

# AUDREY'S ANXIETY DISORDER IN LANG LEAV'S SAD GIRLS

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# AUDREY'S ANXIETY DISORDER IN LANG LEAV'S SAD GIRLS

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## ABSTRACT

This research is entitled Audrey Anxiety Disorder in Lang Leav *Sad Girls*, discussing the main character, Audrey who suffers from anxiety. The aims of the research is to explain Audrey experiences anxiety and the consequences of Audrey's anxiety. The method used is the descriptive qualitative method. In this study, the researcher uses a psychological approach to analyze based on Sigmund Freud's theory. Disruption can be experienced by psychological factors, such as lying about something very important. Anxiety disorder episodes of causes, symptoms of anxiety disorders, and effects. After analyzing the *Sad Girls* novel, one of the factors for Audrey's anxiety disorder is that Audrey's emotions are depression, has descendant of lies, Audrey lying to her two best friends about the cause of the lies, lying to her boyfriend, and therefore Audrey continues to live in feelings and emotions. anxiety affecting her. Audrey has physical symptoms caused by her lies, including: panic attacks, heart palpitations, stomach twisting, shortness of breath, fear, chest pain, and fainting. The cause of Audrey's anxiety was that she was lying. The result of Audrey's anxiety is meeting a psychiatrist, wearing a rubber band, and moving abroad.

**Keyword : Anxiety Disorder, Physical Symptom, Liar**

## INTRODUCTION

Anxiety disorders are health disorders <sup>17</sup> characterized by feelings of worry, anxiety, and fear that can <sup>12</sup> interfere with one's daily activities. According to Jeffrey S Nevid (2003) Anxiety is a state of understanding or a state of <sup>3</sup> worry that complains that something bad will happen soon. According to LeDoux 1996, Anxiety differs from fear in that the fear-

producing stimulus is either not present or not immediately threatening, but in anticipation of danger, the same arousal, vigilance, physiologic preparedness, and negative effects and cognitions occur. Greist et al 1986, more clearly define anxiety as a mental tension that is usually accompanied by bodily disturbances that cause the individual concerned to feel helpless and experience fatigue because he always has to be in a state of anxiety about threats, unclear danger. According to Freud 1964, anxiety is a reaction to threat from pain and the outside world that is not ready to be addressed and serves to warn individuals of danger.

The cause of anxiety disorders usually can come from daily life, such as overthinking something excessively, having trauma in their childhood, or maybe they are too worried about a lot of homework or school in general. In schoolwork, they have to defend their grades and try to improve on what they think is not good enough and learn what they can not because there is so much school work that they have to do and they have to finish everything in the allotted time, indirectly these teenagers experience anxiety disorders. In addition, not a few teenagers often think too much in a negative way. This is also not necessarily the case and over time will make teenagers suffer from anxiety disorders.

The *Sad Girls* novel written by Lang Leav has a female main character named Audrey. Audrey has a panic attack disorder after the death of her classmate, Ana. In addition, Audrey also has several lies that are not known by her two friends, Lucy and Candela. When Ana is about to be buried, Audrey approaches Rad, Ana's lover. However, at the same time, Audrey also has a boyfriend named Brian Duckman, who is usually calls Duck because Audrey and Duck have been friends since childhood, he thinks it's only natural that Audrey and Duck are dating, Audrey and Duck are not because they were friends since childhood, but because Audrey wants to return the favor with Duck because Duck has saved Audrey when Audrey drowned in the lake. Audrey felt guilty for what she did and Audrey felt very disturbed. When Audrey admits her guilt, Audrey decides to run away from the city. That's where Audrey's mentality and attitude began to change. When Audrey's panic attacks are getting better, she decides to return home and attend her best friend's wedding. One day, Audrey met Rad, and they reunited when their lives were falling, although in the end Audrey and Rad got their proper jobs again even though Audrey did not continue her studies at college.

The anxiety has experiences by Audrey in the novel *Sad Girls* is quite relatable to teenagers nowadays, so the researcher chose to examine the anxiety that experiences by Audrey's. Based on the background above, the problem statements are starts as follows: What are the symptoms of Audrey's anxiety disorder?, What are the causes of Audrey's anxiety disorder?, What are the effects of Audrey's anxiety disorder?

<sup>5</sup> The objective of the study is to find the symptoms, causes, and effects of Audrey's anxiety disorder on the novel *Sad Girls* by Lang Leav.

## REVIEW OF RELATED LITERATURE

<sup>23</sup> Psychology is a science that studies behaviour, mental function, and mental human processes through scientific procedures. According to Bagga & Singh (1990), at one time during the history of Psychology, psychology was defined as 'the science of consciousness'; it was felt that the main business of Psychology was the conscious experience. According to Plato and Aristotle, psychology is a science that studies human nature where the process takes place from beginning to end. According to <sup>4</sup> Das (1998), Psychology is all about human behaviour, about mental processes, and about the context in which behaviour and mental processes occur. According to Chaplin (1972), <sup>1</sup> psychology is the study of human and animal behaviour.

Humans are objects that come from philosophy that discusses the nature of humans and the purpose of human life, which then psychology separates itself from philosophy. However, psychology is still interconnected with philosophy because of its methods, especially the nature and purpose of science. Literary works can't be separated from various kinds of psychological problems, which require support from psychology. Psychoanalysis is used to assess a literary work. With the science of psychology, it will facilitate the explanation of a process of creating literary works. Sigmund Freud (1926:7) <sup>8</sup> views humans are driven towards the reduction of tension, to reduce feelings of anxiety. When some type of anxiety occurs, the mind responds in two ways: First, problem-solving efforts are increased, and second, self-defense mechanisms are triggered. But when anxiety becomes overwhelming, the human mind must defend itself. <sup>2</sup> Austrian neurologist Sigmund Freud viewed anxiety as the symptomatic expression of the inner emotional conflict caused when a person suppresses (from conscious awareness) experiences, feelings, or impulses that are too threatening or disturbing to live with. The

causes of anxiety disorder are can be underlying health issues from his/her because has a diseases like asthma, high blood pressure, etc.; family history, such as: the children always get mad from her/his parents because she/he did not get a good value; stressful, because of workplace, troubled relationship.

## METHODS

In this study, the researcher uses a literary psychology approach as an approach that can see the psychological side described by the author. With a psychological approach, it means that the literary work under study requires assistance from outside literature. Literary assessment with this approach leads to the emotions or state of the soul of the author so that literary works are a means or tool to understand the soul of the author. In this study, the researcher uses a qualitative descriptive method, where the research data comes from writing or from the words of the people observed. The purpose of using qualitative methods is to make it easier for researcher to describe how anxiety disorder is on Audrey's anxiety disorder in the novel *Sad Girls*.

## ANALYSIS

### 1. Symptoms of Audrey's Anxiety Disorder

When Ana is buried, Audrey and her two friends are at Candela's house, especially Rad. Rad is Ana's boyfriend who is talking to Candela. Audrey also remembers that Audrey has shown a photo of Rad by Ana when she is waiting in line at the back of the library. Audrey in the backyard because she feels like Audrey has short of breath, which is creating by being approached by Rad. Rad and Audrey have to talk and there is a moment that make Audrey's heart skip a beat because she has remembered that Audrey is making dust about Ana committing suicide, but Audrey's realize that remember that her paranoia. Audrey still remembers her panic attack that happens the previous night but Audrey tries not to do that to Rad. As the following quotation: I felt my heart seize in my chest. For one irrational moment, I thought, he knows about the lie. But then I realized it was just my own paranoia. (Leav, 2017:13)

Audrey has experienced irregular breathing because Audrey is too nervous when she is going to take the exam. Audrey is nervous since she is at home before she has departed from school. When Mrs. Sadowski read out the rules about the exam, Mrs. Douglas distributed a sheet of paper to the class. Audrey feels such a panic that she snaps her rubber band hard. This made Audrey experience irregular breathing even though the

exam has not started and Audrey fell hunched over on the table. Audrey is looking for a way out of the classroom and she is trying to take a breath of air, but not long after that Audrey is unconscious. Before Audrey was unconscious, Audrey's feel herself try to breathe fresh air, Audrey's feel that Mrs. Douglas steadied herself. As in the following quotation: The walls around me began to shimmer and shrink. I was hyperventilating, hunched over my desk. (Leav, 2017:72)

On the night after Ana is buried, Audrey goes out with Rad after seeing Ana's father have been slapping by her uncle because a rumour have spread that Ana's father has slept with Ana which make Ana commit suicide. Audrey and Rad go out for some air and have dinner at a small stall that stands by the beach. When Rad starts his conversation with Audrey, Audrey feels sick to her stomach and short of breath because Audrey is worrying about the lies she has told. Audrey only feels scared when Ana died because Audrey has never known someone close to Audrey and that person died. As in the following quotation: I felt queasy all of sudden and put my burger down on the bench. My fingers gripped the wooden slats. (Leav, 2017:15)

Candela finds a flat box containing an Ouija board and invites Lucy, Audrey, and Freddy to play the Ouija board. When the Ouija board plays and the clue stopped at the letter A, Audrey felt a sense of dread. Then the clue moves to the letter N until the word Ana appears in Audrey's mind which makes Audrey panic even more. Audrey quickly stand up and run to her room. Audrey feels a panic so severe that Audrey felt like she was about to run out of breath. Candela rushed over to Audrey to her room and make Audrey feel comforts. As in the following quotation bellow:

Then it completed its journey on A. Ana the word exploded on my mind like a hand grenade and sent me reeling into a state of panic.  
My lungs were screaming for oxygen, and in my panicked stupor, I couldn't find  
aways to oblige them. (Leav, 2017:174)

When Audrey is in Colorado and is about to travel overland with Gabe, Audrey gets a call from Lucy who informs her that Candela will marry Dirk, her boyfriend. That night, Audrey felt a pain in her chest, Audrey seemed to have something interesting from the past because she has to return to her hometown and remember her past which she thought is not good and could remind her of the lie she once told about Ana who committed suicide because her father sleeps with her. As in the following quotation: The

road trip could wait a few weeks. But already I could feel a tightness in my chest, as though something was pulling my back into the past. (Leav, 2017:235)

Audrey plays on the Ouija board that Candela found under her bed. Audrey plays the Ouija board with Candela, Lucy and Freddy. When the signboard moved and moved to the letter A which then slowly moved towards the letter N, Audrey imagined that the letters would arrange the words into Ana. Audrey is so scared of herself by what she is thinking, that Audrey's knee hits the table as she quickly stand up and run to Audrey's bed. Then it completed its journey on A, ANA. As in the following quotation: The word exploded in my mind like a hand grenade and sent me reeling into a state of panic. (Leav, 2017:174)

## **2. Causes of Audrey's Anxiety Disorder**

Frequently repressed emotions can cause anxiety if the person does not find an outlet for that person's feelings in personal relationships. If this happens, then that person will suppress his anger for a long time, just like how Audrey feels to her mother, because Audrey's mother has cheated in the past. Audrey's mother cheats on her father because she wants to be a star and she meets a director who promises Audrey's mother that she could be a star at that time Audrey's mother always follows her wherever the director goes. It turned out that Audrey's mother was only lied to by the director, so Audrey's mother comes home by herself after she has been away for a long time. Audrey tells to Rad about it because Rad also told how his father and mother separated. As in the following quotation bellow:

“Mum cheated on Dad when I was a kid.”

“She always wanted to be an actor, and I got the feeling I came along and took her off that trajectory. When I was about eleven, she ran off with some hotshot producer who promised her the world. Dad and I never saw it coming. One day she was there, acting her normal self, then the next she was gone.” (Leav, 2017:134)

Descendant can be one of the causes for doing bad actions. Audrey often lies because her mother has also lied. Audrey's mother lies because she has thought it is good for Audrey and Duck. Audrey's mother also has a pretty good reason for her lies. Audrey's mother tells Audrey's father that inviting Zoe and Duck to lunch for Christmas is Audrey's idea. The next day after Audrey got furious with her mother and slammed the plate at her mother's feet, Audrey's father told Audrey that Zoe and Duck's Christmas lunch invitation is Audrey's idea and Audrey said that her mother lies to her father. As in the following

quotation: “You didn’t” My dad looked genuinely surprised. “Your mother said it was your idea.” “Well, she’s a liar,” I spat. I couldn’t contain my bitterness. (Leav, 2017:166)

Candela tells Audrey that on the night of Ana's funeral many have seen and talked about Audrey going out with Rad. Candela also invites Audrey to skip school and tell about what happened the night after Ana's funeral that the argument between Ana's father and uncle starts when her uncle gets drunk and punches Ana's father in the cheek. Candela wants Ana's father to be imprisoned immediately and suggests that Audrey should immediately report it to the police. However, Audrey immediately feels uncomfortable and suddenly panic-struck. Even though Audrey also wants to tell Candela that everything Audrey's told is just her creation. As in the following quotation: My heart leapt to my throat, and it was on the tip of my tongue to tell Candela the truth- that I had made it all up and Ana's dad was innocent. I opened my mouth, but the words wouldn't form, I felt panic grip me like a vice. (Leav, 2017:22)

Boyfriend is a place to pour out a second heart after a best friend, but Audrey in this novel lies to her boyfriend about herself often going out for walks with other people. He is Ana's boyfriend, Rad. After Ana's death, Audrey starts hanging out with Rad a lot. At first, she tells her boyfriend Duck that Rad just needs a friend because his girlfriend has died, but much later after Audrey feels the comfort and many similarities between her and Rad, Audrey often goes out for walks with Rad. Even after Rad and Audrey split up and have deleted the phone number. Audrey doesn't expect to see Rad again. Audrey meets Rad more often after interviewing Rad's novel entitled *A Snowflake in A Snowfield*. Meanwhile, Duck doesn't know anything about Rad and Audrey because Audrey also never told Rad again after a long time of not having contact with Rad after Audrey's 18th birthday. As in the following quotation: “I'm still the same person.” (Leav, 2017:127)

The quote above explains that Audrey still has feelings for Duck. In fact, during this time Audrey has often gone with Rad again after Audrey has interviewed the novel that Rad has written.

Here Audrey is not honest with her English teacher because Audrey is afraid that her lie about Ana's death will spread.

"You've been a little quiet in class lately, and your writing, well..." It's taken something of a dark turn. "Is there a reason for this?" I shook my head and smiled, "no, not really." (Leav, 2017:62-63) The quotation above has told Audrey is calling by Mr. Sadowski, her English teacher, after class ended. Mr. Sadowski praises Audrey's recent excellent magazine writing and that Audrey's ideas are brilliant. Unfortunately, Mr. Sadowski has observed that Audrey has been gloomy lately and that Audrey's works since Ana's death are also many about suicide and Mr. Sadowski. Mr. Sadowski is feeling anxious. Audrey also calms down and says that she is fine and there is no excuse for Audrey's residence and gloom. Audrey also only explains that the theme of 'suicide' that Audrey make has been in consultation with her consultant. Even though Audrey's seen a consultant because her anxiety has quite severe.

"I won't let it happen to me, Mum. I'll be careful; I promise." (Leav, 2017:151) This quotation explains that Audrey will not repeat the same incident like her mother when her mother is still young and already pregnant, so she misses her precious opportunity to find out how much she accomplishes before marriage. Audrey's mother is only worried about Audrey and hopes that Audrey will not be like her mother when she meets Audrey's father. Audrey's mother also explains that when she fell in love with Audrey's father, she can't think straight. Audrey's mother never feels the way she feels for Audrey's father when she is dating someone else. It is Audrey's father who makes Audrey's mother pregnant at such a young age Audrey's mother still wants how much she achieves before she gets married and she doesn't want Audrey to lose her precious time like her mother. In addition, Audrey's mother also tells Audrey about the past, her father wants to be a writer and Audrey's mother will accompany him wherever he has gone. However, the quote above also explains that Audrey's mother already knew that Audrey is lying because Audrey's mother has seen Audrey as she is in the past when Audrey's mother meets Audrey's father. Audrey's mother sees the way Audrey looks at Rad on the night of Ana's funeral. Audrey's mother has always been strict with Audrey about Audrey's relationship with Rad because Audrey's mother does not want Audrey to lose her precious opportunity to measure her life achievements.

### 3. Effects of Audrey's Anxiety Disorder

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Anxiety is a mental illness that can be caused by both internal and external factors. The internal side can come from the past, trauma, pessimism, and irrational thoughts. While the external side can come from a lack of social support, such as family, friends, and so on. This can cause a person to experience mental disorders which are usually cured by seeing a psychiatrist. Audrey's parents have wanted Audrey to take her to a consultant because lately Audrey hardly ever eats and gets irritated easily. Before that Audrey's parents don't know that Audrey has anxiety because of the lies she tells to her two best friends and the lies spread very quickly. Audrey meets a psychiatrist for the first time with her mother escorted to the bus station, then Audrey goes to her own psychiatrist's office. Audrey arrives at the psychiatrist's clinic before her appointment time. Audrey entered the office and greeted by a receptionist and filled out a form. Not long after, she meets Ida and Audrey follows her into Ida's room. In this novel, it is mentioned in the quotation:

I arrived at the clinic twenty minutes before my appointment.  
To my right was an intercom next to a rectangular plaque that read Ida Summers,  
along with two other names I didn't recognize.  
I followed her up a narrow flight of steps and through a wood paneled door.  
(Leav, 2017:35-36)

When Audrey meets Ida in her office, Audrey tells her that Audrey has been attracted to Rad, Ana's boyfriend who recently died, on the other hand, Audrey also has a boyfriend named Duck. Audrey and Duck have been dating since they were 14 years old and after Audrey is saved by Duck when she has an accident at the lake where Audrey almost drowns. Audrey shares that she has nothing in common with Duck, but Audrey and Duck also have a defined concept for them both. However, ever since meets Rad, Audrey has taken on a different dimension and Audrey feels like she has found her way forward. Audrey has problems that mostly arise after Ana's death. Audrey feels her back go cold and that night, Audrey feels something she has never felt in her life. When she tries to look up these symptoms on the internet, Audrey has found that it is a panic attack and Ida explains that anxiety can make a person think in various ways, so that a person will experience a total panic attack. This made Audrey have a solution by using the rubber band has given by Ida. Ida told Audrey that if Audrey starts to get nervous, she could flick the rubber band to ease her anxiety. As in the following quotation below:

She reached into her drawer and pulled out a small glass jar containing a cluster of rubber bands.

When you start to feel anxious, pull the rubber band back and snap it against your skin. That should ease the anxiety. (Leav, 2017:40)

It has been weeks since Rad has not given Audrey any news after Audrey has told Rad her lies about the rumors of Ana's death. Audrey never gets out of bed and ignores her calls from Trinh and Sam. At the office, Audrey tells Sam and Trinh that Audrey has broken up with Rad and that this is causing Audrey to have a hard time. This makes Audrey want to calm down by traveling abroad. Audrey says goodbye to Sam and Trinh and says that Audrey will go even if only temporarily and that Audrey will go to Colorado although Audrey doesn't know why she has chosen Colorado for her trip. As in the following quotation below:

“But I need to get away, even if it’s just for a while.”

“I’m sorry Sam, I’ve got to go someplace and clear my head. I can’t stay here any longer.”

“I have to go to Colorado.” (Leav, 2017:196)

## **CONCLUSION**

In this chapter, the researcher wants to make a conclusion based on the analysis of Audrey's anxiety in Lang Leav's novel *Sad Girl*. This study shows that the cause of Audrey's anxiety is that Audrey has depressed emotions and is coupled with internal factors from heredity, namely Audrey's mother who once lied to Audrey's father. So, Audrey also lied to her two friends about Ana's death, lied to her lover (Duck), lied to her teacher and mother.

The first is repressed emotions. Audrey suppressed her emotions because during Audrey's childhood, her mother had an affair with a producer. In addition, Audrey's emotions were also suppressed by the accusations themselves. Audrey was often innocent that she slept with Rad after Ana's funeral because Audrey and Rad came home at 2 in the morning.

Another cause is heredity to have intercourse and lies to friends, lovers, teachers and mothers. Audrey's mother once lied to her father about having lunch on Christmas Day and Audrey's mother told Audrey's father that it was Audrey's idea. Audrey lied to her two best friends about Ana's death because Audrey thought it was their third secret

and it spread quickly. Audrey lies to Duck, about her feelings for Audrey's lover, who has moved frequently with Rad. Audrey lies to her English teacher about Audrey's often gloomy state since Ana's death and lies to her mother about Rad that she will never see again and keeps Audrey's feelings for Rad carefully.

Audrey's anxiety affects her life so much that Audrey has to see a psychiatrist often, rubber bands and snaps when her anxiety and desire to go to another country move to Santa Monica, California.

After analyzing Audrey's anxiety in the novel *Sad Girls*, the symptoms of anxiety experienced by Audrey when her anxiety strikes are rapid heart beating, irregular breathing, nauseous stomach and twisting, panic attacks and fear.

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