

CATH'S ANXIETY IN RAINBOW ROWELL'S FANGIRL

A THESIS

**Presented in a Partial Fulfillment of the Requirements for Completing the
Sarjana Degree in Department of English Literature**



**by
MUSDALIFA RUMATIGA
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**FAKULTAS ILMU BUDAYA
UNIVERSITAS 17 AGUSTUS 1945 SURABAYA
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APPROVAL SHEET I

This is to certify that the Sarjana Thesis of **MUSDALIFA RUMATIGA** entitled "**CATH'S ANXIETY IN RAINBOW ROWELL'S FANGIRL**" has been approved by the thesis advisor for further approval by the Examining Committee

Surabaya, 23 December 2022

Advisor,



Dr. Tri Pramesti, MS.

APPROVAL SHEET II

This is to certify that the Sarjana Thesis of **MUSDALIFA RUMATIGA** entitled "**CATH'S ANXIETY IN RAINBOW ROWELL'S FANGIRL**" has been examined and approved by the thesis Examining Committee as the requirement for Sarjana Degree in English Literature

Surabaya, 23 December 2022

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Musdalifa Rumatiga

MOTTO

Indeed with the difficulty there is an ease.

“Surah Al-Insyirah verses 5-6”

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TABLE OF CONTENT

APPROVAL SHEET I	II
APPROVAL SHEET II	III
SURAT PERNYATAAN	IV
MOTTO	VI
ACKNOWLEDGEMENT	VII
TABLE OF CONTENT	VIII
ABSTRACT	X
CHAPTER I INTRODUCTION	1
1.1. Background of the Study	1
1.2. Statement of the Problem	3
1.3. Objectives of the Study	3
1.4. Scope and Limitations	3
1.5. Significance of the Study	3
CHAPTER II REVIEW OF RELATED LITERATURE	4
2.1. Previous Studies	4
2.2. Theoretical Review	5
2.3. Anxiety in Human Life	5
2.4. Symptoms of Anxiety	5
2.5. Cause of Anxiety Disorder	7
2.6. Effects of Anxiety Disorder	7
CHAPTER III RESEARCH METHODS	9
3.1. Literary Approach	9
3.2. Research Design	9

3.3. Data Surce	9
3.4. Data Collection Procedure	10
3.5. Data Analysis Procedure	10
CHAPTER IV ANALYSIS	11
4.1. Symptoms of Anxiety	11
4.1.1. Panic Disorder	11
4.2. The Causes of Cath’s Anxiety	13
4.2.1. Bad Environment	13
4.2.2. Twin Factor	16
4.2.3. Dependent	18
4.2.4. Introvert	18
4.3. The Effects of Cath’s Anxiety	20
4.3.1. Social anxiety disorder	20
4.3.2. Post-traumatic stress disorder (PTSD).....	21
4.3.3. Negative Effects	22
4.3.4. Positive Effects	23
CHAPTER V CONCLUSION	26
BIBLIOGRAPHY
APPENDIX I
APPENDIX II

ABSTRACT

This study will discuss the anxiety experience by Cath, the main character in Rainbow Rowell's novel *Fangirl*. Three problems will be discussed in this study, namely the symptoms of cath anxiety, the causes of cath anxiety, and the effect of cath anxiety. The theory that will be used in this study is literary psychology from Sigmund Freud's theory which will focus on Cath's experience of anxiety. This study uses a qualitative method. The information uses comes from the novel *Fangirl* by Rainbow Rowell. Several quotes from the novel support reading analysis, taking notes, paying attention to keywords, collecting data, and drawing conclusions from the novel data collection techniques. It can be concluded that Cath, in this novel, experiences two symptoms. The first is panic disorder, which occur when Cath first moved to the hostel where she is studying. She saw a boy who shouldn't be in the hostel because the hostel is for women only. The second is stress disorder, the cause of anxiety that Cath experienced came when her twin sister had reconnected with her mother, and that made Cath remember her past. While the cause of Cath's anxiety came from her family environment, firstly the divorce of her parents and her father's illness, the twin factor for Wren is Cath's twin sister, who wanted to separate from Cath, and from there she also became dependent and became an introvert person. And from these causes, Cath gets the result of the causes mention above, namely, there are positive effects and negative effects. This negative effect has a big effects in Cath, namely by depending on her twins, while the positive effect is Cath can reconcile. With her past and starting to accept her mother back.

Keywords: *Causes, effects, and symptoms, anxiety*

