

# PI'S ANXIETY IN YANN MARTEL'S *LIFE OF PI*

Feni Asniar, Dra. Anik Cahyaning Rahayu, M.Pd.  
Universitas 17 Agustus 1945 Surabaya  
[Feniasniar23@gmail.com](mailto:Feniasniar23@gmail.com), [anikcahyaning@untag-sby.ac.id](mailto:anikcahyaning@untag-sby.ac.id)

---

## ABSTRACT

This article is about Pi's Anxiety in Yann Martel's *Life of Pi*. Pi is the name of the main character of the novel. He suffers from a psychological problem, anxiety. This article describes the symptoms, causes, effects, and types of Pi's anxiety. The approach used in this study is extrinsic approach, in this case, psychological approach because anxiety is one of psychological problems. Sigmund Freud's psychoanalytic theory is used to analyze Pi's anxiety. This research uses qualitative research method. Qualitative method is used to collect the necessary data from the novel to achieve the research objective references relating to the topic to support the analysis. Symptoms of anxiety experienced by Pi are feeling anxious, being unable to think of anything except something that makes him anxious, and experiencing the deepest tremors, pain, and sadness. There are several reasons of Pi's anxiety. The first is a ship accident which is caused by a big storm that hits the ship on which he is travelling with his family. The ship is sinking in the Pacific Ocean, which causes his family to decline too. The second cause is meeting a tiger. After Pi experiences a shipwreck disaster in the Pacific Ocean, Pi, who is in the ship's lifeboat, unknowingly meets a tiger named Richard Parker, who is always watching Pi's whereabouts. The third cause is worrying about his safety. Pi has been at sea for months and no sign of rescue is coming. This always makes him feel anxious. Pi's anxiety has some effects. He feels behavioral, emotional, and cognitive effects. This can be seen from his negative thoughts, having difficulty controlling his emotion, and being afraid whenever he thinks about his condition. Pi's anxiety falls into the category of neurotic and objective anxiety. Neurotic anxiety comes from the id, an unconscious feeling that often loses control over emotion, such as sadness, anger, panic, and so on. Meanwhile, objective anxiety is the fear of something realistic. For example, what Pi has experienced when he meets a tiger makes him very scared. From the analysis, it can be concluded that Pi suffers from anxiety because of his uncontrollable emotion and worry. Sinking ship, encountering tigers, and becoming worried about his safety are the causes of his anxiety. He also feels behavioral, emotional, and cognitive effects. Pi suffers from a neurotic and objective type of anxiety reflected in its symptoms, causes, and effects.

**Keywords:** anxiety, anxious, fear, panic, danger

---

## 1. INTRODUCTION

Anxiety is a natural condition that happens to human life. Whatever, whenever, and wherever, anxiety will happen and always accompanies human life.. People who do not have anxiety will be classified as abnormal because they do not have or lose the sense that has been given by God. However, if anxiety is not controlled, it will endanger the life and hinder success. Anxiety can occur at any time and is caused by anything that threatens. Anxiety can be caused

by danger from outside, as well as danger from within and in general the threat is vague (unclear) danger from within, that rises when something is unacceptable, such as thoughts, feelings, desires and impulses. The exact cause of anxiety is unknown. However, it has been proven that anxiety is caused by a combination of certain factors. Like other mental disorders, anxiety is caused by the failure of the brain's nerves to control emotion and fear. For example, stress can change the flow of communication between nerve cells in brain circuits. This will change certain brain structures that control emotion. Anxiety often develops over a period of time and is largely dependent on a person's entire life experience. Special events or situations can hasten anxiety attacks (Muyasaroh et al. 2020).

In this article, the anxiety experienced by Pi, the main character of Yann Martel's novel *Life Of Pi* is the result of a dialogue between the author's reaction to the environment and life. *Life Of Pi* is an inspirational and educational novel. The novel *Life Of Pi* tells the story of a 16 year old boy named Pi who is tough, intelligent and has a high instinct to survive. He is adrift in the middle of the Pacific Ocean with an adult tiger weighing two hundred and twenty five kilograms. However, with his unyielding struggle and high instincts, he survives for two hundred and twenty-seven days in the Pacific Ocean. He always has hope that someone will come to save him. However, no one comes to save him until he ends up stranded on one of the Mexican beaches. In the story, Pi has various anxieties in living his life. Anxiety experienced by Pi is Pi's response to threats from the outside world or feeling of fear of real danger.

This research uses Sigmund Freud's psychoanalytic theory. According to Freud, three important conceptualized parts of human personality are well-known as the id, ego, and superego. Anxiety is the function of the ego to alert the individual of possible imminent danger so that the appropriate adaptive reaction can be prepared. Anxiety itself functions as a mechanism to protect the ego because anxiety signals when there is danger and if no proper action is taken, the danger will increase until the ego is defeated. Generally, someone who experiences anxiety usually cannot focus on something, has difficulty concentrating, and cannot feel relaxed.

## **2. METHOD**

This research uses qualitative research. The qualitative method is used to collect the necessary data from the novel to achieve the research objectives and references relating to the topic to support the analysis. According to Green (2007:2), "qualitative research is distinguished by its goals which are connected to understand some elements of social life and its approach, which in general generates words as data for analysis". Furthermore, according to Mukhtar (2013:11 ), qualitative research discusses general situations in social phenomena and explains why and how they occur. The literary approach used in this study is the psychological approach which discusses the psychological anxiety suffered by Pi in Yann Martel's novel *Life Of Pi* based on the psychoanalytic theory of literature by Sigmund Freud.

The instrument used in this research is the researchers themselves as the research subjects by reading and understanding the data and the references that support the topic of analysis. The data source of this research is the novel itself, entitled *Life of Pi*, which consists of 401 pages and 21 chapters. The data in this study are excerpts or quotations from the novel that relate to the topic of analysis, in this case, Pi's anxiety. Sigmund Freud's theory of anxiety and other theories relating to anxiety taken from books, articles and other references are used to support the analysis.

The data collection procedure in this study is carried out with the following steps. The first is reading the novel *Life Of Pi* by Yann Martel. The second step is understanding the novel, especially Pi and his anxiety. The third step is finding and collecting related data that support the analysis. In the last step, organizing and classifying data to differentiate data into categories or classes according to the discussion.

The data analysis procedure used in this research is the descriptive analysis technique. The following steps are the procedures for analyzing the data. The first step is exploring and describing in detail the data found in the novel. The second step is interpreting data based on the theories, and the third step is arranging the analysis based on the problem statements. The last step is concluding the analysis results.

### **3. RESULT AND DISCUSSION**

Pi suffers from anxiety. His anxiety is recognized based on the symptoms which happens to Pi or the symptoms which he experiences. There are some causes which make Pi's anxiety. His anxiety also has some effects, and finally, Pi's anxiety can be categorized into some types. Furthermore, the symptoms, causes, effects, and types of Pi's anxiety are elaborated one by one below.

#### **3.1 Symptoms of Pi's Anxiety**

Pi as the main character of Yann Martel's *Life of Pi* is the sole survivor of the shipwreck *Tsimtsum*, which is sunk by a storm in the Pacific Ocean. Pi has to face his greatest fears when the ship is starting to sink, when he meets a tiger, and when he feels that he will not survive in the accident. Because of his three fears, he suffers from anxiety. Some common symptoms can be a sign of Pi's anxiety. These symptoms can be identified from the feeling, thinking, and experiencing, which are analyzed below.

##### **3.1.1 Feeling**

The first symptoms of anxiety is feeling some signs of anxiety such as fear, worry, nervousness, panic, irritability, and restlessness. The first time Pi feels panicked and fearful after he is awakened by a loud sound. He wakes his brother up, but his brother refuses to come out to see what is going on. When Pi goes out of the ship, how surprised he is to see a violent storm starts to make the ship on which he is riding go out of control. He is worried because he

will experience a shipwreck in the middle of the wide ocean and besides that, his family are still sleeping on the ship. This can be seen in what he says, "A feeling of horror creeps up on me. I decided it was just a storm. It's time to return to safety. I let go of my grip, ran to the wall, moved quickly, and opened the door." (Martel, 1977 : 155)

The horror experienced by Pi makes him feel afraid after seeing the storm that hits the ship he is riding on. Besides that, Pi feels panicked, so he tries to convince himself that the storm he sees is just an ordinary storm and decides to return to a safe place. When he starts to get into the ship to wake up his family, how surprised he is to see a lot of water that has entered the ship. He is terrified and cannot believe what he sees. From the explanation above, it can be concluded that Pi feels a lot of anxiety symptoms, and there are also statements stating that Pi experiences anxiety.

### **3.1.2 Thinking**

After Pi feels anxious, worried, nervous, and so on, one of the symptoms of anxiety is thinking or thought. These thoughts can be a symptom of anxiety because a person is unable to focus on anything other than their worries. Thoughts that can be a symptom of anxiety such as not being able to focus on certain things, not being able to calm down, and not being able to think clearly. Thinking as a symptom of anxiety can be seen in the following quotation.

Fear and common sense scramble to find the answer. Fear says Yes. He is a predatory beast weighing 225 kilograms. Its claws were as sharp as knives. But Common Sense says No. The tarpaulin was made of sturdy canvas, not Japanese wallpaper. But Richard Parker could tear through a tarpaulin in an instant with his claws.. ah but no way. (Martel, 1977:162)

Pi's thoughts of the tiger's presence on the Lifeboat keep him from thinking straight, but his subconscious struggles to come up with an honest answer. The fear he has is that the tiger is a beast with claws as sharp as blades. However, common sense dictates that the tarpaulin in the Lifeboat is solid canvas because the cotton is so large, that Richard Parker, the name of the tiger, couldn't tear the tarpaulin with his fingernails. These thoughts are actually symptoms of Pi's anxious thinking. On the other hand, Pi knows at that moment he is scared more than anything else, and the only reason Pi is acting the way he does is simply that he is afraid of losing his life. Then Pi loses control, and his mind, is initially frightened by the presence of the tiger, suddenly softens at the thought of something strange. His thoughts about strange things happening to him are a symptom of anxious thoughts.

### **3.1.3 Experiencing**

Not only are feelings of anxiety and being unable to think, Pi also experiences sadness, regret, and melancholy as other symptom of anxiety. This can be seen in the quotation below.

"I started waiting. My thoughts are running wild. I'm between busy thinking about practical things that must be done to survive, and tormented by pain, and I cry silently, my mouth open and my hands on my head." (Martel, 1977:166)

The above quotation shows that Pi is sad and confused because he is afraid that he will not survive in the accident. A ship accident that makes Pi separated from his family and stranded with a tiger makes Pi less enthusiastic about living his days. Pi's sadness is a symptom of anxiety. Pi's sad emotions are also seen when he completely gives up living. He feels he can't last much longer and regrets that he can't do a good job as a zoo keeper when the only animal he has kept is a tiger at that time. Pi exhibits symptoms such as sadness, regret, and melancholy, which shows that he suffers from anxiety unconsciously.

### **3.2 Causes of Pi's Anxiety**

Pi has anxiety because there are several things that make him anxious. They are shipwreck, meeting a tiger, and being worried about his safety, which can be categorized as the causes of Pi's anxiety.

#### **3.2.1 Shipwreck**

When Pi is 16 years old, Pi's parents decide to move to Canada and want to start a new life there. Various types of zoo collection animals are sold one by one. However, some animals are still left, and they must be transported by freighter across Canada. On the day of departure, Pi says goodbye to all his friends and teachers, even people he doesn't know because according to his parents, they will never return to India again. This family trip to India does not go smoothly. One day Pi wakes up to the sound of an explosion on the ship. Pi wants to wake up his brother Ravi, but Ravi does not want to because he is too sleepy. Finally, he decides to check what is happening outside the ship. When they get outside, Pi is shocked. It is raining and windy although Pi cannot conclude that the weather can be called a storm and can sink a ship. However, what surprises Pi the most is that the buffalo they bring from India runs away from its pen and runs around, crashing into everything on the ship. Before Pi notices, to his surprise, other animals run to and from, and then Pi notices that the boat is tilted. This can be seen in the quotation below.

"I only felt anxiety when I looked at the lifeboat on the side of the ship. It was not hanging straight but at an angle on the hangers. I turned to look at my hands. My fingernails are white. I held on tightly not for fear of the weather, but for fear of falling into the incoming ship. tilted. The ship tilted to port, to the opposite side. The slope was not very sharp, but it surprised me quite a bit." (Martel, 1977:155)

From the quotation above, it is clear that Pi experiences anxiety which he just feels when he sees the ship he is on begin to tilt. This is in line with what is said by Zakiah Daradjat (Kholil Lur Rochman, 2010:167) that the cause of anxiety arises because of seeing the danger that threatens him. This anxiety is closer to fear, because its source is clearly visible in the mind. the cause of this anxiety is in accordance with what is experienced by Pi. He feels anxious because he sees the danger that will threaten him and feels afraid he will fall towards the ship which has started to tilt.

### **3.2.2 Meeting A Tiger**

Pi is the only survivor of all the passengers because he is on the deck of the ship. Initially, he intends to save his family, but he sees on the edge of the boat that several crew members have gathered, and when Pi approaches them, Pi is pulled by the crew and dropped into the ship alone. He lands on the half-open tarpaulin. The lifeboat has been half lowered and is now suspended in the air, jutting out of its hanger and rocking in the storm, some six feet above sea level. At first, Pi thinks the crew members will follow Pi to the lifeboats, but the crew members turn their heads with shocked expressions, then suddenly, there is a creature floating on the water, and it turns out to be a zebra. Zebra lands on the lifeboat, makes the hanged lifeboat fall directly, and lands in the violent stormy sea. A split second later, Pi notices that his ship is sinking, and Pi does not know what his end will be like because the Pacific Ocean is too far to carry him by then.

In the lifeboat, he is not alone as there is a zebra and a tiger which follow and jump into the sea. The tiger tries to get into the lifeboat. Pi examines the tiger and does not see it on the tarpaulin or on the bench of the lifeboat. He just realizes that the tiger is at the bottom of the lifeboat. The tiger is named Richard Parker, a 225-kilogram Royal Bengal tiger who is three years old. The presence of Richard Parker makes him feel anxious and afraid. This can be seen in this quotation.

" I got goosebumps, between the life jackets, only half visible, as if I was peering through the leaves, for the first time I caught a glimpse of Richard Parker, clear minded. All I could see his back, and part of his back. It is brown with stripes -line and enormous. He is facing stern, lying face down. His body didn't move, only his sides twitched as he breathed. I blinked in disbelief how close he was, if I lay down I could pinch his buttocks. And the distance between us is only separated by a sheet a thin cloth that he could easily step on." (Martel, 1977:163)

From the quotation, it is explained that Pi is worried because of Richard Parker's presence in the lifeboat. He fears that Richard Parker is a predator with razor-sharp talons that could eat Pi at any moment Pi is off guard. Unfavorable environmental conditions cause Pi's anxiety. The immediate threat Pi receives is a 3-year-old Bengal tiger that is shaking after nearly drowning in the sea. The tiger is in the same boat as him.

### **3.2.3 Being Worried About His Safety**

The cause of Pi's anxiety is not only when he meets a shipwreck, or when he meets a tiger, but also being worried about his safety.

It has been one hundred and eighty days since Pi has been in the open seas of the Pacific Ocean. Now only Pi and Richard Parker, who are the survivors of the Tsimtsum ship. Initially Pi intends not to think about Richard Parker's life, even Pi intends to let Richard Parker starve to death, but over time it is Richard Parker who makes Pi feel calm. It is ironic that the tiger, which at first scares him to death, in the end it makes him feel peaceful and purposeful and even makes him feel intact. Pi uses various methods to tame Richard Parker, until finally, although

not one hundred percent, Pi is able to tame the tiger. Richard Parker will be able to understand Pi's intentions and goals, starting from telling him to eat and sometimes training him to jump and so on.

Over the past 6 months, Pi's physical condition has begun to weaken. The food and drink he gets in the lifeboat have to sink under the crashing waves, so that day by day, his body gets weaker. Pi's clothes gradually begin to disintegrate, falling victim to the sun and sea salt. Every night, he always cries remembering his parents and is always worried if later he will not be found by the rescue team and he must die tragically. During this drift, Pi feels and sees various natural conditions that change one after another. The sky is always changing. Sometimes it is visited by large white clouds which are flat at the base, but round and soft at the top, and sometimes they are completely cloudless, stretching blue, stunning the senses. The sea has many sounds, sometimes it roars like a tiger, and sometimes it whispers close to the ear, like a friend wanting to share a secret. Some winds are also ever-changing between the sky and the sea. Not to mention a million nights and months, but every night it starts to come. Pi's anxiety will increase because he thinks that at night it will be difficult for him to be seen by ships that might pass by. The cause of this anxiety is due to environmental factors. According to Savitri Ramaiah (2003:11), the environment or the surroundings where one lives affects the way individuals think about themselves and others. This is due to the individual's unpleasant experiences with family, friends, or co-workers, so that the individual feels insecure about his environment. This happens to Pi as he says, "As dusk drew near, my anxiety increased. I've always been afraid of the end of the day. At night, I will be hard to see by any passing ships." (Martel, 1977:175)

The cause of Pi's anxiety arises because of environmental factors which are not good from the start, causing Pi's mind to be disturbed. According to Pi, it is pointless to say that tonight or that night is the worst night of his life because he has so many bad nights, so that it is not easy to consider which one is the worst. An unfavorable environment always makes Pi feel restless, for him at night and it always makes his chest tight, making him unable to think clearly. Anxiety can occur if the individual cannot find an outlet for his feelings in the personal relationship, significantly if it has suppressed anger or frustration for a long time. This statement is in line with Pi's anxiety because when Pi has been tossed about for a long time, it disturbs his feelings and thinkings, plus he meets Richard Parker, which is increasingly disturbing him mentally.

### **3.3 Effects of Pi's Anxiety**

Shipwrecks, meeting tigers, and worrying about not surviving are the main causes of Pi's anxiety. If there is a cause for anxiety, there must also be an effect. After that ship accident, he has to lose his family and is stranded in a lifeboat with a tiger and constantly worried that he cannot survive. The effects of Pi's anxiety can be classified into three types.

The first is the behavioral effect of his anxiety. He has negative feelings. Those negative feelings are passed on to the crew after Pi learns that there are hyenas on the lifeboat. This statement can be seen in the quotation.

“And one more thing that I realized: It turns out I am thrown into this lifeboat because there is a hyena. The crew actually does not want to save me. They don't care at all. They are just using me as bait. They hoped the hyenas would attack me, and I would somehow get rid of them, so that the lifeboat would be safe for them, even if I lost my own life. Now I understand why they pointed so excitedly, just before the zebra appeared.” (Martel, 1977:164)

The quotation describes his negative feelings towards the crew when Pi encounters a hyena on the lifeboat. Initially, when his body is thrown into the lifeboat, Pi does not think negative things about the crew, he even thinks that the crew would help him, but after Pi sees and know the whereabouts of a very evil hyena, Pi realizes that the ship's crew throw Pi into the lifeboat not to help him but because Pi is used as a bait for the hyena.

The second is the emotional effect of his anxiety. He experiences uncontrollable emotion. Pi is angry when he sees a tiger eating a zebra and an orangutan being brutally killed by a tiger, as he says, "Shock, disgust and anger welled up in my heart. I felt so much hatred for that tiger. It occurred to me to kill it." (Martel, 1977:178)

Pi's anger also occurs when many fish fly past his boat, and many flying fish get stuck in the boat. Pi is very happy to see many fish flying into the boat and see Richard Parker eating them right away. But when a bigger flying fish hits Pi's body, the tiger immediately turns his eyes to the big fish and tries to get it. Seeing that at first, Pi feels worried and angry, but because of his overflowing emotions, he cannot hold back Pi's anger. Pi is very angry because he thinks there are more fish near the tiger and that it can make the tiger more satisfied eating them than the one big fish Pi is holding. Pi is so angry to see the tiger's greed and he immediately shouts at the tiger, which makes the tiger back off.

The third is the cognitive effect of his anxiety. The cognitive effects of anxiety can include thinking about the fear of danger, such as fear of death. He feels scared every time he thinks about his fear. The fear here is when Pi fears he can't be saved and is found by a ship that might pass at night, as he states, “As dusk approaches, my anxiety increases. I'm always afraid of the end of the day. At night, I will be hard to see by any passing ships”. (Martel, 1977:175)

Pi is always scared at night because he thinks his presence will be difficult for passing ships to see. Pi does not want him to die tragically in the middle of the ocean. Whenever he thinks of his death, he feels scared and has difficulty sleeping at night. The cognitive effects of his anxiety also occur when he encounters a tiger. Every day he has to be on guard and keep his raft away from the tiger. He does not live together in a boat with a tiger because Pi thinks he will be eaten by a tiger while sleeping.



#### **4.4 Type of Pi's Anxiety**

Pi must face his fears alone, and he often loses control of his emotions. Emotions such as sadness, anger, panic, worry, anxiety, and depression come so suddenly. According to Freud, there are three types of anxiety such as neurotic anxiety, moral anxiety, and the last is objective anxiety (Zaviera, 2009: 97). Of the three types of anxiety above, there are types of anxiety experienced by Pi, namely neurotic anxiety and objective anxiety. Neurotic anxiety cannot be controlled by the id. It is the feeling when one cannot control one's anger, one's sanity, or common sense. Meanwhile, objective anxiety is a natural response when someone feels danger in the surrounding environment or according to Freud this condition is the same as fear (Minderop, 2010: 28).

The reason Pi is associated with neurotic anxiety is because its symptoms are very similar to this type. He felt worried, anxious, unable to control his emotions, and panicked. These are symptoms of neurotic anxiety.

Another type of anxiety is objective anxiety. According to Freud, objective anxiety is the fear of something realistic. For example, like the example that Pi experiences when he meets a tiger, he is scared. Pi often feels fearful and senses danger around him, so objective anxiety matches Pi's anxiety.

In addition, there is also moral anxiety, which means worry because of the superego. In other words, this type of anxiety is a type of guilt, shame, and fear of punishment. Pi does not feel this type of symptom. Pi has uncontrollable emotion, but he does not feel guilty, ashamed, or even afraid of sanction. He feels sad, but sometimes his emotion gets out of control.

The type of anxiety that is appropriate for Pi's anxiety is only neurotic and objective anxiety because the symptoms Pi experiences are similar to symptoms of this type such as anxiety, worry, being unable to control emotions, and panic.

#### 4. CONCLUSION

After analyzing the symptoms that Pi feels and experiences, it can be concluded that Pi suffers from an anxiety disorder. Signs and symptoms can be categorized into three types : feeling, thinking, and experiencing. Symptoms of feeling are being anxious, worried, and panicked. Thinking symptoms are being unable to think about anything else except what he is worried about. Symptoms of experiencing include tremor, melancholy, and sadness.

There are three reasons why Pi suffers from anxiety. The first is shipwreck. A ship accident due to a big storm which hits the ship he is on and makes the ship sink in the Pacific Ocean, and his family who are still on the ship also sink. Pi is frightened when he sees the accident. Pi is initially very happy to see the storm because he thinks that it is just an ordinary storm, but after seeing the ship he is riding on is tilted, coupled with the many animals running here and there. He immediately becomes anxious and worried about his family which is still sleeping in the ship's room. He tries to get to his family, but when he gets back into the boat, he is surprised to see so much water has entered the ship. That's why Pi feels so frustrated about the ship accident that happens to him.

The second cause of Pi's anxiety is meeting a tiger. After Pi experiences a shipwreck in the Pacific Ocean, Pi, who is in the ship's boat, unknowingly meets a tiger named Richard Parker. At first, Pi is worried by the presence of a hyena that suddenly appears from under the boat and tragically kills zebras and orangutans. After the zebra and orangutan have been eaten, Pi becomes the hyena's next target. When the hyena wants to attack Pi, suddenly, under the tarp of the lifeboat, a giant tiger named Richard Parker immediately attacks the hyena and directly it lies on the boat. Seeing this, Pi is not relieved, and he immediately feels great fear. Pi tries to distance himself from Richard Parker. He tries to build a raft and live on that raft. He spends his days worrying about Richard Parker. The third cause of anxiety is being worried about his safety. Pi has been at sea for months, and there are no signs of rescue coming. He always tries so that he can survive. He has tried various ways, but he always fails, which always makes him feel worried.

There are three main effects of Pi's anxiety. The first is the behavioral effect. This can be seen from his negative thinking towards the crew members who have thrown him into the lifeboat. The second is the emotional effect of Pi's anxiety. He has a hard time controlling his emotions. This can be seen from his anger towards the hyenas who are very aggressive in killing zebras and orangutans. The final effect of Pi's anxiety is a cognitive effect. He feels fearful every time thinking about his fear of his not being able to survive and having to die tragically in the middle of the ocean of the Pacific Ocean.

The type of anxiety he suffers from is neurotic and objective anxiety. Neurotic anxiety comes from the id, an unconscious feeling that often loses control over emotions, such as sadness, anger, panic, and so on. He feels those things intensely. The last, objective anxiety is the fear of

something realistic, for example, like Pi experiences when he meets a tiger, immediately he feels fearful.

## REFERENCES

- Aras, G. (2015). Personality and Individual Differences: Literature in Psychology in Literature. *Procedia-Journal of Social and Behavioral Sciences*, volume 185, page 250-257.
- Atkinson, R. Richard, A. Hilgard, E. (1966). *Introduction To Psychology*. New York: Harcourt Brace College.
- Baroroh, M., & Marsih, L. (2018). A Comparison Of Types Of Domestic Violence In Zora Neale Hurston's "Sweat" And In Sandra Cisneros's "Woman Hollering Creek." In *Anaphora: Journal of Language, Literary, and Cultural Studies* (Vol. 1).
- Barker P (2003). *Psychiatric and Mental Health Nursing: The Craft of Caring*. London: Edward Arnold. ISBN 978-0-340-81026-2.
- Creswell, John W. (2003). *Research Design: Qualitative, Quantitative, and Method Approached*. California: Sage Publication, Inc
- Daneshvari, G. (2012). *School of Fear: The Final Exam*. New York: Litte, Brown and Company
- Endraswara, Suwardi. (2008). *Literature Psychology Research Methods*. Yogyakarta: Medpress
- Elina Rharisti Rufaidah. (2009). *The Effectiveness of Cognitive Therapy on Reducing Anxiety Levels in Asthma Patients in Surakarta*. Thesis. Faculty of Psychology-UGM.
- Feist, Jess and Gregory J. Feist. (2010). *Theories of Personality*. Jakarta: Salemba Humanika.
- Harvey, A. G., & Bryant, R. A. (2002). Acute stress disorder: A synthesis and critique. *Psychological Bulletin*, 128(6), 886-902.
- Huda, N. N. 2014 "Anxiety On The Main Character Rebecca Bloomwood in The Film P.J.Hogan's Confessions of a Shopaholic" *Skripsi Yogyakarta: Faculty of Adab and Cultural Sciences, State Islamic Sunan Kalijaga University*.
- Koeswara, E. 2001. *Personality Theories*. Bandung: Ersco.
- Litaay, A. G. M. (2018). The Effects of The Abuse Experienced By David Character's In David Pelzer's *A Child Called It And The Lost Boy*. In *Anaphora: Journal of Language, Literary, and Cultural Studies* (Vol. 1).
- Martel, Yann. (2001). "Life of Pi". Canada: knopf.
- Minderop, Albertine. (2010). *Literature psychology. Literary Works, Methods, Theories, and Case Examples*. Jakarta: Indonesian Torch Library Foundation.
- Moss, D. (2002). *Psychological Perspectives Anxiety Disorder Identification and Intervention*.

- Mukhtar. (2013). *Practical Methods of Qualitative Descriptive Research*. Jakarta: Reference (GP Press Group)
- Muyasaroh, Hj. Hanifah, dkk. (2020). "Study on Types of Anxiety in Cilacap People in Facing the Covid 19 Pandemic." Institute of 68 Research and Community Service (LP2M) Nahdatul Ulama Al Ghazali University (UNUGHA) Cilacap.
- Nurhadi, M. (2019). Traumatic Neurosis Of War In Collin's Mockingjay. *Anaphora: Journal of Language*, 2, 49–55.
- Patotisuro Lumban Gaol, B. (2006). *The Relationship between Positive Thinking and Anxiety in Facing Free Periods in Prisoners*. Essay. Faculty of Psychology-University of Mercu Buana.
- Rector, B. & Kitchen, J. (2005). *Anxiety Disorder: an Information Guide*. Canada: Centre for Addiction and Mental Health
- Robson, C. (1995). *Real World Research*. Inggris: Wiley Blackwell
- Savitri Ramaiah. (2003). *Anxiety How to Overcome Its Causes*. Jakarta: Torches Popular Library.
- Vanderstoep and Johnston. (2009). *Research Methods for Everyday Life: Blending Qualitative and Quantitative Approaches*. California: Jossey-Bass; Chichesker
- Wellek and Warren. (1962). *Theory of Literature*. New York: A Harvest Book
- Zaviera, Ferdinand. (2009). *Teori Kepribadian Sigmund Freud*. Yogyakarta: Prismsophie

