

## **CHAPTER V CONCLUSION**

After analysing the novel, the writer found the cause of abuse experienced by Jennette that is done by her mother Debra. The abuse begins with Debra's obsession of making Jennette an actress. When Debra was young, she wanted to be an actress but her parents never let her. Debra thinks Jennette is suitable to become an actress to make Debra's dream come true. Jennette really hates acting but she cannot do anything except obeying her mother's request. In this research, the writer found 3 (three) types of child abuse experienced by the main character Jennette, namely physical abuse, psychological / emotional abuse, and the last one is child neglect. The psychological/emotional abuse is found in 8 (eight) types: rejecting, degrading/devaluing, terrorizing, isolating, corrupting, exploiting, denying essential stimulation, emotional responsiveness, or availability, and unreliable and inconsistent parenting. The child neglect is also found in 4 (four) types: physical neglect, emotional neglect, educational neglect, and the last one is medical facility neglect. The writer also found 3 (three) impacts experienced by the main character Jennette: psychological issues, personality development, and physical health.

The examples of child abuse experienced by Jennette on physical abuse is Debra is trying to change Jennette's physical appearance by doing some extreme beauty treatment to Jennette's face and body. Debra has maintained strict control over Jennette's diet and body size, finding a sense of power and comfort in Jennette's ability to keep herself "rail-thin" and childlike in appearance which causing anorexia. On psychological/emotional abuse, the examples are being rejected, ignored, criticized, often feels inferior about herself. Terrorizing is done by Debra through phone call and email. Isolating is done by not allowing friends and keep them in limited area for long period. Corrupting is done by Debra by teaching Jennette to behave anti-social manner and mis-socialized. Exploiting is done by taking an advantage of Jennette to meet the needs of her mother. Debra fails to provide emotional support to Jennette, becomes an unreliable and inconsistent parent to her. The examples of child physical neglect found in the novel are failure to meet Jennette's needs of food, failure to provide a safe and suitable living environment, failure to seek medical attention for illnesses, injuries, or other health-related issues, leading to untreated medical conditions, and to adequately supervise and protect the Jennette from harm. The examples of emotional neglect found in the novel are Debra does not meet Jennette's emotional needs by providing appropriate attention, affection, and support. Debra is not aware of Jennette while arguing with her spouse, Jennette also receives unequal treatment and love from the parents. The examples of

educational neglect found in the novel is Debra keep home-schooled Jennette even she can afford the financial. The last but not the least, the forms of medical facility neglect found in the novel are Debra's preventing Jennette from receiving adequate medical care, delaying or not seeking medical treatment for Jennette's illness or injury, and denying Jennette's medication needed for her health.

The examples of the impacts experienced by Jennette on psychological issues are causing depression, feelings of sadness, hopelessness, and anxiety. It leads to eating disorders, such as bulimia and anorexia nervosa. On personality development, the impacts are the way Jennette's forms relationship and attaches herself to others, leading to difficulties with intimacy, trust, and vulnerability. It affects Jennette's ability to regulate her emotions, leading to difficulties with stress management and emotional intelligence. It also affects Jennette's self-esteem and sense of self-worth, leading to difficulties with confidence, assertiveness, and self-value. The last impact is on physical health: Jennette links to a higher risk of substance abuse, including alcohol addiction. Jennette is developing mental health issues such as anxiety and depression.

After experiencing the abuse since Jennette was six until her mother died in 2013, Jennette has openly discussed her experiences with abuse from her mother, which significantly impacted her psyche and life choices. After enduring this trauma, Jennette faced challenges with body image and self-worth, often feeling pressured to meet certain expectations set by her mother. Jennette also shared her battles with anxiety, depression, and eating disorders, which were exacerbated by her childhood experiences. Jennette's experiences influenced her decision to step away from acting, reflecting a desire to reclaim her identity beyond the expectations of her early career. Jennette's journey includes a focus on healing and understanding her past, often engaging in therapy and self-reflection. Now she has become an advocate for mental health awareness, using her platform to discuss the importance of addressing trauma and seeking help.

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## APPENDIX

### **The Summary of Jennette McCurdy's *I'm Glad My Mom Died***

Jennette McCurdy's *I'm Glad My Mom Died* is a heartfelt and moving memoir that explores her complicated relationship with her mother, a stage and television actress and her experience growing up in the spotlight. Jennette shares the pain and trauma that she went through as a result of her mother's abusive behaviour and how it has shaped her perceptions and opinions on life. The memoir also goes into detail about her struggles with her own body image and eating disorders, and how she was able to overcome them and find happiness and satisfaction in her life. Through her writing, Jennette demonstrates her strength and resilience despite the difficult obstacles that she has faced in her life.

At the age of six, Jennette's mother once again told Jennette about her childhood's dreams of being an actress, but sadly it never happens because Grandma and Grandpa never let her. Jennette knows this story because her mother likes to bring this up often and discuss it with Jennette. However, that day Debra suddenly have a thought of bring Jennette into acting instead of her. Jennette never says she accept her mother's wish but she acts like she does not want a rejection from her daughter, and there is only one right answer for every request, and it is a yes.

After Debra's idea of making Jennette her little actress, Debra really ask Jennette to a lot of audition even enrol her to an acting class. Until one day she got chosen as a background actor by Academy Kids. But does not stop there until her own goals of making Jennette a principal actor come true. So, after Jennette chosen as a background actor, Debra does not satisfaction and still taking Jennette to another audition which is a lot of audition.

When Jennette was 10 years old, she was cast in the Nickelodeon series *iCarly*. The show was a huge success, and Jennette quickly became a household name. However, her fame also came with a price. Jennette was subjected to intense scrutiny from the media, and she was constantly being judged for her appearance. Debra's controlling behaviour only worsened as she became more famous. She would often tell Jennette that she was not good enough, and she would constantly compare her to other girls. Jennette began to develop an eating disorder, and she also started to self-harm.

When Jennette was 18 years old, her mother Debra was diagnosed with cancer. Jennette's mother died a year later. Jennette writes that she was relieved when her mother died. She felt like she was finally free from her mother's control. However,

Jennette's relief was short-lived. She began to struggle with depression and anxiety. She also started to use drugs and alcohol to cope with her pain.

It took Jennette many years to heal from her childhood trauma. She eventually went to therapy, and she began to learn how to love and accept herself. She also started to speak out about her experiences, in the hope that she could help other people who have been through similar experiences.

## **Biography of the Author**

Jennette McCurdy is an American actor, writer, comedian, and mental health advocate. Jennette was born in Nashville, Tennessee, and raised in California by her single mother, a stage mom. She began her career as a child actor, and eventually earned a role in the Nickelodeon television series *iCarly*. Jennette's work as Sam Puckett on *iCarly* earned her multiple nominations and wins at the Teen Choice Awards, and the Nickelodeon Kids' Choice Awards.

After leaving *iCarly*, Jennette began a career in stand-up comedy and wrote and performed her one-woman show, "I'm Glad My Mom Died." She later published a memoir of the same name, which details her struggles with her mother's emotional and physical abuse, and her journey to find her identity and independence. Jennette has since become an advocate for mental health, writing and speaking about her experiences and the importance of seeking help and support. She is also an advocate for mental health and has been an ambassador for the National Alliance on Mental Illness.

Jennette has continued to work as an actor, and has guest-starred in various television shows, such as "Sam and Cat," "Malcom in the Middle," and "How I Met Your Mother." She has also written a second memoir, "The Things I Haven't Told You," which further explores her personal journey and growth.

Jennette's work as an advocate for mental health and her candor about her experiences has made her a voice for many people who struggle with their own mental health, and who are seeking ways to heal and find their own voice. Her work has also helped to raise awareness about the importance of supporting and advocating for those who are struggling with mental health.



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Saya yang bertandatangan di bawah ini:

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Child Abuse in Jannette McCurdy's  
I'm Glad My Mom Died

Menyatakan dengan sebenarnya bahwa saya sanggup menyelesaikan revisi skripsi saya yang diujikan pada tanggal 19-7-2024, paling lama 1 Minggu (19-7-2024) dari tanggal diujikan.

Apabila ternyata saya **LALAI** menyelesaikan revisi skripsi tersebut, maka saya bersedia:

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Surabaya, 21 Juni 2024.  
Yang Membuat Pernyataan

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