding something that makes him stutter. Then the third is emotional attacks; the emotional attack in question is Simon's emotional change which is instantly fine to gloomy and irritable. Next are Sensory-motor symptoms, specified in Simon's speech disorder, which stutters when he feels emotional or angry. The last is Somatic symptoms, or physical symptoms such as pain or fatigue that cause great emotional stress and problems with bodily functions, with Simon's examples being stomachaches and headaches caused by something that can't be proven medically.

This analysis also found several causes that causes Simon to experience hysteria, namely wrong emotional training in parenting, family background, failure, curses received, and unpleasant events in the past. That's what causes Simon to experience hysteria. In addition, Simon's hysteria led him to a different view of life with a distinct personality as well. He will only live to hate his father, not marry and have children so that his father does not prevail in ruling his life, and will take his father's title to death so that he can win in revenge for his father. His hatred for his father apparently made Simon experience a significant personality change, namely being someone who is easily angry and finds it difficult to control his emotions.

In the course of his life, Simon meets Daphne. Someone who turns out to be able to help Simon slowly faces his hysteria and lets go of all his grudges against his father. Some of his efforts include marrying Daphne; by marrying Daphne, Simon has been able to break a vow that he said he would never marry. Then another effort is to start feeling genuine love for Daphne by realizing that anger is not the solution but holding on to love instead allows Simon to break his vow of not wanting to fall in love. Thanks to the love he holds, he is able to let go of his hatred for his father; even now, he doesn't feel any anger in his heart. This makes another oath Simon said that he would only live to hate his father, which he had broken, and finally, when Simon was ready to start a family with Daphne and have four children, that's when Simon managed to break his other vows. Simon was successful in dealing with the hysteria.

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