

AUDREY'S ANXIETY DISORDER IN LANG LEAV'S *SAD GIRLS*

Nurul Izzah Wahidah
Fakultas Ilmu Budaya
Universitas 17 Agustus 1945 Surabaya
njhawahidah22@gmail.com

Abstract

This research is entitled Audrey Anxiety Disorder in Lang Leav Sad Girls, discussing the main character, Audrey who suffers from anxiety. The aims of the research is to what Audrey experiences anxiety and the consequences of Audrey's anxiety. The method used is the descriptive qualitative method. In this study, the researcher uses a psychological approach to analyze based on Sigmund Freud's theory. Disruption can be experienced by psychological factors, such as lying about something very important. Anxiety disorder episodes of causes, symptoms of anxiety disorders, and effects. After analyzing the Sad Girls novel, one of the factors for Audrey's anxiety disorder is that Audrey's emotions are depression, has descendant of lie, Audrey lying to her two best friends about the cause of lie, lying to her boyfriend, and therefore Audrey continues to live in feelings and emotions. anxiety affecting her. Audrey has physical symptoms caused by her lies, including: panic attacks, heart palpitations, stomach twisting, shortness of breath, fear, chest pain, and fainting. the cause of Audrey's anxiety was that she was lying. The result of Audrey's anxiety is meet a psychiatrist, wearing a rubber band, and moving abroad.

Keywords: *anxiety disorder, physical symptom, liar*

INTRODUCTION

Anxiety disorders are health disorders characterized by feelings of worry, anxiety, and fear that can interfere with one's daily activities. According to Jeffrey S Nevid (2003) Anxiety is a state of understanding or a state of worry that complains that something bad will happen soon. According to LeDoux 1996, Anxiety differs from fear in that the fear-producing stimulus is either not present or not immediately threatening, but in anticipation of danger, the same arousal, vigilance, physiologic preparedness, and negative affects and cognitions occur. Greist et al 1986, more clearly define anxiety as a mental tension that is usually accompanied by bodily disturbances that cause the individual concerned to feel helpless and experience

fatigue because he always has to be in a state of anxiety about threats. unclear danger. According to Freud 1964, anxiety is a reaction to threat from pain and the outside world that is not ready to be addressed and serves to warn individuals of danger. The cause of anxiety disorders usually can come from daily life, such as overthinking something excessively, having trauma in their childhood, or maybe they are too worried about a lot of homework or school in general. In schoolwork, they have to defend their grades and try to improve on what they think is not good enough and learn what they can not. Because there is so much school work that they have to do and they have to finish everything in the allotted time, indirectly these teenagers experience anxiety disorders. In addition, not a few teenagers often think too much in a negative way. This is also not necessarily the case and over time will make teenagers suffer from anxiety disorders.

In this study, the researcher took the title of anxiety because according to the researcher, the novel studied by the researcher was valid with the lives of today's teenagers, so this novel is suitable for research related to the mental health of today's youth. Based on the background above, the problem statement are stated as follows: What are the causes of Audrey anxiety disorder ?, What are the effect of Audrey anxiety disorder ?

The objective of the study is to find the causes and effect of Audrey anxiety disorder in Lang Leav's *Sad Girls*.

Psychology of Literature

Psychology is a science that studies behavior, mental function, and mental human processes through scientific procedures. According to Bagga & Singh (1990), at one time during the history of Psychology, psychology was defined as 'the science of consciousness' it was felt that the main business of Psychology was to the conscious experience. According to Plato and Aristotle, psychology is a science that studies human nature where the process takes place from beginning to

end. According to Das (1998), Psychology is all about human behaviour, about mental processes, and about the context in which behaviour and mental processes occur. According to Chaplin (1972), psychology is the study of human and animal behavior.

Relationship Between Literature and Psychology

Literary works can not be separated from various kinds of psychological problems, which require support from psychology. Psychoanalysis is used to assess a literary work. With the science of psychology, it will facilitate the explanation of a process of creating literary works. Sigmund Freud (1926:7) view humans are driven towards the reduction of tension, to reduce feelings of anxiety. Austrian neurologist Sigmund Freud viewed anxiety as the symptomatic expression of the inner emotional conflict caused when a person suppresses (from conscious awareness) experiences, feelings, or impulses that are too threatening or disturbing to live with. The causes of anxiety disorder is can be underlying health issues from his/her because has a diseases like asthma, high blood pressure, etc.; family history, such as: the children always get mad from her/his parents because she/he did not get a good value; stressful, because of workplace, troubled relationship.

RESEARCH METHODOLOGY

The approach in research is the researcher's initial view of the literary work to be analyzed. According to Tanaka (1976), the major approach in literary research is divided into two, namely the micro approach and the macro approach. The micro approach is an approach that can stand alone without the help of other aspects, while the macro approach is an approach to a literary work that requires assistance from outside the literary work.

In this study, the researcher uses a literary psychology approach as an approach that can see the psychological side described by the author. With a psychological approach, it means that the literary work under study requires assistance from outside literature. Literary assessment with this approach leads to the emotions or state of the soul of the author so that literary works are a means or tool to understand the soul of the author.

RESEARCH FINDING AND DISCUSSION

1. The Causes of Audrey Anxiety

1.1 Repressed Emotions

Frequently repressed emotions can cause anxiety if the person does not find an outlet for that person's feelings in personal relationships. If this happens, then that person will suppress his anger for a long time, just like how Audrey felt for her mother, because Audrey's mother had cheated in the past. Audrey's mother cheated on her because she wanted to be a star and she met a director who promised Audrey's mother that she could be a star at that time Audrey's mother always followed her wherever the director went. It turned out that Audrey's mother was only lied to by the director, so Audrey's mother came home by herself after she had been away for a long time. Audrey told Rad about it because Rad also told how his father and mother separated.

“‘Mum cheated on Dad when I was a kid.’

‘She always want to be an actor, and I got the feeling I came along and took her of that trajectory. When I was about eleven, she ran of with some hotshot producer who promised her the world. Dad and I never saw it coming. One day she was there, acting her normal self, then the next she was gone.’” (Leav, 2017:134)

In addition, Audrey also lacks manners when her house has guests. Audrey is furious that Zoe and Duck came to her house for lunch together on Christmas.

Audrey broke the plates in the kitchen because she felt that her mother didn't appreciate her. Audrey was furious because Audrey's mother didn't tell her that there would be guests coming, especially since the guests were Zoe and Duck. Audrey slammed the plate very hard at the feet of Audrey's mother because of her uncontrollable anger.

“I grabbed the nearest plate from the kitchen counter and hurled it at the floor. It smashes into pieces.

I picked up another plate and threw it at her feet.” (Leav, 2017:165)

Audrey is also often angry with her mother because her mother accuses her of being careless and Audrey's mother also can't speak the good language when scolding Audrey. Audrey is accused of being like Audrey's mother for doing things with Rad because Rad and Audrey only came home at 2 in the morning after Ana's funeral. Audrey's mother accuses Audrey of asking Rad to sleep with her and blathers on blaming Audrey for not thinking about her boyfriend Duck's feelings that Audrey is out with a recently deceased lover. Because Audrey was very upset with her mother's words, Audrey spoke loudly by slamming her bedroom door, because Audrey felt that she was only accompanying someone who was grieving, especially her lover. Audrey's mother still advised Audrey hard but Audrey didn't want to be advised by her mother, so Audrey was furious with her mother and she slammed the door hard while holding back her tears.

“I looked up at her, furious. ‘How dare you!’ I screamed. ‘You don’t know what you’re talking about!’

I slammed the door shut, anger rising inside me.” (Leav, 2017:20)

Audrey is still sad when she has to break up with Duck, so she tries to calm herself down with Lucy. Later, Audrey's mother calls and scolds Audrey because she broke up with Duck. Audrey's mother also raves and accuses Audrey that Rad has appeared again in Audrey's life. But Audrey's accusation was true and Audrey said she didn't sleep with Rad. Because Audrey's mother kept accusing Audrey,

Audrey's emotions immediately came out, and said that what Audrey went through was not what her mother did with her father.

“‘I haven’t slept with Rad,’ I said, angrily.

‘what makes you think you can judge me like this? At least I wasn’t married to Duck. You know, like how you were married to Dad.’” (Leav, 2017:144)

Audrey feels almost explosive emotions as she walks with Rad and Rad explains that she is dating someone. Rad's date is Claire, Rad meets Claire at the party. Audrey felt a surge of anger, but Audrey held back those emotions because Audrey felt she had no right to scold Rad. In that position, Audrey also still has a lover and Audrey and Rad are just friends. Rad feels it is not important because Rad is also not serious about going on a date with Claire. However, Audrey couldn't stop questioning Rad.

“ ‘Are you?’ He glanced over at me. I felt a surge of anger, but I knew I had no right feel the way I did. It was irrational. I had a boyfriend. Rad and I were just friends.

I knew I was making a fool of my self, but I couldn’t stop. ‘What’s her name? Where did you meet her?’” (Leav, 2017:124)

1.2 Descendant of Lie

Descendant can be one of the causes for doing bad actions. Audrey often lied because her mother had also lied. Audrey's mother lied because she thought it was for the good of Audrey and Duck. Audrey's mother also had a pretty good reason for her lies. Audrey's mother told Audrey's father that inviting Zoe and Duck to lunch for Christmas was Audrey's idea. The next day after Audrey was furious with her mother and slammed the plate at her mother's feet, Audrey's father told Audrey that Zoe and Duck's Christmas lunch invitation was Audrey's idea and Audrey said that her mother lied to her father.

“‘You didn’t’ my dad looked genuinely surprised. ‘Your mother said it was your idea.’

‘Well, she’s a liar,’ I spat. I couldn’t contain my bitterness.” (Leav, 2017:166)

1.3 Lied to Best Friends

Usually, a best friend is someone who always knows how his best friend is. They always know if their friend has a secret and will not reveal it to anyone. But this time, the two friends were lied to and the lie sounded like reality. These two friends believe what their best friend says, even though they have always been together since childhood. She is Audrey, she lied about Ana's death to her two best friends, Candela and Lucy. Audrey lied because she didn't want to lose her two best friends, so Audrey made up a story that Audrey was a witness to Ana's death after being raped by her father, and then Ana committed suicide in the bathroom.

“ I told this wicked lie one ill-fated night to my two best friends, Lucy and Candela, who were worn to secrecy on the lives of their loved ones.” (Leav, 2017:5)

Candela tells Audrey that on the night of Ana's funeral many have seen and talked about Audrey going out with Rad. Candela also invites Audrey to skip school and tells about what happened the night after Ana's funeral that the argument between Ana's father and uncle started when her uncle got drunk and punched Ana's father in the cheek. Candela wants Ana's father to be imprisoned immediately and suggests that Audrey should immediately report it to the police. However, Audrey immediately felt uncomfortable and suddenly panic-struck. Even though Audrey also wanted to tell Candela that everything Audrey told was just her creation.

“ My heart leapt to my throat, and it was on the tip of my tongue to tell Candela the truth- that I had made it all up and Ana’s dad was innocent. I opened my mouth, but the words wouldn’t form, I felt panic grip me like a vice.” (Leav, 2017:22)

When Rad tells Audrey that the cause of Ana's death is her fault and will tell the truth, Audrey is honest with Rad about her cause of death. Audrey said that the rumors that spread about Ana having been raped by her father were a lie and Audrey fabricated all these things which she then told Lucy and Candela and was heard by Eve, Candela's sister, who later knew the gossip. Audrey told this to Rad with her heart beating fast and very scared because Audrey never told anyone the truth.

“I told the story to Lucy and Candela one night, and Eve overheard us. She passed it on her mother, and that’s how the rumor got started.” (Leav, 2017:192)

1.4 Lied to Boyfriend

Boyfriend is a place to pour out a second heart after a best friend, but Audrey in this novel lies to her lover about herself often going out for walks with other people. He is Ana's lover, Rad. After Ana's death, Audrey starts hanging out with Rad a lot. At first, she told her boyfriend Duck that Rad just needed a friend because her boyfriend had died, but much later after Audrey felt the comfort and many similarities between her and Rad, Audrey often went out for walks with Rad. Even after Rad and Audrey split up and deleted the phone number. Audrey didn't expect to see Rad again. Audrey met Rad more often after interviewing Rad's novel entitled 'A Snowflake in A Snowfield'. Meanwhile, Duck doesn't know anything about Rad and Audrey because Audrey also never told Rad again after a long time of not having contact with Rad after Audrey's 18th birthday.

“I still the same person.” (Leav, 2017:127)

The quote above explains that Audrey still has feelings for Duck. In fact, during this time Audrey had often gone with Rad again after Audrey interviewed the novel that Rad had written. When Audrey and Duck are on vacation, they go out together and Duck begins to discuss the future that Audrey has planned. but Audrey didn't like the discussion and Audrey felt that she still didn't deserve to talk about marriage

with Duck. Even though Audrey doesn't want to plan a future with Duck anymore because Audrey already feels that she has Rad. Audrey and Duck fight because Audrey and Duck rarely see each other because of their busy lives and Duck just wants to spend the weekend with Audrey. Finally, Audrey said that she was still like the old man who loved Duck.

1.5 Lied to Her Teacher

Lying to teachers is a bad act because teachers are parents who teach us about good and bad at school. Teachers are parents when we are at school, where teachers can guide us and positively set an example. But here Audrey is not honest with her English teacher because Audrey is afraid that her lie about Ana's death will spread.

“ You’ve been a little quiet in class lately, and your writing, well...

It’s taken something of a dark turn. Is there a reason for this?

I shook my head and smiled, ‘no, not really.’” (Leav, 2017:62-63)

Audrey is called by Mr. Sadowski, her English teacher after class ended. Mr. Sadowski praised Audrey's recent excellent magazine writing and that Audrey's ideas were brilliant. Unfortunately, Mr. Sadowski has observed that Audrey has been gloomy lately and that Audrey's works since Ana's death are also many about suicide and Mr. Sadowski. Mr. Sadowski is feeling anxious. But Audrey said that she was fine and there was no excuse for Audrey's residence and gloom. Audrey also only explained that the theme of 'suicide' that Audrey made had been in consultation with her consultant. Even though Audrey saw a consultant because her anxiety was quite severe.

1.6 Lied to Her Mother

The family who has the most important role in educating children is the mother. Audrey's mother didn't trust Audrey and often argued about trivial matters. One day, on the night after Ana, is buried, Audrey's mother sees Audrey out with Ana's lover, Rad. Audrey had just come home early this morning after going out

with Rad, Audrey's mother nagged her without asking what happened to Rad after Ana died. Audrey's mother wasn't close with Audrey about anything either, so one day Audrey lied to her mother about Rad. On the night after Ana's funeral, Rad and Audrey go to the old lighthouse in Widow's Cove where the lighthouse is located at the end of the broken pier. Rad and Audrey climbed the stairs and arrived on the balcony to see a large, pale moon. That night, Audrey and Rad had chatted like old friends, open and their chatter flowing well into the sun. Audrey's mother is also still interrogating Audrey about Rad, so Audrey lies to her mother that Audrey promised not to see Rad again.

“‘mum, I’m not seeing Rad anymore.’ I lied. ‘can you please you drop it?’”
(Leav, 2017:33)

Audrey's mother had experienced an incident with a man like Audrey, therefore Audrey's mother did not want Audrey to be what she had felt. However, after seeing Audrey meet and date Rad, Audrey's mother recalls her not-so-good past with the film's producers. So Audrey's mother told her a lot about her past life.

“‘I wont let it happen to me, Mum. I’ll be careful, I promise.’” (Leav, 2017:151)

The quote above explains that Audrey will not repeat the same incident like her mother when her mother was young and already pregnant, so she missed her precious opportunity to find out how much she accomplished before marriage. Audrey's mother was only worried about Audrey and hoped that Audrey would not be like her mother when she met Audrey's father. Audrey's mother also explained that when she fell in love with Audrey's father, she couldn't think straight. Audrey's mother never felt the way she felt for Audrey's father when she was dating someone else. It was Audrey's father who made Audrey's mother pregnant at such a young age Audrey's mother still wants how much she achieves before she gets married and she doesn't want Audrey to lose her precious time like her mother. In addition,

Audrey's mother also told Audrey that in the past, her father wanted to be a writer and Audrey's mother would accompany him wherever he went. However, the quote above also explains that Audrey's mother already knew that Audrey was lying because Audrey's mother had seen Audrey as she was in the past when Audrey's mother met Audrey's father. Audrey's mother saw the way Audrey looked at Rad on the night of Ana's funeral. Audrey's mother has always been strict with Audrey about Audrey's relationship with Rad because Audrey's mother does not want Audrey to lose her precious opportunity in measuring her life achievements.

2. The Effect of Audrey Anxiety

2.1 Meet a Psychiatrist

Anxiety is a mental illness that can be caused by both internal and external. The internal side can come from the past, trauma, pessimism, and irrational thoughts. While the external side can come from a lack of social support, such as family, friends, and so on. This can cause a person to experience mental disorders which are usually cured by seeing a psychiatrist. Audrey's parents wanted Audrey to take her to a consultant because lately Audrey hardly ever eats and gets irritated easily. But before that Audrey's parents didn't know that Audrey had anxiety because of the lies she told her two best friends and the lies spread very quickly. Audrey saw a psychiatrist for the first time with her mother escorted to the bus station, then Audrey went to her own psychiatrist's office. Audrey arrived at the psychiatrist's clinic before her appointment time. Audrey entered the office and was greeted by a receptionist and filled out a form, not long after, she met Ida and Audrey followed her into Ida's room. In this novel, it is mentioned in the quote:

“ I arrived at the clinic twenty minutes before my appointment.

To my right was an intercom next to a rectangular plaque that read Ida Summers, along with two other names I didn't recognize.

I followed her up a narrow flight of steps and through a wood paneled door.” (Leav, 2017:35-36)

Audrey told Ida that she had to take time off from school because on the day of the exam Audrey suddenly fainted because her anxiety flared up. On the day of the exam, Audrey's anxiety flared up starting with her heart pounding as she marched through the hall and headed to her seat. When Mr. Sadowski read the rules during the exam and Mrs. Douglas placed a sheet of paper on each student's desk, Audrey looked at the sheet of paper and felt a panic that made her snap her rubber band and her breathing was irregular and her body was bent over the table. Not wanting to be the center of attention in her class, Audrey tried to get out of the classroom and try to get some fresh air and be comforted by Mrs. Douglas, who not long after Audrey was unconscious and passed out.

“I was sitting back in Ida’s chair as she at her desk, by the ompen window.”
(Leav, 2017:75)

At Ida's office, Audrey asks for a prescription because Mrs. Candela also has gold like Audrey and she takes drugs. But Ida will only make a letter that must be submitted to the doctor. Ida also said that some people have safeguards for their anxiety or other mental illness problems.

After 3 months of not seeing Ida, Audrey saw Ida again, but she did not tell her about her anxiety and Ida also said that Audrey did not wear the rubber band that she gave when Audrey visited Ida's office. Audrey forgot to wear the rubber band and Ida was very happy because it was a good sign for Audrey. Audrey only told Ida that she had become a journalist and lived at the house of Lucy's uncle who was working in Paris.

“ ‘I noticed you’re not wearing your rubber band today’ said Ida. It had been almost three months since I last saw her.” (Leav, 2017:91)

“ ‘I feel like ever since he’s come back into my life, everything has gone haywire. I’m wearing my rubber band again.” (Leav, 2017:147)

The quote above mentions that Rad is one of the causes of Audrey's anxiety and makes Audrey wear the bracelet again and go to Ida to tell her that Audrey has

broken up with Duck. Audrey also shared that Duck was very good with Audrey and they had known each other since childhood. However, the only thing on Audrey's mind was Rad. Audrey is also worried because Duck deleted her Facebook account and thinks that Duck's family is also very good, especially Duck's mother. Audrey had also avoided her since she broke up with Duck. Audrey asked Ida's opinion because since hearing Audrey broke up with Duck, Audrey had never spoken to her mother again and Audrey had thought of visiting her mother.

After Audrey told Rad about her lies about Ana, Rad hadn't contacted Audrey for several weeks. This made Audrey shattered and never got out of bed. Audrey also ignored calls from Trinh and Sam. Audrey tells Lucy that Rad no longer wants anything to do with Audrey. While at the office, Audrey also tells Sam and Trinh that Audrey has broken up with Rad and that this is causing Audrey to have a hard time. At the office, Audrey just wanted to say goodbye and that Audrey would stop working and would temporarily go to Colorado. This made Audrey meet Ida and say that traveling abroad is pretty good progress. To travel abroad is also very extraordinary progress even though Audrey still feels scared about the trip she is about to take. The quote is in the *Sad Girls* novel, namely:

“... But I do think you're making strides, even if you're not aware of it yourself. That's very important for you to know-you have come a long way.’

She took another drag. ‘Yes, the fact that you're going on this trip is quite a remarkable progression.’” (Leav, 2017:198)

2.2 Wear a Rubber Band

Psychiatrists must have their type of treatment or how he/her treats patients whose mental illness often recurs. Not a few psychiatrists use drugs to relieve the pain of someone who is experiencing a relapse, but this is different from Audrey's psychiatrist. When Audrey meets Ida in her office, Audrey tells her that Audrey has been attracted to Rad, Ana's boyfriend who recently died, on the other hand, Audrey also has a boyfriend named Duck. Audrey and Duck have been dating since they

were 14 years old and after Audrey was saved by Duck when she had an accident at the lake where Audrey almost drowned. Audrey shared that she had nothing in common with Duck, but Audrey and Duck also had a definite concept for them both. However, ever since meeting Rad, Audrey had taken on a different dimension and Audrey felt like she had found her way forward. Audrey has problems that mostly arise after Ana's death. Audrey felt her back go cold and that night, Audrey felt something she had never felt in her life. When she tried to look up these symptoms on the internet, Audrey found that it was a panic attack and Ida explained that anxiety can make a person think in various ways, so that a person will experience a total panic attack. This made Audrey have a solution by using the rubber band given by Ida. Ida told Audrey that if Audrey started to get nervous, she could flick the rubber band to ease her anxiety.

“ she reached into her drawer and pulled out a small glass jar containing a cluster of rubber bands.

When you start to feel anxious, pull the rubber band back and snap it against your skin. That should ease the anxiety.” (Leav, 2017:40)

Now, Audrey is a junior journalist in the See Sydney office of Angie's aunt, Sam. Audrey has an assignment for her first article and Audrey has to interview the author of the novel entitled 'A Snowflake in a Snowfield' which is very popular and has been on the Elliotttate award shortlist. It turned out that the author of the novel was Rad and because at that time, Audrey did not know what Rad's full name was. Audrey's interview schedule with Rad has been determined by April. When Rad was at the café, Rad was looking for someone to interview him, Audrey stood up and greeted Rad. Rad had no idea that Audrey would be interviewing him and Audrey explained that Audrey worked at See Sydney and that she would be interviewing him. Rad and Audrey also talked because they had not seen each other for a long time, Rad and Audrey had many things to say about themselves. During the interview, Rad was still telling Audrey about Ana and what Rad explained was

exactly what Audrey had felt all this time. Since Audrey also couldn't possibly tell her lies to Rad, if Audrey told her, then the lies she made up would be exposed. Even Audrey didn't tell the lie to her psychiatrist, Ida. Rad's story about Ana made Audrey reach for the rubber band and flick the rubber band to brace herself. This is evidenced in the novel *sad girls*, namely:

“ My hand, resting under the table, reached for my rubber band. I had been steeling myself for this moment, and I gave myself a couple of sharp tweaks.”
(Leav, 2017:105)

Audrey told Lucy about Rad and Rad's first novel was the first article Audrey had interviewed yesterday. Audrey also tells Lucy that she is attracted to Rad but she also doesn't want to hurt Duck's feelings, because Audrey feels that Audrey and Duck have known since childhood, and Duck has also saved Audrey's life when she almost drowned in the river. Audrey clearly sensed that she was playing with fire, because almost every day Audrey saw Rad and didn't tell Duck at all about how Audrey had seen Rad again after a long absence. When Rad goes out with Audrey, Rad talks to Audrey that Rad has met a woman he met at a party, her name is Claire. When Audrey's emotions peaked and imagined how Claire was, what came to her mind was Ana. Audrey immediately flicked her rubber band. Actually Rad really wants to have a relationship with Audrey, unfortunately, Audrey already has a boyfriend.

“ I tried to picture Claire but saw Ana instead. I snapped my rubber band, then glanced at Rad, whose eyes were fixed on the road.” (Leav, 2017:124)

After the last few weeks since Audrey broke up with Duck, Audrey tries to visit Ida and tell her about Rad, but on the other hand, Audrey also feels bad for Duck, because Audrey and Duck have broken up and they have known each other since childhood. However, all that came to Audrey's mind was Rad, even though Audrey was worried about Duck. This makes Audrey wear the rubber band again since Rad appears in her life again.

“I feel like ever since he’s come back into my life, everything has gone haywire. I’m wearing my rubber band again.” (Leav, 2017:147)

Audrey has an interview scheduled with Elsa Reed and before doing the interview, Audrey stops by Rad's apartment on her first visit at Rad's apartment, Audrey finds a black metal box containing concert tickets, flattened flowers, and other souvenirs, besides that there are letters and photos of Ana and there is a torn diary of Ana. Audrey also saw all the contents of the black box and read Ana's diary and folded the torn diary when Rad came home to his apartment and Audrey immediately put the torn one into her jacket pocket. Audrey immediately left when Rad came because there was an interview with Elsa Reed, besides that Audrey also wiped her tears because she saw the contents of the black box. When Audrey interviewed Elsa Reed, Audrey couldn't concentrate because she still remembered the contents of the black box and the contents of Ana's diary, but Audrey still had to be professional with her interviews. After leaving Elsa's house, Audrey took a walk along Bondi Beach and tried to find the torn Ana's diary that was in Audrey's pocket. Audrey didn't find the torn diary after she searched everywhere until her head started to spin and pinched the rubber band. It wasn't long before Audrey felt a panic that made her snap her rubber band.

“ I reached down and tweaked my rubber band, blindly stumbling to a nearby bench.

I snapped my rubber band again and gripped the side of the bench, forcing my self to concentrate on my hand, to acknowledge that it was connected to something solid.” (Leav, 2017:188)

2.3 Calm Down Aboard

It had been weeks since Rad had not given Audrey any news after Audrey had told Rad her lies about the rumors of Ana's death. Audrey never got out of bed and ignored her calls from Trinh and Sam. At the office, Audrey tells Sam and Trinh that Audrey has broken up with Rad and that this is causing Audrey to have a hard

time. This made Audrey want to calm down by traveling abroad. Audrey said goodbye to Sam and Trinh and said that Audrey would go even if only temporarily and that Audrey would go to Colorado although Audrey didn't know why she had chosen Colorado for her trip.

“ But I need to get away, even if it’s just for a while.

‘I’m sorry Sam, I’ve got to go someplace and clear my head. I can’t stay here any longer.’

‘I have to go to Colorado.’” (Leav, 2017:196)

Audrey told Rad her lies about Ana's death case and after that Audrey had not been informed by Rad for a long time, Audrey felt she had to calm down and Audrey chose to go somewhere and Audrey chose to travel abroad, namely to Colorado. Audrey went to the airport by taxi and to the airport, Audrey always remembered Rad. Audrey took the time to stop by Sam's office because Audrey got a package from someone. It turned out that the package was from Rad. Audrey arrived in Colorado in the winter, then Audrey took the bus to the Delta and stayed at a motel.

“ I arrived in Colorado at the start of winter without a plan destination in mind.

It took me to Delta, where I spent the last few weeks in a dingy motel with a dodgy radiator.” (Leav, 2017:205)

Rad is working on his second novel which he talks about at the annual beach party with Audrey and Linda, elementary school teachers. However, Rad did not tell what topic he was working on in his second novel and not long after, Rad got a call from his agent. Rad told Audrey that the synopsis sent by Rad was liked by his agent and his agent sent the synopsis to a big producer in Hollywood and it turns out that the producer liked what Rad wrote. Rad will soon go to L.A. and he took Audrey. Rad and Audrey will start their new life there because Audrey has learned the true story of Ana's death and the cause is Rad herself. But Audrey forgives Rad

and they start a new life in Santa Monica. Audrey also doesn't answer Lucy and Candela's questions about what Freddy will show about Ana until Freddy rushes to meet Lucy and Freddy gets hit by a truck. Because according to Audrey it is impossible to give Lucy and Candela an answer without involving Rad, so Audrey chooses to stay silent and live in Santa Monica with Rad.

“The early morning sun streamed through the curtain of our one-bedroom flat in Santa Monica.” (Leav, 2017:269)

CONCLUSION

In this chapter, the researcher wants to make a conclusion based on the analysis of Audrey's anxiety in Lang Leav's novel *Sad Girl*. This study shows that the cause of Audrey's anxiety is that Audrey has depressed emotions and is coupled with internal factors from heredity, namely Audrey's mother who once lied to Audrey's father. So Audrey also lied to her two friends about Ana's death, lied to her boyfriend (Duck), lied to her teacher and mother.

The first is repressed emotions. Audrey suppressed her emotions because during Audrey's childhood, her mother had an affair with a producer. In addition, Audrey's emotions were also suppressed by the accusations themselves. Audrey was often innocent that she slept with Rad after Ana's funeral because Audrey and Rad came home at 2 in the morning.

Another cause is heredity to have intercourse and lies to friends, lovers, teachers and mothers. Audrey's mother once lied to her father about having lunch on Christmas Day and Audrey's mother told Audrey's father that it was Audrey's idea. Audrey lied to her two best friends about Ana's death because Audrey thought it was their third secret and it spread quickly. Audrey lies to Duck, about her feelings for Audrey's lover, who has moved frequently with Rad. Audrey lies to her English

teacher about Audrey's often gloomy state since Ana's death and lies to her mother about Rad that she will never see again and keeps Audrey's feelings for Rad carefully.

Audrey's anxiety affects her life so much that Audrey has to see a psychiatrist often, rubber bands and snaps when her anxiety and desire to go to another country move to Santa Monica, California.

After analyzing Audrey's anxiety in the novel *Sad Girls*, the symptoms of anxiety experienced by Audrey when her anxiety strikes are rapid heart beat, irregular breathing, nauseous stomach and twisting, panic attacks and fear.

REFERENCES

- Almokhtar A. A., J.M. Jbireal, Azab Elsayed Azab. 2019 *Anxiety : Insights into Signs, Symptoms, Etiology, Pathophysiology, and Treatment*. East African Scholars Journal of Medical Sciences. 581
- Association, et. al. 2017. *Stress in America™ 2017: Technology and Social Media. Part 2*. Stresinamerica.org
- Bagga, Q. L. & Singh, A. 1990. *Elemrnts of General Psychology*. New Delhi: Arya Book Depot.
- Chaplin, J.P. 1972. *Dictionary of Psychology. Fifth Printing*. New York: Dell Publishing Co. Inc.
- Das, J.P. 1998. *The Working Mind: An Introduction to Psychology*. New Delhi : Sage Publication.

- Freud, S. 1926. *Inhibitions, Symptoms and Anxiety 1975 In The Standard Edition of The Complete Psychological Works of Sigmund Freud*. London : Hogarth Press.
- Freud, Sigmund. 1964. *Freud: Psychoanalysis*. N.p.
- Greist et. al. 1986. *Anxiety and Its Treatment : Help is Available*. Virginia : Amer Psychiatric Pub Inc.
- Jessica L.M. Kamen. 2021. *A Review of the Treatments of Anxiety Disorders Within the Adolescent Population*. Senior Independent Study Theses.
- LeDoux, J. 1996. *Emotional networks and motor control: A fearful view*. Prog. Brain Res., 107, 437–44.
- Leav, Lang. 2017. *Sad Girls*. Sydney : Andrews McMeel Publishing
- Li H., Zhang B., Hu Q., et al. 2020. *Altered heartbeat perception sensitivity associated with brain structural alterations in generalized anxiety disorder*. General Psychiatry. 3
- .Melisa, Michel. 2015. *The Generalized Anxiety Disorder Workbook*. Canada : New Harbinger Publications.
- Nevid, S. Jeffrey. 2014. *Abnormal Psychology In A Changing World Ninth Edition*. New York : Pearson.
- Service, Ignou. 2021. *Define Psychology. Discuss the Various Principles of Critical Thinking as Proposed by Rathus*.

<https://assignment.ignou-service.in/2021/04/define-psychology-discuss-various.html> June 18, 2022 23:10

Strachey, James. 1990. *Inhibitions, Symptoms and Anxiety (Complete Psychological Works of Sigmund Freud)*. New York : WW Norton & Co.

Strongman, K.T. 1995. *Theories of Anxiety*. New Zealand Journal of Psychology, 4

Surendra, A. 2021. *Untangling Anxiety*. India : White Swan Foundation.

Tanaka, R. 1976. *Systems Models for Literary Macro-Theory*. U.S.A. : The Peter de Rider Press.

Wilfred L., Earle, and friends. 2005. *A Handbook of Critical Approaches to Literature fifth edition*. New York : Oxford University Press

Will Meek, PhD. 2020. *Generalized Anxiety Disorder: Causes and Risk Factors*.
Verywellmind.Com