

SIMON'S HYSTERIA IN JULIA QUINN'S *BRIDGERTON: THE DUKE AND I*

Emira Benaya Fatharani¹

Danu Wahyono²

Faculty of Cultural Science

University of 17 Agustus 1945 Surabaya

emirabenayaf22@gmail.com, danuwahyono@untag-sby.ac.id

Abstract

This research is an analysis that discusses the hysteria experienced by Simon, one of the main characters in the Julia Quinn's Bridgerton: The Duke and I. The discussion is divided into four parts, namely how the symptoms of hysteria are, what are the causes of hysteria, how is the impact of hysteria, and how Simon deals with his hysteria. In conducting this analysis, psychoanalytic theory is applied as a literary approach that focuses on Sigmund Freud's Theory of Hysteria. This theory serves as a reference in conducting this research. The results of the analysis which showed that Simon experienced hysteria made Simon experience several symptoms, such as symptoms of Reminiscence, namely remembering the remaining memories of certain events. Avoidance, which is avoiding something that can make him stutter. Emotional Attacks, namely feeling emotions that make him gloomy and irritable. Sensory Motor Symptoms, namely disturbances in stuttering speech and Somatic symptoms, namely symptoms that cannot be explained by medical causes. The causes found in the novel are wrong emotional training in parenting, failure, curses received and unpleasant events in the past. So that it can be explained from the causes above that it has an impact such as changes in looking at the meaning of life like, Simon who only wanted to live to hate his father, that he would not marry and have children so that one day the heir to the Duke of Hastings would die with him. In the course of his life, Simon faced his hysteria in his own way. That is by breaking all the oaths he took to take revenge against his father.

Keywords: *Hysteria, Symptoms, Causes, Impacts*

INTRODUCTION

Hysteria is actually a social mystery (Sham, 2015), whether it is purely a psychological disorder, or involves the influence of other mysterious elements. People who have experienced hysteria often say that they feel they are losing some bodily function or even control over themselves. But back in the history of hysteria in ancient times, Hysteria was once referred to as Conversion Disorder, Psychogenic Disorder, Non-Organic Disease, Functional Disease, or Medical Unexplained Disease (Zhao et al., 2018) caused by unpleasant things. Most people

think that hysteria is a sign that the body is in convulsions and shows weakness, but this disorder also shows symptoms of dramatization, namely emotional overexpression, attention seeking, seduction, and suggestion (Poupart, 2014).

As a psychological disorder that cannot be explained medically, hysteria has several factors that cause a person to experience this disorder. As Freud believed, that one of the factors that influence a person to experience hysteria is none other than sexual factors. The sexual factors in question are those usually caused by sexual violence and harassment, or any form of trauma that refers to sexuality (Bogousslavsky & Dieguez, 2014). Other factors that can be found include feelings of guilt and suppression of feelings, vulnerability to demoralization, sadness, anxiety, stress, panic, and vulnerability to influence. Or other factors mentioned in the Western Perspective (Sham, 2015), namely individual internal factors. A person who experiences hysteria with the factors described above, can experience the impact of major changes in his life. Because this can affect a person's life mentally and physically. A person who experiences Hysteria, his health can decline. Not only is their health disturbed, the social and economic impact even the personality of the sufferer is also disturbed (Zhao et al., 2018) .

Learning about psychology such as psychological disorders, or what is being discussed, namely hysteria, trauma and so on is now not only through books that specifically discuss psychology. But now there are many literary works whose authors provide lessons about the psychology behind their works. In the psychological aspect, literary works are the result of the author's thoughts that are created unconsciously, then form sentences that are consciously called literary works (Mahmudah, 2018). Like a novel whose story is seasoned with psychological problems from the main character, a poem that describes the author's psychological condition, or like a song that describes the writer's mood, and so on. Literary works related to psychology are also very popular with literary fans, both authors and readers. This makes them, the readers, feel that what they experience is represented in a literary work. As in Julia Quinn's novel *Bridgerton: The Duke and I*, Julia Quinn as the author embellishes her story with Simon's character who is almost perfect physically, but not mentally.

In the novel *Bridgerton: The Duke and I*, phenomena similar to those of hysteria are found. Psychological disorders such as hysteria generally provide different symptoms for each sufferer. But in this novel, it is told that the main character, Simon has a family history that is considered not good. Simon's father is a Duke who is arrogant, ambitious and very obsessed with getting offspring who will continue his Duke title. His obsession is so excessive that he doesn't care about the health of his wife's womb, who is very weak to conceive. This caused his wife to die after giving birth to a baby boy named Simon. An unexpected sign, the baby boy was growing slowly in learning to speak. This made Simon's father so disappointed and angry that every time he met and heard his son speak he suddenly shouted and cursed at him. Very disappointed, his father no longer considers Simon as his son because it is very embarrassing for him.

Simon, who was still a child, had to face his father who often scolded him and cursed him as an idiot child. This makes little Simon have to be traumatized because he faces his father. Because every time his father cursed him, Simon, who was not

yet fluent in speaking, could only suppress his anger. Every now and then when he wanted to argue with his father, he stuttered instead. It was his stuttering that caused his father to continue cursing him. Without his father knowing, this makes Simon hold a grudge against him. Until one day when Simon's father was dying, Simon swore before him that he would take his Duke title to death without a child to continue the Duke of Hastings title.

The trauma that Simon experienced had a profound impact on his life as he grew up. Often when something triggers him and makes Simon think of his father, he suddenly becomes moody or sometimes become very angry. And when he is angry but chooses to suppress it, he shows behaviors such as excessive anxiety, panic and as if the image of his father appeared in front of him. But when he chose to argue, every word that was spoken by Simon would stammer, he stuttered. When he experienced that, he chose to go and be alone. Simon's symptoms were very similar to those of Hysteria. Such as excessive anxiety, often remembering unpleasant things, sensory and motor disturbances such as Simon's stuttering, unable to control emotions that cause Hysteria sufferers may become very hysterical if something or someone triggers him.

This book presents a very extraordinary story, Julia Quinn describes every character she makes in this 339 page book with 21 chapters in great detail. The problems he describes in the story also vary, but do not bore the reader with the plot. No wonder the book, which was released in 2000, was reprinted by Harper Collins USA; Media Tie In, Reprint edition December 8, 2020. The choice of the novel *Bridgerton: The Duke and I* by Julia Quinn as research material was motivated by the desire to understand the symptoms, causes, and effects of hysteria and how Simon dealt with it. Because researchers believe that many people experience these psychological problems in real life, this study can represent how they feel about Hysteria. By using Sigmund Freud's Psychoanalytic approach which focuses on his Hysteria theory, the researcher analyzes the main character, namely Simon Basset who has a bad family background, making Simon's behavior can be categorized as someone who is experiencing Hysteria. The researcher will prove it by analyzing every expression, word, and any conversation that can be used as a reference in analyzing the psychology of Simon's character with the hope that readers can understand the content of the story from a psychological perspective and how Hysteria is represented in Simon's character in the novel *Bridgerton: The Duke and I* by Julia Quinn.

RESEARCH METHODOLOGY

In this study, the researcher used descriptive method as the research design. A qualitative descriptive design can be considered the most appropriate because it recognizes the subjective nature of the problem, the different experiences that participants have and will present the findings in a way that directly reflects or is very similar to the terminology used (Bradshaw et al., 2017). Qualitative descriptive method is also used where the data collected from the proposed research will be explained and provide conclusions for the current problem based on the data with a description of the analysis by type. As Kim writes, qualitative descriptive research produces data that describes the 'who, what and where of an event or experience'

from a subjective perspective (Kim et al., 2017). So it can be said that descriptive research will determine and report what it is because descriptive research is scientific research that systematically describes events, phenomena, or facts related to a particular area or population.

This research uses a psychoanalytic approach. Psychoanalysis cannot be separated from Sigmund Freud's views and interpretations of the human world and its environment (Prasaja & Supsiadji, 2019). So to focus on the psychological condition of the main character in *Bridgerton: The Duke and I*, this study uses Freud's psychoanalytic approach to analyze the psychological condition of Simon's character by using aspects related to Sigmund Freud's Hysteria theory.

RESEARCH FINDING AND DISCUSSION

1. The Symptoms of Simon's Hysteria

a. Reminiscence Symptoms

An event can be a memorable thing, whether it's getting a good or bad impression, all of that will be stored in someone's memory. A memory can also bring positive and negative effects depending on what events they experienced. So memories can be a boomerang for someone who experiences bad events, bad events will usually cause trauma, so the victim usually can't forget the event because they feel haunted. This will continue to make the sufferer remember the event. Symptoms of reminiscence is one of the symptoms experienced by patients with hysteria. The sufferer will experience a memory symbol of particular event.

As happened to Simon, it is told that as soon as Simon and Daphne arrived at Clyvedon, Simon found himself feeling uncomfortable. This is because Clyvedon reminded him of bad memories with his father and Simon really hates those memories^[7.e]. After that the symptoms reappeared as Simon felt that memories could bring back those unpleasant feelings. Simon didn't want to feel like he was a kid again^[7.f]. He also didn't want to remember how many times he had sent letters to his father, begging him to visit him but all he got was endless waiting^[7.f].

What happened to Simon strongly illustrates the statement that has been explained by Freud, that the symptoms of reminiscence are nothing but remnants and symbols of memories from certain (trauma) experiences (Bogousslavsky & Dieguez, 2014). It can be concluded that when Simon remembering his bad childhood at Clyvedon made him remember when he was a child, when he sent many letters to his father but did not receive any reply, that's when he was experiencing reminiscence symptoms.

b. Avoidance

Avoidance is usually done by someone to calm themselves down, but avoidance can also be done if the situation at hand is to get away from the situation, or from their own difficult feelings. It's like avoiding yourself from someone, avoiding yourself from something that reminds you of something, or avoiding yourself from something that corners you. Just like when Simon and Daphne were arguing, an angry Daphne tries to kick Simon out of her room, Simon says that he can make Daphne want him. But Daphne said that obviously Simon wouldn't do that. Simon was helpless, he felt that what Daphne said was the truth, the only thing

he believed he could do at that time was to distance himself from Daphne so that he wouldn't stutter again when arguing with Daphne^[7.k].

But when Daphne and Simon return to having sex, Daphne, who already knows about the seed, decides to hold Simon while she climaxes, hoping that the seed will get her pregnant. This makes Simon very angry and makes him unable to stand seeing Daphne, Simon chooses to run away and avoid Daphne even though what Simon really wants is to run away from himself []. Simon had no intention of avoiding Daphne, but he was trying to escape because of himself, he hated himself when something made him stutter, what Daphne did made Simon so angry that he stuttered. So he ran and left Daphne^[7.n].

What happened to Simon as described above, explains that avoidance is closely related to avoiding or trying to avoid memories, thoughts, or feelings and external reminders of the traumatic event or those closely related to it (Yrondi et al., 2019). This proves that what Simon did was one of Simon's ways to avoid his stuttering and also to calm himself down, without realizing that what he was doing was only to avoid rather than face the problems that befell him, and when Simon chose to avoid, then that's when he was experiencing avoidance symptoms.

c. Emotional Attacks

Someone who experiences sadness, joy, anger, nervousness or the like, that's when someone experiences emotional symptoms. Anyone can definitely experience emotional symptoms, because emotional is a form or human way of releasing stress or pressure. But some of them can be very bad, emotional can be an attack if the feelings experienced often change quickly. At first it was fine, then suddenly felt a big anger that wanted to come out. Symptoms like that, usually can occur if there is something that triggers it.

As Simon experienced, Simon's stuttering caused his father to reject him as his son. Simon really hates his father because of the rejection^[7.a]. So when anyone or anything reminded Simon of his father, he immediately became very angry, or suddenly became quiet. When Daphne told him that there was a Duke who was also good friends with Simon's father, Simon suddenly became gloomy and quiet. Simon's change in mood makes Daphne confused, when Daphne wants to leave Simon, Simon restrains Daphne and begs to stay. Simon explained that his change in attitude was none other than because Daphne had brought up about her father who he hated, because Daphne had brought it up, it made Simon unable to stop thinking about his father and it made Simon very angry^[7.c].

in Amin's statement, it was written that emotional symptoms appeared such as high emotional dependence, frustration, mood changes and irritability (Amin, 2019). What happened to Simon, very much attests to that statement, that the slightest thing that reminds Simon of his father, will change Simon so much that he can instantly change and worse, become so angry that what he feels like anger is rising inside him, churning in his stomach, pressing against his skin, until he thought he was going to explode^[7.h]. It can be concluded that when Simon feels the things mentioned above, that's when he experiences symptoms of emotional attacks.

d. Sensory- Motor Symptoms

Sensory and motor is a nerve cell. Sensory nerve cells have the task of conveying information to the brain, then motor nerve cells have the task of

delivering the results of the brain's translation to the body's organs. Nerves respond to sensory objects from outside the body such as the senses of hearing, smell, sight, sensations of heat, cold, pain sensations, trauma and so on. If a person experiences a disturbance in his sensory or motor nerves, this will make one of the organs of the body not work properly. The occurrence of disturbances in the sensory and motor nerves can occur as a reaction to the body caused by external pressure. For example, certain events experienced by a person can cause a person to experience disturbances in his sensory and motor nerve cells. The damage can be in the form of speech, chewing and swallowing disorders, muscles feel stiff, tense, and often twitch uncontrollably, weak hand grip, and others.

As seen in Simon is a speech disorder. As a child, Simon was very slow in learning to speak. When Simon was two years old, Simon could not say a word^[5.a]. At the age of four, Simon uttered a word very haltingly^[5.b]. At the age of six, he showed gradual progress^[5.c]. then at the age of eight, Simon managed to say a full sentence without stuttering^[5.d]. But the weakness is when he is angry or emotional, his speech will stutter again^[5.e]. By the time Simon was eleven years old, he ventured to meet his father^[5.f], at first Simon managed to say three words. But when his father glared at Simon, Simon suddenly felt his throat constrict as if choking, and his tongue went numb then he stuttered again^[5.h]. Another example is, when Simon and Anthony argue, it makes Simon feel a stir of emotions. This made Simon again feel his tongue start to feel awkward, but as soon as possible he pretended to be coughing to cover his stuttering^[5.i]. This will keep repeating itself, if he loses control of his emotions, then he will lose control of his speech^[5.j].

There is a statement that states that sensory and motor disturbances indicate that pain makes the representation of the body less strong (Brun et al., 2017). Simon's trauma caused him to experience sensory and motor problems. The disorder is a speech disorder, this makes him stutter when speaking. This statement proves that Simon's pain (trauma) can cause weakness in sensory and motor nerve cells as a reaction from the body to external influences. So it can be concluded that Simon's stuttering is a sensory motor symptom experienced by Simon.

e. Somatic Symptoms

Somatic symptom disorder is a physical symptom such as pain or fatigue that causes great emotional stress and problems with bodily functions. This symptom is also a physical complaint in various parts of the body caused by stress or a heavy mental burden. His complaints may vary, but his reaction to these symptoms is not normal. Complaints can include abdominal pain, nausea, headaches, fatigue, sexual problems, problems around menstruation and others.

Like what happened to Simon when someone called him 'Hastings' on the night of Lady Throwbridge's ball, causing him to experience complaints such as stomach pains and nausea. Simon realized that the name Hastings had become part of his name shortly after the Duke of Hastings or Simon's father died. But the idea made him nauseous^[7.d]. For some reason he didn't like his father's title being his now. Then during Simon Daphne's fight, Simon, who had gone alone, kept on feeling guilty every time he thought of Daphne. Simon felt his stomach twist every time he saw Daphne's battered face^[18.e]. Then when another fight broke out, this time Simon left Daphne alone in Clyvedon for two months^[18.h]. Simon leaves Daphne for

another estate owned by her family. In his absence, for some reason Simon continued to feel a throbbing headache as if their fight was very stressful for Simon^[18.f].

There are studies that say that when somatic symptoms are presented to the doctor, between 25% and 50% of these symptoms cannot be explained by organic pathology (Groen et al., 2021). What is meant is that the somatic symptoms that are felt such as headaches, stomach pains, nausea and so on cannot be known for what medical cause. Patients only feel certain complaints that usually occur due to a lot of pressure from the outside. What happened to Simon proves that his complaints such as nausea, stomach pains, to a pounding headache are somatic symptoms experienced by Simon.

2. The Causes of Simon's Hysteria

a. Wrong Emotional Training in Parenting

The role of parents is useful for a child. If there is no parental role, then the child will find it very difficult to overcome the problems in his life. All that parents have shown, children will see. Whether it's good or bad, everything will have an impact on the child. If parents do not care about their children, whether physical or mental health of a child, then it will also have a bad impact on a child. As happened to Simon, Simon's father rejected Simon as his son because of Simon's stuttering. Even Simon's father thought Simon was dead^[8.g]. Simon, who was eleven years old, was devastated by his father's attitude. Simon couldn't even express how disappointed and angry he was to his father because he couldn't say a word when he was angry. What happened was, Simon could only hold back and suppress his feelings.

When Simon and Daphne argue, Simon finally explains to Daphne that her father only cares about titles. His father had never thought of Simon once, not even about how he felt being stuck with a crippled mouth^[8.i]. In Amin's statement, that there are several other causes of hysteria that have been mentioned in his research such as family background and wrong emotional training in parenting (Amin, 2019). This proves that parental care is important. The way Simon's father treats Simon is wrong. This causes trauma to Simon, trauma that will cause Simon to experience Hysteria.

b. Failure

Everyone has experienced failure. But some of them will experience a slump because of that failure, but there are also those who will be more active to rise from failure. External influences are also important, if someone who has failed gets support from others, then the failure he feels will not be so heavy. On the other hand, if many people judge him because of the failure he gets, then he will experience a slump. As happened to Simon, when his father found out that Simon stuttered, his father said that Simon was the biggest failure in his life^[6.f]. Because it was Simon who stuttered, and couldn't be what his father wanted him to be, Simon thought that was his failure. But behind it all, Simon also feels challenged to be able to learn to speak fluently just to prove it to his father^[7.q].

There is Amin's statement regarding another cause of Hysteria, namely Unexpected Failure (Amin, 2019). What happened to Simon was a failure that Simon faced, a failure that made Simon hit hard because of his father's refusal to

accept Simon's stuttering condition. This leaves Simon experiencing hysteria caused by his failure to be what his father wanted him to be. It can be concluded that the statement above proves that it is true that a person's failure can cause a person to experience hysteria.

c. Curses Received

Words are very important. One person's words can make another person happy or even hurt. Kind words can make people feel happy and motivated. On the other hand, hurtful words can make people remember them so that they can also make someone depressed. But what if someone gets insulted or cursed? then it will get worse. Insults or cursing will imprint in one's heart and mind. It can also be very mentally depressing for a person.

As happened to Simon, as soon as Simon's father found out that his four year old son couldn't pronounce words fluently, the Duke of Hastings cursed his own son as a stupid and idiot child^[6.c]. Simon, who was still a child, heard the curse he could only suppress his anger. Even when Simon met his father all the way to London, his father said that Simon was his worst failure^[6.g]. The hurtful words, the insults and even the cursing that Simon received from his father, really made Simon down. Simon has every right to be angry, but when he gets angry all he can do is stutter. It can be concluded that bad words, insults or cursed from someone greatly affect a person's mental state. Bad words, insults or cursed that Simon got from his father really made Simon down. This causes Simon to experience a trauma that causes him into hysteria.

d. Unpleasant Events in the Past

Unpleasant event will give a special impression for those who experience it. How many people can take the incident as a life lesson and then forget it, some of them can also be traumatized by it. Unpleasant events can vary, for example, such as job loss, abuse, broken family, harassment, domestic violence, accidents, kidnapping, divorce, and others. Some people who experience an unpleasant event may be able to forget it and live a normal life as usual, but some others will experience mild to severe trauma depending on the event, and this can cause a person to live with a mental burden, and feel haunted.

As experienced by Simon, again because his father did not accept Simon's stuttering condition, his father also tried to hit Simon with a silver-backed hairbrush so that Simon would speak^[6.b]. However, when Simon was four years old and could not speak fluently, his father dumped Simon by going to London and pretending not to have children^[6.e]. Even worse, his father told the people that Simon was dead^[8.g]. Simon, who was left behind by his father figure, tried to always send letters to his father, begging his father to visit him, but his father did not reply one^[8.g]. Another unpleasant event was when Simon ventured to meet his father in London, but what he got was that his father kicked him out by saying that there was no place for Simon in the house^[6.g].

Hearing his father's refusal, Simon swore that he would be the opposite of what his father wanted him to be. So far it can be concluded that from the unpleasant events that Simon had with his father, hatred and anger arose against his father, which traumatized Simon and now brings him hysteria every time he remembers things about his father.

3. The Impacts of Simon's Hysteria

a. Changes in Life

What a person experiences is, to a large extent, determined by himself. When people interpret events, they give them meaning. If the meaning is scary, upsetting, or stressful, you feel those emotions. If you decide it's fun, satisfying, or supportive, that's how you feel. This is what is called, a change in life or a change in looking at the meaning of life. This can be one of the biggest impacts for someone who experiences and interprets an event incorrectly or according to how they feel. Someone who experiences a bad event, may interpret the meaning of life with a different view afterwards, and vice versa.

Just like what happened to Simon, the unfortunate events that happened to him, made Simon see the meaning of life wrongly. Simon changes the meaning of his life by vowing to live only to hate his father^[8.n]. Simon swore that he would be the exact opposite of what his father wanted him to be^[7.b]. His father wanted a perfect offspring, someone who would become a perfect duke, who would later marry into a perfect noble, and have perfect offspring^[8.o]. So Simon also vowed not to fall in love, marry let alone have children^{[9.h][9.q][9.r]}.

There are claims that hysteria has a great impact on life (Zhao et al., 2018). So the statement can be said to be true if it is seen from from Simon's view, which has been described above, it is very clear that what he has experienced in the past can change Simon's perspective in seeing the meaning of life. This was one of the biggest impacts of the hysteria he experienced. Because the unpleasant experience caused trauma, this trauma has an impact on Simon's perspective on the meaning of life. This is a cycle experienced by hysteria sufferers like Simon.

4. The Way Simon Deals with His Hysteria

This chapter will explain some of the way Simon deals his hysteria that appear in Julia Quinn's *Bridgerton: The Duke and I*. The author does not use direct quotations, but by providing numbers and letters that will be written at the end of the sentence which refers to evidence in the form of statements, conversations, or expressions written in the book. Examples are [4.b], [3.i], [6.d], and others. The data in the form of numbers and letters that have been written in the analysis below are presented and can be seen in 4.1 in the table of sequence of events.

Some people who experience mental disorders such as trauma, depression, PTSD, or Hysteria, must have their own way of dealing with it. In Simon's process of dealing with his hysteria, Simon goes through the four successive stages described in the novel. The sequence that has been described in the novel is marrying Daphne, loving Daphne, releasing his grudge against his father, and having children. The four sequences are based on the oath that Simon had taken, such as vowing never to marry, vowing never to fall in love, vowing only to live to hate his father, and swearing not to have children.

Simon's father's rejection of Simon seems to have brought Simon to the highest level of hatred for his father. It is this hatred that makes Simon take an oath to be the opposite of what his father wanted^[7.b]. Although what the Duke of Hastings wished was never said by him, but Simon knew that his father's wish was to have a perfect son, someone who would become a perfect duke, who would later marry a perfect noble, and have perfect children. perfect^[8.p] that was the wish of a Duke of

Hastings. But knowing that Simon is not perfect, Simon's father tells people that he is gone^[8.g]. This made Simon take an oath that he would not marry, and have children so that Hastings no longer has an heir, Simon will take the title with him in the future^{[9.l][9.n][7.i]}. Even Simon specifically said that he didn't want to fall in love and have a family^[9.r].

But in the course of his life, Simon met a young woman named Daphne Bridgerton. Unexpectedly Daphne turned out to be the sister of her own best friend, Anthony Bridgerton^[11.k]. You could say that Simon and Daphne's meeting was very inappropriate^[11.m], but both of them have mutual attraction between each other^{[15.d][15.t]}. Circumstances make them closer especially with their little plan, namely pretending to have a bond so that each other can achieve their respective goals^{[13.c][13.d][13.e]}. But who would have thought if this charade made them trapped in their attraction to each other. Unfortunately, Simon and Daphne violated their agreement with Anthony not to meet alone without an escort^[16.o], and this was discovered by Anthony himself^[16.v]. This makes Simon forced to marry Daphne in order to maintain Daphne's good name^{[17.a][17.b]}.

Simon and Daphne's marriage, made one of Simon's vows void. In the course of his life with Daphne, Simon continues to feel attracted. Simon, who feels guilty for not being able to grant Daphne's wish to have children, thinks that maybe Daphne can leave him and marry another man, but his thoughts are immediately denied by his mind that he can't let that happen because Daphne has officially become his completely. The quarrel that occurred between Simon and Daphne, made Simon leave Daphne alone in Clyvedon for two months^[18.h]. Two months are enough to reflect on their feelings for each other. And once they met, both of them expressed their love for each other^[19.b]. Simon's declaration of love to Daphne seems to be able to invalidate one of Simon's other vows, namely not wanting to fall in love.

When Simon can feel the true love of his life, it seems that his hatred for his father is able to be released from him^[19.a]. Even when Daphne brought back the letters the Duke of Middlethorpe had given to Simon, he didn't feel even the slightest bit of anger^[19.f]. Simon seems to have changed his outlook on life, that all this time he has been letting his father win, now he no longer wants to live his life just to hate his father^[19.d]. Even this time, for the first time Simon took his shortcomings as a joke when Daphne accidentally stuttered^[19.g]. This proves that one other oath that Simon took, has been broken, namely his oath that he will live only to hate his father.

Simon has let go of his hatred for his father, and has begun to love Daphne, now Simon feels that he is ready to start a family with Daphne. When having sex, Simon no longer pulls himself up when he reaches climax. This proves that Simon is ready to have a child from Daphne. A few years later Simon and Daphne also had three daughters and an adorable son^[19.h]. This proves that he has succeeded in breaking his one last oath, and it can also be concluded that Simon has managed to deal with Hysteria in his own way.

CONCLUSION

After analyzing the main character, Simon in Julia Quinn's *Bridgerton: The Duke and I*, the researcher found that Simon belongs to the Hysteria Defense type. It is explained that the defense against hysteria explains that the effects associated with unacceptable thoughts are separated from thoughts and used for somatic innervation, that is, arousal as well as hysterical transitions. It refers to a protective response to an unpleasant statement. What this means is that the hysteria defense works like a protective barrier to separate unacceptable ideas such as unpleasant events.

Simon's hysteria can appear through some of the symptoms he has experienced. That symptoms include, Reminiscence symptoms. Simon experiences reminiscence symptoms such as remembering symbols or remnants of memories from an event. The second symptom is Avoidance, Simon is avoiding something that makes him stutter. Then the third is Emotional attacks, the emotional attack in question is Simon's emotional change which is instantly fine to gloomy and irritable. Next is Sensory-motor symptoms, these symptoms are specified in Simon's speech disorder, which stutters when he is feeling emotional or angry. And the last is Somatic symptoms, or physical symptoms such as pain or fatigue that cause great emotional stress and problems with bodily functions, with Simon's examples being stomachaches and headaches caused by something that can't be proven medically.

In this analysis, it was also found several causes that caused Simon to experience hysteria, namely wrong emotional training in parenting, failure, curses received, and unpleasant events in the past. That's what caused Simon to experience hysteria. Simon's hysteria brings him into a different view of life that he will only live to hate his father, will not marry and have children so that his father does not win in managing his life, and will take his father's title to death so that he can win in revenge for his father.

In the course of his life, Simon meets Daphne. Someone who turns out to be able to help Simon slowly face his hysteria and let go of all his grudges against his father. Some of the efforts he has made include marrying Daphne. By marrying Daphne, Simon has been able to break a vow that said he would never marry. Then another effort is to start feeling genuine love for Daphne. By realizing that anger is not the solution but holding on to love instead allows Simon to break his vow of not wanting to fall in love. Thanks to the love he holds, he is able to let go of his hatred for his father even now he doesn't feel any anger in his heart. This makes another oath Simon who said that he will only live to hate his father, he has broken. And finally, when Simon was ready to start a family with Daphne and have four children, that's when Simon managed to break his other vows. Simon was successful in dealing with the hysteria.

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