



The Analysis of Main Character's Anxiety on "Confessions of A Shopaholic"

Novel through Freudian Theory written by Sophie Kinsella

Presented as a partial fulfillment of the requirement

For the Undergraduate

Program

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2019



FINAL PROJECT PROPOSAL

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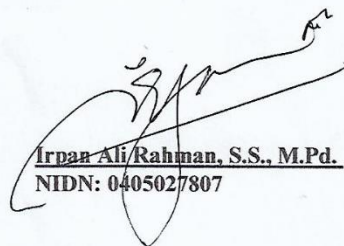
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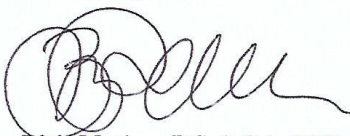
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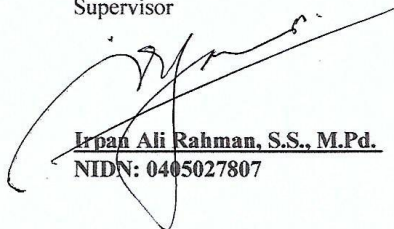
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STATEMENT OF AUTHENTICITY

I honestly declare that this thesis is my own writing, and it is true that i do not take any scholarly ideas or work from others. Those all cited works are quoted in accordance with the ethical code od academic writing.

Tangerang, June 20th, 2019



Dewi Wijaya

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A handwritten signature in black ink, consisting of several loops and a vertical line at the end, representing the name Dewi Wijaya.

(Dewi Wijaya)

ABSTRACT

The title of this research is “ The Analysis of Main Character on Confessions of A Shopaholic Novel through Freudian Theory written by Sophie Kinsella”. Confessions of A Shopaholic novel is tells about a women named Rebecca Bloomwood who has bad behavior that are shopping addiction to fulfill her desire but she gets anxiety because of her debts and it disturbs her psychological. This research will focuses on Rebecca’s anxiety. The data are taken from the novel in the form of dialog and monolog. The writer using psychoanalysis theory from Sigmund Freud that related with anxiety theory. Sigmund Freud theory has 3 kinds of anxiety, there are realistic anxiety, neurotic anxiety and moral anxiety. This theory is used to analyze the cause and effect of Rebecca Bloomwood’s anxiety. Last, the writer found the proved from Rebecca experiences three kinds of anxiety. First is neurotic anxiety caused by her bad habit that are shopping everything that she wants not what she needs. Second is realistic anxiety caused by her bad habit in shopping, that makes Rebecca has a lot of debts and that makes she becomes panic everytime met her debt collector. And the last moral anxiety caused by she felt guilty of her shopping behavior. And she becomes a liar to defense herself.

Keywords: *Rebecca, Character, Anxiety, Psychoanalysis, Defense Mechanism.*

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CHAPTER 1

INTRODUCTION

1.1. Background of Study

Literary works are often viewed by the layman simply as a work, a story about a person or a story about a particular event. However, in fact the literary works itself is rich in many meanings, which can be expressed with different types of approaches. One of approaches is psychology approach. Psychology itself is a science dedicated to the study of behavior and mental processes. This statement is also reinforced by the statement of Wellek and Warren, Wellek and Warren say that literature present the life, and that life is largely made up of social reality, although, literature is also considered as a social phenomenon (1995: 109). While based on Klarer (2004:1) says “Literature is referred to as the entirety of written expression, with the restriction that not every written document can be categorized as literature in the more exact sense of the word”. In addition, literature is a way to work of art express their feeling or to delivered a message on the work.

Literature is about the art of written works. Literature is everything that is written and printed. According to Greil Marcus and Werner Sollor “Literary means not only what is written but what is voiced, what is expressed, and what is invented, in what ever form” (2009). It means novel can be categorized as a literary work because novel one of creative activity of a work of art. Novel also has the basic elements of a literary work those plot and character.

Novel is one of the literary works. Novel is narrative text informing of prose with long shape that including some figures and fiction event. According to Robert Stanton “Instead, it can also and usually does present in detail the development of a character or a large complex social situation, or a relationship involving many characters among a few characters. The

peculiar strength of the novel is its ability to render a complex subject fully, to create a complex world” (Stanton,1965: 44) Novel is art to express a feeling and imagination the story. Novel usually created by the writer to represent what they have in the mind completely, either by the imagination or fact.

Rebecca’s anxiety that making her being a consumerism because she want always looks fashionable and also making her always lie to the bank because she can’t pay her debt, and what Rebecca did connected with ego defense mechanisms. Ego defense mechanisms are natural and normal when someone get out of proportion. For example, Rebecca know if actually she don’t need anything that she already bought, she just feels happy when she shopping and she trying to find some reason until she feels that she need it to fulfill her desire, and she denying about her debt, she tell her friend if her card was stolen by people and that people using her card until over limits.

Confessions of a Shopaholic is a series written by Sophie Kinsella, an English novelist. This novel tells about a women who has problems in controlling her shopping desire. The women named Rebecca Bloomwood, she is a financial advisor in Successful Savings. Her job is to suggest everyone to control their finance but the reality she can’t controlling her own finance, because of her hobby. She can’t stop to shopping, she addiction in shopping and she spend all of her salary to shopping every expensive brand, she never think if her habit will bring her to a big problem. She has big debt from her credit card, that makes she has big anxiety. She can’t stop to shopping but she have to pay his credit. She try to find another way to saving her money but always failed.

The reason why the writer choose Confessions of a Shopaholic because the story really interested to be analyze and the novel story seen as an example of the real life in this era. Where the society tends to have a glamorous and extravagant lifestyle and using credit card unwise.

1.2 Statement of the Problem

Based on the title of this research, the research would be focus on the character of Rebecca Bloomwood. The writer is going to focus on Rebecca's anxiety related to effect of her bad habit that are consumerism that nowadays not only happened in the story of the novel but also in real life, where people will do anything to fulfill their desire than fulfill their needs . It also focuses on the effect of her anxiety and how the defense mechanism works in the main character. From this research, writer proved if consumerism is a bad habit that will give everyone big problem such as what Rebecca get in the story, she always feels afraid and become a liar to protect herself from every banker.

1.3 Research Question

Based on the background of the study, the writer identify a research question, as follow

1. What are the causes and effect of Rebecca Bloomwood's anxiety based on Freud's theory?

1.4 Goal and Function

The goals of this paper are to obtain information about what the effect of consumerism, the writer would like to propose the objective of research to find out about character Rebecca that has consumerism behavior that making anxiety in her life. And describing the research question clearly and completing this paper.

The function of this research are the writer hope this paper can be used as additional source for the reader, the students, or other researcher which explaining example research about Freud's theory in the literary theory. This research is also hoped to be studied by students, lecturers, or other people who will be interested to the novel. And take moral message from this research where nowadays many people more concerned with what they wants than what they need. And finally, the research hopefully can be additional reference, especially for people who are studying literature.

1.5 Scope and Limitation

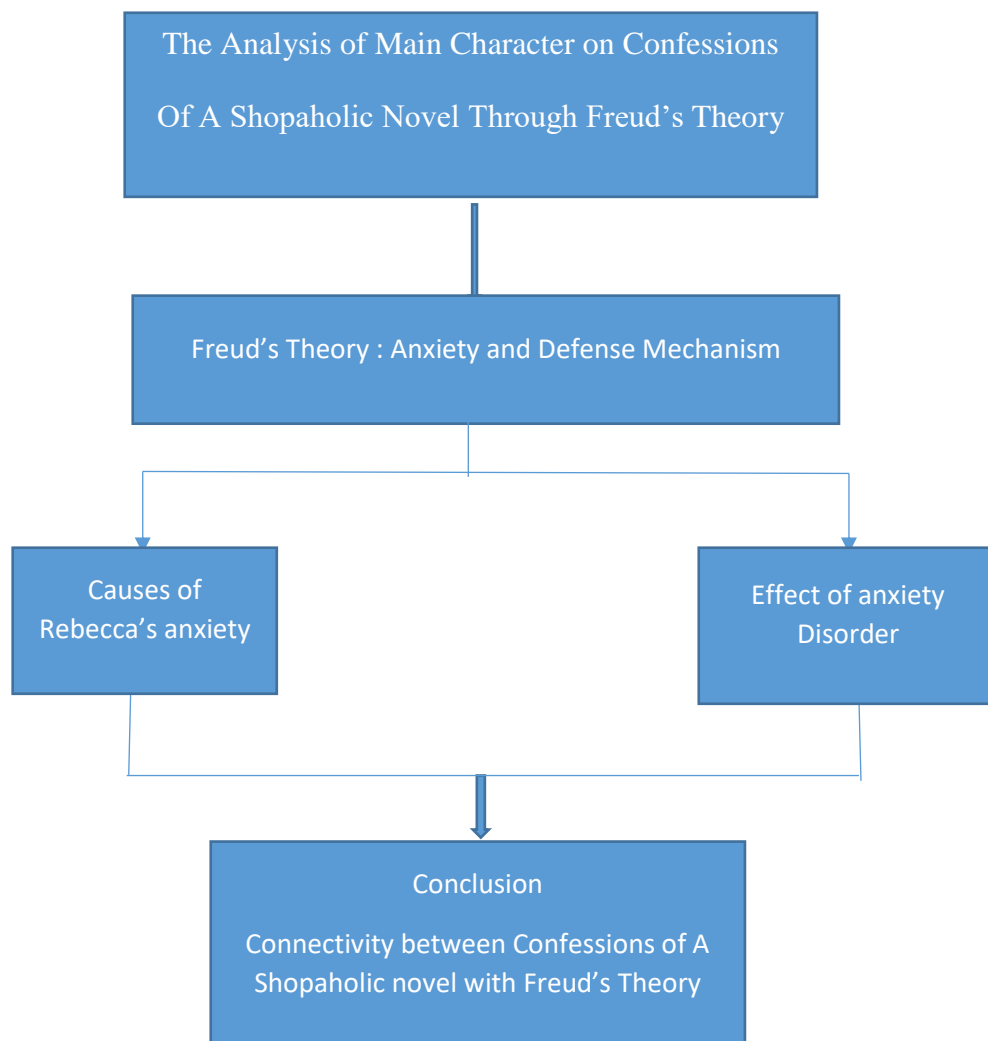
In this research, the scope of the discussion will be focused on Rebecca's anxiety which caused by her bad habit that are consumerism, this issue, Rebecca's condition, not only happened in a story but also in real life, where people trying to get recognition from people surrounding by looking as fancy as possible. Not only to provide readers with the information about the effect of consumerism, but also to give a motivation to being wise to do anything in life.

Meanwhile, the limitation of this research are the other information which does not have relation with the topic, Rebecca's childhood and family background of Rebecca is not discussed in this research instead the writer will focus to discussed about the cause and effect of the anxiety and defense mechanism of Rebecca according Freud's theory.

1.6 Conceptual Framework

In this point the writer would like to explain how the writer do the research. This research will be analyzed based on Psychoanalysis approach and supported by theory from expert such as Freud's theory.

Conceptual Framework of Anxiety Disorder



1. Freud's Theory : Anxiety and Defense Mechanism

Freud theory (1856-1939) anxiety and defense mechanisms, defense mechanisms are psychological strategies that are unconsciously used to protect a person from anxiety arising from unacceptable thoughts or feelings.

2. Causes of Rebecca's Anxiety :

In the first of the story tells if Rebecca's really loves shopping, she bought everything expensive brand with her VISA (credit card), she thinks she don't need much money just need to used her credit card then she will get everything that she want. But she never thing if her bad habit will bring her to a big problem.

3. Effect of Anxiety Disorder:

Rebecca being liar and panic every time, because she realized if she can't pay her debt, she afraid will meet the banker, she become a liar every time the bank send a message to her about her debt and ask her to pay her debt.

4. Conclusion (Connectivity between Confessions of a Shopaholic's novel with Freud's Theory)

Rebecca become a liar because she want to protect herself from the banker because she can't pay her debt. On the other hand, she still shopping because she want always looks perfect because she want make everyone amazed with her fashion she afraid seems poor. She become a liar because she has an anxiety, and Freud's theory explaining about anxiety and defense mechanism. That's makes the novel and theory connected.

CHAPTER II

THEORETICAL FRAMEWORK

2.1 Understanding of Literature

Literature is the way to help the readers may discover the meaning or message from the movie, novel, drama by looking at what the authors say and how they say. According to Razali Kasim (2005) said that there two important elements in literature, such as intrinsic and extrinsic elements. Character is one of intrinsic element of literature that would be analyzed in this research.

2.2 Previous Studies

The researcher finds there are three previous findings which related and relevant with this research, as follow :

Fiqih Aisyatul Farokhah (2015) in his research *Anxiety Suffered by Elizabeth Holland in Anna Godbersen's Splendor* in his frame, Fiqih tells that anxiety is followed by an uncomfortable feelings characterized as worry, fear, unhappy mood that we can feel through numerous level. The main character in his research has a conflict that made the main character has an anxiety, her anxiety is generally caused by the threats from her second husband and her environment as well that are caused by many problems outside.

Fendy Yugo Sarjono (2016) in his thesis *DR. Leidner's Anxiety Reflected in Agatha Christie's Murder in Mesopotamia (Psychoanalysis)* . He tells that the main character has a conflict between ego and super ego which conclude as a moral anxiety, realistic anxiety, neurotic anxiety. It comes to a conclusions that his anxiety caused by many problems such as threatening, environment, oppression, losing self esteem and frustration.

Oktaviani Arnanta Putri (2015) in her thesis *Victor Frankenstein's Anxiety and Defense Mechanism as Depicted in Mary Shelley's Frankenstein*. She tells that the caused of Victor's anxiety is his experiences the reality anxiety because of his creature's appearance. The neurotic anxiety also occurs on him because he often expects something dreadful to happen and moral anxiety occurs because of his guilty feeling for his family's death.

2.3 Character

Someone who plays in a novel or drama is called the character. The character is a role presented in the story, that has some kind of identities. Character can also be interpreted as a person in a novel, play, or film (Waite and Hawker 143). A character that becomes a central of the movie should have its own characteristics to differentiate it from the other character. According to Abrams (2009:32) that character are “ Persons represented in dramatic or narrative work, who are interpreted by the readers as possessing particular moral, intellectual, and emotional qualities by inferences from what the persons say and their distinctive ways of saying it – the dialogue – and from what they do – the action.”

From some definition above, it can be known that character belongs to people in a story that is created to make story alive. The character should make the readers or audience believe if that real happens in it. Character also important to a movie or drama, because if the story is good but the character can't deliver the story right, the movie would fail.

Characters have many type to help us to know what kind character of character in the movie. According to Karen Bernado (2013), here are some types of character, such as protagonist, antagonist, flat characters. The protagonist is the central person in the story, he/she is faced with a conflict that must be resolved, protagonist also very important tool used in the story. Antagonist is the character or situation represents the opposition against which the

protagonist must contend, antagonist also important in the story, to make the story more stressful and interested because all good stories need antagonist character.

The last not least is a flat character, a flat characters is the opposite of around character. This literary personality is notable for one kind of personality trait or characteristic (Karen,2013). Flat character actually less important in the story but flat character is necessary the story to develop.

2.4 Characterization

Characterization is a way to identify a character. The characterization of a character is definition of a character, which is describe physically or seem from attitude and how the character behave. According to expert of literature, Holman (1986) said in a fiction (the drama, the novel, the short story, and the narrative poem), the author reveals the character of imaginary persons. The creation of these imaginary persons so that they exist for the reader as real within limits of the fiction is called characterization. The ability to characterize the people of one's imagination successfully is a primary attribute of a good novelist, dramatist, or short story writer (75). So, that character is a person in literary work and characterization is the way in which a character is created.

From those understanding, we can conclude that characterization is the process by which a writer makes the character seems real to the reader or audience, we also can say the characterization is the method used by a writer to develop a character in the story. Characterization is a way to identify a character.

2.5 The Definition of Novel

Novel is one of literary works. Novel is an invented prose narrative of considerable length and certain complexity that deals imaginatively with human experience, usually through a connected sequence of events involving a group of persons in a specific setting. According to Sumardjo (1998:29) says that “novel is a story with the prose form in long shape, this long shape means the story including the complex plot, many character and various setting”. The reason why the writer using “Confessions of a Shopaholic” novel as her research because the novel contain what really happened in this era. The novel can influence the readers to imagine the story and the readers can easily understand the story.

2.6 Freud Psychoanalytic Theory

Sigmund Freud (1856 – 1939) was the founding father of psychoanalysis, a method for treating mental illness and also a theory which explain human behavior. According to Freud's theory (1856-1939), basic parts of the mind consist of Id, Ego, and Super ego. Every part of the mind has their own function and they can shape and influence one's behavior and personality (Feist, 2009:27). Freud believed that events in our childhood have a great influence on our adult lives, shaping our personality such as, anxiety originating from traumatic experiences in a person's past is hidden from consciousness, and may cause problems during adulthood.

2.6.1 The Id

The Id is the raw, unorganized, inborn part of personality whose sole purpose is to reduce tension created by primitive drives related to hunger, sex, aggression, and irrational impulses and fantasy oriented. The Id operates on the pleasure principle (freud,1920) which is the idea that every wishful impulse should be satisfied immediately, regardless of the consequences.

2.6.2 The Ego

The ego is a part of personality that makes the desires of between the Id and the outside world become balanced according to the reality principle, to maintain individual's safety and to help integrate the person into society. Freud made the analogy of the Id being a horse while the ego is the rider. The ego is 'like a man on horseback, who has to hold in check the superior strength of horse.' (Freud, 1923,p.15). So it makes decision, controls actions and allows thinking and problem solving of a higher order that the id's capabilities permit.

2.6.3 The Super Ego

The super ego is the final personality structure. The super ego is the aspect of personality that hold all of our internalized moral standards and ideals that we acquire from both parents and society, our sense right or wrong. Even though the super ego and the ego may reach the same decision about something, the super ego's reason for that decision is more based on moral values , while the ego's decision is based on what others will think or what the consequences of an action could be.

2.7 Anxiety Theory

Anxiety is at the core of the psychoanalytic theory of affects and from the beginning of psychoanalytic thought has be recognized as central to an understanding of mental conflict. According to Pervin (1993:84), anxiety is a painful experience produced by the ego representing an alarm signal of potential threat or danger to the person, meanwhile Freud (1993/1964) also emphasizes that it is a felt, affective, unpleasant state accompanied by physical sensations that warns the person against impending danger. Anxiety occurs when someone was having a traumatic experience in the past. Freud identified there are three types of anxiety : realistic, neurotic and moral anxiety.

2.7.1 Realistic Anxiety

Realistic Anxiety or usually known as fear. Such anxiety occurs in response to a real, external threat to the person (e.g., afraid of poisonous snakes in the field, or wild animals in the jungle, dog bites). This is the most basic form of anxiety and is typically based on fears of real and possible events.

2.7.2 Neurotic Anxiety

This type occurs when there is a direct conflict between the id and ego. The danger is that the ego may lose control over an unacceptable desire of the id. For example, your lecturer is a cold man, rarely smile and suddenly you feels that your lecturer angry toward to you and you are being anxious to be his object of anger, even though in reality it's not happening.

2.7.3 Moral Anxiety

Moral anxiety occurred when the ego is threatened by punishment from the superego, when the id strives toward active expression of immoral thought or acts and the superego responds with feelings of shame, guilt, and self-condemnation (Hjelle and Ziegler (1981). It is just another word for feelings like shame and guilt and the fear of punishment.

In addition, in this paper the writer puts defense mechanism by Sigmund Freud. The idea of defense mechanism firstly introduced by Sigmund Freud who said that “ a defense against an unwelcome internal process will be modeled upon the defense adopted against an external stimulus that the ego wards of internal and external dangers alike along identical lines. In the case of external danger the organism has recourse to attempt at flight (Freud 1964:92).”

In short, defense mechanism is used to protect someone to avoid undesirable feeling, so that he/she does the bad ways to cover his/her feeling in front of the people. When facing a challenging event, people's anxiety begin to be increased. When anxiety occurs, the mind first

responds with an increase in problem solving thinking, seeking rational ways of escaping the situation. If its not helpful, a range of defense mechanisms may be triggered. Related to explain above, the writer interesting to discuss about anxiety and defense mechanism development by Rebecca's character in the novel of "Confessions of a Shopaholic" written by Sophie Kinsella.

2.8 Psychology

Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, health, clinical, social behavior and cognitive processes.. According to Charles Stangor (2011) the word "psychology" comes from the Greek word "psyche", meaning life and "logos" meaning explanation. Psychology is a field that will provide you with new ways of thinking about your own thoughts, feelings and actions.

CHAPTER III

RESEARCH METHODOLOGY

In this chapter, the writer analyzed the main character in “Confessions of a shopaholic” novels. The writer will focused to analyzed the main character named Rebecca Bloomwood in the novel. This chapter consists of four parts, they are subject, material, approach, and procedure.

3.1 Subject

The subject of this research is the novel of “Confessions of a Shopaholic”. The writer choose this novel because this novel really interested, the problem of this novel are often found in lifestyle in this era. The main character using her credit card unwise to shopping until the card over limits, she can’t pay the debt and being liar to avoid the problem.

3.2 Materials

The writer used “Confessions of a Shopaholic” script, conversation between characters in the novel and letters from the bank and also Freud’s Psychoanalytic Theory (1993) as the materials in this research. This research uses Freud’s Psychoanalytic theory, because Sigmund Freud is the pioneer of psychoanalysis and his theory connect with this research. Besides, the writer also uses data from internet, e-books in order to support the process in answering the research question in this research.

3.3 Procedure

As described above, the first step that the writer doing is finding a topic that being used in this research “The Analysis of Main Character on Confessions of a Shopaholic novel through Freudian Theory”. Next, the writer finds media, “Confessions of a Shopaholic” novel. After that, the writer read the novel in several times to get the general storyline, character, and characterization. After that is done, the writer related theories from character, characterization, anxiety, and defense mechanism theory according to Freud’s theory. Then, the writer finds transcript of the dialogue, list all useful dialogue of the novel, and relate them to the theory. Finally, the writer makes conclusions and suggestions based on the data that the writer findings.

CHAPTER IV

DATA ANALYSIS

In this chapter the writer will analyze Rebecca Bloomwood's character in the novel entitled "Confessions of a Shopaholic" using the Freud's psychoanalytic theory in order to answer the research question related to this study. After reading the novel several times, the writer find the dialogues between characters and bills from the bank, as a proof to support the theory.

4.1 Anxiety

In this novel, Rebecca Bloomwood as the main character is a financial advisor in Successful Savings who helps people that can't controlling their money. But she herself can't controlling her shopping desire, she can't stop wasted a lot of her money even thought her credit card already over limits and she has a lot of debt with banks. She have an anxiety because she can't paid her debt, she can't stop to shopping and that make her being a liar to defenses herself from bankers. In this novel, it can be seen how her anxiety works, either realistic anxiety, neurotic anxiety, or moral anxiety. Each of anxieties will be described below.

4.1.1 Neurotic Anxiety

Neurotic anxiety is defined as apprehension about an unknown danger. In neurotic anxiety, the ego depends on id because it can only produce anxiety. Rebecca Bloomwood's neurotic anxiety experienced when she tell a lie to her mom about the prices, she know her mom will angry if know how expensive everything that she bought. It can be seen in the monologue as follows:

...

This is not strictly true. It was nearer a hundred an fifty. But there's no point telling mum how much things really cost, because she'd have a coronary. Or, in fact, she'd tell my dad first and then they'd both have coronaries, and I'd be an orphan.

(page 50)

Rebecca don't dare to be honest to her mom, because she know her mom will shocked if she know the truth. So, she lies to her mom, she said if the skirt really cheap so worth it if she buy that skirt and her mom will be okay with the cost of that skirt. It can be seen Rebecca Bloomwood afraid if her mum know the truth about the prices. She afraid her mum and dad will be mad with her if know she buy an expensive brand, so she decided to lie.

Rebecca afraid will meet with Derek Smeath, because she knows what she did, she has a lots of debts with Derek Smeath and can't paid that debts. That seen in this monologue :

...

This is all getting out of hand. Now, not only do I feel like an utter failure, I don't feel safe any more either. I don't feel cocooned and secure; I feel exposed and edgy. I sit on the sofa next to mum, drinking tea and watching countdown, and every time there's a sound outside, I jump with nerves. What if Derek Smeath's on his way here?.

(Page 232)

Rebecca feeling unsafe, she feels she will be in danger if she meets Derek Smeath, she afraid Derek Smeath will being cruel and angry with her. She afraid anytime and anywhere because of her debts and her anxiety making her feels unsafe and created Derek Smeath as a cruel man.

4.1.2 Realistic Anxiety

Realistic Anxiety is the ego depends on the outer world in neurotic anxiety. The outer world leads the ego to realistic anxiety. Realistic anxiety is closely related to fear. But, they are different. In fear, the object is specifics. However, in realistic anxiety, the object does not involve a specifics object. It is only unpleasant feeling involving possible danger.

Rebecca Bloomwood's realistic anxiety experienced when she is afraid with Derek Smeath at a manager bank, because she has a lot of debts with that bank and she can't pay. Derek Smeath already sent her many letters to make a meeting but Rebecca always lies and ignores the letters. She makes many excuses to avoid herself from Derek Smeath. It can be seen in their conversation as follows :

...

The bank. Meeting tomorrow, with Derek Smeath. Oh God. Don't think about it. Quick, think about something else.

(page 218)

From Rebecca's statement above she is afraid to meeting with Derek Smeath, because she does not know if Derek Smeath will be angry with her and do bad things to her.

And another evidence of Rebecca's neurotic anxiety can be seen from another conversation between Rebecca and Derek Smeath, as follows:

...

I make a confident sweeping gesture with my arm, and as I do so, my gaze takes in the whole studio. And ... Oh my God it's him.

I'm not hallucinating.

It's really him. Standing at the corner of the set, wearing a security badge and sipping something in a polystyrene cup as though he belongs here. Derek Smeath is standing here in the Morning Coffee studios, ten yards away from me.

Derek Smeath of Endwich Bank.

But it.. it can't be.

But it is. It's Derek Smeath. I don't understand. What's he doing here?

Oh God, and now he's staring straight at me.

My heart begins to pound, and I swallow hard, trying to keep control of myself.

(page 291)

Rebecca shocked when she look at the audiences and suddenly her eyes focuses with a man that she know. He is Derek Smeath of Endwich Bank, Rebecca very panic because she know Derek Smeath come to collect the debts. She being panic, she knows she is not hallucinating if Derek Smeath is really standing in the studios.

...

Suddenly they're both gone. And I'm left alone on the set, exposed and vulnerable, desperately avoiding Derek Smeath's eyes and thinking as quickly as I can. Maybe I could slip out at the back. Or maybe I could stick it out here on the sofa. Just sit here until he gets bored and leaves. I mean, he won't dare to come into the actual set, will he? .

Maybe I could pretend to be someone else. God, yes. I mean, with all this makeup on, I practically look like someone else, anyway.

(page 293)

Rebecca feels uncomfortable when she left alone on the set. She afraid if Derek Smeath go on to the set. So, she thinks about how to avoiding herself from Derek Smeath with pretend to be someone else if Derek Smeath come to her.

...

Rebecca : "oh, right. As I do, I mistakenly catch the eye of Derek Smeath again. He's still looking right at me. He's waiting for me.

Oh God.

OK, it'll be fine- just keep walking. Just keep walking and pretend you don't recognize him".

(page 294)

She still trying to pretend don't recognize Derek Smeath to trick him. She doesn't know what to do except pretend don't recognize him and trying to calm down herself so as not looking suspicious.

...

Derek Smeath : "Miss Bloomwood,"

Derek Smeath : "Miss Bloomwood.. Do you know quite how long I have been writing letters to you? Do you know how long I've been trying to get you into the bank for a meeting"

Rebecca : 'Ahm.. I'm not quite—'

Derek Smeath : 'Six months. Six long months of excuses and prevarication. Now, I'd just like you to think about what that means for me.'

(page 295)

Rebecca can't say anything, she can't answer what Derek Smeath ask for her. She panic, Derek Smeath recognize her even though Rebecca pretend don't know him and try to avoid herself from Derek Smeath. She afraid Derek Smeath will cruel with her if her not paid the debts.

...

I look up at his face, still crinkled in laughter... and feel rather chastened. Because the truth is, he could have been a lot nastier to me than he has been. He could have taken my card away a long time ago. Or sent the bailiffs round. Or had me blacklisted. He's actually been very nice to me, one way or another.

(page 296)

From conversation and statement above it can be seen if Rebecca afraid and trying to avoiding herself from Derek Smeath. Until she meet with Derek Smeath she still making

excuses she think if Derek Smeath will be cruel to her because she knew she had making a big mistake to Derek Smeath but she can't do anything to pay her debts. But, she realized if Derek Smeath actually very nice to her and he doesn't be cruel anymore to her. Everything she think about Derek Smeath is totally wrong. Her anxiety that created Derek Smeath as a cruel person. The realistic anxiety caused by her bad habit in shopping. She has a lot of debts and she chased by a debt collector. She becomes panic every time met her debt collector.

...

I stop my tracks. Millets? I never go into Millets. What the hell would I be doing in Millets? I stare at the statement in puzzlement, wrinkling my brow and trying to think and then suddenly, the truth dawns on me. It's obvious. Someone else has been using my card.

Oh my God. I, Rebecca Bloomwood, have been the victim of a crime. Now it all make sense. Some criminal's pinched my credit card and forged my signature. Who knows where else they've used it? No wonder my statement's so black with figures! Someone's gone on a spending spree round London with my card and they thought they would just get away with it.

(page 15)

Rebecca : "I've never ever been into Millets!"

Clare : "Yes you have,"

Rebecca : "What? No I haven't."

Clare : "You bought Michael's leaving present from Millets, didn't you?"

I stare at her and feel my smile disappear. Oh bugger. Of course. The blue anorak for Michael. The blue sodding anorak from Millets.

(page 16)

Rebecca makes a story as if her credit card has stolen by someone, and the thief using her credit card to buy some stuff in Millets. She can't believe with her debts, so she trying to make a story to defense herself and avoiding herself from the debts, until her friend named

Clare remembering Rebecca if Rebecca ever come to Millets to bought a gift to Michael, and suddenly Rebecca feels shame and her smile disappear, she can't reasoned again and realize if she ever come to Millets.

If I buy something from a shop that's a bit uncool, I cut the label out. So that if I'm ever stopped in the street, I can pretend I don't know where it's from.

(page 21)

She always afraid if looking uncool. That's the reason why she often buy branded stuff because she want always looks perfect from what she is wearing. She afraid every time she using uncool brand, so she always cut the label. Even though no one will judge her style but she still afraid and she said if she will pretend don't know where the stuff from if someone stopped her.

OK. Don't panic. Don't panic. It's only a VISA bill. It's a piece of paper; a few numbers. I mean, just how scary can a few numbers be?

(page 13)

Rebecca get panic when she got a piece of paper from bank, actually she scary to see how much the bills but she trying to calm down herself, she trying to count how much the VISA bill will be, she trying to believe herself if the bill will not be much. Actually she know exactly anything that she buy or pay with the credit card, that's why she really panic when she got the VISA bill.

4.1.3 Moral Anxiety

In moral anxiety, the ego depends on superego. So, the dependence of ego causes a conflict between ego and superego that can produce anxiety. It is about the conflict between realistic needs and the dictates of their superego after children establish a superego. Rebecca felt the moral anxiety caused by she felt guilty of her shopping behavior. Actually she knows

what she did is wrong but she still did it to fulfill her desire to shopping. The proof of the writer statement have in the dialogue in the novel as follow:

Oh, it's depressing. The only thing that keeps me going is an end of stock reduced rack at the back of shop. I keep sidling towards it and looking at a pair of zebra print jeans, reduced from £180 to £90. I remember those jeans. I've even tried them on. And here they are, out of the blue reduced. I just can't keep my eyes off them. They're even in size 12. My size. I mean, I know I'm not really supposed to be spending money but this is a complete one off. They're the coolest jeans you've ever seen. And £90 is nothing for a pair of really good jeans. If you were in Gucci, you'd be paying at least £500. Oh God, I want them. I want them.

(page 132)

Rebecca can't stop her shopping desire and again making excuses to strengthen the reason for buy that jeans, she still buy that jeans because she thing the price cheaper than Gucci so she will not regret buy that jeans because she think that's worth it. Even though actually she know she shouldn't spending her money just to complete her desire.

And that's come to a grand total of £173.96 i stare at this figure in utter shock. No, I'm sorry, that just can't be right. It can't be right. I can't have spent over £170 in one day. I mean, it isn't even the weekend. I've been at work. I wouldn't have had time to spend that much. There has to be something wrong somewhere. Maybe I haven't added it up right. Or maybe I've entered something twice.

My eye runs more carefully down the list, and suddenly stops in triumph. 'Two cardigans'. I knew it! I only bought...

Oh yes. I did buy two, didn't? Blast. Oh God, this is depressing. I'm going to go and watch EastEnders.

(page 73-74)

Rebecca shocked when she know grand total how much money she spend in a day, she can't believe if she already spending more than £170 in day. She trying to dodge with many reasons, but she suddenly stops and remember if she bought two cardigans, actually she knows what she did is wrong and she depressing, she spending too much money but again she can't stop her shopping desire. And the last example as follow:

I know I shouldn't have bought that purple dress and two pairs of boots. In all, I spent... actually, I don't want to think about how much I spent. Think about something else, quick, I instruct myself. Something else. Anything'll do. I'm well aware that at the back of my mind, thumping quietly like drumbeat, are the twin horrors of guilty and panic.

Guilt Guilt Guilt Guilt

Panic Panic Panic Panic

If I let them, they'd swoop into my mind and take over. (Page 144)

Rebecca knows what she did is totally wrong, she bought a purple dress and two pairs of boots which actually she don't need, after bought that dress she become panic and guilt, she realize she has to saving much money to paid her debts, but she can't stop shopping to fulfill her desire. She still bought that dress and making her debts being more and more.

Finally, this chapter already give the proved if "Confessions of A Shopaholic" novel is related to Freud's theory who the main character has an anxiety in herself because of her bad behavior that are shopaholic . Freud's theory are also talking about anxiety, there are 3 types of anxiety : realistic anxiety, neurotic anxiety and moral anxiety. The proved the writer found from the dialog and monolog from the novel between Rebecca and other characters. And the writer also already answer the problem of the research in this chapter. In next chapter, the writer will gives the conclusion of this research and complete with the suggestion.

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter is the conclusion of the research. This conclusion refers to the answer of the problem of research that has been presented by the writer in the previous chapter. This chapter also contains the suggestion that the writer gives for the future researchers and readers.

5.1 Conclusion

Confessions of A Shopaholic novel tells about a women who likes shopping very much. The main character of this novel is Rebecca Bloomwood who works as a financial advisor at successful savings. Actually the job that she has very not suitable with her bad habit there are shopping. She can't stop her shopping desire and will do anything to get anything that she want even though she must be in debt. She becomes a liar and panic anytime because of her anxiety.

The most dominant anxiety felt by Rebecca is the realistic anxiety because in the first the story tells about Rebecca get panic because a lot of her debts. Since Rebecca is a shopaholic, she has a lots of debts. That makes her always panic every time she met her debt collector or bill from bank. She always avoiding herself every time she met her debt collector and makes many excuses every time bank ask her to paid her debts.

There are three causes of anxiety felt by Rebecca. In this case, the most dominant cause is the debts that Rebecca has. the second dominant cause is Rebecca's bad habit that are shopping, she loves shopping really much, she happy everytime she shopping expensive brand, she thinks if shopping can reduce stress even though all of them makes her has a big problem with debts, she still shopping to fulfill her desire. And another cause is the spirit of era. In this era we don't need bring much money, we just need a credit card to support Rebecca behavior.

And the last cause is the conflict. Since her desire to shopping, then she avoids her debt collector and liar to the bank every time she replying bills from banks.

There are two effects of Rebecca's anxiety. The most dominant is the financial effect. Rebecca can't stop her shopping habit. Then, she has a lot of debts that she can't pay. But she also can't saving and control her money. The second dominant effect is the character change, in this case Rebecca's anxiety that makes her become a liar to defense herself. She being panic, afraid, and making many excuses because she can't pay her debts but she know she must pay her debts. She always trick the bank and also debt collector to avoiding herself from the problem.

Rebecca Bloomwood's anxiety as a shopaholic because she want fulfill her desire, she shops extravagantly, she only purchases high class brands and she also often depends on her credit card as the mean in paying for her stuff. That's make her have a big anxiety for people around. She doesn't want looking bad so she always bought branded stuff using her credit cards and without conscious the little card named credit card bring her a big problem and changes her personality become a liar.

5.2 Suggestion

Based on the conclusions, the suggestion that the writer suggests for next researcher that who analyze the similar research, are expected to use this study as a basis or additional reference with the development of problem from different perspectives like using another theory such as human development, human consumerism, hedonism everything that related to the story.

Furthermore, the readers can take many moral messages from this research. In this era everything looks so instant and easy to have. But we have to control ourselves from bad influence from around. We should be able to control ourselves over the temptation of many

products in the market and should be wise using credit cards. Do not buy something we want, but buy something we need. From this research we can know the bad effect of using credit cards unwise such as what Rebecca did that makes her has a big problem with her life.

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