

Anna Fox's Agoraphobia in Joe Wright's *The Woman in the Window*

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Abstrak

Penelitian ini bertujuan untuk menganalisis agoraphobia dalam sebuah film yang berjudul *The Woman in The Window*. Penelitian ini merupakan penelitian deskriptif kualitatif dan menggunakan teknik analisis kemudian dideskripsikan. Peneliti memilih topik yang berisi gangguan agoraphobia yang diderita oleh tokoh utama yang bernama Anna Fox. Metode yang digunakan dalam penelitian ini adalah transkrip deskriptif. Peneliti mengungkapkan hasil melalui data yang tersedia, analisis data, dan penyajian hasil data. Data diambil dari film berjudul *The Woman in The Window (2021)* karya Joe Wright. Fokus dalam penelitian ini adalah gejala dan akibat yang ditimbulkan oleh agoraphobia yang mengarah pada PTSD. Penelitian ini menjelaskan bagaimana si karakter utama, Anna Fox, menunjukkan agoraphobia-nya di dalam film dan kaitannya terhadap PTSD (post-traumatic stress disorder). Dengan memahami gejala dan akibat dari gangguan tersebut, maka dapat memperoleh pemahaman yang lebih baik tentang kondisinya dan mencari pengobatan yang tepat. Penelitian ini juga menyoroti hubungan antara agorafobia dan PTSD dan bagaimana pengaruhnya terhadap kesehatan mental karakter utama. Penelitian ini merupakan langkah penting untuk memberikan dukungan dan sumber daya bagi individu yang menderita agorafobia dan PTSD. Melalui penelitian ini, tujuannya adalah untuk mendapatkan pemahaman yang lebih dalam tentang hubungan kompleks antara agorafobia dan PTSD dan bagaimana pengaruhnya terhadap kehidupan seseorang. Dengan menganalisis penggambaran agorafobia Anna dalam film "*The Woman in the Window*", peneliti dapat mengidentifikasi bagaimana agorafobia dapat bermanifestasi dan dampaknya terhadap kehidupan sehari-hari seseorang. Selain itu, peneliti mengeksplorasi hubungan antara agorafobia Anna dan PTSD, menyoroti hubungan antara kedua gangguan tersebut. Penelitian ini bertujuan untuk memberikan pemahaman yang lebih baik tentang efek agorafobia dan PTSD pada individu dan kehidupan sehari-harinya, serta hubungan antara kedua gangguan tersebut. Melalui analisis penggambaran agorafobia Anna dalam film "*The Woman in the Window*", peneliti dapat mengidentifikasi bagaimana agorafobia dapat bermanifestasi dan dampaknya terhadap kehidupan sehari-hari seseorang. Penelitian ini menyoroti pentingnya memahami tingkat keparahan agorafobia dan PTSD dan memberikan dukungan yang tepat kepada individu yang menderita gangguan ini.

Kata kunci: agoraphobia, PTSD, film, tokoh utama.

Abstract

The research aims to analyze agoraphobia in a movie called *The Woman in The Window*. The researcher chooses the topic that contains agoraphobia disorder that has suffered by the main character, Anna Fox. This research is a qualitative descriptive study and uses analytical techniques and then describes it. The data is taken from the movie entitled *The Woman in The Window (2021)* by Joe Wright. The focus in this research is the symptoms and effect that caused by agoraphobia that leads to PTSD. This research explains how the main character, Anna Fox, shows her agoraphobia in the movie and the connection to the PTSD (post-traumatic stress disorder). By understanding the symptoms and effects of these disorders, it can gain a better understanding of their condition and seek appropriate treatment. This research also highlights the link between agoraphobia and PTSD and how they can impact on main character's mental health. This research is an essential step towards providing support and resources for individuals suffering from agoraphobia and PTSD. Through this research, the goal is to gain a deeper understanding of the complex relationship between agoraphobia and PTSD and how they can affect an individual's life. By analyzing the portrayal of Anna's agoraphobia in the movie "*The Woman in the Window*," the researcher was able to identify the ways in which agoraphobia can manifest and its impact on an individual's daily life. Additionally, the researcher explored the relationship between Anna's agoraphobia and PTSD, highlighting the links between the two disorders. This research aims to provide a better understanding of the effects of agoraphobia and PTSD on individuals and their daily

lives, as well as the relationship between the two disorders. Through the analysis of Anna's portrayal of agoraphobia in the movie "The Woman in the Window," the researcher was able to identify the ways in which agoraphobia can manifest and its impact on an individual's daily life. This research highlights the importance of understanding the severity of agoraphobia and PTSD and providing appropriate support to individuals suffering from these disorders.

Keyword: agoraphobia, PTSD, movie, main character.

1. INTRODUCTION

In general, agoraphobia is a phobia that occurs when a person is in a crowded place and the sufferer think that they are unable to receive a help when they need to or unable to flee when they face danger. Therefore, agoraphobia sufferers try to avoid crowded places or situations and feel anxious when they are forced to be in these places or situations.

According to Ekern (2013), agoraphobia makes sufferers filled with fear when they are on wide-open rooms, crowded places, and traveling. People with agoraphobia are afraid of being in a place where they have difficulty escaping or getting help in an emergency. The emergency situation they often fear is panic attack. People who experience panic attacks in public areas and become afraid to go out without someone they trust are called agoraphobia. The exact cause of agoraphobia is still unknown, but it is believed that some of the causes are related to traumatic experiences, anxiety disorders, substance abuse, or stressful situations.

According to Ekern (2013), living with agoraphobia is kind of difficult. A normal life is nearly impossible if not treated. Knowing the physical, social, and emotional effects can help people with agoraphobia to anticipate unpleasant events in the future. "*The Woman in the Window*" (2021), the Anna's character always appears because she is that 'woman' who watches everything through the window in her apartment. And that night, she saw her neighbor got killed so she contacted the police, but it turns out to be her hallucination. She still tries to believe that what she saw really happened and she tries to prove it. Eventually, the police and the neighbor who involved mention her issue.

Previous research on the main character about mental health has been conducted. The first is the research by Sianturi (2017) entitled "The Analysis of Psychopath on the Movie of Victor Frankenstein". This research concentrated on determining Victor's psychopathy. She discovered Victor Frankenstein's psychiatric condition before

he became a psychopath. The second is the research by Khalfan and Suryani (2017) entitled "An Analysis of Thomas as a Psychopath in the Movie P2". The research found that Thomas becomes a psychopath because of his interpersonal factor. The third previous research by Pamungkas (2019) entitled "The Analysis of Agoraphobia on the Main Female Character in The Woman in the Window by A.J Finn". The data of this research was obtained from the Novel created by A.J Finn. The purpose of this study is to demonstrate that the character of Anna has agoraphobia symptoms by comparing it to agoraphobia symptoms from the DSM-V (2013) to the traumatic experience that caused the character to develop agoraphobia. This study discovered that Anna's agoraphobia was caused by a negative prior experience.

In this research, the researcher uses the different source which is the movie called *The Woman in The Window* (2021). The researcher wants to analyze the main character in this movie because the movie focuses on psychology of Anna Fox, also shows how the main character expresses her panic disorder, she was hallucinating and can only stayed at her apartment. According to Gill (1985:90), the character in the movie itself is the result of Joe Wright's imagination by looking at the psychological reality that exists in society.

2. METHODS

The method used in this research is descriptive qualitative. All data utilized in qualitative research are descriptive data. It signifies that data is gathered mostly through texts rather than numbers, as in quantitative research. In the character analysis in *The Woman in the Window* movie, the writer utilized literary and psychological theories to gather material and analyze that Anna Fox had a traumatic incident in her past that damaged her social life and created agoraphobia to reach a conclusion. This method describes how the researcher gathers data and locates information about the topic. The researcher examines the subject of a traumatic incident that resulted in a phobia. The researcher then looked for a movie with a horrific

experience theme. Because *The Woman in the Window* movie is related to the situation, the researcher chose to study it. The researcher then read several materials on the subject.

3. FINDING AND DISCUSSION

Anna Fox is the main character in this movie. She is a child psychiatrist and lives in her apartment. She suffers agoraphobia since the accident through her, her husband, and her daughter. She's never been going outside and leaving her house, she just watching everything through her window. Instead of consuming medicine, she is an alcoholic. She just communicates with the tenant who lives in the basement of her apartment. Someday, there is a neighbor who visits her apartment. And with her courage, she tries to be a nice person even though the audience could feel what does she feel meet someone new she never met before. That is one of her agoraphobia.

And that night, when she wants to stop the kids who throw her apartment's door with stuffs. It takes long time for her standing in front of the door before going outside, her face can't lie shows how suffer she is. And finally, she opens the door. But, only 3-5 steps, she's fainted because she cannot hold her fear.

3.1 Anna Fox's Agoraphobia

Agoraphobia can develop to those who do not experience the panic attacks, although the majority of them who seek therapy for the condition also experience severe social phobia, full-bown panic attacks, or more mild panic attacks (Craske & Barlow, 2001). In Anna's situation, PTSD is the source of phobia. The anxiety that Anna is unable to transcend deteriorated into agoraphobia.



Scene (04:50)

"People who snoop on their neighbours don't kill themselves??"

In this scene, Anna demonstrates that she has experienced a significant trauma that has left her living in constant worry and anxiety. This is exemplified by the fact that she continues to insist on spying on her neighbours out of concern that they might commit suicide. Despite the fact that it wasn't really Anna's concern. Anna can imagine a variety of scenarios that are brought on by the strain that agoraphobia causes, which eventually causes dread and tension in her.

Anna seemed to be adamant about what she believed in, despite her psychologist's warning to cease looking into other people's houses. This is further supported by the scene where Anna merely stares at her psychologist in silence while exhaling heavily, demonstrating that she does not agree with what the psychologist is saying and has her own viewpoint.

Anna's obsession with spying on her neighbours and checking her locks and windows is a symptom. This obsession is a way for her to cope with her anxiety and PTSD. The way Anna interacts with her therapist, Dr. Landy, shows that she is disconnected from those around her and is afraid to seek help for her mental health. She is also unable to fully understand her own feelings and emotions, which leads to her isolation and fear.

This scene establishes Anna's struggle with agoraphobia and PTSD and sets the stage for her journey throughout the film. The scene establishes the theme of isolation and fear that follows Anna due to her mental health struggles. Anna's agoraphobia and PTSD are critical factors that drive the plot and her character's development.

Anna's behavior in the scene suggests that she has experienced a significant trauma and has become hypervigilant and paranoid as a result. This is demonstrated by her need to keep an eye on her neighbours and her obsession with checking locks and windows. This scene also highlights the impact of mental health struggles on Anna's ability to trust others and open up about her experiences. Her resistance to Dr. Landy's advice and her disconnection from those around her are common symptoms of agoraphobia and PTSD. Her inability to understand her own feelings is also indicative of the isolation and fear that she experiences due to her mental health struggles.

Overall, this scene sets the stage for Anna's journey throughout the film and establishes her struggle with mental health as a critical factor that drives the plot and her character's development.



Scene (05:45)

"I know you're not supposed to drink on it"

In this scene, Anna can be seen drinking wine while taking her personal prescription, which is against protocol. Anna knows that this behavior is indicative of someone who is under mental stress or who has a mental problem because they frequently repeat actions they have already performed. She does it despite knowing it is against the law and then denies it as though it were nothing out of the ordinary.

According to the analysis, it could be conducted that the reason Anna kept gazing at the houses across the street was not without cause. Deep down, Anna yearned to be able to go outside, socialize, and interact with the outside world. In this scene, Anna stares out the window with a blank stare and fear inside herself. It is paradoxical that despite having a desire, she is unable to fulfil it since the illness she has, agoraphobia, keeps bothering her. After all, humans were designed to be social beings.

Agoraphobia is a complex and often debilitating mental health disorder that can have a significant impact on a person's ability to function in society. Anna's behavior in the scene shows that she is struggling to manage her symptoms and is attempting to cope with her agoraphobia by engaging in compulsive behavior, such as constantly checking the locks and windows in her home, despite being aware that it's not necessarily productive or healthy. Additionally, her misuse of medication, as evidenced by the scene, can be seen as a sign that she is grasping for ways to manage her symptoms without seeking professional help. Furthermore, her misuse of medication is a dangerous coping mechanism that can lead to further harm, both mentally and physically. It highlights the need for professional help and support in the management of mental health disorders. Her inability to fully appreciate her actions and the potential consequences of her behavior hints at a lack of self-awareness and insight into her own condition.

As Anna drinks wine, she becomes more and more impaired, but she continues to deny that anything is wrong and claims that she just likes wine. This behavior is indicative of a person who is trying to cope with their stress by using substances such as alcohol. While this may provide some temporary relief, it is not a healthy or sustainable way to manage the underlying issues. The fact that Anna continues to engage in these behaviors despite knowing better indicates that she is struggling to manage her mental health and that she lacks the support and resources to help her deal with her condition. It also suggests that she is in denial about her condition and unwilling to seek help, which can prevent her from making progress in managing her agoraphobia. The scene provides a clear illustration of the destructive nature of agoraphobia and the impact it can have on an individual's life. By highlighting Anna's compulsive behaviors and unhealthy coping mechanisms, it serves as a reminder of the importance of seeking professional help and developing healthy strategies to manage mental health conditions.



Scene (06:31)

In this scene, Anna is seen gazing at the homes across the street, startled by a knock at her door, and displaying extreme dread and worry that someone in good physical and mental health would not experience. An agoraphobic character, with severe PTSD that causes her to feel a constant sense of danger and hypervigilance. Even a simple knock on the door can trigger her anxiety and fear, leading to a heightened state of anxiety that is visible in her movements, breathing, and voice. This demonstrates the debilitating impact of these conditions on a person's mental health and their day-to-day life, as even a simple task like answering the door becomes a source of extreme fear and anxiety. Additionally, Anna's reaction is out of proportion to the situation, indicating that this is a sign of her mental illness.

Even if they could be astonished to have visitors at night, those in excellent mental health will react normally, and their reactions won't be as dramatic as individuals who suffer from mental problems, like Anna. She appears extremely anxious and seems to struggle to catch her breath. This is evidenced by the quickening of her breathing and the way she is holding her chest.

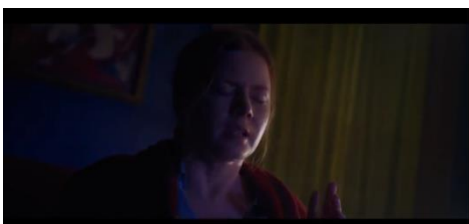
PTSD and agoraphobia can cause a person to feel constantly on edge and hypervigilant, which can lead to overreaction to minor stimuli like a knock on the door. This can manifest as extreme anxiety, fear, and even panic attacks. In the case of Anna, it is clear that the knock on the door has triggered her PTSD and agoraphobia, leading to a heightened state of anxiety that is visible in her movements, breathing, and voice. It is important to note that PTSD and agoraphobia can be debilitating mental illnesses, and seeking professional help is the most effective way to deal with them.

The scene demonstrates the impact of PTSD and agoraphobia on Anna's mental health. It highlights the debilitating effects of these conditions on a person's day-to-day life and how even a simple knock on the door can lead to extreme fear and anxiety.

3.2 Anna Fox's Post-Traumatic Stress Disorder

What happened to Anna makes a trauma and becomes agoraphobia disorder. She is stress and depressed, and it gives effect to her activity. She consumes medicine with alcohol and she turns to alcoholic, like for 24 hours there is always a bottle of wine with her, in the movie does not show Anna drinks the water drink, just wine or alcohol, even for her medicine.

Anna Fox is a child psychologist, and now she herself faces trauma and doing treatment with psychiatrist name Dr. Karl Landy. Anna always tells her daily to him, what she feels, and sometimes she does not listen to Dr. Landy's advice. Since Anna has post-traumatic stress disorder, she always has nightmare. The nightmare of the night when Anna's family had accident, it comes repeatedly.



Scene (34:04)

"Where's my phone? Back track"

Anna is seen in this scene suffering a panic attack because he lost his smartphone; this is an overdone reaction and shows she has PTSD. Due to the fact that Anna lives alone at home and avoids going outside because she suffers from agoraphobia, it is obvious that her cellphone is at home. Therefore, the panic that Anna feels is unusual. This is because people who do not have health issues will not feel that panic if their cellphone is lost from their grasp. As she begins to feel panicked, Anna also experiences memory loss, which is a symptom of PTSD and is typical during a panic attack. This memory loss is characterized by difficulty retaining short-term information and thoughts, which can make it difficult to think clearly in the moment.

It demonstrates the impact of PTSD on Anna's daily life. PTSD, or Post-Traumatic Stress Disorder, is a mental health condition that can develop after experiencing a traumatic event. This can lead to feelings of anxiety, numbness, flashbacks, and other symptoms that can be debilitating to a person's daily life. In this case, Anna is experiencing a panic attack, a common symptom of PTSD, and is having difficulty with her memory. These symptoms can be overwhelming and can make it difficult for a person to function normally. It is important to seek professional help and support when dealing with symptoms of PTSD, as it can be a long and difficult journey. After Anna suffers a panic attack, she becomes hypervigilant and starts to investigate her apartment to find her phone. She becomes increasingly stressed as she looks for her phone and ultimately begins to question her memory. She is struggling to remember if she had ever seen her phone in the place, she thinks she left it, which demonstrates her memory loss and the impact of her PTSD. This is a common symptom of PTSD, as the condition can affect a person's short-term memory and make it difficult for them to retain information. Her frantic search demonstrates the severity of her PTSD and the impact it has on her daily life. It is important to note that these symptoms can be quite overwhelming, and professional help can be extremely beneficial in managing these conditions.

The scene also demonstrates the impact of Anna's agoraphobia on her daily life. Agoraphobia is an anxiety disorder characterized by a fear of being in public places and a fear of being unable to escape in case of a panic attack. Anna's behavior in this scene is consistent with someone who suffers

from agoraphobia. In this case, Anna's fear of being outside and her dependence on her smartphone likely contribute to her panic attack. It is important to note that agoraphobia and other mental health conditions can be triggered by various triggers, and it is important to seek professional help if you feel like your mental health is affecting your life.

In conclusion, this scene from *The Woman in the Window* demonstrates the impact of PTSD and agoraphobia on Anna's daily life. It is important to note that these mental health conditions can be debilitating and can interfere with daily functioning. Seeking professional help and support is paramount in managing these conditions and improving one's quality of life. By destigmatizing mental illness and raising awareness about mental health conditions, we can help reduce the stigma around mental health and support those who are struggling with these challenges.



Scene (34:11)
"Where are you?!"

From the scene where Anna misplaced her phone, it is clear from this scene that Anna genuinely lost control since she was powerless to stop the panic that was building inside of her until it took over and took possession of her. She shows signs of extreme distress and fear, including pacing, sweating, and heavy breathing.

People without mental problems rarely take this activity since they are frequently able to maintain self-control even while they are feeling panicky. Because panic is a normal, human emotion that everyone experiences occasionally, panic is not always thought of as a mental condition.

This could be caused by her agoraphobia and PTSD, which are both mental health conditions that can trigger panic attacks. Additionally, the PTSD may have caused her to feel helpless and out of control, leading to more extreme symptoms. This scene highlights the impact of mental health conditions on one's life, as something that seems simple, like losing a phone, can cause immense stress and fear. Additionally, it demonstrates the

need for support and understanding in these situations, as the mental health conditions may make coping with such situations extremely difficult.

It is important to recognize that these conditions are real and can cause immense suffering. Often, individuals do not have the necessary resources or support to manage their symptoms, leading to a cycle of avoidance and isolation. By increasing awareness and understanding of mental health conditions, we can help remove the stigma associated with seeking help and support. This, in turn, can lead to improved access to care and better outcomes for individuals who suffer from these conditions.

CLOSING

Conclusion

Anna suffers from Agoraphobia as a result of her trauma. Because of her previous traumatic experience, she got into an accident with her husband and children. Her husband and daughter perished just in front of her eyes. She was powerless to intervene when it occurred. She believed she was to blame for the vehicle collision. She was afraid that if she went outdoors, her life might be jeopardized. She opted not to leave her house again for over a year after the car accident.

Based on the data analysis, it can conclude that Anna Fox as main character suffers from agoraphobia. The cause of agoraphobia itself is the sufferer trauma and regret related to stress which leads to PTSD and agoraphobia. The effects of agoraphobia include panic attacks and depression. She has gone through the physical, mental, and social impacts of agoraphobia. Some of the emotional effects include the panic attack, fear of people, depression, isolation, hopelessness, fear they cannot breathe, heartbeat fast. Trembling, dizziness and faint are a few of the physical effects.

Anna Fox is known as agoraphobia sufferer by her neighbors and it makes her cannot be trusted about all she says, for example like she watched what happened in Russell's family house, and even Ethan (Alistair Russell's son) said he never met Anna. Otherwise, Anna and Ethan had

conversation together and he was the first neighbor who greeted Anna. What makes people cannot believe Anna Fox is because she's sick and people think she is in hallucination, she consumes medicine and it makes her cannot remember anything. Anna's fear always inside her and it's hard for her to be healed, her trauma of the past makes her depressed and the agoraphobia itself stays inside her for a long time.

All she needs just full treatment with psychiatrist. She has 3 sessions a week for treatment, means she is ready to rise. In the end of the movie shows Anna leaves her house, she is not fear anymore, she can walk out her house confidently without being fear and hard to breath. Her agoraphobia has been healed and she finally deals with her past. As a result, at the end of the movie, she is able to overcome this debilitating condition and step out of her house with confidence. This is a heartwarming and inspirational conclusion, portraying the power of persistence and the importance of seeking professional help in facing one's fears and struggles. It is a true testament to the human spirit, and a reminder that with the right support and resources, anyone can overcome even the most challenging obstacles.

Furthermore, the conclusion of the movie demonstrates the positive impact of seeking professional support in dealing with mental health issues. Anna's treatment program, which includes regular sessions with a psychiatrist, allowed her to confront her psychological issues and overcome her agoraphobia. This highlights the importance of seeking professional help when dealing with mental health challenges, as well as the effectiveness of therapy in promoting recovery and healing.

Despite her struggles, Anna also demonstrated a strong support system in her son Ethan, who remained by her side throughout the movie. The relationship between Anna and Ethan evolved over the course of the film, as Ethan went from being distant and angry with his mother to being more understanding and supportive of her struggles. This is a reminder that having a supportive network of loved ones can be

crucial in helping someone overcome their challenges and heal from their trauma.

Additionally, the movie highlights the importance of self-awareness and self-acceptance in the recovery process. Anna was forced to confront the negative self-talk that accompanied her agoraphobia and learn to forgive herself for the past traumas that had contributed to her condition. This is a powerful reminder that personal growth and healing often require a commitment to self-compassion and self-reflection.

Overall, the movie's conclusion serves as a poignant reminder of the resilience and resilience of the human spirit in the face of adversity. It shines a light on the challenges of living with mental health issues and the impact that treatment and support can have on promoting recovery and healing. It is a powerful and inspiring movie that underscores the importance of seeking professional help when dealing with agoraphobia and other mental health challenges, and demonstrates the possibility of overcoming even the most difficult obstacles with the right support and resources. However, despite the positive aspects of Anna's recovery, the movie also highlights the complex nature of mental health challenges and the struggles that come with seeking help. Anna's initial refusal to confront her trauma and her reluctance to seek professional support are all too common in individuals suffering from mental health issues. This serves as a reminder of the importance of reducing the stigma that often accompanies mental illness, as well as the need for increased access to effective mental health care.

The movie also highlights the challenges of living with agoraphobia and other mental health issues in a society that is often unforgiving of these struggles. Anna's isolation and the negative judgment of others serve as a powerful reminder of the importance of addressing the social barriers that so often prevent individuals from seeking help and recovery. The fact that Anna's recovery is ultimately driven by her own determination and the support of her son and therapist, rather than by wider societal

support, highlights the systemic challenges that individuals with mental health issues often face.

The conclusion of this movie serves as a powerful reminder of the resilience and determination of individuals with agoraphobia and other mental health issues. It highlights the importance of seeking professional support and the benefits of having a supportive network of loved ones. Yet, it also underscores the complex nature of mental health challenges, the need to reduce stigma, and the importance of addressing wider societal barriers to recovery and healing. Ultimately, the movie serves as a call to action for individuals who are struggling with mental health issues and serves as a powerful reminder that recovery is possible with the right support and resources.

Furthermore, the conclusion of this movie serves as an important reminder of the transformative power of seeking help and the benefits of therapy. Anna's journey to confront her past traumas and overcome her agoraphobia demonstrates the ways in which therapy can help individuals overcome difficult challenges and lead more fulfilling lives. Through her therapy sessions, Anna was able to gain insight into her fears and the roots of her agoraphobia, and ultimately develop the tools to overcome them.

Yet, the process of healing from mental health challenges is often a non-linear and complex one. Anna's journey was marked by setbacks and relapses, and it is important to recognize that recovery from a mental health illness may not always be linear or predictable. Despite these challenges, Anna's determination and willingness to seek help and confront her traumas ultimately led to her recovery. This serves as a reminder of the importance of seeking help in the face of mental health challenges, even when the path to recovery may not always be perfectly clear.

Finally, the conclusion of this movie serves as a powerful reminder of the importance of seeking help and the benefits of therapy. Despite the complexity of mental health challenges, Anna's journey to overcome her agoraphobia demonstrates the transformative power of seeking help and the benefits of therapy. Through her journey,

Anna was able to confront her past traumas and gain insight into her fears, ultimately developing the tools to overcome them. This serves as a powerful reminder of the transformative power of therapy and the importance of seeking help in the face of mental health challenges. Whether it's agoraphobia or any other mental health issue, seeking help and support can make a meaningful difference in one's life. This movie is an important contribution to the broader narrative of mental health and serves as a powerful reminder of the importance of seeking help in the face of difficult challenges.

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