

**AN ANALYSIS OF CONNELL WALDRON'S ANXIETY IN
"NORMAL PEOPLE" NOVEL BY SALLY ROONEY**

THESIS

AN NISA FITRI RAHMADHANI

20200600009

**ENGLISH STUDIES
FACULTY OF SOCIAL SCIENCES AND HUMANITIES
BUDDHI DHARMA UNIVERSITY
TANGERANG
2024**



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Presented as a partial fulfilment of the requirement for the Bachelor Degree

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STATEMENT OF AUTHENTICITY

I declare that this thesis is my own writing, and it is true and correct that I did not take any scholarly ideas or work from others dishonestly. That all cited works were quoted in accordance with the ethical code of academic writing.

Tangerang, July 23, 2024



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ABSTRACT

This research presents the anxiety analysis of a character named Connell Waldron from the novel *Normal People* by Sally Rooney published in 2018 by Faber & Faber consisting of 266 pages. It is a novel that tells a story about two people's lives and relationships from their teenage years until adulthood. Connell Waldron, one of the main characters, suffers from anxiety that affects his way of thinking and behavior and most importantly his relationship. It studies the character of Connell Waldron based on Sigmund Freud's theory from his psychoanalysis theories focusing on anxiety which is divided into three types of anxiety. The three types of anxiety are reality or realistic anxiety, neurotic anxiety, and moral anxiety. This research aims to reveal Connell Waldron's anxiety in the novel *Normal People* based on the three types of anxiety. This research uses qualitative methods to study Connell Waldron's anxiety which observes the character that is analyzed in depth. The evidence for the research data is collected from the narration and dialogues from the novel by reading and analyzing the data. As the results of this research, the writer finds that Connell Waldron shows the experiences of the three types of anxiety which are realistic anxiety, neurotic anxiety, and moral anxiety. The writer found 16 narrations and dialogues that indicate the anxiety experienced by Connell. The writer concludes that his anxiety is mostly revealed in his internal psychological issues such as insecurity and hopelessness, guilt from violating societal norms and his morals, and external dangers such as unwanted social interaction and unsecured financial status.

Keywords: *Psychoanalysis, Anxiety, Character*

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CHAPTER I

INTRODUCTION

1.1 Background of the Study

Literature has an important role in this life. It can affect matters such as history, politics, and even social issues. Literature has elements such as characters, plot, setting, theme, etc. These elements can be analyzed because they contain relevant matters in real life. Literature bears ideas and opinions which can be elaborated through an analysis. With an analysis, literature can be more meaningful as it is able to express what it contains thoroughly.

Literature is a piece of work that can be viewed as a mirror of the world. Works that are considered literature are novels, poetry, plays, movies, etc. Based on Wellek and Warren (10-11), literature is viewed as imaginative works that can express emotions and thoughts using language as the media. Addressed as imaginative, it means that it portrays the image of feelings and experiences in a human life. Literature is associated with great human and moral ideas for it is a part of the advancement of learning and imaginative understanding of other people's lived experiences (Bradbury xvii). It means that the problems of humanity and also the feelings and emotions that are always progressing throughout history are truly depicted in the form of literature. It clearly can be concluded that literature is useful to humankind as it contains experiences and issues of humans' lives that are relevant to this real world and can be studied. As literature also comes in different forms, a novel which is one of the literature forms plays a significant part in the field because novels tell a story of various experiences related to humans and society.

In literature, as previously mentioned, novels are one of the forms of literary works that are significant. The general definition of a novel itself is a narrative fiction that tells a story about human experiences, usually in the form of a book. Hornby (1039) defined a novel as a story long enough to fill a whole book and typically includes imaginary or fictional characters and events. Novels are written

in narrative form and also dialogues that tell a story and usually focus on a part of humans' experiences which is depicted through the events in the story. Taylor (46) explained a novel as a prose work with a certain length which is typically long enough, and complexity that aims to reflect and express the quality or the value of human experiences and behavior. The content of novels may be inspired by the real world or set in a setting and place that is imaginative or contains themes correlated with the real world. This means that novels are a form of literature that can deliver issues and events based on real life. Novels are also closely related to character and characterization as it is one of the intrinsic elements of novels. In novels, characters may face events or conflicts that show their behavior and mindsets and reveal how they act in a certain situation or how they would handle the situation which often mirrors how humans act in reality. Certain behaviors and mindsets of the characters in novels also may indicate some psychological problems that can explain the reasons behind their actions. It means novels that follow along stories of the characters can have a relation to psychological theory which is psychoanalytic theory in some way.

Psychology itself is generally known as a scientific study of human thoughts and behavior. In psychological theory and concept, there is a psychoanalytic theory that focuses on the unconscious and conscious mind of one individual. Psychoanalytic theory is formed based on psychoanalysis which Freud (qtd. in Mijolla 1397) explains as a study or investigation of mental process and also a collection of psychological information that is formed into a scientific study. Based on that explanation it can be understood that the theory psychoanalytic adapted from the psychoanalysis concept deals with psychological issues one's individual may experience. In this psychoanalytic theory, Freud also has his thoughts regarding anxiety which is a feeling of uneasiness, fear, and worry that can be mild or severe. Anxiety is one of the concepts in psychoanalytic that takes a part in the personality development of individuals. Freud (qtd. in Feist and Feist 33) explains that anxiety is a feeling and unpleasant state with physical sensations that alert the individual about a danger or threat that approaches them. This anxiety is oftentimes portrayed in literary characters, showing the psychological conflict. This issue can relate to characters in novels because characters can have similar behavior to humans in

reality as previously mentioned especially with psychological issues and mental illnesses that are depicted a lot in literature work. As can be seen from the early work in literature that portrays mental illness, *Yellow Wallpaper*, mental illness continues to be a common topic discussed in recent releases of books (Pathak and Pathak). Thus, it is considered a relevant matter because studying the characters' experience with mental issues through literature can also be important for understanding it, especially remembering the fact the problems of mental issues have increased since the pandemic and the increase in social media usage (qtd. in News-Medical). The fact that this issue can relate to characters in novels because characters can have similar behavior to humans in reality as previously mentioned. The novel *Normal People* is a novel that covers diverse issues and it may relate to this field because it follows the story of a character with complexity and experiences that possibly relate to psychological aspects.

Normal People is a story about two young people's relationship journey. In the story, Connell first has a relationship with Marianne in high school. Pressured by a situation where Marianne is isolated from the social life in high school, Connell keeps their relationship a secret and never talks to her in public because he is afraid of other people's opinions on his relationship. The story then also follows Connell and Marianne's life until adulthood when Connell struggles with fitting in with others unlike when he was in high school. Mainly, this novel covers a story of Connell and Marianne's lives including their struggles, concerns, and relationships.

This novel has complex characters and characterization. One of the main characters, Connell, experiences anxiety which affects his life and relationship. This is the reason why the novel is interesting to analyze. It shows psychological and mental health issues that are relevant to the current to this present day. This points out that *Normal People* contains an interesting and complex topic that is challenging to be studied.

1.2 Statement of the Problem

Normal People is a novel by Sally Rooney that tells the story of two people's lives and relationships. Marianne and Connell have a complicated relationship and also struggle with their own concerns. The problem in the story is how Connell's

concern affected his relationship and life. Most of the time, Connell's anxiety has an impact on how Connell leads his life. This includes how he acts under what his surroundings think of him which leads to the relationship dynamic with Marianne where Connell puts his friends and reputation first because of the societal expectations to the point of hurting Marianne and how he generally acts in leading his life. Thus, it points out the problem which is the concerns of Connell that may stem from anxiety causing how he thinks and behaves in a certain way.

1.3 Research Question

Based on the statement above, the question formulated for this research is: How is Connell's anxiety revealed in the novel *Normal People*?

1.4 Goal and Function

The goal of this research is to achieve the answer to the question of the research. Thus, it explains anxiety in general that is related to the character in the novel. This means that the writer analyzes issues such as anxiety which is experienced by the character in the novel. The function of this research is to give information about anxiety and its effect according to the novel. Furthermore, this research can be a reference to the readers and for future research related to this topic.

1.5 Scope and Limitation

The scope of this research is on the psychology of literature and aspects such as the anxiety theory by Freud to be analyzed. To be more focused on achieving the goal of the research, the writer limits the research to analyze the character and the relation of anxiety based on Freud's theory regarding anxiety. Moreover, the limitation is stretched out about psychological issues which are anxiety that are portrayed and experienced by the main character in the novel.

1.6 Conceptual Framework

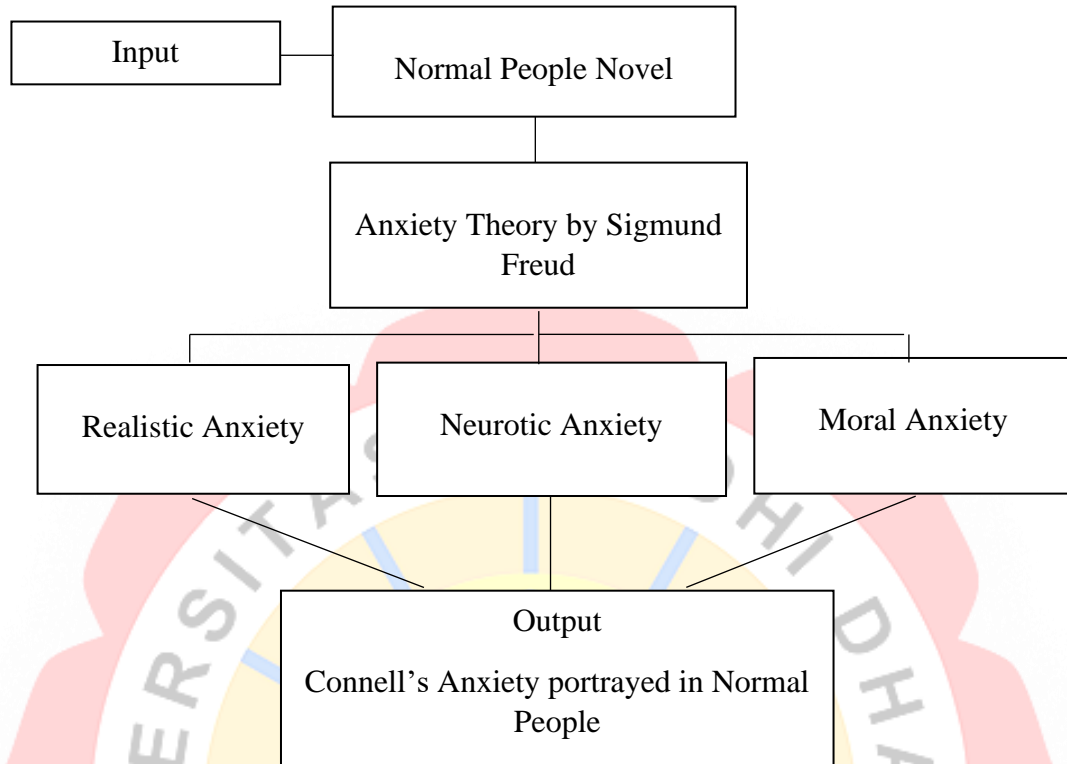


Figure 1.1 Conceptual Framework

The conceptual framework of this research is as follows: the first step is reading the novel *Normal People* by Sally Rooney. Then the writer identified the problem related to anxiety in the novel. For the next step, the writer researches books, articles, and journals related to the theory. After that, the writer collected the data which is the narrations and dialogues from the novel. The writer then sorted out the narrations and dialogues based on Freud's anxiety theory which is divided into three types of anxiety: realistic "reality" anxiety, neurotic anxiety, and moralistic "moral" anxiety. After sorting it based on the theory of those types, the writer then analyzed the data according to the same theory which is anxiety theory by Sigmund Freud. From that analysis, the writer drew a conclusion based on the findings regarding the research.

CHAPTER II

THEORETICAL BACKGROUND

2.1 Review of Previous Study

The previous study plays a crucial role in paving the way as the foundation of the research, which can be a reference for executing the research. Reading and studying research from previous can help to enhance the writer's insight about the theories used in studying the research from the previous studies. In this matter, the writer found previous research that can be a reference. By using this previous research, the writer can gain understanding and study materials for the writer's research.

The following is the previous study which explored the topics related to the writer's research. First, the research was conducted by Wijaya (2019), a student from Buddhi Dharma University. The research title is *"The Analysis of Main Character's Anxiety on 'Confessions of A Shopaholic' Novel through Freudian Theory Written by Sophie Kinsella."* The research is about analyzing the main characters' anxiety in the novel. It can be seen from the character who has problems with consumerism. The character, Rebecca, has a bad behavior which is a shopping addiction due to fulfilling her desire. However, this habit of hers is causing Rebecca the feeling of anxiety and then disturbing her psychological or mental state. In this research, it is explained the anxiety experienced by the main character and the causes of her anxiety in the novel. The research uses the psychoanalytic perspective based on Sigmund Freud which focuses on the psychological problems faced by the main character.

The next research is research conducted by Annisya (2020), a student from Buddhi Dharma University. The research title is *"An Analysis of Depression in the Novel of Thirteen Reasons Why Written by Jay Asher through Psychoanalytic Theory."* This research analyzes depression experienced by one of the characters Hannah Baker. In the novel, Hannah Baker ends her own life because she experiences bad situations or cases in school. She then left voice recordings that reveal what happened to her. It revolves around the symptoms and causes of depression that occur and are depicted in the novel. The research uses

psychoanalytic theory and Aaron Beck's theory. The thesis focuses on finding out the definition of depression, the causes of depression, and the symptoms of depression that happened or experienced by Hannah Baker.

The third one is the research conducted by Kaskita and Heriyati (2020), a student and a lecturer from Computer University (UNIKOM). The title of the research is *“The Social Phobia of Audrey Turner in Sophie Kinsella’s Finding Audrey.”* In this journal, it is explained and analyzed social phobia, commonly known as social anxiety now, in a character named Audrey Turner from the novel Finding Audrey. The character, Audrey, experiences bullying at school by her friends which affects her behavior, mind, and her ability to function in social interaction. This traumatic event of bullying forms a trauma and makes her threatened in a social environment. As it is also affecting her mind, she developed low self-esteem and high self-criticism which becomes another challenge to present in social interactions. The focus of this journal is to reveal the reason behind Audrey’s anxiety and fearfulness related to society using psychoanalytic theory by Freud.

The fourth one is research conducted by Rahayu and Suprayogi (2023), a student and a lecturer from Indonesia Technocrat University. The research title is *“The Portrayal of Persona and Shadow in Normal People by Sally Rooney: An Archetypes Study.”* This research analyzes *Normal People* characters' archetypes based on the theory by Carl Jung. In the research, the focus of analysis is only the two archetypes, Persona and Shadow. It analyzes the Persona which is explained as a mask that one individual wears to present themselves to the world and the Shadow as a repressed or hidden part of that individual. The two archetypes are found in the three characters of *Normal People*, which are Marianne, Connell, and Alan. From the three characters, the writers of this research study the portrayals of Persona and Shadow according to Marianne, Connell, and Alan's characterization that is shown in the novel.

The last research for the previous study is research titled *“An Analysis of Anxieties that Experienced by Marlin as the Main Character in Finding Nemo (2003) Film.”* It is research conducted by Cahyati and Hamidah (2022), a student

and a lecturer from Sultan Agung Islamic University. This research focuses on analyzing the anxieties experienced by Marlin, the main character, with anxiety theory by Freud that divides into realistic anxiety, neurotic anxiety, and moralistic anxiety. This research then reveals the anxieties that Marlin experienced are realistic anxiety and neurotic anxiety.

Five of the research above are the research that the writer read and studied as a reference and previous study in writing this research. The researches mentioned above have similarities with this research which is an analysis of characters and study of the characters from the psychoanalytic and psychological theory perspective to examine the problems. This research also has the same object as the fourth research mentioned which is *Normal People* novel. However, there are also differences between the research as one of the previous researches about *Normal People* analyzes three characters while this research analyzes one character only which is Connell Waldron. The theories are also different as the previous research uses Jung's theory regarding archetypes and on the other hand, this research uses Freud's theory of anxiety. There is also a difference between this research from other research, besides the research that uses Jung's theory, which is the object. Aside from the research that uses Jung's archetypes theory, all of the objects of this research are different.

2.2 Literature

Literature is a piece of work that expresses ideas in the world. Throughout history, writers wrote stories about humanity that reflect a lot about human life and world issues. Taylor (1) defines literature as an imaginative act which is a creative work of the writer that involves choosing, arranging, and interpreting real-life experiences or events. Thus, literature can be viewed as media that voices out issues experienced by humans.

The early purposes of literature were to entertain and instruct with its content which was often seen as a form of guidance for living one's life. However, according to Taylor (5), literature depicts situations, interactions, and oppositions. It provides a range of values and rarely gives specific judgments and conclusions. Instead, it invites readers to draw their own conclusions. The readers are not only

able to immerse themselves in the story but also can evaluate its truth and significance concerning real life. It means literature allows readers to study it further, not only as a guide but to deeply analyze the content written in the literature.

2.3 Novel

A novel is a narrative fiction work consisting of characters, plot, setting, theme, etc. Abrams (190) states that a novel is distinguished from short stories and novelettes by its magnitude, which permits a greater variety of characters, complex plots, developed settings, and a more sustained character and motives. Novels are commonly longer than short stories and novelette in terms of length, which allows the author to develop the characters, plot, and setting in more complexity. Hence, novels are able to explore human experiences and emotions in more detail than in any other form of fiction.

2.4 Character and Characterization

Characters are the persons written in the narrative work. Characters are written with particular characteristics shown through the dialogue or the narration. In a story, a character is essential as it commonly follows the character's experience or story. Characters play a role in the story such as being the protagonist, the antagonist, or a supporting character. Besides that, a character is also distinguished into different types of characters. There are two types of characters: flat characters and round characters (Forster 67). A flat character is a character built around a single idea and presented without a lot of details that can be described with a single sentence and a phrase. Meanwhile, a round character is complex. Round characters are written with complex emotions and motivations that are portrayed with realistic detail which can be difficult to describe with a single sentence and a phrase due to their complexity.

The attitude and mindset established by the characters are commonly called characterization. According to Abrams (33), there are two methods used for characterizing the narrative: showing and telling. In showing, the author simply shows the character acting and talking then leaves it to the readers to interpret the objectives of their acts and remarks. While in the telling method, the author directly describes and evaluates the objectives and characteristics of the character. These

two methods hence allow the readers to understand the characters better by analyzing them from the narrative and dialogues shown in the story.

2.5 Psychology and Literature

Psychology and literature have a mutual connection. Literature intertwines with many fields including psychology. The definition of psychology itself is a scientific discipline for studying and understanding the state of mental and behavior in humans (Mischel). This function of studying human behavior can be linked to studying literature as oftentimes literature is a media that tells human's experiences and behavior. According to Chomsky (qtd. in Lodge ch. 1) that it is most likely people will learn more about the life and personality of humans through a novel. From that statement, a novel which is a form of literature can be a media that can be a bridge in studying more about human life and personality. After all, the story and especially the characters possess fragments of humanity including the behaviors and personalities of humans. It is mentioned that the relationship has a mutual connection which means that psychological theories also can be used to study literature. Using psychological theories in literature analysis can help to understand and study a character's motivations, emotions, and traits in their personality or behavior through psychological lenses.

Psychology and literature also have a close connection to each other based on their historical background. Wellek and Warren (85-86) explain that psychology in literature is linked to the author or the writer of the literature works. It is explained that the creations or the characters of the authors can reveal the author's psychological state such as their mental illness and the subconscious of their mind. This type of analysis can be studied as an analysis of the author as an individual, an analysis of the creative process, an analysis of elements or laws in literature works, and an analysis of the literature's effects upon the readers. On the other hand, with a difference in methods and approach, there is a Freudian psychoanalysis criticism. It is a criticism that uses the classic psychoanalytic theory of Sigmund Freud. Cuddon (356) states that in Freudian criticism or psychoanalytic theory, the one that is analyzed is the characters created by the authors and the literary character is treated as a living human being. With the fact that psychoanalytic theory approach

is to analyze the characters as the characters themselves, there are many of character analysis that uses psychoanalytic theories collection such as the personality theory consisting of the Id, Ego, and Superego, defense mechanism, and anxiety theory.

2.6 Psychology and Psychoanalytic Theory

“Psychology, broadly defined, is the scientific study of behaviour, both external observable action and internal thought” (Wortman et al, 4). To put it simply, psychology is a science branch that aims to understand human behavior and human mental processes. Psychology studies subjects such as how humans perceive, express emotions, and behave. These studies then are carried out by various methods such as observations, questionnaires, and interviews. One of the psychology studies is psychoanalysis, which is a theory that revolves around the unconscious mind. Psychoanalysis theory was first presented by Sigmund Freud during the late 19th century. It is a theory that deals with the unconscious of the human mind. This theory is developed based on his personal experience with the patients he treated. Sigmund Freud believes that the actions and feelings expressed by humans come from the subconscious of their minds. The theories collection in psychoanalysis developed by Freud have been applied to literature works and literary characters to analyze the characters from the psychoanalytical perspective that can reveal the characters’s unconscious which according to Freud (qtd. in Boeree) is the source of one’s individual motivations and desires. The theory by Freud that explains the human personality is built from three major parts called Id, Ego, and Superego. Below are further explanations about the three.

2.6.1 The Id

The Id, together with the ego and superego, is one of the three elements of personality according to psychoanalytic theory. Freud states that the Id is the primal and instinctual part of the mind which contains buried memories, aggressive impulses, and sexual urges. It works in the unconscious part of the mind; thus, it is not influenced by reality, logic, and the real world. As stated by Hall (26) the id is driven by the pleasure principle and is not governed by law reasons or logic, ethic, values, and morality. To put it simply, the id is the

unconscious which is the most basic part of someone who seeks desires and immediate gratification without thinking about the consequences. It means that the id is solely driven by pleasures and demands the fulfillment of its impulses no matter the consequences such as whether it is acceptable or not according to the social norms. “The id is the original reservoir of libido and of the destructive instincts that cathect and nourish the ego and the superego and their cathexes; it is also a storehouse for active memory traces and, in this capacity, indifferent to time” (Mijolla, 778). This indicates that the libido and impulsive desires that form and feed the ego, superego, and its cathexes originate from the id.

2.6.2 The Ego

The ego is the second element of personality in psychoanalytic theory. The ego, in contrast to the Id, is in contact with the reality and real world. It acts as a mediator between the wants of the id and the moral constraints of the superego. According to Healy (38), the ego is the mental structure that is developed from the Id, which is a more primitive structure, and has changes imposed by the outside world. It means that the ego is affected by reality. Hall (28) also states that unlike the Id, which is governed by the pleasure principle, the ego is governed by the reality principle. This means that the ego delays the impulses of the id's desires to obtain immediate pleasure. The presence of ego works to satisfy the id's demands in a socially acceptable way and avoids harmful and wrongful actions based on societal norms. Aside from the influence of environment or social norms, the ego is also formed based on an individual's heredity natural growth processes or maturation (Hall 30). Every person has their own personality and reasoning that is developed from the mental characteristics that are genetically passed down from the previous generation to another generation. Thus, the ego of individuals is also developed by this factor.

2.6.3 The Superego

The superego is the last component of personality to develop. According to Healy (44), the superego is the development and modification of the ego. The

superego holds a position to the ego and also has the ability to rule the ego. Different from the id and ego, it aims for the ideal and perfection rather than the real and pleasure (Hall 31). The superego is the individual's moral code. It acts as a moral compass; it develops from the ego that represents a person's internalized sense of wrong and right. The superego is formed from society's norms and values, which usually is learned from parents and others at an early age. The learning of the external world affects the unconscious mind of what is wrong or right in the eye of society, which is first recognized by an individual when they are still a child from their parents. The superego is formed from two things which are ego-ideal and the conscience. This ego ideal is equal to the child's conception of what is morally good by the parents. Hall (32-33) explains that the way the superego controls a person adapts the system of punishment and rewards or disapproval or approval of their parents. It acts as a controller that holds a person accountable for their actions and minds. As an example, the ego may be punished for thinking bad thoughts that are not under the morals ruled by the superego. The punishment and reward are applied by the superego in the forms of feelings such as pride and guilt. In conclusion, the superego serves the purpose as controlling the impulses and desires that are considered a danger to society, especially those that society prohibits such as aggression and sexual things.

2.7 Anxiety by Sigmund Freud

Anxiety is one of the most important concepts in the psychoanalytic theories by Freud. It has a role in the development of a person's personality. Freud (qtd. in Feist and Feist 33) explains that anxiety itself is a discomfort and unpleasant state of feelings that signal or warn the person against a danger or threat. It acts as a survival instinct that comes from the nervous system to avoid something that is considered a threat to someone. An example of this is when someone encounters a dangerous situation, they experience a rising heartbeat, breath shortness, mouth dryness, and sweaty palms (Hall 61). Even though anxiety is necessary as it serves a purpose as something that alerts someone about dangers that might happen and avoids the dangers, it is a painful experience and may cause a nervous breakdown if the anxiety piles up and cannot be resolved.

The feeling of anxiety shares a similarity with fear, but Freud (qtd. in Hall 62) prefers to use the term anxiety to define it rather than fear. Freud states that it is because fear is usually known as the feeling of being afraid of something from the external world while Freud views that a person can feel afraid of something that comes from both of the internal dangers. In this case, Freud differentiated anxiety into three types which are reality anxiety, neurotic anxiety, and moral anxiety. These three types of anxiety share the same trait of being an unpleasant and painful feeling and differ only in the sources. These three anxiety types experience stem from the fear of the external world, fear of the id, and fear of the superego (Hall 62). For a further and deeper explanation, the three types of anxiety are explained below:

2.7.1 Reality Anxiety or Realistic Anxiety

Reality anxiety, also known as objective anxiety, is anxiety that is related to fear. Reality anxiety is described as an unpleasant feeling that is unspecific regarding dangers that could happen (Feist and Feist 34). Although it is similar to fear, reality anxiety differs from fear because it does not involve a specific object that a person is afraid of. Hall (63) also states that this fear in reality anxiety comes from the external world. This means that the anxiety comes from actual dangers or threats that can possibly endanger a person's safety. These dangers trigger feelings of anxiety and it is caused or stimulated by the environments, situations, and even people. As an example, this anxiety can happen when driving in crowded traffic and unfamiliar place (Feist and Feist 34).

2.7.2 Neurotic Anxiety

Neurotic anxiety is the type of anxiety that arises from internal or unconscious threats. Based on Feist and Feist (34), the feeling of this anxiety is located in the ego and originates from the id. This means that this anxiety concerns failing to restrain the id impulses and losing control. Hall (64-65) also explains this anxiety as a fear of the consequences of the ego's failure to prevent the id which leads someone to act based on the impulses. According to Freud (qtd. in Hall 65), neurotic anxiety can manifest in three forms; free-

floating apprehensiveness, phobia, and panic reaction. First, free-floating apprehensiveness is the anxiety that is characterized by the feeling of dread and is associated with a nervous person who is constantly expecting something dreadful to happen. This person who experiences anxiety is afraid of their own id and takes control of his ego which could lead to helplessness. Second, phobia is the irrational fear of something that is out of proportion from the actual danger. This anxiety is found in the id and the object of fear is also considered as a temptation of instinctual pleasure from the id (Hall 65). This shows that the person wants what they fear or something that is associated with their own fear. The third form is panic or near panic reaction which is a manifestation of panic attacks. This panic reaction is a behavior from the id demands to eliminate neurotic anxiety experienced by the person, ignoring the laws of ego and superego.

2.7.3 Moral Anxiety

Moral anxiety is the experience of feelings of guilt or shame in the ego and is triggered by the conscience which is recognized as a danger (Hall 68). This anxiety arises from the conflict between the ego and the superego. According to Hall (68), the conscience, which acts like parental control, threatens to punish the person for thinking and doing something that breaks the perfectionism of the ego ideal, which is formed based on the parent's influence. To put it simply, this anxiety is a feeling of guilt and shame that arises from the violation of temptation to violate the rules of the superego.

Above are the three types of anxiety based on Freud's theory. These three types of anxiety explore the experiences of anxiety that play a part in developing the personality of individuals. All three types are connected to Freud's theory on the personality theory of id, ego, and superego which studies a character more deeply. These three types of anxiety are the focus of the writer's analysis. The writer focuses only on analyzing the character, Connell Waldron, based on the three anxiety types by Freud.

CHAPTER III

RESEARCH METHODOLOGY

3.1 Research Approach

This study is conducted with qualitative research in which the method used in this study is collecting information from the data or material of research. As stated by Patton (4) qualitative findings are collected from three material sources such as in-depth or open-ended interviews, direct observations, and written documents or texts. It means that those three sources can be the material for qualitative research. In this case, this study uses written documents which is a novel titled *Normal People* by Sally Rooney. This study also analyzes and determines what is contained and portrayed in the novel that is related to anxiety issues based on Freud's theory on anxiety. Just as stated by Flick (5), qualitative research digs deep into text or visuals to make a statement about explicit and implicit connections and patterns of how meaning is constructed and transmitted. Thus, this research is carried out by collecting the data from the novel and analyzing the narrations and dialogues from the novel related to the studied issue according to the qualitative research approach.

3.2 Subject Matter

The subject of this research is a Sally Rooney novel published in 2018 titled "*Normal People*." It is a novel revolving around the relationship of two people and their struggles throughout their young to adult life. This novel also depicted mental illness which was experienced by the characters including anxiety. Thus, this research will take an analysis regarding the anxiety experienced by the main character, Connell Waldron, in this novel. As this novel talked about mental illness issues and anxiety, the writer would like to analyze it as a further study of anxiety that Connell experienced to gain and give more understanding regarding the issues.

3.3 Material

The material of this research is a novel titled "*Normal People*" written by an Irish author, Sally Rooney. It is a 266-page novel and was first published on the date of 30 August 2018 by the publisher Faber & Faber. It was Rooney's second work after

her first novel *Conversations with Friends*. This novel, *Normal People*, talks about the dynamic between two people, Connell Waldron and Marianne Sheridan. For this research, the writer collected data, the narrations and dialogues, from this novel to be analyzed. There are a total of 16 pieces of data consisting of narrations and dialogues that are analyzed in this research. For realistic or reality anxiety, there are two narrations and one dialogue used as the data analyzed. Meanwhile, for neurotic anxiety, there are eight total consisting of four narrations and four dialogues which are mixed with narrations in between the dialogue. Lastly, for the third type, moral anxiety, there are five consisting of one full narration and four dialogues that are mixed with narrations in the dialogues.

3.4 Procedure

The writer follows a few procedures or steps to complete this research. The first step is choosing the subject of research which is *Normal People* to be studied. The second step is reading the novel *Normal People* by Sally Rooney several times to have a complete understanding of the content or the story. After reading the novel, the third step is choosing a problem from the novel to be studied and making a research question to be studied. The fourth step the writer takes is reading books, articles, and previous studies related to the theory of anxiety and psychoanalysis to have a good understanding of the related theory. The writer collected the data from reading the novel that has closeness or match the characteristics of the theory. The data collected are narrations and dialogues then categorized the data based on each anxiety type by the characteristics, whether it is considered realistic anxiety, moral anxiety, or neurotic anxiety. After sorting it out, the writer analyzed the data more deeply using the theory of anxiety types from Freud by studying the characteristics of anxiety in the novel, by one of the main characters, Connell. In this section, the writer gives explanations and discussions from the data that has been collected and organized which results in the findings of the research. Lastly, for the last step, the writer concludes the analysis and discussion of the findings that the writer has found.