

**THE MAIN CHARACTER'S
ANXIETY DISORDER
IN THE NOVEL
BLUE SKIES
BY CATHERINE
ANDERSON**

**Ulfa Norma Asyifa
Henny Suharyati
Ni Made Widisanti S.**

ABSTRACT

The purpose of this research is to show the type of anxiety and the psychological impact on the main character in the novel *Blue Skies* by Catherine Anderson. The method used to conduct this research is descriptive analysis whilst the technique is library research. Besides that, this paper also applies intrinsic approach in the process of the analysis, such as character and characterization, setting and conflict as well as extrinsic approach which is the theory of psychoanalysis by Sigmund Freud. Carly Adams as the main character is identified to experience a lot of anxiety problems namely neurotic, realistic and morality anxiety. Those anxieties have given psychological impact on Carly's life. However, at the end, the main character is able to control her anxiety problem.

Keywords : Physcological Problem, Anxiety, Psychoanalysis

INTRODUCTION

Basically, anxiety is something natural experienced by every human being, for life problems are timeless, so they can occur at unexpected times. However, whatever the problem is, human beings

are required to be able to deal with it. Some people are unable to deal with their problems, but some people can. As quoted by Sulaiman al-Kumay (2005: 3-4) that today humans face various problems that really need immediate resolution, because the cause of the problem comes from the human's mind itself.

The complex problems experienced by humans often come from ourselves. When humans face a problem, they tend to be afraid and feel as if they are helpless to deal with these problems. Someone who experiences anxiety can withdraw himself from his environment, making someone who initially has self-confidence to be the cause of the problem. Bitter experiences or feelings of anxiety can cause negative impact on a person, which is usually psychological.

Anxiety is a normal thing that happens to every individual, as quoted by Savitri Ramaiah (2003: 10) anxiety can arise from yourself or combine with other symptoms of various emotional disorders. Common reactions to stress sometimes accompanied by the appearance of anxiety. Anxiety comes from the internal factors of the relationship between guilt factors, ego and emotional factors, also a sense of concern about the future.

Every human being must have experienced anxiety, anxiety arises at certain times or events. According to Prof. Dr. Sutardjo A. Wiramiharja (2005; 66) individuals who experience anxiety disorders are said to experience excessive fear that is irrational in nature. Someone is categorized as having anxiety disorder if this anxiety disrupts activities in their life .

In the science of psychology, anxiety disorders are psychological aspects that are neurotic. Neurosis is a mental illness that is not so alarming because it is still in the category of disorders. The characteristics of anxiety can be the

emergence of feelings of fear and caution or unclear vigilance which gives rise to fear and anxiety. Fear arises because of a clear threat, while anxiety arises if the danger comes from within. Anxiety disorders differ from normal anxiety in terms of the intensity, duration and impact on the individual who experiences it.

The novel, *Blue Skies*, is one of Adeline Catherine Anderson's works related to psychological studies. The substance of psychosis in the novel is not new to Catherine. With this inspiration, Catherine began writing her own story as a child. Catherine was awarded the Career Achievement Awards for works of fiction. Catherine was born in Grants Pass, Oregon, USA in 1948. She is the best-selling author in America who has written historical and contemporary romance novels since 1988. Catherine Anderson's book was published in contemporary romance and history. Many of her novels describe the character of the diffable, both physically and mentally to show the reader that diffable can be dealt with and overcome.

Catherine currently lives in Oregon with her husband and two children. She conducted her creativity in writing. The other works include *Baby Love*, *Phantom Waltz*, *Sweet Nothing*, *Morning Light*, *Blue Skies*, *Sun Kissed*, *My Sunshine*, *Bright Eyes*.

Research purposes

The purpose of this study is to show the form of anxiety disorders that have an impact on the psychological aspects of the main character.

LITERATURE REVIEW

Intrinsic Elements

Character is one of the elements that is presented by the author in his works, the reader can gather what underlies the

path of thought and purpose to be conveyed, because the character of the story occupies a strategic position as the carrier and the delivery of messages, morals, mandates or something intentional that want to be conveyed by the reader. (Nurgiantoro, 1995; 165)

In addition, Abrams revealed that characters have been put forward, people displayed in a narrative work, or drama, which the reader interpreted as having certain moral qualities and tendencies as expressed in speech and what was done in action. (Abrams, 1999; 32-33) In line with Abrams' opinion, Baldic (2001: 37 in Nurgiyantoro) states that characters are people who become actors in fiction or drama.

Mido said that, a character must have a different character between the other characters. The prominence of a character in a story can also be clarified through three dimensions, namely physiological, sociological, and psychological.

Characterization can also be said as the process of the appearance of the character as character bearer in a story "*characterization must be able to create the image of a character. Therefore, characters must be turned on*". (Nurgiantoro, 1995; 164)

Conflict as a form of event can also be divided into two categories: physical conflict and inner conflict, in other words, external conflict and internal conflict. (Stanton, 1965; 16).

Extrinsic Elements

Personality according to Freud, is the result of conflict and reconciliation of the three personality systems, namely id, ego and superego.

Id is a neutral form that refers to the notion of being impersonal and which is not mastered in human psychic structures.

Ego is an institution that maintains and protects the person. This ego is rich in internal energy (pulsiv Id), but it also pays attention to external reality.

The superego is formed through internalization, meaning prohibitions or orders that come from outside (eg parents).

Freud proposed three types of anxiety: *Realistic Anxiety*, *Neurotic Anxiety* and *Moral Anxiety*. (Alwisol, 2014; 22) *Realistic anxiety* is fear of real danger (external world). This anxiety is the origin of the emergence of *neurotic anxiety* and *moral anxiety*. *Neurotic anxiety* is the fear of punishment from parents or authority figures if someone satisfies the instinct in his own way.

Moral Anxiety is the same as *neurotic anxiety*. When it comes to moral anxiety, people remain rational because of the role of superego. (Alwisol, 2014: 22-23).

Instink is a psychological manifestation of the needs of the body that demands satisfaction. Instinctive energy can be explained from the *source*, *aim*, *object* and *the impulse (impetus)* it has (Alwisol: 18). Freud believes that human behavior is based on two fundamental energies, namely, the first *instinct of life (life instinct - Eros)* which is manifested in sexual behavior, life support and growth.

Second, *the instinct of death (death instinct - Thanatos)* which underlies aggressive and destructive actions. These two instincts, even though they are in the subconscious, are the power of motivation. *The instinct of death* can lead to suicide or self-destructive behavior or to be aggressive towards others (Hilgard et al., 1975: 303 and 334) (in Minderop, 2016: 27).

The defense mechanism occurs because of an urge or feeling of switching to find a substitute object and at the same time

protect the individual from excessive anxiety. (Minderop, 2016; 29)

Projections occur when individuals cover their shortcomings and the problems they face or their mistakes are delegated to others.

Fantasy and stereotype occur when we face such problems that are overlapping, sometimes we look for 'solutions' by entering into an imaginary world, solutions based on fantasy rather than reality.

ANALYSIS

Carly Adams, the main character, has physiologically blonde hair, beautiful eyeballs, and an ideal stature. In the novel, she is said to have a charming face and hair like an angel. It was also stated that she had beautiful lips shape that could attract men's attention.

Sociologically, Carly is a teacher. Despite blindness, Carly devoted herself to education and worked for two years teaching children who also experience visual impairments like her. Another sociological characteristic of the main character is from the family side. Her father lives in Arizona, while Carly lives in an apartment with her friend Bess.

While seen from the psychological dimension, Carly is a woman who is innocent and easily influenced by others. It appeared when she was easily fooled by a man she had just met in a nightclub. Carly is also always grateful for having a family that accepts her condition, she never complains about her limitations which is one description of her character trait. Carly is very enthusiastic about her education and future to take master's degree education program.

Carly experiences many conflicts both from her environment and herself so that

it brings up anxiety in herself. Carly, who used to be blind, now finds it easy to experience a crisis of self-confidence if she has to face and meet new people while Carly's character always looks fine. In addition, it appears that the main character is depicted as experiencing a form of anxiety, in the form of neurotic anxiety. Although Hank constantly asked her to get married, Carly's ego cannot accept it so that the character fails to perform super ego functions.

Psychological disorders experienced by the main character, Carly, is anxiety, which, according to Freud's assumption, is called an anxiety symptom which is a defense against conflict, but the source of anxiety is not limited to biological impulses but includes demands and frustrations originating from the social environment.

An anxiety disorder experienced by Carly made it not easy to accept the presence of new people around her. This indicates neurotic anxiety, which is the fear of punishment from authority figures if someone satisfies the instinct in his own way. Someone who has an anxiety disorder will easily experience conflict with himself or others because they have their own thoughts about things that do not make sense for unfounded fears.

It can also be seen that when realistic anxiety or fear of threats is felt by Carly, it will really make her feel threatened and not confident with herself, which proves that this realistic criticism greatly influences the main character. Besides the many realistic anxiety experienced by the main character, Carly also always experiences neurotic anxiety. Life instinct is the basic motive that encourages to behave positively or constructively. This instinct happens to Carly, that is when the presence of a person who she has been waiting for, slowly has changed her life as a person who closes herself into someone who puts her trust back and forgets her past.

Carly again made the ego defense in the form of projections, namely the transfer of thoughts, feelings and self-encouragement to others.

This way of ego defense, is carried out by Carly in order to cure her anxiety disorder that she has experienced so far. The figure of Hank was able to become the reason for Carly to control her psychological problems because whenever she was with Hank, Carly could control all kinds of emotions and her anxiety as well. Besides that, Hank's existence caused Carly to gain the ability to socialize with people.

CONCLUSION

Based on the analysis of the anxiety disorders of the main character, the results of the study show that the main character, namely Carly Adams, is a twenty-eight year old woman who experiences anxiety disorders triggered by conflict and psychological disorders.

The main character is an innocent, ambitious figure when it comes to her goals regardless to Carly's *Lattice dystrophy* (blindness) from birth. However, like humans in general, Carly wishes to have the ability to see with the help of eye surgery. Her decision, whether or not to have the surgery, in order to have a normal eye sight, triggers conflict in the character.

When Carly had felt like a normal person, she felt the freedom to do anything she wanted, so she tries to do many things. Until one day Carly faced a problem that made her anxious and desperate. Her inability to control excessive anxiety caused internal and external conflict, namely *Man against Man*, *Man against Himself*, and *Man against Environment* which made her anxiety grows stronger.

The main character suffers anxiety disorder because the character is faced

with a problem that triggers her anxiety related to her future and surroundings. Anxiety disorder has caused the main character to feel hopeless. As it is said that anxiety will arise when people are not ready to face a threat (Alwisol, 2014; 22).

Psychological disorder is able to make a character experience many changes. Behavior change is the impact of personal anxiety, in terms of experiencing a number of anxiety such as realistic anxiety, neurotic and moral anxiety. However, out of the three anxiety mentioned above, the main character more often experiences realistic and neurotic anxiety.

Anxiety that occurs in the main character is also influenced by internal factors, where internal factors come from within the character himself. The impact that occurs due to internal factors is blindness from birth experienced by the main character, Carly. In addition to this explanation, when the character learns that she is pregnant and must return to blindness, is also one aspect that caused her anxiety.

The external factors that occur in the main character are when Carly experiences *man against man* conflict. The impact caused by such conflict is when Carly was debating with Hank, he is considered to have made her blind again as a result of the threats Hank

made which then caused Carly to suffer more and more from depression and desperation. Because of this, Carly became a reserved person to her surroundings.

Based on the results of the description above, it can be concluded that the main character is proven to experience deep anxiety that has made an impact on the psychological aspects of the main character. In the end, the main character is able to overcome all the conflicts that occurred through out that course of her life. It can be seen when Hank began to change and was able to erode Carly's anxiety. After all the conflicts that Carly went through, Hank finally aroused Carly's instincts to make peace with herself and forget her past. Hank then accepted Carly's condition as she is.

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