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by Feni Asniar

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Feni Asniar, Dra. Anik Cahyaning Rahayu, M.Pd.

Feni Asniar, Universitas 17 Agustus 1945, Indonesia

Dra. Anik Cahyaning Rahayu, M.Pd., Universitas 17 Agustus 1945, Indonesia

Feniasniar23@gmail.com, anikcahyaning@untag-sby.ac.id

ABSTRACT

This study is entitled Pi's Anxiety in Yann Martel's *Life of Pi*. The objective of the study is to describe 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: psychoanalytic, anxiety, symptoms, causes, effect, neurotic

1. INTRODUCTION

Anxiety is a natural condition that happens to human life. Whatever, whenever, and wherever, it will happen and always accompanies humans, because they do not have or lose the sense that God has given them, people who do not experience anxiety will be considered abnormal. However, if anxiety is not controlled, it will endanger the life and hinder success.

Anything that poses a threat can trigger anxiety at any time. 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. Anxiety's exact cause is unknown. However, it has been demonstrated that various factors contribute to anxiety. Like other mental disorders, anxiety is brought on by the brain's nerves' inability to control emotion and fear. In brain circuits, for instance, the flow of communication between nerve cells can be altered by stress. Emotion-controlling brain structures will be changed as a result. Anxiety typically develops over time and is influenced mainly by a person's life experiences. Particular events or circumstances can speed up the onset of anxiety attacks. (Muyasaroh et al. 2020).

The anxiety experienced by Pi, the protagonist of Yann Martel's *Life of Pi*, will be the focus of this research. *Life of Pi* results from a conversation between the author's response to the world and his or her own life. *Life of Pi* is a book about inspiration and learning. *Life of Pi* is a novel about a 16-year-old boy named Pi who is tough, smart and has a strong instinct to survive. He is stranded in the Pacific Ocean with a two hundred and twenty-five kilogram adult tiger. However, he survives in the Pacific Ocean for two hundred twenty-seven days thanks to his unwavering struggle and strong instincts. He always believes that somebody will save him. However, until he becomes stranded on a Mexican beach, no one comes to his aid. Pi experiences a variety of life-related anxieties in the narrative. Pi experiences anxiety due to perceived or perceived threats from the outside world.

By looking at the problems found above, the researcher wants to analyze Pi's anxiety by using Sigmund Freud's psychoanalytic theory. The researcher is interested in analyzing Pi's anxiety in this novel, especially the symptoms, causes, effects, and types of his anxiety.

Based on the background above, there are four main problems discussed in this study, including:

1. What are the symptoms of Pi's anxiety ?
2. What are the causes of Pi's anxiety ?
3. What are the effects of Pi's anxiety ?
4. What type is Pi's anxiety ?

According to Freud, the id, ego, and superego are three well-known conceptualized aspects of human personality. Anxiety is the ego's attempt to alert the individual of imminent danger to prepare the appropriate adaptive response. Anxiety signals when danger is present, it serves as a defense mechanism for the ego. The danger will increase until the ego is defeated if proper action is not taken. Anxiety typically results in the inability to relax, difficulty concentrating, and the inability to focus on something. The psychoanalytic theory of Sigmund

Freud is utilized in this study. This sub-chapter is divided into four parts: Symptoms of anxiety, causes of anxiety, effects of anxiety, and types of anxiety.

1. Symptoms of Anxiety

According to the Black Dog Institute (2019), some common anxiety signs and symptoms include:

I. Feelings

An anxiety disorder is characterized by a sudden onset of excessive or intense anxiety. This usually happens within minutes. When anxiety occurs, people with anxiety often feel very worried or anxious, tense and irritable, nervous or anxious, panicked, irritable, and restless.

II. Thinking

Symptoms of anxiety can identify from an unsettled mind. Thinking too much about plans and solutions for every worst possibility that may not necessarily arise. Easily irritated, restless, nervous, and cornered. Doubt, fear, and difficulty making decisions are symptoms of anxiety that arise from the mind.

III. Experiencing

Experiencing occasional anxiety attacks is a normal part of life. However, people with anxiety disorders commonly experience sleep disturbances (inability to sleep, frequent awakenings), feelings of sadness and hopelessness, heart palpitations, sweating, seizures, tremors, and difficulty concentrating.

2. Causes of Anxiety

Anxiety frequently develops over a time frame and is notably depending on a person's ordinary lifestyles experience. Certain activities and conditions can cause tension attacks, Savitri Ramaiah (2003:11). There are numerous elements that cause the worry response, including:

a. Environment

The environment you live in influences how people think of themselves and others. This is due to an unpleasant experience with family, friends or co-workers. Therefore, individuals feel insecure about their environment.

b. Repressed Emotions

Anxiety can arise when you are unable to find an outlet for your emotions within a personal relationship, especially if you have repressed your anger or frustration for too long.

Zakiah Daradjat (Kholil Lur Rochman, 2010:167) suggest that some sources of anxiety are:

a. Fear that arises when you see a danger that threatens you. This fear is more like fear because its source is clearly visible in the mind.

b. Anxiety is a disease and it manifests itself in many ways. This fear is caused by something unclear and irrelevant, and is sometimes accompanied by a feeling of anxiety that affects the patient's entire personality.

Fear arises from threats and dangers that occur occasionally in individuals rather than in reality, and rejection from society causes anxiety in the new environment they are exposed to (Patotisuro Lumban Gaol, 2004:24). On the other hand (Elina Laharisti Rufaida, 2009:31) states that the factors that influence anxiety are:

a. Physical Factor

Physical weakness weakens a person's mental state, making it easier for fear to manifest itself.

b. Trauma or Conflict

The development of anxiety symptoms is highly dependent on the individual's condition in the sense that the emotional experiences or mental conflicts experienced by the individual facilitate the development of anxiety symptoms.

c. Bad Environment.

The environment is a major factor influencing an individual's anxiety, and when these factors are not good, it interferes with personality development, resulting in anxiety symptoms.

3. Effects of Anxiety

Having discussed the causes above, the effects of anxiety are discussed below. According to Barker P (2003), there are three effects of anxiety disorders such as behavioral effects, emotional effects, and cognitive effects.

1. Behavioral effects of anxiety include withdrawal from situations that have caused anxiety or negative emotions in the past. There are also changes in habits and sleep patterns, with habits increasing or decreasing food intake and increasing exercise tone, such as foot tapping.

2. Emotional effects of anxiety include "anxiety or fear legs", "poor concentration", "nervousness or dizziness", "anticipating the worst", "irritability", "restlessness", There is such a thing as "observing and waiting" for signs and events. Danger and "the feeling that your mind is empty", the feeling of "déjà vu, the feeling of being trapped in your mind, and the feeling that everything is scary." It can consist of a blurry experience and a sense of helplessness.

3. The cognitive effects of anxiety may include thoughts about fears of danger, like the fear of dying. You might be concerned that the pains in your chest result from a fatal heart attack or that a tumor or an aneurysm causes shooting pains in your head. When you think about dying, you either feel a great deal of fear, think about it more often than usual, or you can't get it out of your head usual or can't get it out of your mind".

4. Types of Anxiety

Sigmund Freud (1926:7) People believe they are driven to release tension and anxiety. When a particular fear arises, the mind follows him in two ways. First, problem-solving efforts are increased, and second, self-protection mechanisms are triggered. But when fear overwhelms, the human mind must defend itself. Freud classified his three main types of anxiety as follows:

a. Objective Anxiety

Objective anxiety is a natural response when a person feels danger in an environment (according to Freud, this condition is the same as fear) (Minderop, 2010: 28). Examples of objective anxiety are earthquakes, hurricanes, and similar disasters. This fear serves a positive purpose that directs human behavior to protect and save ourselves from real (actual) danger.

b. Neurotic Anxiety

Neurotic anxiety stems from subconscious conflicts within the individual; because the conflict is not realized, the person is not aware of the reasons for his anxiety (Hilgard in Minderop. 2010:28). The conflict between the ego and the id, involving instinctual gratification and reality, is the source of this anxiety. At this stage, the fear is in the conscious realm, but is transferred to the subconscious.

c. Moral anxiety

Moral anxiety is anxiety due to the conflict between the id and the superego. Moral anxiety is fear of one's consciousness. When a person is motivated to express desires that go against moral patterns, the superego retaliates by inflicting shame or guilt on them. This fear is also based in reality.

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 aims related to understanding some element of social life and by its approach to (generally) generating 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 of the character Pi in Yann Martel's novel *Life Of Pi* based on the psychological theory of literature by Sigmund Freud.

The data source for this study is the novel itself entitled *Life Of Pi*, consisting of 401 pages and 21 chapters completed as the data source for this study. The data in this study are taken from novels that support the topic discussed through both words and expressions supporting the psychological state of Pi's character in Yann Martel's *Life of Pi* by emphasizing Sigmund Freud's theory of fear. This is an excerpt. The instrument used in this research is the researcher herself as the research subject by reading and understanding the references that support this research in Yann Martel's novel *Life of Pi*, the aspect of Pi's character that the researcher uses to conduct this research.

The data collection procedure in this study is carried out with the following steps. The first researcher read the novel *Life Of Pi* by Yann Martel. The second step is understanding the novel, especially Pi and his anxieties. 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 explores and describes in detail the data found in the novel, the second step interprets data based on the theories, and the third step arranges the analysis based on the problem statement. The last step concludes the analysis results.

3. RESULT AND DISCUSSION

3.1 Symptoms of Pi's Anxiety

Pi is the main character of Yann Martel's *Life of Pi*. He 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, such as when the ship is starting to sink, he meets a tiger and feels that he will not survive in the incident. 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 their feeling, thinking and experience, which are analyzed below.

3.1.1 Feeling

One of the symptoms of anxiety is feeling some signs of anxiety, fear, worry, nervousness, panic, irritability, and restlessness. The first time Pi feels panic and fear 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 he is on 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 also sleeping on the ship. This can be seen in the quotation below.

A feeling of horror creeps up on ⁶me. 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. Beside 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 also a 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 other 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 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, 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 kept was a tiger at that time. Pi exhibits symptoms such as sadness, regret, and melancholy. It can be that his experience 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.

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 individually. However, some animals remain and must be transported across Canada by cargo ship. 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 got outside, Pi has 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 fro, 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 explained, Pi experiences anxiety which he just felt when he sees the ship he is on begin to tilt. Like the opinion of 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 fear, according to what Pi experienced is that he is terrified at the sight of the danger threatening him and is afraid of falling into a ship that has begun to capsize.

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 wanting to save his family, he sees several crew members gathered at the edge of the boat, and when Pi approaches them, Pi is pulled over by the crew and thrown 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, they thought the crew would follow them to the lifeboat, but when the crew turned around in surprise, they suddenly saw a creature floating in the air, which turned 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 has, 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 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. It can be a large white cloud with a flat bottom and a soft round top, or it can be completely cloudless, stretched blue and numbing. There are many sounds in the ocean, sometimes roaring like a tiger, sometimes whispering in your ear like a friend who wants 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 unpleasant experiences with family, friends, or co-workers, making people feel insecure. 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 can consider none of them the worst. An unfavorable environment always makes Pi feel restless, for him at night it always makes his chest tight, making him unable to think clearly. Anxiety can arise when you are unable to find an outlet for your emotions in a personal relationship, especially if anger or frustration has been repressed for a long time. This opinion is to the anxiety that Pi is experiencing because when Pi has been tossed about for a long time, it disturbs his feelings and thinks, plus he meets Richard Parker, which is increasingly disturbing him mentally.

3.3 The 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 anxiety can be categorized 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. When his body is thrown into the lifeboat, Pi doesn't think anything negative about the crew at first. into a lifeboat, but cannot help him because the pi's are used as hyena food.

The second is the emotional impact of his fear. 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 fly into the boat and see Richard Parker eating them right away. However, when a larger flying fish hits Pai's body, the tiger immediately sets its sights on the larger flying fish and attempts to catch 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 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. So 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 had to be on guard and keep his raft away from the tigers. 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. Sudden onset of emotions such as sadness, anger, panic, worry, fear, and depression. According to Freud, there are three types of anxiety: neurotic anxiety, moral anxiety, and objective anxiety (Zaviera, 2009: 97). Of the three types of fear described above, the types of fear Pi experiences are neurotic fear and objective fear. Neurotic anxiety cannot be controlled by id. Feelings when you can't control your anger, reason, 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. Objective fear is consistent with Pi's fear, as Pi feels fear and often perceives danger in her surroundings.

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.

Neurotic and objective fears are the only types of fears suitable for Pi's fears. This is because the symptoms experienced by Pi are similar to those of this type, such as anxiety, worry, uncontrollable emotions, and panic.

4. CONCLUSION

This chapter provides conclusions as a result of Pi anxiety analysis. After analyzing the symptoms that Pi feels and experiences, we can conclude that Pi suffers from an anxiety disorder. Signs and symptoms can be categorized into three types : feeling, thinking, and experiencing. Symptoms of feeling anxious, worried, and panicked. Thinking symptoms are being unable to think about anything else except what he is worried about. Symptoms, 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 incident. 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 worries about the presence of hyenas that suddenly emerge from under the boat and brutally kill 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 fear.

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