

**ANXIETY ASPECT OF THE MAIN CHARACTER IN THE NOVEL
IF I WAS YOUR GIRL BY MEREDITH RUSSO**

Janita Rahma Mayestika
Henny Suharyati
Agnes Setyowati H.

Abstract

The purpose of this thesis is to analyze the anxiety that has been experienced by the main character from the novel *If I Was Your Girl* by Meredith Russo. Through the analytical descriptive method and supported with psychoanalysis theory, the present writer also concludes that the main character has experienced the anxiety, which gives the influence in her social life. This anxiety is influenced by the internal and external factors. Two differences background which affected are sexual disorder behavior of the main character and harsh environment which made the main character has experienced the anxiety as long as her life. That matter also influences the character's psychology. The anxiety effect gives too much mental pressure to the main character.

Keywords: *Anxiety, Main Character, Psychoanalysis, Transgender*

INTRODUCTION

Environmental factors as a cause of sexual misbehavior against transgender persons. Most people assume transgender as things that deviate from the existing norms. This was due to have violated the rules of nature and religion. (Rudi Anto, 2013: 5)

Such condition is found in the novel *If I Was Your Girl* by Meredith Russo which is the object of study in this research. This novel tells the story of Amanda Hardy, a teenager who is a transgender. Having made changes in her life, she wanted to start her new life with a new identity. Amanda decided to move to Lambertville, Tennessee with her father. Just like the other girls, she wants to have friends and mingle with the new environment. Behind it all, she hides a secret. There is a reason why she moved to a new school in the last year, and why she did not want to get too close to anyone. Then she met Grant Everett. Grant, way much different from the people she has met, was open, honest, kind, and he could not resist to let Grant entered her life. They increasingly spend time together, and she began to feel comfortable with Grant. However, behind it all Amanda was afraid when she told him about her past, she feared that Grant could not accept her past. In principle, this novel is inspired by the author itself, Meredith Russo. Meredith is a transgender woman, she did transgender surgery in 2013. The novel *If I Was Your Girl* is her first novel, and therefore, she raised her own life story in her novel.

In the novel *If I Was Your Girl*, there are some issues that can be raised in the form of an intrinsic aspect of the elements (directly) participated that build the story. The element in question, to name a part, for example, events, story, plot, characterization, theme, background,

storytelling standpoint, language or style, and others. There was also the psychological and psychosexual aspects. In this paper the authors focus on the subject matter, namely extrinsic aspect of psychoanalysis that supports the analysis of the psychological aspect of the character. The present researcher examines the physiological, sociological, and psychological dimensions of the character as well as other supporting elements such as plot, conflict, background and surprise as the builder of the story.

RESEARCH METHODS

The research method used in this paper is descriptive analysis method which provides a description of the main character and matters relating to the character based on the data contained in the story for analysis. Data were obtained through library research that the collection of primary sources that is novel, the secondary source in the form of books of literary theory as well as the source of the Internet as a reference.

In this study, the present researchers used several theories to support this writing. The theories are intrinsic aspect of the theory of character, plot, setting, and conflict also extrinsic theory to the theory of anxiety along with the psychological aspect of the character according to Sigmund Freud's psychoanalysis theory, supported by Queer theory.

- Intrinsic Theory

Intrinsic elements are the elements that make up the literary work itself. In other words, these elements make a text present as a literary text. The intrinsic elements of a novel are the elements that (directly) contribute to building the story. This combination of various intrinsic elements makes a novel tangible. Or conversely,

when viewed from us readers, these elements (stories) will be found if we read a novel. The elements in question are, to name a few, for example; events, stories, plot, characterizations, themes, settings, viewpoints of language, language or language style, and so on. (Nurgiantoro, 2010: 23)

- Extrinsic Theories

After describing the above intrinsic theory which is used as a theoretical framework or reference in the discussion, the present researchers will then propose an extrinsic theory. Extrinsic elements are elements that are outside the literary text, but indirectly affect the structure or system of literary text organisms. Or, more specifically, it can be said to be the elements that influence the building of a literary work, but do not themselves become part of it. However, the extrinsic element is quite influential (not to say: enough determines) to the totality of the whole story build. Therefore, the extrinsic element of a novel must still be seen as something important. In this study, the researchers propose the theory of psychoanalysis and queer theory that addresses transgender life, as extrinsic theory.

Hall & Lindzey states that Freud (1926) distinguishes anxiety into three kinds, namely the reality of anxiety, neurotic anxiety and moral anxiety or feelings of guilt. Main type is the reality of anxiety or fear of real dangers in the world outside; the other two types of anxiety comes from the anxiety of reality. Neurotic anxiety is a fearless instinct that would be out of control and cause the person to do something that could make him punished. Neurotic anxiety is not against the instincts of fear itself but the fear of punishment that may occur if an instinct is satisfied.

While anxiety is a fear of the moral conscience. People who are progressing their *superego* well tend to feel guilty if they do or even think of doing something that is contrary to the moral norm by which they were raised. (Hall & Lindzey, 1993: 81)

Generally, anxiety disorder, in the perspective of psychoanalysis, stems from an unconscious conflict between the *ego* and the impulse *id*, which is the *ego* that is holding back to fulfill the urge because of worrying about the punishment received. This conflict between the *id* and the *ego* continues and the sufferer is unable to move it to a particular object as in the case of phobias. As a result, this makes anxiety appear almost every time. (Supratiknya, 1995: 84)

Freud, in Budi Hartono (2013) argues that the structure of the human personality consists of three parts that grow chronologically: *id*, *ego*, and *superego*.

Id is the oldest personality aspect, the first personality system, existed from birth and was genetically inherited. *Id* works based on very primitive principles so that it is chaotic (without rules), knows no morals, does not have a sense of right and wrong. The only thing that is known by the *id* is the feeling of being happy or not, so it is said that the *id* works according to the pleasure principle. It always pursues pleasure and avoids tension. *Id* comprises of two instincts, namely *eros* and *thanatos*. *Eros* is a life instinct that contains libido and sexual desire, while *thanatos* is a death instinct that contains the urge to destroy. (K. Bartens, 2006: 31)

The *ego* is the aspect of personality that must be subject to the *id* and must look in reality for what it needs to satisfy the needs and to reduce the tension. Thus, the *ego* is a facet of personality that can

distinguish between imagination and reality and is willing to endure tension within certain limits. Contrary to *id* which works based on the pleasure principle, the ego works based on the principle of reality, meaning that it can delay self-gratification or find other forms of self-satisfaction that are more in line with environmental constraints (both physical and social). The *ego* uses the ability to think rationally in finding the best problem solving.

Superego is a representative of various values and norms that apply in the community where the individual lives. Children develop their *superego* through various commands and prohibitions from their parents. *Superego* allows humans to have self-control and will always demand human perfection in thoughts, words and deeds.

Id, *ego* and *superego* are a unity that forms one another's psyche. If these three elements do not develop and do not support each other properly, it can be assumed that the soul in individuals will grow out of harmony. The disharmony of the three structures in a person can lead to personality deviations from the individual.

In life, the *id*, the *ego*, and the *superego* will influence each other in action. Not infrequently in its development these three structures intersect and cause the individual to experience pressure. In dealing with this, Freud explained that individuals have a system of self defense (self defense mechanisms). The self-defense system works under consciousness to protect the individual from various emotional pressures that are raging inside him. This self defense system has several forms, namely repression, projection, displacement, reaction formation, rationalization, identification, regression,

and sublimation. (Wayne Wayten, et. Al. 2010: 38)

ANALYSIS

In the text, the author reveals very little of the physiological characteristics of the main character. The main character in the novel *If I Was Your Girl* is an 18 year old teenager. "*First of all, you're only eighteen,*" Virginia said. (Russo, 2016: 177) Then, the main character is portrayed directly by the Bee character that she is a beautiful and attractive girl.

"You're new and you're pretty. It's not exactly rocket science." "Oh my God, whatever, yes you are. Jesus. The only thing worse than attractive people is attractive people who refuse to admit they're attractive." (Russo, 2016:38)

Amanda also described as having a new long hair. "*My newly long hair*" (Russo, 2016: 1)

The story line in this novel is a mixed plot. Before becoming Amanda, the character was a boy named Andrew. "*When I was born my parents named me Andrew Hardy and the doctors wrote "male" on my birth certificate.*" (Russo, 2016: 182) Amanda's feminine side has been seen since childhood where her favorite color is purple. ... "*except purple instead of red because purple was my favorite color and also it was a time machine instead of a machine to go to magical worlds.*" (Russo, 2016: 60). Amanda is told to prefer purple than red. Amanda's feminine side is also seen because she prefers to be given a skirt over pants. This is evidenced in the following quote, "*I was wondering what kinds of*

clothes Mom and Dad would get me now. Hopefully some skirts since the weather was hot and jeans were so bad, the worst!" (Russo, 2016: 61). Amanda imagined that she bought a skirt this summer, because wearing jeans was a bad choice.

The excerpt below explains Amanda's true condition. She revealed that she was indeed born a male. She has male body parts. She also acknowledged that her mistakes were not God's faults, but hers, because she was indeed a man.

"My birth certificate says I'm a boy," my chest felt tight. The room, despite its high ceilings, felt suddenly cramped. "I have a . . . I have a boy parts. I have boy chromosomes. God doesn't make mistakes. So I'm a boy. Scientifically, logically, spiritually, I'm a boy." (Russo, 2016:29)

The sociological elements of the main character with her parents are also featured in the novel. Amanda's relationship with her father wasn't too close, she hadn't seen each other for a long time. Even to just hug and kiss Amanda is very rarely done by her father. That was why Amanda felt comfortable when her father hugged and kissed her.

It had been six years since I had seen my father. I had rehearsed this moment over and over in my head. I would run up and hug him, and he would kiss the top of my head, and for the first time in a long time, I would feel safe. (Russo, 2016:4)

The relationship between Amanda and her father is actually not harmonious. The disharmony between them was based on

Amanda's decision. That is why her father did not want to discuss the events experienced by Amanda. Events related to changes in Amanda. This is because her father never liked and agreed with Amanda's decision.

"Did she tell you about what happened sophomore year? When I ... was in the hospital?" his knuckles whitened on the steering wheel. He stared ahead silently as we passed an old brick building with a tarnished steeple.

"We can talk about that later," he adjusted his glasses and sighed. The lines in his skin seemed to deepen.

"Wasn't sure what I could say," he said.

"It's been hard coming to terms with ... everything."

"Have you come to terms now that you've seen me?" "Give me time, kiddo." His lips puckered as they formed the last word, so unusually informal for him. "I guess I'm just old-fashioned." (Russo, 2016:6)

The above quote proves the conflict between Amanda and her father, which had started since Amanda was a child.

Behind everything that happened between Amanda and her father, her father wanted Amanda to be happy. Amanda's father loved her very much. However, Amanda did not forget the events of the past where her father said that the choices made in her life were not good.

[Eleven years ago] "Son," he said, "I want you to have a good life. Boys who really think the things in your story are confused. They don't have good lives. So you're not one of those boys." (Russo, 2016:63)

The quote stated that her father advised Amanda that he wanted Amanda to be a complete son. The life Amanda wants will not produce anything and will not have a good life. Her father wanted her to have a good life as boy.

Unlike her father, Amanda and her mother have a close relationship. Even though Amanda is different from other children.

She rubbed her face and sighed. "Five years from now you'll be a grown woman graduatin' college and I'll look at photos of you now and grieve my teenage daughter." (Russo, 2016:188)

The quote above proves that her mother is still proud of Amanda, and accepts Amanda fully, she has assumed that her child is a girl, not a boy.

In addition to the social relationship between the main character and her parents, the author also describes the main character's social relationship with the environment. Amanda decided to move from her previous residence. Amanda's decision to move to Lambertville was due to the wishes of her mother. *"She was worried about you," he said. "She said you weren't safe where you were living."* (Russo, 2016: 5). Her mother thinks that Amanda is not safe when living with her. Because too many people recognize who Amanda really is. This makes Amanda often get unpleasant treatment.

Conflicts begin to appear when Amanda gets rough treatment from her friend's parents. He was banned from playing with his child again because Amanda wanted to wear women's clothes. When he was playing with his girlfriend he got a chance to wear his shirt.

"I've wanted to wear girl clothes for as long as I can remember."

"Have you ever done it?"

"When I was in first grade, the girl next door let me. Her parents caught us and wasn't allowed to go back." (Russo, 2016:30)

Since that incident her parents forbade Amanda to play again with her child. When she was little, Amanda did often get rough treatment from her friends. She remembers when a friend she considered special finally mocked her and moved away from her. This is because her friend found Amanda's diary.

[Six years ago] "Boys call them journals, faggot," he said in a low, dangerous voice. He started reading from the open page. *"So glad I haven't hit puberty yet. Maybe I'll be lucky and I never will, or maybe everybody is wrong and when I go through puberty I will turn into a woman like I'm supposed to. Probably not, but at least I can dream."* (Russo, 2016:172)

In the quote above there are verbal irony elements. In his diary, Andrew wrote of his desire to be a woman and also his feelings for his male friend.

Conflict between character and environment is clearly seen. The environment is very harsh on him. His school environment always does something unpleasant to him. Even teachers who know what happened to them do nothing.

I remembered all the times boys at my old school had cornered me out of the sight of a teacher and hit and kicked me in places that couldn't be

seen through my clothes. I remembered how I was certain teachers knew what was happening and how they did nothing. I remembered the boys warning that nobody would care if I said anything anyway, and if I ever did get them in trouble they would put me in the hospital. (Russo, 2016:121)

Not once or twice she gets rough treatment from her environment. Almost everyone in the neighborhood treats Amanda the same. Despite all the ill-treatment Amanda has experienced, she has a dream to continue her studies.

She really wants to be able to realize these dreams. That way she feels she can go from her place of origin and can meet new people who might be able to accept it.

She recalled how people used to commit an act of violence against her just because they didn't like it. Amanda always experiences conflicts with her previous environment. *I remembered all the times guys had hit and kicked me because they didn't like me, but decided it was best not to mention those.* (Russo, 2016: 156) Amanda has been kicked by boys just because they don't like it.

Amanda always uses the ego defense mechanism to prevent *id* impulses and deal with *superego* pressure on the *ego* in order to reduce anxiety. This makes Amanda forget all her worries and only focus on the things that make her very happy.

I focused on happy things instead-how just this moment, the boy of my dreams was preparing a birthday surprise, how friends who knew me well were dear set on getting me what I wanted, and not taking no for an answer. I

couldn't remember the last time I'd wanted to celebrate my birthday, but for the first time in a long time, I felt like I had something to celebrate. (Russo, 2016:203)

Amanda had experienced anxiety disorder when she was only 7 years old. Amanda's *superego* decreases while the *id's* pressure increases. She was very scared when she showed the results of the story she made at school. Her father hates everything about the femininity of his child.

[Eleven years ago] My tummy felt sick and suddenly I wanted my story back. I was too scared to move though because he reached the page where the lady explained that she was me, and the lines were on his forehead like when he was very angry. He skipped the last three pages and read the note the teacher attached instead. (Russo, 2016:62)

The anxiety Amanda experienced in the quote above is *reality anxiety*. At that time, Amanda made up a story telling about Amanda's dream.

[Eleven years ago] "This is a joke, right?" I wanted to lie to Dad and I wanted to tell him the truth, and I did not know that a person could want two things like that at the same time. I looked at my shoes and felt myself starting to cry, which was a bad thing because Dad said crying was for girls, but I knew I was a girl but Dad thought that was a joke and he seemed angry about it and thinking about that made me cry even harder. "Look at me," he said. I shook my head. "Look at me!" he repeated, and his hands squeezed my shoulders. (Russo, 2016:63)

The quote above indicates what Amanda was afraid of happened. Her father was very angry when he read what Amanda wrote was her dream to be a girl, not a boy because at that time Amanda was still Andrew, not Amanda.

Conflict in the *ego* occurs when the desire of the *id* wants a release is in contrast to the *superego*. Even though in the end, what Amanda always dreamed of would happen. It was from this time that Amanda's psychological condition was increasingly disturbed because her anxiety disorder was getting worse, because she had to face the community's stigma against Amanda's sexual deviations.

[Two years ago] It was really happening. It was really, finally happening. I wasn't going to grow hair on my chest and back. My voice wasn't going to deepen any more than the little bit it already had. My shoulders weren't going to widen. My jaw and forehead weren't going to bulge. I was never going to grow a beard. All because of this moment. (Russo, 2016:260)

He was able to fulfill his desire to change himself into a woman. He will undergo surgery and hormone formation to support his desire. He also made changes in terms of name, before he was named Andrew which he later changed to Amanda. *"Amanda," I said then. "It's. . . I mean it's not my name, but I always wanted it to be. So, Amanda, I guess. "*(Russo, 2016: 51) Andrew likes the name Amanda, that's why he finally changed his name to Amanda.

The impact of anxiety experienced by Amanda made her unable to take it

anymore so she had to go to the doctor to consult about the anxiety and depression problems she felt. She was advised to see a psychiatrist and go to a certain group meeting that might help Amanda's problem.

"I'm going to refer you to a psychiatrist to see about some medicine for your anxiety and depression. I also want you to do something this Saturday, if you aren't busy." "I don't really have friends," I said. "We'll see how long that lasts," he replied. "There's a small support group that meets here at six on the first Saturday of the month. I think you should come." (Russo, 2016:31)

As seen in the quote above, Amanda had a serious anxiety disorder, so she had to consult a psychiatrist.

The inner conflicts she feels sometimes make her want to do the things she wants. She really wanted to reveal her true identity to everyone. However, on the other hand she was afraid of what she would face next if she revealed her true identity.

I thought of going the rest of my life pretending I sprang to life from nothing at sixteen years old and felt my cheeks flush with shame and anger. I was so tired of cowering. I was so tired of hiding. I wanted to tell the truth to say it out loud. But, when I went to speak, nothing came out. "I'm sorry," I said finally. My eyes felt dry. "I know what I need to say, but I just . . . can't." (Russo, 2016:46)

Amanda is always able to control herself so that she does not fulfill the urge of the *id* that always wants her to express her

problems to new people. Amanda was always afraid when someone touched her. Amanda's anxiety over reality can be overcome by her self-control. Finally, she was able to take control of it and overcome this condition.

I was anxious about anyone touching me and my reflex was to tense up and jump away, but once I took a deep breath and relaxed I found that actually enjoyed it, that momentary contact that said you weren't alone. (Russo, 2016:53)

Anxiety disorders experienced by Amanda always encouraged her to stay away from the crowd, because she felt she was not safe to be in the crowd. However, this time was different when she first danced with Grant, her boyfriend. She felt like all the things she feared was lost because she was very happy.

I always avoided crowds instinctively, but tonight the crush of bodies actually felt comforting. Dancing with a boy for the first time in my entire life, I felt like a part of the people around me, like another cell in a healthy body instead of a hidden disease. (Russo, 2016:56)

Conflict that rules over the *ego* of these anxieties are caused by tensions that come from the outside factor which makes her uneasy.

I desperately wanted to finish the sentence with the truth, but what was there to say? *I think I like you, but I'll never have a normal life. I think you like me, but you'll never understand who I am.* (Russo, 2016:66)

The conflict had a psychological impact on Amanda. She always felt that she would never have a normal life and no one will be able to understand the

situation, nor will they be able to accept it as it is.

Amanda's anxiety over reality was too severe. She felt she could not escape the shadows of her past. She always felt that her past was always waiting to destroy Amanda's life at this time.

I was never going to be free of my past; it was always going to be there, waiting to suck me in and crush me like a black hole. The only way to escape it was to keep moving. (Russo, 2016:66)

The above quotation proves the existence of unconscious conflict between the *ego* and the *id* that continues over time and Amanda could not move it on to another object.

The inability of the *ego* to hold the *id* impulses makes Amanda tell Grant that she is the cause of her parents' divorce.

“But it was more than that. In a way . . . I was the reason my parents got divorced.” (Russo, 2016:118)

“I had a problem when I was a kid,” I said, feeling my throat start to close. I felt like a liar again. “Raising me was so hard that my parents were stressed out all the time, and they disagreed on basically everything about how to help me.” (Russo, 2016:118)

Amanda also revealed that as a child, she was a child with many problems, so her parents found it difficult to educate her. However, Amanda was still unable to tell what she was really like as a child.

The impact of the decreased superego and the increased pressure of the *id* along with psychosocial stress have an impact on worsening the anxiety. She even tried to commit suicide. Therefore, to overcome

this situation, Amanda must take medication that can ease the pain.

[Six months ago] I took a dose of hydrocodone when I was done dilating. Everything between my thighs and my hips felt like it had been run through a wood chipper, the dilation ritual was a degrading chore, the painkillers reminded me of the time I tried to kill myself-and I still couldn't have been happier. I was finally a girl on the outside too: there was nothing separating me from my body anymore. (Russo, 2016:185)

Although Amanda already has the appearance of a woman, she still doesn't feel completely happy.

Her mother supported Amanda's decision to become a transgender, but she still missed her son. She even revealed that her mother's decision to support Amanda's choice was only because she did not want to see Amanda commit suicide.

"I know I'm supposed to say it is, but it ain't. You look different, you act different, you sound different, your hands feel different when I touch 'em. Hell, you even smell different. Do you know how important smell can be, how the way your baby smells when you hold him gets locked in your head?" I clenched my fingers. "Why didn't you tell me?" "You tried to kill yourself," she said. (Russo, 2016:187)

The quote above shows an inner conflict in her mother. And there was an element of dramatic irony, because so far Amanda did not know the real reason why her mother agreed with her choice.

As a result, Amanda ignored her *ego's* defense. What Amanda was afraid of

happened too. Bee revealed Amanda's identity to everyone. The coming out process occurs because of another person's doing, not Amanda's.

"But I saved the best for last, y'all," she said. "Look at our homecoming queen. Ain't she sweet? Ain't she beautiful? She's living the dream, right? I bet a lot of you guys've thought about her in the shower. Smart, pretty, but not pushy or intimidating . . . she's everything this fucked-up place wants a girl to be." The chaperone was mounting the steps. I couldn't stop shaking. Grant held me close and in that moment I loved him so much. "But guys, guess what: she's a he!" (Russo, 2016:222)

From the above quote the researchers also found an element of *surprise*. This part is an unexpected part in the story.

The location of Amanda's problem is her deviant sexual behavior, in this case transgender. This transgender phenomenon lies in the ideology of the necessity to be a man or woman genetically and to behave appropriately as to his sexual role which is considered to be the only true sexual orientation. This ideology is based on the suppression of other sexual orientations which are not reproductive-oriented, in this case, transgender, and also the necessity of conformity between male and female gender identities, gender roles, and sexual orientation which are interrelated to one another.

"I'm not," I said, my voice still low and soft, and for the first time I noticed the crowd behind us, listening intently. "I was . . ." I swallowed. "I was born a boy." We were both quiet for a moment.

“What?” Grant said, his voice rising. (Russo, 2016:225)

In the end, Amanda admits her true self. Even hard, but she did not have a choice.

“You promised you wouldn’t ever hate me,” I whispered, looking at his chest. Somehow that seemed to be enough of an answer for him. Muscles in his jaw jumped and twitched and I could actually hear the grinding of his teeth. “You promised you’d never regret being with me.” (Russo, 2016:224)

“I don’t know if I can understand, and even if I can understand I just don’t know . . .” he trailed off. His shoulders sagged. “I don’t know, Amanda. I just . . . I just wish you were a girl.” His eyes widened as the words came out. “I mean, I wish you were never . . . I wish you were always . . .” (Russo, 2016:271)

This proves that social stigma had been circulating about Amanda’s sexual misbehavior. When Grant found out about Amanda’s actual identity, it was very difficult for him to accept it, for Grant hoped that Amanda had sexual orientation accordingly.

The increased desire for *id* and the pressures from the environment give birth to subsequent worries. In addition, to the anxiety experienced by Amanda, neurotic anxiety was also demonstrated.

[Three years ago] “He said there’s ways to treat what’s wrong with you.” Mom said. “But he wouldn’t say what it is.” She peered at me. “You won’t want me to come home if I tell you what’s wrong,” I said, shifting my eyes down. “You won’t ever want to see me again.” This was the most I’d said at once in weeks. My

throat ached from the effort. (Russo, 2016:11)

The quote above proves that his mother told him that there were doctors who could help the problems Amanda was facing. Amanda was afraid that if she revealed what was wrong with her, she was afraid that her mother would not see her again.

The impact of the inability of the *ego* and the *superego* to hold back *id*’s wishes made Amanda start to dare to express her desire to turn into a woman. [Three years ago] “*What if your son told you he was your daughter?*” *My mother was quiet for a moment. I thought of the words I wrote down for the counselor: I should have been a girl.*” (Russo, 2016: 11) She tried to insinuate her mother, but her mother was silent. The quote also contains verbal irony.

The *id*’s insistence on satisfying its desires causes conflicts with the *ego*. To support Amanda’s appearance to be more feminine, she also took medicines that could make her appearance more feminine and relaxed to overcome the anxiety that always haunts her.

I gave up trying at five and drank a chocolate-flavored nutritional shake with my medicine: two two-milligram estradiol tablets, which were tiny and blue and tasted like chalk, to feminize my appearance and stand in for the testosterone my body could no longer make, and one ten-milligram Lexapro tablet, which was round and white and waxy, to help me stay calm. (Russo, 2016:12-13)

The impact of the *ego* and *superego* that are unable to resist the desire of the *id* causes other anxiety to grow, such as the neurotic anxiety that Amanda presents.

I felt the scar over my ear and remembered that even now that I'd had my surgery, even now that nothing but some legal papers could reveal my past, I was never really safe. I looked down at my lap and tried to will myself out of existence. (Russo, 2016:14)

People always experience inner conflict. She felt that even though she had undergone surgery, she could never be safe. She always wants to close herself so that not many people know about her.

The character is unable to move the conflict between the *ego* and the *id* to other objects. "*I tried to kill myself, my sophomore year,*" (Russo, 2016: 45) She tried to look for shortcuts like suicide.

The impact of the neurotic anxiety made Amanda wish she could live on another planet away from everything that made her feel depressed. She wants to feel happy without being followed by excessive anxiety as he has been feeling.

I wished I could walk up into the sky and live on some distant planet, far away from the things I was afraid of. I wondered if joy could ever be felt by itself without being tainted with fear and confusion, or if some level of misery was a universal constant, like the speed of light. (Russo, 2016:65)

She wants to be happy without being followed by excessive anxiety as long as she felt.

The conflict between the *id* and the *ego* cannot be avoided. It has a direct impact on Amanda. Behind the happiness felt by Amanda, she feels that this is just a dream. *Except, a voice in my head whispered, he would never have done this if he knew the truth.* (Russo, 2016: 71) Amanda thinks if Grant had known who Amanda truly was he would have hated her.

When *superego* is working properly, Amanda began to feel that her father is right. So that she can perform self-defense system.

I should be afraid of getting close to Grant, because growing closer meant knowing things about each other, and there was so much about me that I didn't want him to know, that he could never know. But somehow, just thinking about his broad, easy grin and the way his black eyes seemed to flash in the sunlight made me feel like the only thing that mattered was being around him. (Russo, 2016:95)

The above quotation reveals that she had to be vigilant when getting close to Grant because the more she knew Grant deeper, the more Grant want to know about Amanda.

Amanda always experiences inner conflict. This time about the disclosure of her identity to Grant. Although she was able to reveal her true identity to Bee, she was not able to do the same thing on Grant. She was afraid Grant could not understand the situation. Unlike Bee.

"I can't do it," I said to nobody in particular. I'd been able to tell Bee because I'd gotten swept up in the moment, and because I knew that even if she didn't understand, she'd try to. But what about Grant? Was it crazy that I wanted to tell him everything? Was it crazy that I felt like I couldn't keep seeing him without at least trying? (Russo, 2016:182)

In addition to internal conflict, the above quote also reveals neurotic anxiety experienced by Amanda resulting in the decreased ability of *superego*. Coming Out process to Grant's was just very hard to do.

All the happiness did not last long because Bee did something unexpectedly. In a drunken state, she went up the stage and announce something. The conflict between the *id*, *ego* and *superego* were inevitable. When that happened, Amanda was very worried.

“Hey I don’t have long,” Bee said, waving to the oncoming chaperone, “so I’ll get to it. I hate this fuckin’ town, I hate this school, and I hate all of you, and do you know why? I hate y’all because you could be so great. So many of you are, like, one step away from being so cool, and you’re so afraid of nothing that you all pretend to be normal.” A ball ice began to form in my stomach. I hugged Grant’s tighter and he kissed me just above my ear. (Russo, 2016:221)

Bee announce things unexpectedly. She also chides people and said that she hated everyone. Things do happen unconsciously because she was under the influence of alcohol. It is giving Amanda feelings of neurotic anxiety .

In addition to the reality and neurotic anxiety, moral anxiety is also shown in this story. This is caused by the inability of the *ego* defense mechanism in resisting the temptation of *id*. Amanda feels that the way of life have made her feel guilty.

Although Amanda had never gone to church, she still prayed to God. The belief remains the same, only she avoids meeting the Pastor. *Id* let *ego* and *superego* work together so that she can still perform self-defense.

I still believed in God, and for a long time my faith had been the only thing keeping me afloat. But I could never forget the day Mom had come home from seeing our pastor,

red in her eyes from weeping and rage. I asked her what was wrong and heard a stream of curses, so strange in her normally sweet little voice, as she told me he’d had some suggestions: that I should be sent to a camp to fix me, that I should spend more time with a male role model, that I should maybe take some time away from the congregation until I found a way to fit in. we never went to church after that, though I did continue to pray. (Russo, 2016:81-82)

When she met the Pastor, she strongly opposed about her desire to be in a trance. She was advised to remain a man completely and follow the suggestions to fix the problems.

Moral anxiety occurs when Amanda always finds herself born as a man. She would be very happy if there are people who think of her as a woman.

I don’t think God actually cares about that kind of thing, and I think I could deal with just being gay or whatever. It feels wrong that I’m a boy, though. When my hair gets long and people mistake me for a girl, I feel happy. I try to imagine what kind of man I’ll grow up to be, and nothing comes. I think about being a husband or a father and even if it’s with a man I feel like I’m being sucked into a black hole. The only time I feel like I have a future at all is if I imagine I’m a girl in it. (Russo, 2016:30)

She imagines her future if she continues to be a boy, she would find the entry into the world wrong. She just wanted a future to grow as a woman.

Although she feels comfortable with her school friends and also Grant, Amanda's father always warned her to be more careful, because the environment is

not a suburban area. "Just be careful," he said. "This is not Atlanta, and it is not the suburbs. People around here seem nice, but you gotta be careful with who you trust." (Russo, 2016: 82) Her father warned her although the people look good, but still, she must be vigilant.

Although feelings of anxiety haunt Amanda, she still had to go through a process to be able to live her life. The process then faced by transgender is the disclosure of her identity. Amanda's process of Coming Out was done first time to her mother. Amanda tried to explain what the actual problem she felt, and notify the result of consultation with a psychiatrist.

"My therapist referred me," I said, my voice barely above a whisper. I hesitated in saying the rest. "I have, um, gender identity disorder. I'm . . . I'm transgender." I tore absentmindedly at the paper seat cover and took a deep breath. "I need to start hormones." (Russo, 2016:260)

Coming Out Process must be passed by Amanda again. Amanda could not help herself anymore. Although the process of coming out is not easy to do, still, she had to do it.

"Okay," I said, scooting back to my side and looking out the grass shivering in the wind as it gave in to the inevitability of winter. I breathed cool air in through my nose, held it, and poured it back out between my teeth. Now was my chance to stop. But I didn't. "I'm transgender." (Russo, 2016:168)

Coming Out process is not a process that only once passed, but a process that should be re-crossed when a transgender meet new people. Then Amanda tried to

bring herself to come out to Grant. She wrote a letter that tells it all.

Inside it was a letter that told him everything: my birth name, my suicide attempt, how long I had been on hormones, the effects hormones had had, and the bathroom assault that pushed me into his life. Everything. (Russo, 2016:182)

Amanda's *ego* could not resist the impulse of *id* to do things she want to do, which is why Amanda did what she want to do in accordance with the wishes of her *id*.

Amanda realize despite the severe life she lived, it was all her choice. She did not have to hide anymore. She no longer cared how people and the environment treat her, because now she was able to overcome all of them.

It was going to be hard. I was going to have to pretend to be a boy for a little while longer. No matter how much I tried to hide it, classmates and family members were going to notice my body change. The bullying would probably be worse than ever, but somehow, now, I felt like I could handle it. I felt like, as Amanda, I could face things that would have kept me cowering in bed before. (Russo, 2016:263)

The above quotation shows a happy ending. Although Amanda was not fully able to have the life she always dreamed of, but she had more courage to face everything.

While the forms of anxiety shown by the character are three types of anxiety. Reality anxiety, neurotic anxiety and moral anxiety. That is why leaders need the help of a doctor to overcome this anxiety disorder.

CONCLUSION

Based on the results of this research that has been showed in the previous explanation, we can conclude that the character in the novel *If I Was Your Girl* is experiencing anxiety disorders. There are three forms of anxiety shown, they are the reality of anxiety, neurotic anxiety and moral anxiety. It arises as a result of the conflict between the *id* and the *ego* that continues over time.

The impact of the anxiety experienced by the main character is having difficulties in meeting new people. She was too afraid to have a relationship with anyone. Not only with the outside environment, but also within, showed by her parents because she felt guilty over their divorce. Character changes experienced by the main character due to the conflict in her life is indicated from how she deals with the problems she faces with a solution and mindset that are more sociable (with good social skills). This character can be categorized as a round character because of the complex nature.

The main character's sexual behavior or orientation is caused by anxiety disorders. She became a transgender because of the continuous feelings that she is a girl not a boy. Past life also plays an important role to the psychological development of the main character. To undergo an unpleasant experience in the past is considered the impact of deviant sexual orientation.

Ego and *superego* owned by the main character do not work properly, causing disharmony within herself. The main character is often in conflict with her parents, especially her father because the disagreement circumstances faced by

Amanda, but her mother chose to support Amanda's decision because she did not want Amanda to commit suicide.

Based on the discussion of some of the factors that causes one to be a transgender, viewing from Amanda's case, it is known that the cause of her being a transgender derives from two factors: external and internal factors. The external factors are the encouragement of Amanda's mother who supports her to be a woman, because her mother wanted girls more than boys and also drugs that Amanda get. Meanwhile, internal factors are the main character undergoes genetic disorder which is evidenced by events that occur in the life of the character. The main character lives a life filled with anxiety as well, based on the disclosure of the true self.

The process of disclosure of their identity as a transgender, also known as *coming out*, is not a process that only once traversed by the main character. After successfully revealing her identity to her closest people, the main character encounters problems in revealing her true identity to people whom she just met. This indicates that the main character is not yet ready to open their credentials to new people. Another problem faced by the main character is the view of the general public who have always thought that transgender people cannot be accepted in the gender distribution system, because they can only accept the role of gender as male or female only.

BIBLIOGRAPHY

- A. Supratiknya. 1995. *Komunikasi Antarpribadi*. Yogyakarta: Kanisius.
- Alwisol. 2004. *Psikologi Kepribadian*. Malang: UMM Press.

Aminuddin. 1987. *Pengantar Apresiasi Karya Sastra*. Malang: Penerbit Sinar Baru.

Anto, R. 2013. *Penyimpangan Perilaku Seksual Tokoh Utama Pada Novel Luna Karya Julie Anne Peter*. Universitas Pakuan Bogor.

Davison, et al. 2006. *Psikologi Abnormal* diterjemahkan oleh Noermalasari Fajar. Jakarta: Raja Grafindo Persada. Hlm. 612-613.

Hall, C & Lindzey, 1993. *Teori-Teori Psikodinamik*, diterjemahkan oleh Dr. A. Supratiknya. Kanisius. Hlm. 81.

Hardiani, C. 2012. *Kecemasan Dalam Menghadapi Masa Bebas Pada Narapidana Anak Di Lembaga Pemasarakatan Anak Kutoarjo*. Universitas Negeri Yogyakarta.

<http://www.meredithrusso.com/bio>

<http://queerya.org/2016/06/book-girl-meredith-russo/>

<http://www.barnesandnoble.com/w/if-i-was-your-girl-meredith-russo/1122404495>

<http://us.macmillan.com/ifiwasyourgirl/meredithrusso>

Marinuci, M. 2010. *Feminism is Queer: The Intimate Connection Between Queer and Feminist Theory*. London: Zed Books Ltd.

Mendel, G. 2013. *Pelaksana Membawa Sifat Keturunan: Genetika*. Tarsito. Hlm.2

Minderop, A. 2010. *Psikologi Sastra: Karya Sastra, Metode, Teori, dan Contoh Kasus*. Yayasan Pustaka Obor Indonesia. Pg 27-28.

Nurgiantoro, B. (2010). *Teori Pengkajian Fiksi*. Yogyakarta: GadjahMada University Press.

Perrine, Laurence. 1996. *Literature: Structure, Sound and Sense*. New York: Harcourt Brance and Jovanovich.

Rhoads, R. (1994). *Coming Out In College: The Struggle for a Queer Identity*. United States: Bergin and Garvey. Pg 7.

Russo, M. (2016). *If I Was Your Girl*. New York: Flatiron.

Sudjiman, Panuti. *Memahami Cerita Rekaan*. Jakarta: Pustaka Jaya.

Suharyati, Henny. 1995. *Kajian Prosa*. Bogor: Universitas Pakuan.

Weiten, Wayne, Dana. S. Dunn, dan Elizabeth Yost Hammer. 2010. *Psychology Applied to Modern Life Adjustment in the 21st Century Tenth Edition*. United States: Wadsworth, Cengage Learning.