

ABSTRACT

Fajria Rahmah Ohorella. 2019. Anxiety Disorder of Audrey in the novel “Sad Girls” by Lang Leav (Viewed From Psychological Approach), (Supervised by Nurain Jalaluddin and Bakhtiar Majid)

This research discuss about anxiety disorder of Audrey in the novel “Sad Girls” by Lang Leav. The researcher chooses to identify anxiety disorder in the novel, because anxiety disorder or feeling afraid about something is a common diseases in society. It can attach to any kind of age. It is common to feel tense, nervous, and a person who got anxiety disorder might even find it hard to sleep, eat, or concentrate. Being nervous has become a common symptom in society which we can find in our daily activity, but when it comes to anxiety disorder it means that the person of anxiety disorder has to have a therapy to be let from it

Methods that are used in this research are the qualitative method and descriptive method. The researcher uses psychological approach to observe the anxiety disorder in the novel and to understand the Audrey character changes of the anxiety and the way to overcome te anxiety disorder itself. Library research and internet-based research are applied in order to collect the secondary data intentionally to enrich the comprehension of this research.

Based on the research which has been conducted shows that there are 2 types of anxiety disorder of Audrey, those are, panic disorder (unexpected panic which often came) and social phobia (avoiding the society). From both types of anxieties, it caused the effect to Audrey as cognitive (thought), physical (the body effect), also behavioural (the act). The way to overcome Audrey’s anxiety disorder uses Cognitive-behavioura Therapy, to divide the cognitive-behavioral, the researcher explains in two ways, first is Counselling Therapy and the second is Exposure Therapy.