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Submission date: 26-Jan-2023 08:35AM (UTC+0700)

Submission ID: 1999520446

File name: Article_Musdalifa_Rumatiga.docx (40.55K)

Word count: 6960

Character count: 34413

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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.*

INTRODUCTION

Humans are faced with various situations or events that can trigger anxiety. Panic attacks, obsessive-compulsive disorders, and post-traumatic stress disorder are all examples of anxiety disorders. While anxiety is a individual experience of mental dependence, difficulties, and pressures associated with conflict or threats. (Ghfron: 2010) Mental anxiety

disorder is characterized by excessive anxiety or fear that causes great concern for everyday life.

Anxiety is defined by vague feelings of fear and anxiety, as well as unpleasant or alertness. (Davison et al. 2004). Kaplan, Sadock & Greb state that fear and "anxiety" are two emotions that serve as red flags. Fear arises when there is a clear or real threat from the environment and does not cause conflict for the individual. Meanwhile, anxiety occurs when the danger is internal, unclear, or creates competition for the individual.

Fangirl by Rainbow Rowell is published in 2013. This novel has four hundred thirty-three pages divided into thirty-eight chapters. It tells the story of two twins, a sister, a cat, and a wren. Cath is very close to her father and sister. This novel is about Simon Snow who has many fans, but in this novel, Cath doesn't think of Simon Snow as just a fan, for her, Simon Snow is her life. After entering the college environment, Wren decides to separate from Cath, Wren chooses not to share the same room with Cath's dormitory and leaves the Simon Snow word that she and Cath write. After that also happen some problems that occurred when her sister is hospitalized due to alcohol poisoning, they meet Laura's mother, who left them during childhood, and also Cath's worries about her father's illness and also with Professor Piper's confession about Simon Snow fan fiction is plagiarism and ask Cath's to write her account of the events, Cath began to question her lecture.

The writer chose this topic because, after reading this novel, the writer found a problem in this research. By looking at the problem encountered, the writer wants to analyze anxiety in this novel, especially the symptoms, causes, and effects of anxiety. When the writer first read this novel, the writer is very interested in the main character who experiences symptoms of anxiety which attracts the writer's attention to research or find out more about anxiety. What's more, in today's era, there are so many mental illness phenomena and problems that occur among teenagers today that happen in the surrounding environment. This novel can bring the reader into all events and changes that occur in life. This novel is interesting to discuss, especially the main character.

Based on the background above, the writer formulates the problem, as follows:

1. What are the symptoms of Cath's Anxiety?
2. What are the causes of Cath's Anxiety?
3. What are the effects of Cath's Anxiety?

According to Wellek and Warren. (1977) in the book *Theory of Literature*, the novel is a picture of life, namely social facts. "In living this life, we as humans not only experience happiness or sadness but sometimes humans can experience depression. Depression is a mental disorder that everyone has the opportunity to experience. Many of us confuse the difference between depression, stress, and sadness. Depression is a bad mood that lasts for a certain period of time. Lose interest in things that were once entertaining, and blame yourself.

Symptoms of Anxiety

There are several symptoms of anxiety disorders according to the (Mayoclinic 2018).³⁶ **Panic Disorder**

a. **Panic disorder**

Panic disorder (panic disorder), as stated by Davison, Neale, and Kring (2012: 5-6), namely sudden and often unexplained attacks with a series of unpleasant symptoms, such as difficulty breathing, palpitations, nausea, chest pain, feeling like choking and choking, dizziness, sweating and shaking, and profound anxiety like terror and feeling as if you are going to die. **Panic disorder involves repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).**

b. **Stress Disorder**

⁴ **Anxiety disorder at some point in life. Adults who have experiences a traumatic event may also develop an anxiety disorder—stress due to an illness. A serious health condition or disease can causes significant concern about your care and future. Stress buildup, major events, or a buildup of more minor stressful life situations can trigger excessive anxiety, such as a family death, work stress, or ongoing worries about finance.**

Cause of Anxiety Disorder

¹⁴ **Sigmund Freud stated that anxiety is an essential variable in most theories about personality. Anxiety is a psychological condition or a form of individual emotion in the form of tension, anxiety, and worries related to feelings of being threatened in the future that something terrible will happen. (Hilgard 1983: 12)**

(Davison, et al 2004). Kaplan, Sadock & Greb stated that ¹² **'fear' and 'anxiety' are two emotions that function as signs of impending danger. Fear arises when a clear or real threat comes from the environment and does not cause conflict for individuals. Meanwhile, anxiety occurs when the threat comes from within, is unclear, or provokes conflict for individuals.**

Introverts are one of the types of personalities, and they have four ¹³ functions. Introverts, as previously stated, are typically shy and less pleasant than extroverts. **Sommers-Flanagan states Introvert: "have a smaller circle of friends, enjoy spending time alone, and may feel some unease in social interactions. They rejuvenate with alone time, rather than by hanging out with their buddies." (2012: Ch. 3A, 12).**

- a. Environment
- b. Suppressed Emotions
- c. Physical reasons

Mind and body are constantly interacting with each other and can cause anxiety. This is seen in conditions such as teenage pregnancy and the onset of an illness. During these conditions, mood swings are common, and this can give rise to anxiety.

According to Jeffrey S. Nevid et al. (2005: 164) in (Ifdil and Anissa 2016), there are several signs of anxiety, namely, Physical symptoms of anxiety include: restlessness, nervousness, shaking or shaking hands or limbs, the sensation of a tight band being tied around the forehead, tightness in the pores on the skin of the stomach or chest, profuse sweating, sweaty palms, dizziness or fainting, dry mouth or throat, difficulty speaking, difficulty breathing, shortness of breath, pounding or racing heart, trembling voice, cold fingers or limbs, dizziness, feeling weak or numb, difficulty swallowing, throat feels block, neck or back feels stiff, sensations like choking or holding back, hands are cold and clammy, you have stomach ache or nausea, chills, frequent urination, flushed face, diarrhea, and feeling sensitive or "easily angry." In addition to these opinions, Bandura explained the things that Effective in reducing anxiety include the following:

- a. Self-Efficacy is as an individual's estimate of his own ability to overcome situations.
- b. Outcome expectancy has the meaning as an estimate individual against the possibility of certain consequences that may have an effect on suppressing anxiety.

Effects of Anxiety Disorder

² Anxiety is a natural part of life. For example, you may have felt anxious before speaking with a group or at a job interview, you may feel physical symptoms of anxiety, including: fast breathing or heartbeat, dizzy or dizzy stomach ache, indigestion, chest pain, fatigue, insomnia, headache. In the short term, anxiety increases breathing and heart rate, concentrating blood flow to the brain, where people need it. This very physical response prepares people for intense situations.

However, if ² is too intense, people may feel dizzy and nauseous. Excessive or persistent anxiety can hurt physical and mental health. Anxiety disorders can occur at any stage of life but usually begin between early adolescence and young adulthood. Women are more likely to have anxiety disorders than men, according to the Anxiety & Depression Association of America (ADAA). Stressful life experiences can increase the risk for anxiety disorders as well. Symptoms may begin immediately or years later. A severe medical condition or substance use disorder can also cause anxiety disorders. There are several types of anxiety disorders. They include the following. According to Clark & Wells (1994), people with anxiety weigh impressions for themselves over others' absolute judgments.

³⁵

- a. Social anxiety disorder
- b. Post-traumatic stress disorder (PTSD)

METHODS

Qualitative method is used in this research. The writer focuses on the written data qualitative research is a scientific method of observation to gather non-numerical data. The research design used by researchers is an observational design that uses a qualitative research design because qualitative data is not in the form of numbers but in the form of statements about content, nature, characteristics, circumstances, things, symptoms, or comments about the relationship between one thing and another. Something can be a physical object, a pattern of behavior, an idea, a value, or norms, and it can also be an event that occurs in society. And here, the researcher also uses qualitative methods to find out how the contents of Fangirl novel are conveyed through the book.

Data source this study will use the Fangirl novel by Rainbow Rowell, 433 pages and 38 chapters, as a data source. The data source in this study uses a written quotation. The data in this study is the material needs to provide accurate information about the problem that is the basis of the research.

Data analysis procedure the anxiety symptoms experience by cath in cath's novel about the anxiety that she feels in her family and friends will be analyzed and support by the theory put forward by Sigmund Freud. After that, the causes and effects that have been identified will also be analyzes related to the anxiety experience by cath.

RESULT AND DISCUSSION

This chapter discusses Anxiety. This chapter is divided into three sub chapters, namely symptom, causes and effects of anxiety of the main character in *Fangirl*. Cath is the main character in *Fangirl*. Her full name is Cath Avery. Cath experienced Anxiety by showing some symptoms. Based on the kinds of anxiety symptoms describe in the previous chapter, the researcher found that Cath also experiences these symptoms.

Cath has an identical twin named Wren. Cath is shyer than her twin sister Wren, a gifted writer, and her hobby is fan fiction. Cath is a very independent child because she has lived without a mother since she was young. Cath has a father who works very hard for his daughters. Still, he has a bipolar episode because he has experienced depression. In her family, Cath is close to her father and sister. A series of novels about the world, Simon Snow has fans worldwide. However, Cath is not a fan. For him, Simon Snow is his life. After entering college, Wren decides to separate from Cath, Wren didn't want to share a room with Cath in the dormitory, and she also chose the same major as Cath and worse, Wren decided to leave the world of Simon Snow. Wren wants to write something other than Simon Snow fan fiction with Cath. She doesn't care about the characters in the stories she used to like anymore. Behind her father and mother's divorce, she and her twin sister lived their lives as usual, but

when they entered the world of college, problems slowly appeared in their lives. Her father's illness gets worse and makes her father hospitalized. Her mother, who has left, now wants to meet again with them after a long time apart, and also Cath's twin sister chose to part with Cath and decided not to continue writing their frantic, Simon snow, and so did Cath's love story which made her feel anxiety disorder. The cause of anxiety is unknown but most likely comes from genetic and environmental factors. Cath lived in a broken family, her father and mother chose to separate when they were young, and their mother left them, but their father loved them so much that he became a father and mother to them.

SYMPTOMS OF ANXIETY

³ Cath is the main character of Rainbow Rowell's *Fangirl*. She is a woman who has a non-identical twin sister. Cath has to face her biggest fears, such as when she has to be reunited with her mother, thinking about her father's illness, and feels unable to live alone when separates from her twin sister. Because of her three fears, she suffers from anxiety. Several common symptoms can be signs of Cath anxiety. These symptoms can be recognizes by feels of panic and stress, which are analyzes below.

1. Panic Disorder

Symptoms of anxiety that Cath experiences when worries about her surroundings. She felt an instant panic when she realizes that her surroundings were not good. Cath, who had just moved into her room, is suddenly surprises by the presence of a man. Which is where the man immediately Cath's hand. Cath felt a panic and immediately ignored his hand. This can grabbed be seen from this quotation.

¹⁹ "Cath," she said, feeling a panicky jump in her stomach. She ignored his hand. (She was holding a box anyway what did he expect from her?). (Rowell, 2013:4)

From The quotation above shows the panic experiences by Cath. When Cath moves into his room, it turns out there is a man in the room. Suddenly, the boy grabbed Cath's hand. Cath is surprised. Cath experiences feels of worries and panic. She has the impression that the man would step up, considering this is their first meeting together. This is in accordance with the opinion of MayoClinic (2010) regarding panic. ⁴ Panic disorder is defined by frequent episodes of intense anxiety, fear, or terror that peak inside minutes (panic attacks). Make her life miserable in some way. In addition, panic is an indication that a person is suffering from the symptoms of psychological distress.

First, when Cath prepares to move into her new dorm, her character experiences anxiety consistent with that of a real person. As soon as she arrived at her new dormitory, she made a beeline for her room right once. However, when she gets there, she is taken aback by the presence of a male roommate. Despite the fact that it is her very first time entering the dormitory. When Cath first entered her room, an unknown man shouted out to her and grabbed her by the hand. Cath immediately became terrified and panic since she do not recognize the man. Cath has a rational fear that the man is a danger to her since she does

not know him yet and because she is in her room, which she and her female friends should only occupy. In addition, Cath is in an environment in which she should only be with her female friends.

2. Stress Disorder

Anxiety is hard to convey, and everyone deals with it uniquely. Cath's childhood memories of her parent's divorce and her mother's decision to leave Cath, Wren, and Cath's father are one source of her frequent realistic fears. Another source is Cath's relationship with her father. Despite the fact that Cath and Wren were young at the time, this causes them to fall into a deep depression and become the moody girls they were before. This is one of the stress factors experienced by Cath. She says,

⁸
"Fuck that."

"Do you think I absorbed all the impact? That when Mom left, it hit my side of the car? Fuck that, Wren. She left you, too. "But it didn't break me. Nothing can break me unless I let it."Do you think Dad you think he chose to fall apart when she left?"
(Rowell, 2013: 23)

Cath experiences stress when she remembers that one of the sources of her realistic fears was when her mother and father divorced. Cath experiences stress which triggers her anxiety. She remembers when her parents divorced, remembering her traumatic past. Triggers her mind that can't think calmly, so it makes him stresses and makes him always feels anxious. This is in accordance with the opinion⁴ (Mayoclinic 2018) about with the pain of stress anxiety. Anxiety disorder affects everyone at some point in their lives. Adults who have been through a traumatic experience may develop anxiety disorders. Illness-related stress. Possessing a significant impact on health or illness can cause serious concerns about symptoms and the future. Excessive anxiety can be caused by the accumulation of pressure, big events, or the accumulation of the less stressful experiences - for example, as Cath experiences when thinking about her parents getting divorced.

THE CAUSES OF CATH'S ANXIETY

Anxiety disorders can be brought on by a wide variety of factors. Cath's anxiety problem is brought on by a combination of factors in this book, including her parental of her twin, her insecurities, her dependence on others, and her introversion.

1. Bad Environment

Cath's has an identical twin name Wren. Cath's is shyer than her sister Cath's is a talents writer, and her hobby is writing fan fiction. In her family Cath's is close to her father and sister. Novel series about the world, Simon Snow has fans all over the world, However, Cath's is not a fan. For him Simon Snow is his life.

After entering college, Wren decides to separate from Cath's, Wren do not wants to share a room with Cath's in the dormitory, and she also chose the same major as Cath. And what's worse, Wren decides to leave Simon Snow's world. Wren doesn't wants to write Simon Snow fan fiction with Cath's anymore, she doesn't care anymore about the characters in the story she uses to love so much. After her father and mother divorced she and her twin sister live their lives as usual, but when they enter the world of colleges problems slowly arise in their lives, her father's illness gets worse and makes her father hospitalized, her mother who has left now wants to come back meets them after a long time apart, and also cath's twins choose to part with cath and decide not to continue writes their fan fiction, Simon snow, and so cath's love affair which makes her feels anxiety disorder. The causes of anxiety itself is unknown but it is likely that it comes from genetic and environmental factors. Cath lives in a broken family, her father and mother chose to separate when they were young and their mother left them but their father loves them so much that he became father and mother to them.

It can be seen that Cath has not forgiven her mother due to problems that occurs in the past while Wren has accepted and forgiven her mother. Because their mother left on 11 September. September 11th. (Cath still found this extremely embarrassing; it's as if their Mom is so self-centered that she couldn't be trusted not to destroy a tragedy with her own problems.)

⁶ Cath and Wren had been sent home from school early that day, and their parents were already fighting when they got there. Her dad was upset, and her mom was crying ...and Cath thought at first that it was because of the World Trade Center, their teacher had told them about the airplanes .But that wasn't it, not exactly....Her mom kept saying, "I'm done, Art. I'm just done .I'm living the wrong life."(Rowell 2013:144)

⁷ "It's not a big deal," Wren said. "I've talked to mom a few times on the phone, and I'm going to hang out with her for a couple hours tomorrow."

"You talk to her for the first time in ten years, and that's not a big deal? And you call her mom?" (Rowell 2013: 145)

From the quotation above, Cath still hates her mother due to problems that occurred in the past and is angry at her father and twin sister (Wren) for establishing communication with her mother who left them ten years ago. Cath also do not agree if her twins meets their biological mother, and she felt that her father and twins sides with their mother (Laura) which made her panic and wants to she tears, Cath wonders why she had only come now. After their mother (Laura) left them for so long only now she wants to gets to know them at a time when Cath feels she doesn't needs a mother figure anymore because she has lives with her father and twin sister for years without a mother figure. The environment or around the place of residence influences 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. (Savitri Ramaiah 2003) in Muyasaroh et al. 2020). This opinion is in accordance with the anxiety that Cath experiences when her

father and Wren wants to be reunited with her mother, Cath should have felt happy like what Wren and her father felt, but because of Cath's unpleasant experiences with her family from the start Cath doesn't like being present her mother is back.

2. Twin Factor

Wren is Cath's twin sister they both have different characteristics even though they are identical twins but different they have similarities and differences in characteristics. The characteristic similarities between Cath and Wren are the characteristics of caring and stubbornness. The difference in characteristics between Cath and Wren is that Cath shows the characteristics of being anxious, timid, difficult to forgive and impulsive, while Wren shows the characteristics of being enthusiastic, forgiving and wise, in this case Wren is very enthusiastic about her satisfaction Wren chose not to live in the same dormitory with Cath. The factor that causes Cath to feels anxious is her twin sister Wren, Wren felt she had been in a room with Cath for a long time so he wants to share a room with another friend, but unlike Cath, Cath wants Wren to be her roommate at college dormitory. Because Cath is a person who is not uses to mingling with new people, she is more likely to be introverted, which makes it difficult for her to gets along with people she just meets.

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"We've shared a room for *eighteen years*," Wren argued. She was sitting at the head of Cath's bed, wearing her infuriating I'm the mature one face". (Rowell 2013:6)

From the quotation above, it can be seen that Wren wants to separate the dorm room with Cath's because she felt that they had spent years together and in the same room (room) so she decides not to live in the same dormitory anymore. And also she felt this is a great opportunity. It's good to meets new people besides her twin sister but Cath said she doesn't needs new people because of the function of twins. And that's where Cath felt worries about her twin sister. However, when Cath entered the dormitory, at first she felt uncomfortable with her new roommate because her roommate often brought her boyfriend into the room which made Cath feels uncomfortable, but over time, Cath began to gets uses to the presence of her new friend.

3. Dependent

Before Cath enrolled at the university she wants, she had talk about the dormitory that she and Wren would occupy, but Wren refused to live in one room with Cath in the dormitory. By living with her new friend. Cath is sad and anxious because Wren is not in the room with her, she always feels anxious.

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Cath had already sent in her housing forms, and of course she'd put Wren down as her roommate – she hadn't thought twice about it. The two of them had shared a room for eighteen years, why stop now? (Rowell, 2013)

From the quotation above, it can be seen that Cath is very dependent on her twin sister. She doesn't like meets new people she is very worries when her sister lives with a new friend and not herself, and Cath is also worries about her new roommate. While according

Sigmund Freud's theory, is indeed an influential factor in most personality theories. Anxiety is a mental condition or a type of individual emotion characterized by tension, anxiety, and worries about the possibility of something bad happening in the future. (Hilgard 1983:12)

4. Introvert

Introverts are one of the types of personalities, and they have four functions. Introverts, as previously stated, are typical shy and less sociable than extroverts. The introvert trait is evident in Cath Avery's character. Introvert is defined by Sommers-Flanagan as: "they have a smaller circle of friends, enjoy spending time alone, and may feel some unease in social interactions. They rejuvenate with alone time, rather than by hanging out with their buddies." (2012: Ch. 3A, 12).

The concept of introvert will be used to analysis Cath psychological trait with this thesis. Cath's introvert personality is related to her psychological trait for a reason. Cath's mother, Laura, abandoned her family when she was very young because she is not ready to be a parent.

17 She remembered crying a lot at school. Hiding with Wren in the bathroom during recess. Holding hands on the bus. Wren scratching a boy who said they were gay in the eye. ... Then, in one week, Wren cut some other girl's dress with safety scissors, and Cath wet her pants during Social Studies because she was scared to raise her hand to ask for a bathroom pass; their teacher called their dad in and gave him a business card for a child psychologist. (Rowell, 2013: 144)

Her introvert personality made it difficult for her to adjust to university life and interact with her new friends; Wren began to her avoid even Wren even has a new friend; Cath's mother, who abandoned her as a child, appeared but did not appear to care about her, and Cath is concerned about her father's health.

THE EFFECTS OF CATH'S ANXIETY

1. Social anxiety disorder

Cath had always felt alone as a child from a broken home. Especially since she starts college and her twin decides to share a room with her. Cath, who found it difficult to adjust to her new surroundings and who found it difficult to communicate with others, became sad. Cath is describes as having social anxiety by Rowell in this novel.

Cath do have a way to deal with her social anxiety, though. She knew that self-acceptance and self-compassion were the way to make her condition better. Weissbrod and Colangelo (2020) say that there are three parts to self-compassion: 1) Be kind to yourself by trying to care, understand, and let go of judgment. 2) Know that you are not the only one

who has failed. 3) When accepting a moment, try to be mindful and not judge each experience.

Cath knew that writing could help her feel less stressed out. Cath is able to find herself and feels better by writing. Cath's way of loving herself and accepting herself is through writing, which helps her understand and accept herself. Also helps her feel better and realize that she is not the only one who has failed.

2. Post-traumatic stress disorder (PTSD)

The traumatic event is one of the things that contributes to Cath's social anxiety, among other things. Cath is having a hard time because of something that happens in her family. According to Corsini (2002), divorce is one of the psychological types that can cause someone to experience emotional shocks and can have an effect on their personality. Cath experiences a dramatic life change as a direct result of her parents' split. Cath developed into a person who is not very good at communicating with or getting along with other people as she got older.

The young man greeted her with a grin and extended his hand, saying, "You must be Cather." "Cath," she said while experiencing a flutter of anxiety in the pit of her stomach. She paid no attention to his hand". (Rowell, 2013: 4).

Cath, who does not have healthy social relationships with other people, experiences extreme anxiety anytime someone attempted to talk to her. Cath does not have healthy social interactions with other people. She ignored his hand when it extended to help Cath receive her parcel, and she did not acknowledge when it extended. In the other situation, Cath had deliberately decided not to make any efforts to find a friend to hang out with. "Cath is not interested in making any new friends in this area," the narrator says. On a few occasions, she made a ²⁴ negative choice not to engage in the process of developing new acquaintances. Everyone in her classes and the dorms is particularly anxious to make friends, and she discovered that in order to not go along with it, she had to sometimes be rude. This is true whether she is in the classroom or in the dorms. Cath never had intentionally to make new friends, even when she had the chance. Cath never spoke to anyone except her father, sister, and grandmother because none of them were unavailable to her. As a result, Cath came to believe that they were all trustworthy individuals. Maintaining positive communication with anyone other than them, including her mother, is very challenging. Cath doesn't trust her mother at all. She is so annoyed with her mother that she finally decides she doesn't want to call Laura her mother.

3. Obsessive-compulsive disorder (OCD)

Cath forbade her twin sister (Wren) not to meet her mother, and build communication with her mother. She felt that her mother is very selfish leaving her father and them in the past.

1
After September eleventh- "Details. She left us. She broke Dad's heart and maybe his brain. and she left us." Wren's voice dropped. "She feels terrible about it, Cath." "Good!" Cath shouted. "So do I!" She took a step closer to her sister. "I'm probably going to be crazy for the rest of my life, thanks to her. I'm going to keep making fucked-up decisions and doing weird things that I don't even realize are weird. People are going to feel sorry for me, and I won't ever have any normal relationships and it's always going to be because I didn't have a mother. Always. That's the ultimate kind of broken. The kind of damage you never recover from. I hope she feels terrible. I hope she never forgives herself."(Rowell,2013:

From these quotation, it can be seen that Cath's behavior shows that she really hates her mother. She also doesn't like her father and twins. When she builds communication with her mother again, she doesn't want to forgive her mother for the mistakes her mother made in the past. So that it has a negative impact on him, it makes him anxious about this and remembers her bad past she feels crazy. Wren has forgiven her mother, because Wren is a forgiving person and has made peace with his dark past. She has even meet Laura several times. In need of a mother figure, Cath explains what she feels to her twins and father, she feels that her mother is not ready to become parents and even her mother has failed to become parents. Because of her mother's treatment in the past, Cath has a wound that has not yet healed in her heart, so if she remembers the past, it will be difficult for her to forgive her mother.

Negative Effects

For people who experience anxiety as Cath, fear of negative evaluation is a frequent factor. According to Clark & Wells (1994), people with anxiety weigh impressions for themselves than others' real judgments. In *Fangirl*, Cath frequently shows that kind of fear.

From her mother because she felt like going crazy, she made messy decisions and did strange things because of her mother, she also felt she didn't have normal relationships with people because she didn't have a mother, Cath's felt very confused and messy about that incident.

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The following quotation shows Cath's thoughts about her mother: "I really hate her," Cath said, shaking her head, trying to imagine what kind of mother cried on the first day of kindergarten, then walked out in the middle of third grade." (Rowell, 2013: 255).

According to this quotation, Cath despises her mother a lot. She dislikes the idea of Laura and her seeing each other again after such a long time because of the hatred. Because in the past, Laura left them when they were children, when they still needed a mother figure, a place where they wanted to complain, wants to ask new things. Which they didn't know but the mother figure is not present so that Cath is disappointed about this, and also as a result of the past wound Cath's father (Arthur) had a bipolar episode and that made Cath worry and continued to instill hatred towards her mother Laura.

Positive Effects

The positive effects of anxiety experienced by Cath, made her try to make peace with her past, so she could try to forgive her mother, coupled with returning Wern, made her even more excited and brought positive things to her personality. This can be seen from this quotation, but cath can gets out of the problem The support of Cath's friends was a significant factor in her ability to overcome her anxiety issues. She also needed to become comfortable with accepting herself and taking care of herself. Cath's friends did not treat her differently due to the fact that she had a condition.

³ “Why haven’t you asked someone? You could have asked me.” Cath rolled her eyes and looked at Reagan. “Do you really want me asking you stupid questions?” “If they are about food, water, air, or shelter—yes. Jesus, Cath, I’m your roommate.” “Get your shoes,” Reagan said. “I’m showing you where the dining hall is.” (Rowell,2013:38)

Cath arrived at the dormitory and found that she is still by herself. This is a first. She is alone in the world and had no friends. Because of her condition, she is usually avoiding other people. As a result, she is always by herself. At that time, Cath was not familiar with the layout of the dormitory, and she do not know where the dining hall or other locations were locations. Because she is too timid to ask other people, she never at anything other than her protein bar. This quotation demonstrates that Reagan began a conversation with Cath and intends to show Cath the location of something that she needs at the time.

CONCLUSION

This chapter provides conclusions as a result of the analysis of cath's anxiety.

1. After analyzing the symptoms that cath felt and experiences, it could be conclude that cath is suffering from an anxiety disorder. Signs and symptoms can be categorized into two symptoms: panic attacks, and stress. Symptoms include feelings of anxiety, worry, and panic. Cath's symptoms of panic when she moves into her new dormitory cath experience anxiety consistent with anxiety of real people. As soon as he arrived at her new dorm, she heads straight to her room. However, when she gets there, she is surprises by the presence of a male roommate. Even though this is the first time she enters the hostel. When cath first entered her room, an unknown man shouted at her and grabbed her hand. Cath is immediately frighten and panic because she doesn't recognize the man. Cath had a rational fear that the man is a danger to her because she doesn't know him yet and because she is in her room, which is only supposes to be occupied by her and her female friends. On top of that, cath is in an environment that should only be with her female friends. This made him panic and fueled her anxiety. The second is when he is stressed. She is under stress when she found out that her sister had called her mother and is about to be reunited with her mother, who had abandoned them for years.

2. There are four causes that make cath experience anxiety. The first is because of her parents. An incident in cath's dark past with her parent's worries cath. Her parents had to divorce when she is young so her mother left them and a few years later, their mother came back and wants to meet her, and this made cath worried about her father and worries about her father being sick. While her twin sister wants to separate from her when they were in college, this made cath experience anxiety. Cath's twin sister wants to be in a new environment and with new people. This made cath worry about her separation from her twin sister. The third is dependent. Cath is very reliant on her twin sister, wren, from when they were small until they were in college. Cath doesn't have close friends, only wren is cath's only friend and sister because cath never opened himself to other people to be friends, so when her sister chooses to separate the dormitory with cath is so anxious and worry. And lastly, her introverted personality makes it difficult for him to adapt to her new environment in the dormitory and on campus, causing him always to be alone and feel that the climate there is unsafe for him. She also feels anxious about the environment he lives in. There are two main effects of cath's anxiety.
3. The first is the negative effect of her problems, namely because of her mother leaving, which causes him to feel like going crazy. She makes messy decisions and does strange things because of her mother, and she also feels she doesn't have normal relationships with people because she doesn't have a mother. Cath feeling very confused and messy about that incident. This can be seen from her negative thoughts toward other people. The second is the positive effect of cath's anxiety. The positive effects of anxiety experienced by cath made him try to make peace with her past, so she could try to forgive her mother, coupled with Wren's return, made him even more excited and brought positive things to her personality. Has controlled her emotions and tried to make peace with her mother.

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