

CHAPTER I

INTRODUCTION

1.1 Background

Every person in the world is different. There are lot kind of differences that people have. Some people have a different type of body, some others have different way in thinking, and some people are just different in the way they live their life.

According to the book of *Anxiety Disorder „An Information Guide“* (2008:4),

When we feel danger, or think that danger is about to occur, the brain sends a message to the nervous system, which responds by releasing adrenaline. Increased adrenalin causes us to feel alert and energetic, and gives us a spurt of strength, preparing us to attack (fight) or escape to safety (flight). Increased adrenaline can also have unpleasant side-effect. These can include feeling nerveous, tense, dizzy, sweaty, shaky, or breathless. Such effects can be disturbing, but they are not harmful to the body and generally do not last long.

Anxiety is a word we use to describe feelings of unease, worry and fear. It incorporates both emotions and their physical sensations we might experience when we are worried or nervous about something. It's common to feel tense, nervous, and perhaps fearful at the thought of a stressful event or decision that you are facing. For a brief period you might even find it hard to sleep, eat or concentrate. Then usually, after a short while or when the situation has passed, the feeling of worry stop. As in the book of *Anxiety Disorder „An Information Guide“* (2008:1) said that,

“Everyone feels anxiety from time to time. Few people get through a week without some anxious tension or a feeling that something is not going to go well. We may feel anxiety when we're facing an imp ti g

According to Mc Neil in Sobur (2003:305), “Anxiety is anger vague unpleasant feeling that suggest something bad is about to happen.” From those explanation, we can say anxiety is a feeling that can disturb our daily activity, because once it happens to us, it can make the person hard to control the emotion and feeling.

Anxiety disorder has become a common symptom in society which we can find in our daily activity. As in a point of view of psychology, Davison, Neale and Kring in Wangkanusa (2015), said that :

“Anxieties is a term which is used to explain a group of neurosis in abnormal psychology. The term of anxiety can be used to explain about a group of diseases, those are : *Phobias, Panic Attack, Generalized Anxiety Disorder, Obsessive-Compulsive Disorder, and Posttraumatic Stress Disorder*”

From the defenition above, we know that anxiety can attack anytime when we feel worry. Wheter it is just a phobia about something, or a traumatic because of an incident that ever happend. Those cases can make the anxiety comes to our live and makes everything worst.

Audrey is a girl that feels Anxiety in this novel. Her first anxiety came was when she heard that Ana suicided herself. At the time, she tought that the factors which made Ana killed herself is the rumor which spread out in their neighborhood. The rumor that was told by Candela’s mother. The rumor that had to be only between Audrey, Candela, and Lucy, but because of Eve, Candela’s younger sister, hears what they talked about the lie that comes from Audrey’s mouth, Eve continued it to her mother, and the lie became a rumor. Audrey is a main character in the novel comes from an ordinary family. She is also one of a sad girls which is meant by Lang Leav. Audrey is known by the society as a good girl, until the lie

comes. A lie that she makes in front of her friends, Candela and Lucy. A lie that has changed everything not just in her life but also the life of her friends. A lie that Audrey thinks it caused the death of Ana.

The researcher interested to analyze this novel which has titled “Sad Girls” by Lang Leav. The main character Audrey often gets the panic attack or Anxiety Disorder. Some people may also feel anxiety like what Audrey does, but what makes them different is when other people feel anxiety or panic attack it is because the surrounding which is forced them to feel it. Audrey, she creates her anxiety by herself. She is not forced by society or her relatives. She has a good or maybe a perfect life, but, she makes something bad and then the anxiety comes. The researcher chooses anxiety disorder as an object to do this research because anxiety is one of the problems to be mentioned by Lang Leav in this novel. Beside of anxiety is a disease which attack to the main character Audrey, the researcher also interested to do the research about this because Anxiety is the most common disease that we can find in our society. Anxiety can attack a child, teenager or even an adult.

Therefore, by considering such reasons above, the researcher decided to analyze the novel by giving the title “The Anxiety Disorder of Audrey In The Novel „Sad Girls“ by Lang Leav (Viewed by Psychological Approach)”.

1.2 Statement Of Problem

Based on the description from the background, the researcher would like to state the problem as follows :

1.2.1 How does the author describe anxiety disorder of Audrey in the Novel „*Sad Girls*“ by Lang Leav?

1.2.2 How does Audrey overcome her anxiety disorder in the novel „*sad Grls*“ by Lang Leav?

1.3 Scope of the study

In this study, the researcher focuses on analyzing about The „Anxiety Disorder of Audrey in the novel *Sad Girls*“ who constantly got an attack of anxiety disorder. This research uses psychological approach which can help the researcher to elaborate Audrey’s anxiety disorder in the novel „*Sad Girls*“ by Lang Leav.

1.4 Objectives of the study

Related to the statement of problems above, the researcher implies the objectives of the study as follows :

1.4.1 To elaborate the description of the anxiety disorder of Audrey in the novel „*Sad Girls*“ by Lang Leav.

1.4.2 To investigate the way Audrey overcome her Anxiety Disorder in the novel „*sad Girls*“ by Lang Leav.

1.5 Significance of the study

Related to the background, the significance of the study that the researcher could give, those are :

1.5.1 Theoretical Significance

This research is expected to give or provide knowledge to the reader, about how to analyze the literary works, particularly to analyze its intrinsic and extrinsic matter in the novel. The researcher also wants to say about how important this

research to be understood by most of people and we have to realize that being nervous is common in the society, but when the nervous is over, it is when the anxiety disorder came.

1.5.2 Practical Significance

This research is expected to motivate its reader to analyze literary works more, to help English Literature Students understand the novel „Sad Girls“ and to increase the researcher collection of literary works in the Faculty of Cultural Science, Khairun University.

1.6 Review of Related Literature

To accomplish the research and as the references, the researcher gets some related or previous research of the literature as an object. This study can use as the comparison and to carried out the previous relevant studies.

Firstly, the reaserach is from Wangkanusa (2015), with the title “*Anxietas tokoh-tokoh utama dalam novel The Great Gatsby Karya F. Scott Fitzgerald*”. Wangkanusa explain about his research used the psychological theory by Freud and Davidson, Neale and Kring, also a paradigm by Roberts. The object of that research is the main characters in the novel The Great Gatsby who felt anxiety disorder. The result of this research show that all major characters tend to have „anxiety disorder“ reaching this level of abnormality. Nick Carraway has „objective anxiety“ and categorized in phobia disorder and generelized anxiety disorder, Jay Gatsby has neurotic anxiety and categorized in obsessive compulsive disorder.

Gledys (2016) as the second related literature, with the title “*Kecemasan dan Mekanisme Pertahanan Diri Alice Howland dalam Novel „Still Alice” karya Lisa*

Genova". The object of this research is Alice Howland that is the main character and her anxiety with defense mechanism. The researcher used descriptive as the method of doing the research and use two combination of approaches, those are from Robert Stanton and Edgard Robert as the theories about personality. The other approach is from Freud's psychoanalysis is used to analyze the main character's anxiety and defense mechanism. The result of this study, the researcher found that Alice Howland has two types of anxiety that are neurotic anxiety and moral anxiety.

Alice also has some defense mechanisms: which are projection, displacement, turning against the self, rationalization, denial, compensation, and reaction formation.

The last review is from Wibowo (2015), with the title "*Deconstructive Reading In Lang Leav*"*Poem „All or Nothing*". The author elaborates about deconstructive reading in „All or Nothing" by Lang Leav. The research uses qualitative research which is conducted with descriptive qualitative analysis and objective criticism. The research result shows that meaning in the poem tends to shift and be fluid because there is no absolute structure or discourse that can govern a text is separated from its author or origin.

The difference between this research with the previous studies are those research above are different reserach object, and the different research theories, but also there is from a same author with this research. The first and second related literatures explain same matters, that is anxiety. The first review used a psychological theory from Freud and Davidson, Neale and Kring and also a paradigm theory by Roberts, the secon review used a combination approaches from

Robert Santon and Edgar Robert that was a personality theory.. The last related literature, use a same author that is Lang Leav, but different work from her. This research took Audrey as the main character in the novel and focusing in description of the anxiety disorder of Audrey in the novel „Sad Girls“ by Land Leav and how to overcome the Anxiety Disorder in Audrey“s life. This research uses psychological approach to help in analyzing the anxiety disorder and all of the theories are explained by American Psychiathric Assosiation.

1.7 Theoretical Basis

1.7.1 The Concept of Anxiety Disorder

Anxiety is one of the emotion in individual which make a person feel threatened by something. Anxiety disorder is psychological disease which can attack us in every part of life. When we face lot of people, we may feel fear till worry or nerveous. At the time, we can be attacked by anxiety. According to Santrock in Vina Andrianti (2011:11), Anxiety is a diffuse, vague, highly unpleasant feeling of fear and apprehension. Anxiety disorders are psychological disorders that feature motor tension, hyperactivity and apprehensive expectation and thought. Hillgrad (1975:440), said that, This condition is followed by feelings of discomfort in terms characterized by worry, fear, unhappiness, that we can feel different level of feelings. Anxiety is generally experienced by all human being.

An anxiety disorder may make people feel anxious most of the time or for brief intense episodes, which may occur for no apparent reason. People with anxiety disorders may have anxious feelings that are so uncomfortable that they avoid daily routines and activities that might cause these feelings. Some people

have occasional anxiety attacks so intense that they are terrified or immobilized. People with anxiety disorders are usually aware of the irrational and excessive nature of their fears. When they come for treatment, many say, "I know my fears are unreasonable, but I just can't seem to stop them."

According to Freud in Boeree (2006:7),

"life is not easy!"

The ego – the "I" – sits at the center of some pretty powerful forces: reality; society, as represented by the superego; biology, as represented by the id. When these make conflicting demands upon the poor ego, it is understandable if it – if you – feel threatened, feel overwhelmed, feel as if it were about to collapse under the weight of it all. This feeling is called **anxiety**, and it serves as a signal to the ego that its survival, and with it the survival of the whole organism, is in jeopardy.

Freud mentions three different kind of anxieties : the first is *Realistic Anxiety*, which we called fear. The second is *Moral Anxiety*. This is what we feel when the threat comes not from the outer, physical world, but from internalized social world of the superego. Moral Anxiety is basically another word for feelings like shame and guilt and the fear of punishment.

The last is *Neurotic Anxiety*. This is the fear of being overwhelmed by impulses for the Id. If you have ever felt like you were about to "lose it", lose control, your temper, your rationality, or even your mind, you have felt neurotic anxiety. Neurotic is actually the Latin word for nervous, so this is nervous anxiety. Some people may know it as Panic Attack, but Freud called it Anxiety.

According to *American Psychiatric Association [APA]* in Rector (2008:1),

"Up to one in four adults has an anxiety disorder sometime in their life, and that one person in 10 is likely to have had an anxiety disorder in the past years. Anxiety Disorders are the most common mental health in women, and are second only to substance use disorder in men."

From the quotation above, the researcher assume that anxiety disorder is a common disease in real life, although it attaches more to woman, it does not mean that men have less possibility to get this disease.

1.7.2 Categories Of Anxiety Disorder

The major categories of anxiety disorders are classified according to the focus of the anxiety. From these categories we can know which anxiety disorder that we get. According to *American Psychiatric Association [APA]* In Rector (2008:2) that, the six main categories of anxiety disorder are *Panic Disorder*, is an unexpected panic, When someone is being attacked by panic disorder they can not realize what is happening at the time. *Phobias*, Phobias are divided in two, specific phobia and social phobia. *Obsessive-compulsive Disorder*, from Eliza Burroughs, et, all (2015:3), explain *OCD* as etymology, that is “Obsession are thoughts, images, or urges they can feel intrusive, and distressing. And compulsion are behaviours a person does to relieve the distress they feel because of the obsession. They can be overt (observable) or covert (hidden)”.

The next category is *Acute Stress Disorder*. *ASD* is a stress of someone after she/he got an accident. The disorder occurs within one month of a traumatic event. Disturbing memories of the traumatic event cause an emotional reaction and a sense of reliving the event. As an explanation before about Acute Stress Disorder or *ASD*, it has a connection with the next category of anxiety disorder that is *Posttraumatic stress disorder*. . *PTSD* and *ASD* has a same cause of makin it as a trauma. But the different between both of them are the *ASD* does not took a long time to be in the

trauma after the incident. But PTSD, it can make a person feel stress and the trauma will haunt for a long time, and *Generalized Anxiety Disorder, gad* is characterized by difficulty in controlling worry. A patient of GAD can feel overthinking about something that the person does not know what it is but feel worry because of it.

From those categories of anxiety disorder, the researcher found 2 categories that contain in the novel, those are panic and phobia. Although each anxiety disorder can have many different symptoms, one representative example has been chosen to illustrate the typical cognitive, physical and behavioural symptoms of each disorder.

The first category of anxiety disorder is *panic disorder*, it involves “repeated, unexpected panic attacks (e.g., heart palpitation, sweating, trembling) followed by at least one month of persistent concern about having another panic attack” (APA, 2000, pp. 432–433). According to Andrew G, et, all in *Anxiety and Panic Disorder* (2010:1), A Panic Attack is a sudden spell or attack when you felt frightenend, anxious or very uneasy in situation when most people would not feel afraid. Just like the defenition from APA, Andrew G also said that Panic Attack is a sudden disease or it comes in unexpected situation, and when it came, our surrounding will not feel like we feel. Panic disorder is the name given to the condition in which people have unexpected panic attacks, worry about what panic attacks might do or mean, and change their behaviour as a result of having panic attacks. Individual with panic disorder will have experienced a number of these symptoms during a panic attack, such as, shortness of breath, pounding heart dizzy or light headed, tingling fingers or feet, tightness or pain in the chest, a chocking or something

feeling faint, sweating, feeling you can't get your thought, fear you might die, lose control or act in a crazy way, trembling or shaking, hot or cold flushes, things around you feel unreal, dry mouth, nausea or butterfly, jelly legs, blurred vision, and muscle tension.

Different people will find different symptoms more frightening or unpleasant than others. When the panic attack becomes severe most people try to get the particular situation, hoping the panic will stop. Alternatively, they get help because of fears they might collapse, have a heart attack, or go crazy. Occasionally, some people want to be alone so they don't embarrass themselves in some way. The first few times that someone experiences a panic are usually very frightening, because this is a new experience that seems strange and abnormal. However, after many such experiences most people know deep down that they are unlikely to either collapse, die or go crazy. However, many fear that next time may be different – that the next panic may be the worst. Some people manage to resign themselves to the experience of panic, although they don't like the experience. Panic rarely come truly out of the blue. Even the first attack usually occurs at a time when the individuals is under emotional pressure, or unwell, or when they were tired and exhausted and beginning to feel at the end of their tether. Panic attack are very uncommon when someone is truly safe and relaxed.

There are three examples of Symptom in Panic Disorder, those are as cognitive, physical, and behavioural. as cognitive, the person will fight with his/her thought, and we can see it as physical. She/he will show the effect of the panic disorder from his/her nody, According to *APA*, the effect of panic disorder as

physically will be like accelerated heart rate, chest pain of discomfort, dizziness or nausea, trembling or shaking. And shortness of breath. If those happen, it can become a behavioural of avoiding anything that makes him/her will be attacked by the panic disorder.

The second category of anxiety disorder is *Phobia*. We all know that Phobia is when we feel worry about something. Everyone worries sometimes. Everyone gets scared. We can be fear of something, it si normal situation because we are just human being. According to Gilbert in *Coping with Anxiety and Phobias* (2002:1), “These normal, even healthy, responses to threatening situation. But if you feel extremely worried or afraid much of the time, or if you repeatedly feel panicky, consider seeking medical advice”. from the definition, the researcher can tell that the feeling of afraid to something is not a big deal, but, when the fear bacomes too extreme, we have to consider to share that to an expert. For example, it is okay if we are afraid of a dog, but it will become worst is when we are not just fear, but the fear is followed by shaking, trembling, sweating, or even cannot breath steadily, that is what extreme is. According to *American Psychiatric Association [APA] In Rector* (2008:8), phobias are divided in 2, those are, *Specific Phobia* and *Social Phobia*.

A specific phobia involves a “marked and persistent fear of clearly discernible, circumscribed objects or situations” (*apa*, 2000, p. 405). There are five subtypes of specific phobia: *animal type*, such as fear of mice or spiders; *natural environment type*, such as fear of storms or heights; *blood-injection-injury type*, such as fear of seeing blood or receiving an injection; *situational type*, such as fear of public transportation, elevators or enclosed spaces; and *other type*, such as fear of

choking or vomiting. Same as panic disorder, the symptoms example of specific phobia also can be explained as three, cognitive, physical, and behavioural. It depends on what specific phobia that the person has. If it is about an animal, the person will think that the animal is so scary and it can make she/him sweat a lot, trembling, or even dizziness and heart to breath. So, the person will choose to avoid that animal.

The second phobia is social phobia, involves a “marked and persistent fear of social or performance situations in which embarrassment may occur” (APA, 2000, p. 450). This phobia is about the surrounding. Sometimes, a person do not want to be social situation because they fear of just being there, or they are embarrassed of something. Fears might be associated with most social situations related to public performance or social interactions, such as participating in small groups, meeting strangers, dating or playing sports. This social phobia also have cognitive, physical, and behavioural symptoms examples. A person of social phobia will think too much about what people thought about them. And the physical response, the person will be blushed with no reason, sweating, and sometimes dry mouth. All of the effect as physically can cause the behavioural, the person will avoid a place or a crowded situation that can make she/him afraid.

People with social phobia commonly fear that others will find fault with them or think that they are incompetent or strange. They may worry that this will occur during social interaction with one or more other people, when they are doing something under observation or even in situation where is just the chance that they may attract attention. Sometimes, this may involve just being with others.

According to Andrew G ,et,all (2010:3), the person with social phobia believes that being judged negatively may result from being seen to be anxious (for example, blushing, sweating, trembling, or shakin), from saying or doing something embarrassing, appearing awkward or making mistake. Some also believe that there is some aspect of their appearance or behavior that may attract criticism. The main fears in social phobia may relate more to performance situation or more to social interaction. There may be great anxiety about looking anxious or even having a panic attack in these situation.

Everyone experience symptoms of anxiety, but they are generally occasional and short-lived, and do not cause problems. But when the cognitives, physical and behavioural symptoms of anxiety are persistent and severe, and anxiety causes distress in a person's life to the point that it negatively affect his or hes ability to work or study, socialize and manage daily tasks, it may beyond normal range.

Accroding to *American Psychiatric Association [APA]* In Rector (2008:4), said that, Whenever the fight or flight response is activated by danger, either real or imagined, it leads to changes in three "systems of functioning": the way you think (cognitive), attention shifts immediately and automatically to the potential threat. The effect on a person's thinking can range from mild worry to extreme terror. The way your body feels and works (physical), it effects heart palpitations or increased heart rate, shallow breathing, trembling or shaking, sweating, dizziness or lightheadedness, feeling "weak in the knees," freezing, muscle tension, shortness of breath and nausea. And the way you act (behavioural), people engage in certain behaviours and refrain from others as a way to protect themselves from anxiety.

How much these three systems change varies, depending on the person and the context.

Panic disorder often come and attack the character in the novel as a unexpected panic attack. The phobia which the researcher found in the novel in social phobia. When the anxiety comes in the form of panic disorder, and if it happend in front of people, the character will go far away from that crowd. The character choose to avoid the social situation during she got attacked by the anxiety disorder.

1.7.3 Overcoming the Anxiety Disorder

Some people when they feel anxiety or they got attacked by panic, they could not think straightly. Everything that they know at the time when anxiety comes is just how stop the pain, or how make it dissapear. To overcome the anxiety is not as easy as we think we could. According to *American Psychiatric Association [APA]* In Rector (2008:21),

Many psychological treatments – such as relaxation training, meditation, biofeedback and stress management – can help with anxiety disorder. Many people with anxiety disorder also benefit from supportive counselling or couples or family therapy.

From the defenition, we know that anxiety could be easy when we know what therapy that suitable to the anxiety disorder person, so that, the person can use as the behavioural act and change his or her thought about anxiety that attached them.

According to Helen Kennrley in *Overcoming Anxiety* (1997),

So this type of therapy is called „cognitive“ because it is primarily about to changing our thought about ourselves, the world, and the future.

As in the definition of Kennrley above, we know that cognitive therapy can help a person of anxiety to control or to change their thought, so when they feel anxiety about to come, they can make it under their control.

the first treatment to be used for overcoming the anxiety disorder is *Cognitive-behavioural therapy*. According to *American Psychiatric Association [APA]* In Rector (2008:21) the treatments for anxiety disorder could be explained in four, those are : Cognitive behavioural therapy or CBT is a brief, problem-focused approach to treatment based on the cognitive and behavioural aspect of anxiety disorder. Typical, CBT consists of 12-15 weekly, one hour session. In the initial session, the person with the anxiety disorder works with the therapist to understand the person's problem. As the therapy progress, behavioural and cognitive tasks are assigned to help the person with the anxiety disorder learn skills to reduce anxiety symptoms.

A standard component of CBT treatment is *exposure therapy*, which involves gradually exposing the person, either directly or through the person's imagination, to his or her feared situation that triggers anxiety. For instance, the person who fears dogs will be asked to spend time with dogs. The rationale behind exposure therapy is that by practising exposure to their fears, people have the opportunity to learn that their fears are excessive and irrational, and that the anxiety decreases with more and more practice. This process is called *habituation*.

According to Jeffrey and Andra in *A therapist's guide to brief Cognitive Behavioural Therapy* (2008:6), the basic premise of CBT is that emotion are

difficult to change directly, so CBT targets emotion by changing thoughts and behaviours that are contributing to the distressing emotions. CBT builds a set skills that enables an individual to be aware of thoughts and emotions; identify how the situations, thoughts, and behaviors influence emotion; and improve feelings by changing dysfunctional thought and behaviours.

From those explanation, the researcher can tell that cognitive-behavioural treatment is to treat someone as cognitive and behavioural. as a cognitive is a therapy to change a person's thought about the anxiety disorder. Sometime it can be just like talk to someone that could understand them, such a family, friend, and partner like boyfriend or girlfriend, or even talk to an expert like psychologist. As a behavioural is a therapy to change a person of anxiety disorder from their behaviour. Such as, ask them to avoid some situation that make them forget about the anxiety, or do something to release their stress.

The next treatment to overcome anxiety disorder is medical option. According to *American Psychiatric Association [APA]* In Rector (2008:24), medication can help reduce symptoms of anxiety, especially when combined with CBT. The main medication used to treat anxiety are selective serotonin reuptake inhibitors (SSRIs), norepinephren and serotonin reuptake inhibitors (NSRIs) and benzodiazepines (BZDS). SSRIs and NSRIs belong to a class of drugs called „antidepressants,“ which are commonly prescribed to treat both anxiety disorder and depression. Benzodiazepines are classed as „sedatives“ and are generally used to treat anxiety and insomnia.

Antidepressants are usually the first medication prescribed to treat anxiety disorder. These medications are safe, effective and non-addictive, and have not been shown to have any long-term effect. The drawback of antidepressants is that they often have side-effects. For most people, the side-effects are mild and short-lived, and easy trade-off for the benefits of the medication. For others, the side-effect might be more troubling. People often experienced the side-effect of an antidepressant within the first few weeks of treatment, before experiencing its benefits.

BZDS reduce anxiety and excessive excitement, and make people feel quiet and calm. They also produce drowsiness, making it easier to fall asleep and to sleep through the night. For a long time, before SSRIs were available, BZDS were the drugs of choice for managing anxiety disorder. However these drugs have potential for abuse and can be addictive, so the long-term use of BZDS is discouraged. BZDS are often used to treat generalized anxiety disorder, panic disorder, social anxiety disorder, obsessive-compulsive disorder and posttraumatic stress disorder. They are usually prescribed in addition to an SSRI or other antidepressant for two or four weeks at the beginning of treatment, until the antidepressant becomes fully effective. The advantage of BZDS is that they can rapidly relieve and control anxiety. Common side-effect : drowsiness, sedation, dizziness and loss of balance; effects are most serious when BZDS are combined with alcohol or with other sedatives medication.

The other therapy that can be used to overcome the anxiety disorder, beside of cognitive-behavioural therapy and medication, there is also herbal therapy. Over the years, many herbs have been thought to have some effect on mood and mental

health. Although many plants may have active ingredients that can be somewhat effective in relieving various symptoms, their effectiveness has not been formally tested. In North America, the herbal industry is unregulated, meaning that the quality and effectiveness of herbal products is not consistent. Adverse effects are possible, as are toxic interactions with other drugs. If you are considering herbal medicines, you should discuss this with your doctor and review the medications you are already taking. Some herbal products have sedative effects and are believed to reduce symptoms of anxiety. These include German chamomile, hops, kava kava, lemon balm, passion flower, skullcap and valerian. Other herbs without sedating effects, such as St. John's wort, have also been suggested for treating anxiety disorder. The effectiveness of all of these medicines in the treatment of anxiety disorder, and their effectiveness in comparison to antidepressants, have not yet been studied.

From those ways to overcome the anxiety disorder, the researcher uses Cognitive-behavioural therapy to be the way to overcome anxiety disorder in the novel, because the character does cognitive such as sharing with an expert and does the behavioural to change their behaviour in order to overcome anxiety disorder that she got.

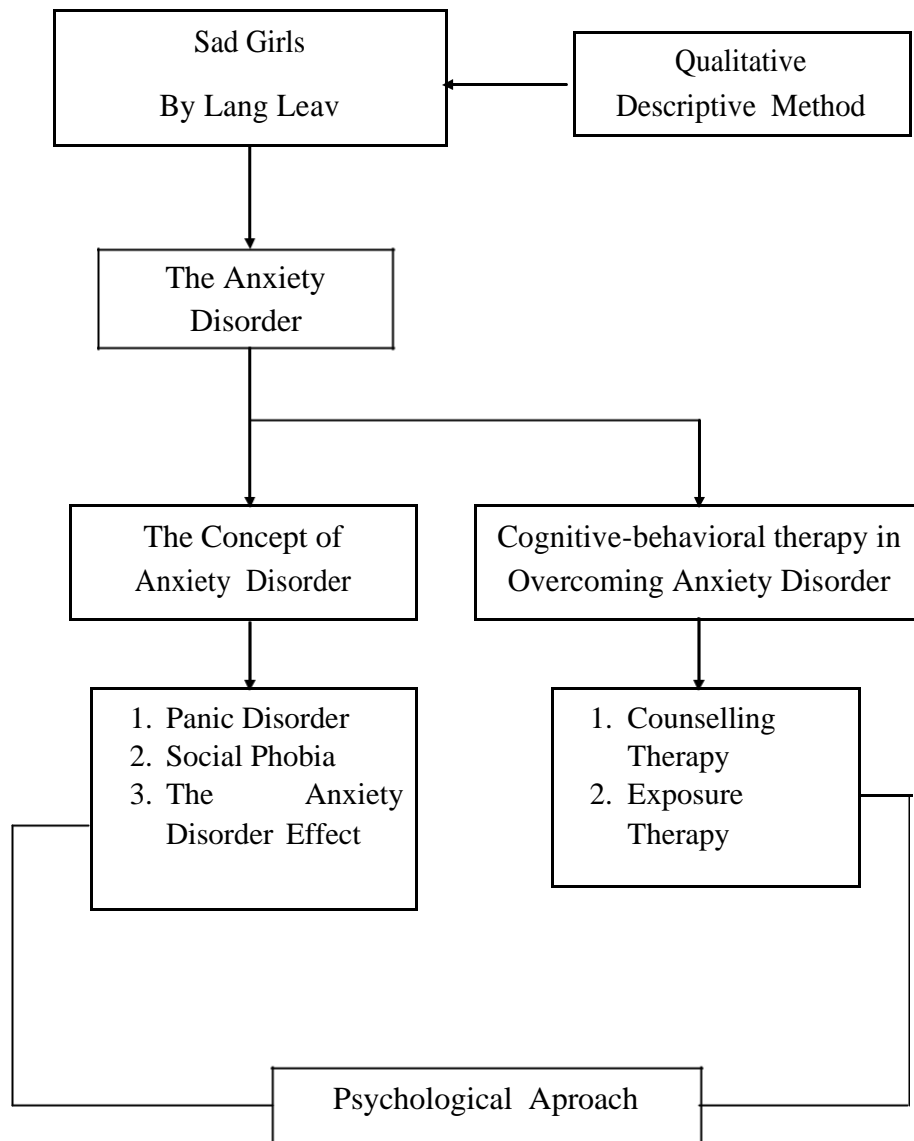
1.7.4 Psychological Approach

Psychological approach aims to dig out about human being from different scopes (Mind, Behavior, characters, actions, attitude (Wiley 2011 : 24). Psychological approach include almost all elements of human, it could be like, how people think, how people do, how is their behavior, how the way they live their life,

how they have their good or bad attitudes, how they react to the environment and what kind of act that they take, those all are covered by psychological approach.

According to Wellek and Warren in Ardianti (2011:14), psychological approach related to with the author, creative process, literary work, and also reader. Although psychological approach relate to those three main things, psychological approach more related to the literary works of the author.

1.8 Conceptual Scheme



Based on conceptual scheme above, the researcher uses some steps to achieve the best result of the study. The researcher takes a novel from Lang Leav that is „Sad Girls“ and decide to analyze „the anxiety disorder“ of the main character Audrey and use Qualitative Descriptive Method. The researcher divided the object in two parts, those are, The Description of Anxiety Disorder in Audrey and the the way to overcome the Anxiety Disorder of Audrey in the novel „sad Girls“ by Lang Leav. Those object will be explained by Psychological Approach.

1.9 Method and Technique

1.9.1 Method of Research

The researcher used two methods to analyze. There are qualitative method and descriptive method.

1.9.1.1 Qualitative Method

All of the data in this analysis use qualitative method because there is no number in it. According to Kuta Ratna (2010:47), Qualitative research maintains essence of values. Therefore, the qualitative research opposite with quantitative research that have character of free of value in science of letters the source of data work, script, data of research, as the formal data are words, sentences and discourse.

Based on the defenition above, the exact method to be choosen for this analysis is qualitative method. With this method, the researcher might applies or describes the problem of analysis with anxiety disorder through the novel by Lang Leav, “Sad Girls”.

1.9.1.2 Descriptive Method

According to Kuta Ratna in Vina Ardianti's journal (2011: 17), state that analytic descriptive method is a method with the way of explain the facts and then analyze. From the definition, we conclude that descriptive method is the explanation of the fact from the data and then describe it based on the problem then analyze it.

1.9.2 Data Resources

Researcher uses data sources, as follows :

1.9.2.1 Primary Data

The primary data is the novel "Sad Girls" by Lang Leav that published by Andrews McMeel Publishing, Kansas City, USA, 2017, 366 pages. The book is divided in two parts, the part one is about the lie, Ana's death, moving out, first job, the changing character, and relationship, those are in 27 chapters. The part two is about searching for identity, be honest and the big secret, those are in 6 chapters. The researcher used the first edition of this book. The researcher ordered the book from one of the online shop based in Jakarta. Then read it several times and collecting the data that later will be analyzed and interpreted.

1.9.2.2 Secondary Data

The secondary data, the researcher uses literature method which is the process of collecting the data from books, e-books, articles, lecture notes and any other internet-based materials associated with Anxiety disorder and the Psychological Approach that can help the researcher to conduct the research.

1.9.3 Technique of Collecting Data

1.9.3.1 Library Research

The researcher uses the library research to collect the primary and secondary data also accomplish the research. The data that researcher use is the previous study in form of bachelor and master thesis, related review, dictionaries, and the literary work, also the references to achieve the proper arguments and data of the research.

1.9.3.2 Internet Research

The internet search use to complete the library research in term of the limitation of data in the library. The data that researcher take from internet is form of the journal bachelor and master thesis, related review, and the literary work, also the references that could not be found in library research, such as the information of the author, and also the defenition from some experts that could be found in library reseach.

1.9.4 Technique of Analyzing Data

After collecting the data, the next step is analyzing data. To analyze it, the researcher uses some technique. There are as follow:

1.9.4.1 Reading Comprehension

In this research, reading comprehension used to understand the main idea of the novel Sad Girls by Lang Leav, and with reading comprehension the researcher also could find the data that can be analyzed.

1.9.4.2 Classification

The researcher classifies the data in the form of expressions that was taken from the novel. The data that the researcher take includes in prominent the data or supporting the data base on the statement of problem in this research, such as, dialogue in the novel, the statement, and and other kind of quotations.

1.9.4.3 Interpretation

The researcher find the deepest meaning of expression in each. The writer interpret the statement in the novel. Which contained relation to the problems in the Anxiety Disorder of the main character Audrey.

1.9.4.4 Explanation

The researcher classified the data to give an explanation of analysis that selected. The researcher used the method and technique, first with descriptive method to analyze by using ever step. Then using technique of collecting data as search in library research, reading comprehension, and internet research, technique of analyzing data with classification, interpretation and explanation.

1.9.4.5 Conclusion

The researcher makes the collective conclusion after passed all the process of analyzing data before. Start from classification, interpretation and explanation until understand the Anxiety disorder of the main character Audrey in the novel "Sad Girls" By Lang Leav.