

**ANXIETY EXPERIENCES BY LARA JEAN IN *TO ALL THE BOYS I'VE LOVED BEFORE* BY JENNY HAN**

**THESIS**

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**DEPARTMENT OF ENGLISH LITERATURE**  
**FACULTY OF HUMANITIES**  
**UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM**  
**MALANG**  
**2023**

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**THESIS**

Presented to:

Universitas Islam Negeri Maulana Malik Ibrahim Malang  
In Partial Fulfillment of the Requirements for the Degree of *Sarjana Sastra* (S.S)

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**DEPARTMENT OF ENGLISH LITERATURE**

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**UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM  
MALANG**

**2023**

## STATEMENT OF ACADEMIC INTEGRITY

I state that the thesis entitled “*Anxiety Experiences by Lara Jean in To All The Boys I’ve Loved Before by Jenny Han*” is my original work. I do not include any material previously written or published by another person, except those cited as references and written in the bibliography. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

Malang, December 28th, 2023

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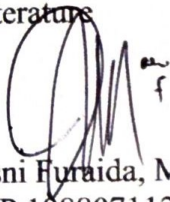


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This to certify that Kamila Rosa Juliananda's thesis entitled *Anxiety Experiences by Lara Jean in To All The Boys I've Loved Before by Jenny Han* has been approved for thesis examination at Faculty of Humanities, Universitas Islam Maulana Malik Ibrahim Malang, as one of the requirements for the degree of Sarjana Sastra (S.S).

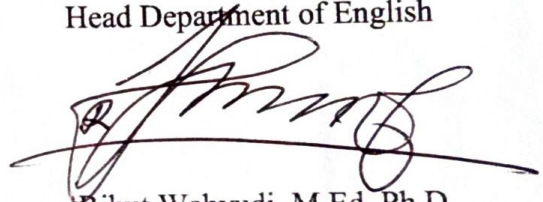
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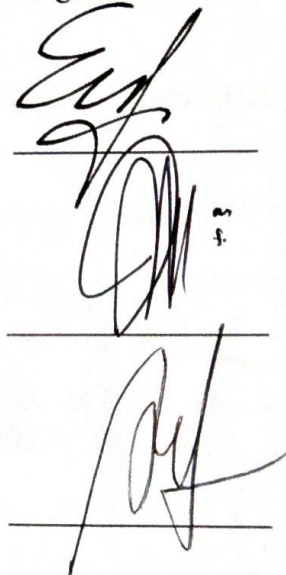
This is to certify that Kamila Rosa Juliananda thesis entitled *Anxiety Experiences by Lara Jean in To All The Boys I've Loved Before by Jenny Han* has been approved by the Board of Examiners as one of the requirements for the degree of Sarjana Sastra (S.S) in Department of English Literature.

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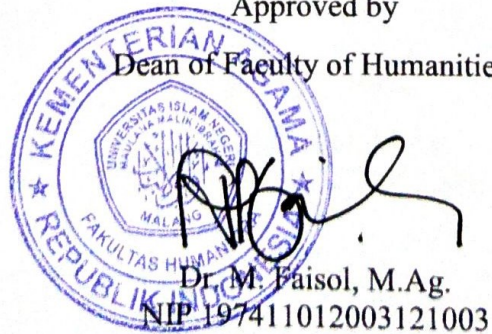
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## MOTTO

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ وَنَعْلَمُ مَا تُوَسْوِسُ بِهِ نَفْسُهُ

وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ الْوَرِيدِ

*“Indeed, ‘it is’ We ‘Who’ created humankind and ‘fully’ know what their souls whisper to them, and We are closer to them than ‘their’ jugular vein.”*

*(Q.S. Qaf :16)*

## **DEDICATION**

This thesis proudly presented to:

My beloved mother Yayuk Fatmawati and my beloved father Fatchur Rochman who always support me mentally, spiritually, and financially so that I could finish my study.

My friends Yusi, Sukma, Azza, Abil, Dhera, Brian, Christian Yu, Archen, who give me mentally support and motivation to finish my thesis.

## ACKNOWLEDGEMENTS

The researcher would like to express his gratitude to the presence of Allah SWT who has bestowed various blessings and sustenance so that the researcher can complete this thesis. The researcher also conveys our prayers and greetings to the great prophet Muhammad SAW, a role model for the researcher. Infinite thanks are expressed to all parties who have supported this research:

1. Rector of Universitas Islam Negeri Maulana Malik Ibrahim Malang, Prof. Dr. M. Zainuddin, M.A.
2. Dr. M. Faisol, M.Ag., Dean of the Faculty of Humanities, Maulana Malik Ibrahim Islamic University of Malang.
3. Ribut Wahyudi, M.Ed., Ph.D., Head Department of the English Literature.
4. Asni Furaida, M.A., for her invaluable guidance and support, as well as motivation that provides additional enthusiasm.
5. Beloved mother Yayuk Fatmawati and beloved father Fatchur Rochman who have provided support in all aspects, both mental, spiritual and financial so I can finish my education.
6. My friends Yusi, Sukma, Abil, Brian, Christian Yu, Archen, Angel, Azza, and Dhera have provided support and motivation so I can finish my thesis.
7. All colleagues from SDN Kendalpayak, Clodia Outfit crew, SBSquad and BLAST FDC who have provided a place to learn and grow.

The researcher is aware of the shortcomings in this thesis and is open to receiving criticism and input. Hopefully, this input can help researchers and research development in the future. The researcher's hope is that this thesis can provide benefits and inspiration for society.



## ABSTRACT

Juliananda, Kamila Rosa (2023). *Anxiety Experience by Lara Jean in To All The Boys I've Loved Before by Jenny Han*. Undergraduate Thesis, Department of English Department, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Asni Mufarida, M.A

*Keywords: Anxiety, Realistic Anxiety, Neurotic Anxiety, Moral Anxiety*

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The research explores the theme of anxiety in the novel *To All the Boys I've Loved Before* by Jenny Han, focusing on the main character, Lara Jean. Anxiety has a significant impact on adolescents during the transition from childhood to adulthood. This study investigates Lara Jean's condition of experiencing anxiety and aims to answer questions about the types and causes of her anxiety experiences. This research uses a literary criticism approach by applying Sigmund Freud's anxiety theory to analyze the novel *To All The Boys I've Loved Before* by Jenny Han. It explores the types of anxiety and their causes experienced by the main character, Lara Jean. Data collection includes close reading, recording relevant information, and sorting data to answer research questions. The findings in this research are Lara Jean's experiences of reality anxiety, neurotic anxiety, and moral anxiety. Reality angst sets in when her secret box disappears, and her secret is discovered, leading to tension with her sister Margot and attempts to avoid Josh. Neurotic anxiety revolves around fear of punishment for impulsive actions, including concerns about Josh revealing love letters and potential bullying from Peter's ex, Genevieve. Moral anxiety is related to the violation of decency norms triggered by Lara Jean's controversial video and the conflict with family values. This study identified threat, conflict, and frustration as essential factors contributing to Lara Jean's anxiety, providing insight into the complex interactions between external pressures and internal conflict in her life.

## ABSTRAK

Juliananda, Kamila Rosa (2023). *Anxiety Experience by Lara Jean in To All The Boys I've Loved Before by Jenny Han*. Skripsi, Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Asni Mufarida, M.A

*Kata kunci: Anxiety, Realistic Anxiety, Neurotic Anxiety, Moral Anxiety*

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Penelitian ini mengeksplorasi tema kecemasan dalam novel *To All the Boys I've Loved Before* karya Jenny Han dengan fokus pada tokoh utama Lara Jean. Kecemasan berdampak signifikan pada remaja selama masa transisi dari masa kanak-kanak ke masa dewasa. Studi ini menyelidiki kondisi Lara Jean mengalami kecemasan dan bertujuan untuk menjawab pertanyaan macam dan penyebab pengalaman kecemasannya. Penelitian ini menggunakan pendekatan kritik sastra dengan menerapkan teori kecemasan Sigmund Freud untuk menganalisis novel *To All The Boys I've Loved Before* karya Jenny Han. Ini mengeksplorasi jenis-jenis kecemasan dan penyebabnya yang dialami oleh tokoh utama, Lara Jean. Pengumpulan data meliputi pembacaan yang teliti, pencatatan informasi yang relevan, dan pemilahan data untuk menjawab pertanyaan penelitian. Temuan dalam penelitian ini adalah pengalaman Lara Jean tentang kecemasan realitas, kecemasan neurotis, dan kecemasan moral. Kecemasan realitas muncul ketika kotak rahasianya menghilang dan rahasianya terbongkar yang menyebabkan ketegangan dengan saudara perempuannya Margot dan upaya untuk menghindari Josh. Kecemasan neurotik berkisar pada ketakutan akan hukuman atas tindakan impulsif, termasuk kekhawatiran Josh mengungkapkan surat cinta dan potensi intimidasi dari mantan Peter, Genevieve. Kecemasan moral terkait dengan pelanggaran norma kesusilaan yang dipicu oleh video kontroversial Lara Jean dan konflik dengan nilai-nilai kekeluargaan. Studi ini mengidentifikasi ancaman, konflik, dan frustrasi sebagai faktor penting yang berkontribusi terhadap kecemasan Lara Jean, memberikan wawasan tentang interaksi kompleks antara tekanan eksternal dan konflik internal dalam hidupnya.

## مستخلص البحث

للكاتبة *To All The Boys I've Loved Before* جولياناندا، كاميلاروزا (٢٠٢٣). (تجربة القلق التي عاشتها لارا جين في رواية، جيني هان. سكريبسي، قسم الأدب الإنجليزي، كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم مالانج. المستشار: أسني موفريدا ماجستير الفنون

كلمات مفتاحية: القلق، القلق الواقعي، القلق العصبي، القلق الأخلاقي

تستكشف هذه الدراسة موضوع القلق في رواية "إلى جميع الأولاد الذين أحبهم من قبل" للكاتبة جيني هان، مركزة على الشخصية الرئيسية، لارا جين. يمتلك القلق تأثيرًا كبيرًا على المراهقين خلال فترة الانتقال من الطفولة إلى سن الرشد. تهدف هذه الدراسة إلى التحقيق في حالة لارا جين وتجربتها للقلق، وتسعى إلى الإجابة عن أسئلة حول أنواعه وأسباب تجاربها للقلق. تعتمد هذه الدراسة على منهج النقد الأدبي من خلال تطبيق نظرية القلق لزيغمووند فرويد لتحليل رواية "إلى جميع الأولاد الذين أحبهم من قبل" لجيني هان. تستكشف الدراسة أنواع القلق وأسبابها التي يواجهها الشخصية الرئيسية، لارا جين. تشمل جمع البيانات القراءة التحليلية، وتسجيل المعلومات ذات الصلة، وتصنيف البيانات للإجابة على أسئلة البحث. وتشير النتائج في هذه الدراسة إلى تجارب لارا جين مع القلق الواقعي، والقلق العصبي، والقلق الأخلاقي. يظهر القلق الواقعي عندما تختفي صندوقها السري ويتم اكتشاف سرها، مما يؤدي إلى التوتر مع شقيقتها مارغو ومحاولات تجنب جوش. يدور القلق العصبي حول خوف من العقوبة بسبب الأفعال الاندفاعية، بما في ذلك مخاوف من جوش الكشف عن رسائل الحب والتنمر المحتمل من جينييفيف، الحبيبة السابقة لبيتر. يتعلق القلق الأخلاقي بانتهاك معايير اللياقة الأخلاقية الناتج عن الفيديو المثير للجدل لارا جين والصراع مع قيم الأسرة. تحدد هذه الدراسة التهديد والصراع والإحباط كعوامل أساسية تسهم في القلق لدى لارا جين، مما يوفر رؤى في التفاعلات المعقدة بين الضغوط الخارجية والصراع الداخلي في حياتها.

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# CHAPTER I

## INTRODUCTION

This section, the researcher explains the background of the study, discusses the research problems, reviews previous studies, identifies gaps in existing research, and outlines the scope and limitations of the study.

### **A. Background of the Study**

Anxiety has been a longstanding topic in discussions related to psychological issues due to its profound impact on individuals experiencing it. The potential for it to escalate into more severe mental or physical concerns adds to the significance of addressing this matter. Anxiety in adolescents is a common mental health problem that occurs during the transition from childhood to adulthood. Anxiety is a feeling of excessive fear or worry about specific situations or events. Anxiety occurs when humans are faced with threats or uncertainty too often or intensely (Freud, 2014:81).

Journal of Psychiatry (2020) entitled Trends in anxiety among adults in the United States, 2008–2018: Rapid increase among young adults. The study shows that mental health in the US is getting worse over time, with a significant increase in the number of depressions among young adults. Depression is most severe in young adults aged 18–25 years, and its frequency is decreasing faster than in other groups. The impact of these increases on young adults may be due to academic, psychological, and

social factors. Social media, which has been linked to increased depression and anxiety in younger generations, may be contributing to the rise in depression among young adults.

Freud mentioned in his paper about neurotic anxiety that he insisted on the close relationship between anxiety and external and instinctual dangers. The feeling of tension arises when one's psyche perceives an inability to respond appropriately to an external threat (Freud, 2014:80). People who experience anxiety disorders are considered to feel uncontrollable worry, tension and discomfort regarding the possibility of something terrible happening. Anxiety becomes a source of clinical problems when it affects a person's life in society. Extreme physical and psychological reactions characterize the person who falls into a maladaptive state. Stressful, irrational and uncontrollable experiences are the basis of anxiety disorders that affect approximately 28% of Americans (Halgin & Whitbourne, 2010).

Different approaches are available for conveying the state or circumstances of an environment, including utilizing mass media, print media like newspapers and magazines, and literary creations. Literary works function as a medium for authors to convey their ideas and thoughts to readers. The interaction between the reader and writer reflects their relationship. Literary works mirror society's reality, focusing on interactions between men and women. This relationship is interesting to study because it concerns the relationship dynamics between the two sexes, which shape society's

social and cultural order (Sugihastuti,2005:81-82). One literary work that tells the story of anxiety is the novel entitled *To All The Boys I've Loved Before* by Jenny Han.

The novel *To All the Boys I've Loved Before* tells the story of Lara Jean, a romantic and humorous girl who is always reluctant to express her feelings. Whenever she is attracted to a man, Lara Jean only dares to express her feelings through love letters that she writes with great emotions. She then placed the letters in colourful envelopes and stored them in a box given by her mother. When writing, Lara Jean can express everything she cannot say in everyday life because she writes the letters solely for her pleasure.

What if the love letters she had written, with no intention of sending, were suddenly sent? Lara Jean experienced this nightmare. Lara Jean's imaginary life turns into a reality that is difficult to overcome. Peter, the popular boy at school who once stole her first kiss, appears with her love letter. Likewise, her neighbour and friend Josh Sanderson also received a letter from Lara Jean. The number of letters reached five. Lara Jean is confused because she doesn't know who sent the letters.

The five recipients of the letter, Peter and Josh, were the most significant sources of confusion for Lara Jean. Her relationship with Josh, which was previously acceptable, became awkward. Lara Jean's life suddenly becomes complicated. She has to pretend to be in a relationship with one of the most popular boys at school, face



Peter's ex-boyfriend, replace her brother as the person in charge of the household, and in the end, convince herself about who she loves at the moment.

The researcher finds value in exploring this novel because it depicts the main character's struggle with her internal anxiety. Besides that, Jenny Han's trilogy of teenage romance novels, *To All the Boys I've Loved Before*, earned the status of a bestseller by The New York Times and underwent a Netflix film adaptation in mid-August 2018. Jenny Han, author of the novel *This*, has a background as a writer of young adult romance novels and children's fiction who earned a Master of Fine Arts degree in creative writing at The New School in 2006. Her trilogy books have become bestsellers and have been adapted into films, adding further credibility to her work. This research aims to answer questions about the nature of anxiety experienced by the main character, Lara Jean, along with the causes of her anxiety experiences.

There are previous studies related to the research object, such as:

The research by Novita Rossalia Indah, Dyah Rochmawati, and Joesasono Oedarti S. (2018) entitled *Character Analysis Peter Kavinsky "To All The Boys I've Loved Before"* in Jenny Han's Novel. The focus is character analysis, specifically examining Peter Kavinsky in Jenny Han's novel. Using a qualitative approach, the researcher extracts textual data to analyze character traits and characterization methods. They identify Peter Kavinsky as having protagonist, static, and major character types. The analysis revealed five plans used to describe his various traits, including attributes

such as good looks, helpfulness, caring nature, and romantic tendencies, explored through dimensions such as physical appearance, dialogue, actions, and other characters' reactions.

The research conducted by Nurjannah (2022) entitled *An Analysis of Slang Terms Used in 'To All The Boys I've Loved Before' Movie* using qualitative methods, the study identifies five types of slang words, including fresh and creative, cheeky, imitative, acronym, and clipping. The dominant type is new and creative, constituting 36.43% of total slang usage, while acronym slang has the lowest percentage at around 3.84%. The research also explores the functions of slang in the film, such as greeting, creating a friendly atmosphere, starting casual conversations, expressing impressions, and embarrassing events. The dominant use of slang is to convey images and facilitate social conversations, accounting for 40.38% of total slang usage. Initiating casual conversations and embarrassing events are less common, occurring around 3.84% of the time.

The third research by Anastasia Asia K.S (2019) is entitled *Analysis of the Translation Method of Adverbial Clauses in the Novel To All the Boys I've Loved Before by Jenny Han*. The research analyzes the translation methods used for adverbial clauses in Jenny Han's novel *To All the Boys I've Loved Before*, which was translated from English to Indonesian by Airien Kusumawardani. The study employs a qualitative

descriptive method to identify six translation methods, with the most frequently used communicative translation.

The research by Miftah Kevin Iswara and Evert Haryanto Hilman (2022) entitled *An Analysis Translation of Figure Speech in The Novel "To All The Boys I've Loved Before"*. It focuses on the translation of figurative speech in the same novel, using Newmark's translation method. The study identifies and categorizes 26 similes, 19 hyperboles, two antonomasias, two metaphors, and one association. Among the 50 data points, the analysis reveals five translation methods, with literal translation being the most prevalent (84%) and word-for-word translation, semantic translation, idiomatic translation, and adaptation.

Three research studies explore women's language features in the movie *To All The Boys I've Loved Before*:

Cindy Dwi Retiningrum (2018) titled *Women's Language Features Used by Lara Jean in The Movie to All The Boys I've Loved Before*. Utilizing Lakoff's theory, the study identifies nine types of women's language features used by Lara Jean. Lexical hedges, or fillers, dominate, weaken and strengthen functions.

Hendar, Ida Zuraida, Heri Heryono, and Meita Lukiwati (2021) titled *Women Language Features in the Movie to To All the Boys I've Loved Before*. Descriptive methods reveal seven women's language features in the movie, with social factors

influencing their use. Lexical hedges, empty adjectives, and intensifiers are among the identified features.

Damayanti N.K.K. (2022) titled *Women's Language Features Found in All The Boys I've Loved Before*, uses qualitative analysis based on Lakoff's theory to identify nine women's language features in the film. The functions observed include expressing reluctance and conveying admiration. The study concludes that female characters consistently employ these linguistic features to reinforce or diminish statements during discussions.

The studies mentioned above collectively underscore the gap of previous investigations into anxiety specifically related to the main character. Recognizing this research gap, the researcher took this opportunity to dig deeper into this area and positioned it as a critical focus for future research. Several previous studies, characterized by a general reliance on Sigmund Freud's psychoanalytic theory, have investigated the field of anxiety disorders. The researcher aims to utilize previous studies as a rich reference source for psychoanalytic discussions, especially those centered on anxiety in the context of the main character.

The first research entitled *Kecemasan Sabine Dalam Novel Dschungelkind Karya Sabine Kuegler* oleh Rohmatul Ummah dan Rr. Dyah Woroharsi (2015). The research questions are as follows: 1. What type of anxiety is experienced by Sabine in Kügler's novel *Dschungelkind*? 2. What is the cause of anxiety for Sabine in Kügler's

novel *Dschungelkind*? This research uses qualitative methods with Sigmund Freud's psychoanalytic approach. The results of the study are 1. The character Sabine experiences three kinds of anxiety, namely reality anxiety, neurotic anxiety and moral anxiety 2. The causes of reality anxiety are foreigners, natural disasters, dangerous animals, war, and the environment. Her past experiences cause Sabine's neurotic anxiety, and her moral anxiety arises from feelings of guilt after doing something not from her heart.

The second research entitled *Kecemasan Tokoh Utama Dalam Novel Napas Mayat Karya Bagus Dwi Hananto* by Batari Ola (2019). The research questions are what are the forms of realistic anxiety, neurotic anxiety, and moral anxiety experienced by the main character. The result of the research: 1. realistic anxiety is described in the main character's anxiety about being bullied at school, anxiety about crowds, anxiety that his murder will become known to the public, and anxiety about being executed. 2. Neurotic anxiety is characterized by feelings of hopelessness from the main character's experience of being bullied and rejected by his ex-girlfriend, as well as anxiety related to facing death. The main character experiences moral anxiety, which arises from feelings of guilt due to his involvement in a murder and fear of imminent death as a death row convict.

The third study, *Eleanor's Anxiety and Defense Mechanism in Honeyman's Eleanor Oliphant is Completely Fine* by Hafidzatul Azizah (2022), investigates the

following research questions: 1. What kinds of anxiety does Eleanor experience? 2. How does Eleanor cope with her anxiety in Honeyman's Eleanor Oliphant? Is she completely fine? Employing qualitative methods with a psychoanalytic approach inspired by Sigmund Freud, the findings of the research include: 1. Eleanor's reality anxiety encompasses fears of dust, fire, emergency service calls, ambulance sirens, and death. Her neurotic anxiety revolves around her fear of her mother, while moral anxiety reflects Eleanor's concerns about her ability to be a good person and daughter. 2. Eleanor employs defensive mechanisms such as repression, denial, projection, reaction formation, and fixation to manage her anxiety.

The fourth research entitled *Kecemasan Tokoh Icih Prihatini Dalam Naskah Drama Monolog Wanci Karya Imas Sobariah: Analisis Psikologi Sastra* by Ratih Swi Cahyani, Elmustian, Dudung Burhanuddin (2018). The research questions are as follows: 1. What anxiety is experienced by the character Icih Prihatini in the monologue drama Wanci by Imas Sobariah? This research uses qualitative methods with Sigmund Freud's psychoanalytic approach. Conclude that the main character experiences the forms of realistic anxiety, neurotic anxiety and moral anxiety.

The fifth study, authored by Haerunisa Ridwan in 2017, explores the Dynamics of Character Personality in the Novel *di Tanah Lada* by Ziggy ZezsyaZevoiennazabrizkie. The research poses the following questions: 1. What are the main character's desires? 2. What are the kinds of anxiety? Utilizing qualitative

methods with Freud's approach, the findings of the research indicate that: 1. The main character's desires encompass both a desire for life, demonstrated when choosing to stay due to hunger rather than playing and risking punishment, and a desire for death, evidenced by the decision to commit suicide by jumping into a dam amid overwhelming anxiety. 2. The main character experiences realistic anxiety from the discomfort of living in a slum environment, neurotic anxiety emerges from the fear of making mistakes and facing punishment from the father, and moral anxiety arises when he feels guilty about potentially damaging the cell phone given to him by his mother.

The sixth research entitled *Kecemasan Tokoh Utama dalam Novel Maryam Karya Okky Madasari* by Sri Wahyuni (2018). The research questions are: 1. The form of realistic anxiety, 2. The form of neurotic anxiety, and 3. The form of moral anxiety. This research uses qualitative methods with Sigmund Freud's psychoanalytic approach. The results of the study were: 1. The realistic anxiety by the main character is that he is afraid of interacting with people who are not from his religion, especially men. 2. The main character's neurotic anxiety is the pressure caused by expulsion from the community group. 3. The main character's moral anxiety is the fear of losing the people she loves, so she will do anything to protect them.

The seventh research entitled *Analisa Kecemasan Tokoh Ziyu dalam Film Ying Karya Yimou* by Hanisa Dwi Almitia, Mamik Tri Wedawati (2020). The research question is the kinds of anxiety experienced by the character commander Ziyu in the

film *Shadow* by Zhang Yimou. This research uses qualitative methods with Sigmund Freud's psychoanalytic approach. The result of the study is that Commander Ziyu experienced three kinds of anxiety. If Commander Ziyu's secret that he used shadow figures to replace his government duties is revealed, he will experience neurotic anxiety as punishment. Due to their similarities, the affair between Commander Ziyu's wife and his shadow figure causes him moral anxiety. Commander Ziyu's realistic anxiety is that Commander Ziyu's health condition does not allow him to fight again, so he needs a shadow figure to carry out his duties in government.

The eighth research entitled *Kecemasan Tokoh Utama dalam Novel Kasrimpet Piweling Karya Tulus Setiyadi* by Imron Dwi Cahyono, Latif Nur Hasan (2023). The research questions are: 1. explain the anxiety experienced by the main character and 2. explain the ego defense mechanism in the main character. This research uses qualitative methods with Sigmund Freud's psychoanalytic approach. The result of the research are: 1. The main character experiences neurotic anxiety because she is afraid that someone will discover her affair. The main character's realistic anxiety is that she realizes that they are going too far and violated norms. The moral anxiety experienced by the main character is guilt because she loves a married man. 2. The ego defense mechanisms used by the main character are repression, projection and rationalization. The main character tends to use rationalization because she still has good reasoning regarding the norms and rules of life.



The ninth research is *Kecemasan Tokoh Utama dalam Novel Memburu Fatamorgana Karya Helena Koloway dan Wuwun Wiatis* by Ika Damayanti Wahda (2018). The research questions are: 1. describe realistic anxiety, 2. describe neurotic anxiety, and 3. describe the moral anxiety of the characters in *Memburu Fatamorgana*. This research uses qualitative methods with Sigmund Freud's psychoanalytic approach. The result of the research are: 1. The realistic anxiety experienced by the character Chloe is due to the privilege she received from her family, which makes her misbehave. 2. The moral anxiety experienced by the character Entin is due to a sense of guilt for violating moral norms. 3. Neurotic anxiety is experienced by the character Siti because loan sharks are blackmailing her.

The tenth research entitled *Kecemasan Tokoh Utama Novel Orang Miskin Dilarang Sekolah Karya Wiwid Prasetyo* by Uman Rejo (2013). The research questions describes the realistic anxiety, the neurotic anxiety and the moral anxiety experienced by the main character in the novel *Orang Miskin Dilarang Sekolah*. This research uses qualitative methods with Sigmund Freud's psychoanalytic approach. The result of the study: the reality of anxiety is life as a scavenger; he realizes there is no future for him and his friends. Neurotic anxiety is the perception that the main character is helpless, unable to overcome problems, and fears separation, abandonment and rejection. Moral anxiety is when the main character feels guilty towards his friends because he is the only one capable of pursuing an education.

The researcher gained an understanding of applying the theoretical approach used in the study through previous research. How to explain anxiety and kinds of anxiety conditions. This research uses Sigmund Freud's theory of anxiety to find data. Based on the available information, the researcher showed great interest in exploring the novel, mainly focusing on uncovering the theme of anxiety depicted in the character Lara Jean. Although previous studies have centered on this literary work, this research tries to take a different topic. This research examines various experiences of anxiety that befell the central character, Lara Jean. The researcher utilized this unexplored terrain to explore Lara Jean's anxiety deeper, contributing new insights to existing research.

### **B. Research Questions**

1. What kinds of anxiety are suffered by Lara Jean?
2. What are the causes of anxiety suffered by Lara Jean?

### **C. Significance of the Study**

The researcher hopes to provide theoretical and practical benefits for readers regarding anxiety. Theoretically, readers can understand the kinds of anxiety and the causes of anxiety. Practically, the results obtained from this research can reflect society through storylines, and this research can become a reference for the same topic.

#### **D. Scope and Limitation**

Scope and limitations refer to the extent of the limits of discussion in research and matters that are impossible to discuss. The scope of discussion in this research is about the kinds of anxiety experienced by the main character in the novel *To All The Boys I've Loved Before*, using Sigmund Freud's anxiety theory. These kinds of anxiety include realistic anxiety, neurotic anxiety, and moral anxiety. Apart from discussing the kinds of anxiety, this research also examines the causes of the main character's anxiety, including what they are.

#### **E. Definition of Key Term**

Furthermore, various terms emerge in writing. To elude misunderstanding and misconstruction in the terms used, the researcher describes several definitions of each term, namely:

- a. Anxiety: Anxiety is an unpleasant condition that arises because the ego provides warnings about potential threats to the individual. It also highlights that anxiety involves unpleasant experiences along with physical sensations that serve as warnings of possible future danger (Freud, 1940:4).
- b. Neurotic Anxiety: Neurotic anxiety is fear originates from the threat of punishment and the disagreement between the desires of the id and the demands of external reality (Freud, 1933:73)

- c. Realistic Anxiety: Situation when someone genuinely feels in danger, making the sufferer feel the need to seek protection and immediate safety (Freud, 2006:435).
- d. Morals Anxiety: Moral anxiety is related to the morality given by God to humans. Briefly, it states violations of right and wrong (Freud, 1933:53)

## **CHAPTER II**

### **REVIEW OF RELATED LITERATURE**

The chapter explains the psychoanalytic approach and the basic concept of anxiety in the view of Sigmund Freud

#### **A. Anxiety by Sigmund Freud**

Psychoanalysts recognize anxiety as the core and central element for understanding mental conflict. According to Freud (1940:4), anxiety is an excruciating experience produced by the ego, representing an alarm signal of potential threat to the person. Freud (1940) also emphasizes that it is an unpleasant state accompanied by physical sensations that warn the person against impending danger. The discomfort itself is often quite cryptic, to be precise, but the feeling of anxiety will continue to appear and haunt the person (Freud, 1950). According to Freud, behavior is a form of outcome between conflict and reconciliation based on three personality systems.

The factors influencing personality include past and present, historical factors, heredity analogies, and environmental factors in forming personal character (Freud, 1950). To study and understand the working system of human personality, Freud compiled the structural forms of personality that exist in humans, which are mutually sustainable but can also intersect. The human personality structure has a different function for each personality; they have other references and different work systems and produce different energies. Therefore, despite their differences, they are a unity

that works together to balance human emotional states in everyday life. Freud (1933) formed the personality system, namely the id, ego, and superego.

### **1. Id**

Freud described the id as resembling a ruler, demanding the fulfilment of his absolute desires, spoiled, and selfish; everything must be done immediately (1933:66). Humans identify the id as an instinct to fulfil basic needs. According to Freud, the id is in the subconscious and has no contact with reality. Its function is related to the pleasure principle, namely, always seeking satisfaction and avoiding discomfort.

### **2. Ego**

The ego consists of two opposing forces. The ego differs from the id in that it adheres to the reality principle and limits efforts to fulfill the id's pleasures based on reality. The ego helps individuals assess whether they can feel satisfaction without causing problems. The ego, located between the levels of consciousness and the unconscious, serves as the locus for primary mental functions, such as reasoning, problem-solving, and decision-making.

### **3. Superego**

The superego focuses on the morality aspect of the personality. The superego can be considered a 'conscience' that filters good and bad values. It is the part of the personality that accommodates the moral standards and

aspirations internalized from the environment and society, which includes feelings of right or wrong. While there is a possibility of agreement between the superego and ego on something, the superego makes decisions primarily based on moral values. In contrast, the ego's judgments are more influenced by considerations regarding other people's views or the consequences of an action.

## **B. The Kinds of Anxiety**

In defining anxiety, Freud emphasized that it is a felt, affective, discomfort feeling, and unpleasant state produced by the ego. Therefore, ego reactions generally create anxiety, but they usually occur due to the actions of the id, superego, and other external factors. Freud (1933:73) distinguished anxiety into three kinds, namely, realistic anxiety, moral anxiety, and neurotic anxiety. The ego dealing with the id will produce neurotic anxiety, the ego, depending on the superego, will produce moral anxiety, and the ego influenced by external factors will produce realistic anxiety. According to Freud there are three kinds of anxiety:

### **1. Neurotic Anxiety**

In general, someone who experiences neurotic anxiety will feel afraid and anxious about something unknown and unrealistic. Neurotic anxiety is fear originates from the threat of punishment and the disagreement between the desires of the id and the demands of external reality (Freud, 1933:73)

The id dominates the emergence of fear of being punished for impulsive behavior (Freud, 2013:37-38). Usually, this anxiety is based on childhood events. A person sometimes experiences punishment in childhood because of the impulsive fulfillment of the Id's needs.

During childhood, authority figures excessively punish a person when expressing their Id impulses. Neurotic anxiety arises from the fear of being punished due to the satisfaction of impulsive desires dominated by the Id. To put it quite simply, neurotic anxiety arises from sin, as stated by Freud (2013:38). This anxiety develops based on childhood experiences of threats and punishment from parents or others. For example, parents punished a child by beating him for stealing money. As a result, when he grows up, he fears stealing other people's money because he fears punishment. Then, a teacher punished a student for not doing his homework. As a result, when he grows up, he fears punishment if he doesn't complete his obligations.

## **2. Moral Anxiety**

Moral anxiety is a function of the development of the superego, which states violations of right and wrong (Freud, 1933:53). If the cause of anxiety is sin or a sense of responsibility towards its creator, then the superego will give rise to emotions of guilt in the individual (Freud, 2013:41). When a person's perspective does not comply with the rules and norms, then this violates the superego. Moral anxiety is anxiety caused by individual conflicts, for example,



jealousy, hatred, revenge, lies, anger, and so on. Then, it causes fear, feelings of anxiety and guilt. In short, moral anxiety is when someone fails to do something based on the prevailing morals, and then the superego will give rise to feelings of guilt.

### **3. Realistic Anxiety**

Realistic anxiety occurs because of uncomfortable situations related to the ego (Freud, 2006:430). According to Freud (2006:431), realistic anxiety is a condition experienced by a person where the situation triggers feelings of anxiety and insecurity. Excessive fear and nervousness, which a person experiences, usually cause most incidents. It typically occurs when someone genuinely feels in danger, making the sufferer feel the need to seek protection and immediate safety. Spontaneous things like this trigger adrenaline to survive and avoid threats (Freud, 2006:435). For example, if there is an earthquake, people will try to avoid it and get to a safe place. Another example is a child who experiences violence by his father. He will feel anxious whenever he meets an adult figure like his father.

### **C. The Cause of Anxiety**

Anxiety is caused by the uncertainty individuals display due to a problem they face, making them worry and anxious (Freud, 1933:73). In this case, anxiety is an excessive worry, which causes symptoms such as insomnia, always having lousy thoughts, symptoms of digestive disorders such as stomach ache or vomiting, fast heart

rate, excessive sweating, trembling, shortness of breath, excessive muscle tension. Freud has explained that the conflict between the Id, Ego, and Superego causes anxiety. Still, external factors also influence a person to experience anxiety (Freud, 1933). The other five complex things that can affect stress and anxiety are threat, conflict, frustration, environment, and repression.

### **1. Threat**

A threat is something that occurs intentionally or unintentionally. According to Freud (1933:54), Anxiety is a feeling of unease, such as worry or fear, which is often related to a perceived threat or danger. The feelings of being under pressure and fear caused by the threat indeed triggered Anxiety. There are two factors, namely internal and external. The person's mental condition most likely creates an internal threat, while outside factors such as another person or the environment cause external threats (Freud, 2014:81).

### **2. Frustration**

Three demands constantly confront the human ego: moral demands from the superego, desire pressure from the Id, and pressure from the outside world. The ego struggles to meet the demands of all three, even though it is difficult to reconcile. The ego often feels threatened by these three guidelines, so the ego fails in its duties. The ego uses rationality to resolve the conflict between desire and reality. Meanwhile, the superego already has applicable standards and will give punishment such as guilt or shame if the ego fails to

meet these standards. Suppose the burden of the ego is weighty and forced to admit it. In that case, the ego will explode into realistic anxiety about the outside world, moral anxiety regarding the standards of the superego, and neurotic anxiety regarding the desires of the id (Freud, 1933:70).

Everyone desires the fulfillment of their wishes and dreams, seeking happiness and satisfaction when those desires are attainable. On the flip side, the experience of failure to achieve those wishes brings about feelings of sadness, irritation, and anger. The disappointment can lead to frustration and even depression. Persistent feelings of inadequacy may contribute to mental health disorders and heightened levels of anxiety over time.

### **3. Environment**

Environmentally induced anxiety disorders refer to anxiety conditions that are triggered or worsened by factors in a person's environment. This environment can include the workplace, home, school, or certain social situations. A stressful, conflictual or unsupportive environment can act as a trigger or irritant in the development of anxiety disorders (Freud, 1933:69-68). Factors such as work pressure, complex interpersonal relationships, or traumatic experiences may contribute to the emergence of environmentally induced anxiety disorders. This condition is related to realistic anxiety. When external pressure forces the ego to acknowledge its weakness or inability to cope, it will erupt into anxiety (Freud, 1933: 70).

#### 4. Conflict

Sigmund Freud, a renowned figure in psychoanalysis, saw anxiety as the result of a clash between three major personality components: the id, ego, and superego. The following is the concept of anxiety conflict according to Freud (1933: 68-70):

a) Conflict between Id and Ego:

The id reflects instinctive drives and uncensored desires, while the ego is an intermediary with external reality. Conflict arises when the ego must manage the id's urges that it may not be able to fulfill in certain situations, which, if failed to deal with, can lead to anxiety.

b) Conflict between Ego and Superego:

The superego involves moral norms and internal values influenced by social and cultural factors. The ego is in the middle position between the id and the superego's moral standards. Conflict arises when the ego finds itself caught between the superego's strict moral demands and the id's drives.

c) Conflict between Id, Ego, and External Reality:

Freud stated that anxiety can also arise when the ego tries to balance the demands of the id, the moral standards of the superego, and the demands of external reality. Failing to deal with this conflict can result in realistic anxiety about the outside world.

## **5. Repression**

The ego realizes that fulfilling the demands of the id's emerging desires can lead to dangerous situations. Therefore, this instinctual cathexis or energy needs to be suppressed, stopped, and rendered powerless (Freud, 1933:80). The ego's success in this task depends on its strength and ability to draw instinctual impulses into its organizational structure. However, in the case of repression, instinctual drives remain the property of the id, and the ego feels less powerful. The ego then uses rational techniques, similar to normal Thinking (Freud, 1933:70). Thinking is considered an effective experimental act for comparing desire and reality. Thus, the ego anticipates the satisfaction of the id's desires and allows these drives to reproduce unpleasant feelings such as fear, anxiety and discomfort.

## **CHAPTER III**

### **RESEARCH METHOD**

This chapter deals with the mechanisms and procedures for conducting this research. This section describes this study's design, sources, data collection, and analysis processes. Explaining the technical mechanisms in this section provides readers with an understanding of how researchers conduct this research.

#### **A. Research Design**

Classifying this research as literary criticism involves applying literary theory to analyze novels. This research can be categorized as literary criticism because first, this research is based on a critical attitude and objectivity, which are scientific aspects of literary criticism. Second, this research is the result of in-depth reflection on a literary work after careful reading. Third, in this research, an effort was made to describe various aspects contained in literary works, including structural, social, linguistic and other aspects. Fourth, this research seeks to interpret and interpret the meaning contained in the literary work which is the focus of the analysis. Fifth, this research has reached the evaluation or assessment stage of the quality of the literary works being studied, assessing whether they are good or bad. So, by paying attention to these characteristics, it can be concluded that this research meets the criteria for literary criticism (Didipu, 2021:15-16). The research utilizes Sigmund Freud's theory of anxiety, chosen for its suitability in addressing research questions

concerning the anxiety conditions experienced by Lara Jean in the novel *To All The Boys I've Loved Before*. This theory explores the kinds of anxiety that Lara Jean experienced and the causes of her anxiety.

## **B. Data Sources**

The data source in this study is a novel entitled *To All The Boys I've Loved Before* by Jenny Han, an electronic edition with 259 pages. Simon & Schuster published this novel in the United States in 2014. The data from these sources are in the form of quotes, dialogues, and sentence snippets that contain the necessary elements to support compatibility with the theory applied. Supporting data in this research are obtained through research journals, books or theses related to the formulation of the problem

## **C. Data Collection**

The data collection used in this research was a reading and note-taking technique, where the researcher divided data collection into three parts. First, the researcher carefully read the data source in the form of the novel *To All The Boys I've Loved Before* several times to gain an in-depth understanding of the story idea. Second, the researcher recorded data from the novel related to the topic raised in the form of sentences, dialogue, phrases and quotations. Finally, the researcher sorted and classified the data based on research questions prepared according to the applied theoretical explanation, namely Sigmund Freud's theory of anxiety.

#### **D. Data Analysis**

After gathering pertinent data, the researcher analyses information about the research question. This analysis unfolds through several stages: 1. Identification of data associated with the main character's kinds of anxiety and the underlying causes of anxiety, viewed through the lens of Sigmund Freud's perspective. 2. Categorization of the identified kinds of anxiety and their respective causes in the main character. 3. Drawing conclusions and elucidating the discovered data, including insights into the kinds of anxiety and the causes of anxiety experienced by Lara Jean.



## **CHAPTER IV**

### **FINDING AND DISCUSSION**

The researcher discusses the data found according to the research problem in this section. The research questions relate to the kinds of anxiety and the causes of anxiety by the main character.

#### **A. The Kinds of Anxiety Experiences by Lara Jean**

In defining anxiety, Freud emphasized that anxiety is a natural response to stress or threat; it refers to feelings of discomfort, tension, and worry that arise in various situations of daily life (Freud, 1936:69). Therefore, ego reactions generally produce anxiety, but it usually occurs due to the actions of the id, superego, and other external factors. Freud (1933:73) distinguished anxiety into three kinds, namely, realistic anxiety, moral anxiety, and neurotic anxiety. The ego dealing with the id will produce neurotic anxiety, the ego, depending on the superego, will produce moral anxiety, and the ego influenced by external factors will produce realistic anxiety. The data found that Lara Jean experienced three kinds of anxiety by Sigmund Freud. There is neurotic anxiety, realistic anxiety and moral anxiety.

##### **1. Realistic Anxiety**

Realistic anxiety is anxiety that arises from the outside and is related to the ego. According to Freud (1940:6), the ego develops realistic anxiety from real dangers in the surrounding environment. Excessive feelings of fear and nervousness cause most

cases of realistic anxiety. This condition triggers feelings of anxiety and insecurity, then leads sufferers to seek protection immediately. Spontaneous things like this will trigger adrenaline to survive and avoid threats (Freud, 2006:435). Below is data showing the realistic anxiety experienced by Lara Jean:

*As soon as I get home, I dash upstairs and go into my closet for my hatbox. It's not sitting on the top shelf where it usually sits. It's not on the floor, or behind my stack of board games. It's not anywhere.*

*I get on my hands and knees and start rifling through piles of sweaters, shoe boxes, craft supplies. I look in places it could not possibly be, because it's a hatbox and it's big, but I look anyway. My hatbox is nowhere. (p.55)*

Lara Jean's realistic anxiety begins when she finds out that a secret box containing letters to the men she has loved has disappeared. According to Freud (2006:431), realistic anxiety is a condition where a person feels anxious and insecure because of certain situations. Lara Jean feels anxious about losing the box, which triggers feelings of fear and excessive nervousness. It makes Lara Jean's ego insecure because this incident creates uncertainty and insecurity.

According to Freud (1933), the id is in the subconscious and has no contact with reality. Its function is related to the pleasure principle, namely, always seeking satisfaction and avoiding discomfort. Here are some quotes from letters written by Lara Jean:

*Did you know that when you kissed me, I would come to love you? Sometimes I think yes. Definitely yes. You know why? Because you think EVERYONE loves you, Peter. That's what I hate about you. Because everyone does love you. Including me. I did. Not anymore. (p.50)*

*So, thank you. Also you're a really amazing swimmer and I like your laugh. I wish it had been me you kissed at the bonfire last night and not Blaire H. Take care, Kenny.*

*Have a really good rest of the summer and a really good life.*

*Love, Lara Jean*

*I clutch the letter to my chest. This is the first love letter I ever wrote. (p.68)*

The letters written by Lara Jean predominantly describe the experience of her first kiss and her attraction to the men who are the object of her attention. The contents reflect Lara Jean's deepest desires, which are difficult to express directly. These letters function as a medium to express hidden desires or represent aspects of the id that are difficult to express directly in everyday life.

*"I had letters inside, letters I wrote to the boys I loved. They were supposed to be private, they were never supposed to be sent, but then somebody did, and everything turned into a mess. Josh got one, and Peter got one, and I was just so humiliated..." (p.248)*

Lara Jean's statement reinforces the quote above, emphasizing that no one else should read the letters in the secret box. Lara Jean's keeping these letters reflects the ego's existence, which limits the expression of the id's desires. When someone experiences anxiety, especially reality anxiety, they tend to avoid the source of stress and seek protection. This statement is by Freud's (2006:435) view of reality anxiety, which states that it is a spontaneous reaction that arises from discomfort, dangerous situations, or suffering, in which there is a tendency to release adrenaline to survive and stay away from potential threats or something dangerous for them. Here are some data that reflect Lara Jean's efforts to avoid threats in response to reality anxiety:

*“There is so a guy! It’s Josh Sanderson.” “Doesn’t he go out with your sister?” I nod. I’m surprised he even knows this. I didn’t think Josh and Margot would be on his radar. “They’re broken up now. But I don’t want him to know I have feelings for him ... for obvious reasons. So ... I told him you were my boyfriend.” (p.64)*

The quote above says that Josh is one of Lara Jean's crushes, but he is not supposed to receive the letter because he is her sister's boyfriend. As a result, Lara Jean's ego steps in to prevent conflict with Josh or any potential problems within her family.

*Peter and I decided to pretend to date so I could save face in front of Josh and he could make his ex-girlfriend jealous, and the whole thing just spun out of control.” (p.248)*

In the quote above, Lara Jean explains how she and Peter entered a contractual relationship to avoid Josh and get revenge on Peter's ex-girlfriend. This collaboration is considered mutually beneficial and is a protective mechanism for Lara Jean in dealing with her anxiety.

After analyzing this data, the findings conclude that Lara Jean's letters manifest the id's desire for her romantic interest, a desire she cannot express directly. Lara Jean's ego guards these letters by placing them in a private box, hoping no one will read them. However, when the box mysteriously disappears and the letters reach their intended recipients, primarily her crush, Lara Jean, experiences anxiety during their interactions. The statement aligns with Freud's concept of reality anxiety, where anxiety arises from uncomfortable situations related to the ego. (Freud, 2006: 430).

## 2. Neurotic Anxiety

Someone who experiences neurotic anxiety will feel afraid and anxious about something unknown and unrealistic. The id dominates the emergence of fear of being punished for impulsive behavior (Freud, 2013:37-38). This type of fear resembles a person's sensation when feeling nervous, unable to control themselves, their behavior, reasoning, and even their thoughts. Lara Jean feels afraid and anxious about something unknown and realistic due to the emergence of fear of being punished for impulsive behavior, which is a sign she experiences neurotic anxiety. The data analysis of neurotic anxiety is presented below:

*What if Peter is just the beginning? What if ... what if my other letters somehow got sent too? To John Ambrose McClaren. Kenny from camp. Lucas Krapf.*

*Josh.*

*Oh my God, Josh. (p.54)*

*"I was really confused when I wrote this; I don't even know how it got sent out. Honestly, it's not worth talking about. So please, please don't say anything to Margot about it." He nods, but that's not good enough.*

*I need a verbal commitment. I need to hear the words come out of his mouth.*

*So I add, "Do you swear? On your life?" If Margot was to ever find out ... I would want to die. "All right, I swear. I mean, we haven't even spoken since she left." I let out a huge breath. "Great. Thanks." I'm about to walk away, but then Josh stops me. (p.61)*

These two quotes elucidate Lara Jean's anxiety upon discovering that her letters have been sent to her crushes. The anxiety arises because the id's desires are revealed, placing a significant burden on the ego, which struggles to meet the superego's standards. The ego's failure to meet the superego's standards, in turn, causes anxiety for her. Lara Jean endeavors to avoid potential consequences or punishment stemming

from these letters. Hence, she agrees with Josh not to discuss this matter with her sister, Margot. According to Freud, neurotic anxiety is caused by the emergence of fear of punishment for impulsive behavior dominated by the id (Freud, 2013:37-38). Additional data indicating that Lara Jean experiences neurotic anxiety is presented in the following data:

*So far she's been eerily, disturbingly quiet. She's hardly ever in the cafeteria during lunch because she and Emily Nussbaum have been eating off campus, and when I see her in the hallways, she smiles at me without showing her teeth, which is somehow more menacing. When is she going to strike back against me? When will I have my Jamila Singh moment? Chris says Genevieve's too obsessed with her college boyfriend to care about me and Peter, but I don't believe it. I've seen the way she looks at him. Like he's hers. (p.120)*

The quote portrays Lara Jean's fear regarding Peter's ex-girlfriend, Genevieve, following her involvement in a contractual relationship with Peter. Lara Jean mentions that whenever Peter gets a new girlfriend, Genevieve tends to engage in bullying, with Jamila being one of the previous victims. Given this context, Lara Jean experiences uneasiness whenever encountering Genevieve, fearing that she might face a situation similar to Jamila's. Lara Jean's ego perceives a threat and wonders when she will become Genevieve's target.

The conclusion follows Freud's theory that neurotic anxiety is caused by the emergence of fear of punishment for impulsive behavior dominated by the id (Freud, 2013:37-38). From the data, Lara Jean's neurotic anxiety stems from two primary factors. Firstly, her love letter to Josh, who happens to be her sister's boyfriend, prompts Lara Jean's ego to make significant efforts to avoid family conflicts. Secondly, the

neurotic anxiety is triggered by the presence of Genevieve, Peter's ex-girlfriend, creating a sense of threat to Lara Jean's ego. Lara Jean is concerned that her proximity to Peter might lead to an unfortunate outcome similar to Jamila's.

### 3. Morals Anxiety

Moral anxiety is a function of the development of the superego, which states violations of right and wrong (Freud, 1933:53). Moral anxiety is fear and worry that arises in someone because of feelings of guilt and sin when they are about to or carrying out actions that are contrary to the norms that apply in society. A person with good superego development tends to feel guilty if they do or even think about actions that do not follow moral norms (Freud, 2013:39-41). This moral anxiety is related to the norms that apply in society, where sufferers think that acting will violate established norms. People were often punished for violating these norms in the past, and there was fear that similar actions would result in punishment again. Below are the results of the data analysis of the moral anxiety experience by Lara Jean:

*It makes my soul feel dirty. Margot's been gone less than a week and look at me, how fast I cave. How fast I covet. I'm a betrayer of the worst kind, because I'm betraying my own sister, and there's no greater betrayal than that. I suppose there's only one thing I can do. I'll write him another letter. A postscript with as many pages as it takes to X away whatever feelings I have left for him. I'll put this whole thing to rest, once and for all. (p.43)*

*"Josh and I only kissed one time. Once. And it was a huge mistake, and I didn't even want to do it in the first place! You're the one he loves, not me." She says, "How can I believe anything you ever say to me now?"*

*"Because it's the truth." Trembling, I tell her, "You have no idea the power you have over me. How much your opinion means to me. How much I look up to you." (p.246)*

The quote indicates that Lara Jean has a strong superego; she respects Margot as her older sister. When her letter was received by Josh, Lara Jean's superego acted immediately creating anxiety in the form of feelings of guilt and sin because she had feelings for her sister's boyfriend. This statement follows Freud's theory, which states that individuals with a strong superego tend to feel guilty if they do or even think about actions that violate societal norms (Freud, 1933:53).

The conclusion from these two data is that the moral anxiety experienced by Lara Jean is caused by the development of her superego, following Freud's statement which states that moral anxiety is the result of the development of the superego, which emphasizes violations of right and wrong (Freud, 2013:39). Her respect for Margot and awareness of Josh's status as Margot's lover gives rise to feelings of guilt and sin within Lara Jean. She tries to avoid conflict within her family.

## **B. The Cause of Anxiety by Lara Jean**

Anxiety is caused by the uncertainty individuals display due to a problem they face, making them worry and anxious. Anxiety is excessive worry which causes symptoms such as insomnia, always having bad thoughts, symptoms of digestive disorders such as stomach ache or vomiting, fast heart rate, excessive sweating, trembling, shortness of breath, and excessive muscle tension (Freud, 1933:73). The following data outlines the factors contributing to Lara Jean's anxiety, which stem from threats, conflicts, and frustration:



## 1. Threat

According to Freud (1933:54), anxiety is a feeling of unease, such as worry or fear, which is often related to a perceived threat or danger. The feelings of being under pressure and fear caused by the threat indeed triggered anxiety. There are two factors, namely internal and external. The mental condition of the person most likely causes internal threats. In contrast, external threats are caused by outside factors, such as another person or an environment (Freud, 1933:70). The data provided illustrates that Lara Jean's Anxiety is attributed to threats directed towards her:

*I'm pondering this when my eyes meet Genevieve's. There's this very brief moment of recognition between us like I know you. Then she looks away and whispers something to Emily. Genevieve is looking at me like I am a tasty morsel and she is going to eat me alive and then spit out my bones. And then, just as quickly, the look is gone and she's smiling. I shiver. The truth is, Genevieve scared me even when we were kids. (p.95)*

*Kavinsky of Gen and Kavinsky. It doesn't matter that they're broken up. They're an institution at this institution. I spend the rest of the day hiding out. I even eat my lunch in the girls' bathroom. (p.63)*

*"But you know Gen's gonna come after you, right? They may be broken up, but she still thinks she owns his ass." My stomach lurches. "Yeah. I know. I'm scared, Chris." (p.65)*

The quote explains that Lara Jean's anxiety arises due to her closeness to Peter. The cause of her anxiety was traced back to Peter's ex-girlfriend, Genevieve. Lara Jean has felt threatened several times and tries to avoid meeting Genevieve. Lara Jean's friend Chris often warns her about Genevieve, given Genevieve's history of bullying women who show interest in Peter by spreading negative rumors at school. In conclusion, following Freud's belief that external threats, such as another person or an

environment, can cause anxiety (Freud, 1933:70), the perception of threat towards Lara Jean in the three data above comes from external factors, namely Genevieve, who is Peter's ex-girlfriend. Genevieve's previous actions towards Peter's ex put pressure on Lara Jean's ego. To deal with her anxiety, Lara Jean avoids or runs away when she meets Genevieve. Another external threat arises when Lara Jean and Margot get into an argument, which triggers Lara Jean's anxiety:

*Wiping my eyes, I say, "You can be mad at me all you want, but you have no right to go to Daddy behind my back." Her voice is piano-string tight as she says, "I didn't do that as revenge. I did it because you clearly have no idea what you're doing, and if you're not careful, you're going to end up some sad teenage statistic." Coldly, as if she is speaking to a stranger, Margot continues. "You've changed, Lara Jean. I honestly don't even know who you are anymore."*

*"No, you definitely don't know me anymore, if you think for one second that I would have sex on a school trip! In a hot tub, in plain view of anybody who might happen to walk by? You must not know me at all!" And then I lay it down, the card I've been holding against her. "Just because you had sex with Josh, that doesn't mean I'm going to have sex with Peter."*

*Margot sucks in her breath. "Lower your voice." I feel happy that I've wounded her too. I yell, "Now that Daddy's already disappointed in me, he can't be disappointed in you, too, right?" (p.245)*

The explanation related to the data above describes Lara Jean's involvement in the immoral video controversy with Peter during a school trip. The information in the video stated that they were having sex, even though they were kissing. Unfortunately, Margot was fooled by the false information and discussed it with her father. Lara Jean feels betrayed by Margot, leading to a fight between them.

Currently, Lara Jean's id position is when she and Peter kiss, but someone records it and spreads false information. The pressure on Lara Jean's ego reaches its peak when the video goes viral and spreads to everyone at school. Even though Lara

Jean tries not to discuss the video with anyone, Margot's revelation to her father strains Lara Jean's ego. Lara Jean's superego signals guilt as a form of regret and sin for fear of disappointing her father. In the end, as a form of defense against anxiety, Lara Jean threatens Margot back by mentioning that Margot had had sex with Josh.

The following conclusion from Freud states that anxiety can also arise when someone feels under pressure and fear caused by threat indeed triggered anxiety (Freud, 1933:70). The quote above reflects Lara Jean's ego attempt to maintain a balance between id and superego by hiding the news about her video from her family which almost succeeded. However, external factors, namely Margot, who told her father the news, disturbed the balance Lara Jean had built between id and superego. In the end, anxiety emerged within Lara Jean because the superego's goals were not achieved.

## **2. Conflict**

Sigmund Freud, a renowned figure in psychoanalysis, saw anxiety as the result of a clash between three major personality components: the id, ego, and superego. Following the concept of anxiety conflict according to Freud (1933: 68-70), there are three kinds of conflicts, namely conflict between Id and Ego, conflict between ego and superego, and conflict between id, ego and external reality. Freud stated that anxiety caused by the conflict between the id, ego and external reality can also arise when the ego tries to balance the id's demands, the superego's moral standards, and the demands of external reality. Failing to deal with this conflict can result in realistic anxiety about

the outside world. At this point, Lara Jean experiences the type of conflict between id and ego and external reality shown in the data below:

*“What are you talking about?”*

*She laughs, and it’s chilling how happy she sounds.*

*“I’m talking about how you and Peter had full-on sex in the hot tub last night.” My mind goes completely blank. I might even black out for a second. I can feel myself sway on my feet. Somebody come quick with the smelling salts; I’m about to faint.*

*My head is swimming. “Who told you that?” I choke out. “Who said that?”*

*Genevieve tilts her head to the side. “Everybody?”*

*“But—but we didn’t—”*

*“I’m sorry, but I think it’s absolutely disgusting. I mean, sex in a hot tub— a public hot tub—is just ...” She shudders.*

*“God only knows what kind of stuff is floating around in there now. Families use that hot tub, Lara Jean. There could be a family in there right now.”*

*Tears are spiking in my eyes. “All we did was kiss. I don’t know why people would even say that.*

*“Um, because Peter’s telling them you did?” My whole body goes cold. It’s not true. There’s no way that’s true.*

*“All the guys think he’s a god ’cause he got sweet little Lara Jean Covey to give it up in the hot tub. Just so you know, the only reason Peter even dated you was to make me jealous. His ego couldn’t take the fact that I dumped him for an older guy. He was using you. If he got free sex out of it, all the better. But he still came running whenever I called. That’s because he loves me. He will never love another girl as much as he loves me.” Whatever she sees in my face must please her, because she smiles.*

*“Now that Blake and I are done ... well, I guess we’ll see, won’t we?” I stand there mute and numb as she fluffs her hair in the mirror.*

*“But don’t worry. Now that you’re a slut, I’m sure you’ll have plenty of guys who’ll want to date you. For a night.” I flee. I run out of the ladies’ room and out the doors, back onto the bus, and I cry. (p.227)*

The data above shows that there is external pressure on Lara Jean. This pressure was intimidating, caused by her immoral video with Peter on a school trip. This

intimidation causes anxiety in Lara Jean, indicated by the symbolic sentence that her mind is blacking out, she will faint, and her body is shaking and cold.

This data concludes that Lara Jean and Peter's private moment was recorded without her knowledge, leading to the video containing misleading information. The video incident burdens Lara Jean's ego because she cannot reach the superego's standards in real life. From here, Lara Jean is already experiencing anxiety, plus intimidation from Peter's ex-girlfriend Genevieve as an external conflict makes the burden on her ego explode into anxiety.

### **3. Frustration**

The human ego consistently faces three demands: moral expectations from the superego, impulsive drives from the Id, and external pressures from the surrounding world. Balancing these demands poses a significant challenge for the ego, which often grapples with reconciling conflicting demands. The ego perceives these guidelines as potential threats, sometimes leading to its failure to fulfill its responsibilities. The ego relies on rationality to resolve the conflict between desire and reality. At the same time, the superego sets clear standards, and any failure to meet these standards can result in punishment, such as feelings of guilt or shame. When the burden on the ego becomes heavy and recognition is unavoidable, the ego may experience an explosion, manifesting as realistic anxiety. This anxiety includes worry about the outside world, moral anxiety related to superego standards, and neurotic anxiety related to Id desires

(Freud, 1933:70). The data below shows the pressure on Lara Jean's ego, which makes her frustrated.:

*“Everything's a mess. You don't trust me anymore; Peter and I are broken up; Margot hates me.” (p.244)*

This quote reflects how Lara Jean's ego experiences enormous pressure from the demands of the superego and external reality. First, Lara Jean's father was affected by misleading information towards her controversial video. Second, the video causes intimidation from the surrounding environment, prompting Lara Jean to end her relationship with Peter. Third, Margot is disappointed after discovering that Lara Jean and Josh had kissed without her knowledge. The combination of these three factors frustrates Lara Jean. She felt guilty and ashamed, forcing her to confront realistic and moral anxieties.

The conclusion from the information above is that the three main kinds of anxiety, namely realistic, neurotic, and moral anxiety, can easily be related to the three ego dependencies, namely dependence on external reality, dependence on the id, and dependence on the superego (Freud, 1933: 76). Father and Margot are superego figures for Lara Jean, whom she respects, and when Lara Jean's ego cannot fulfill the superego's expectations, feelings of fear arise within her. Fear of the superego generally never stops, especially in the form of moral anxiety, which is considered very important in the context of social relations (Freud, 1933: 79).

## **CHAPTER V**

### **CONCLUSION AND SUGESSTION**

This section comprises the concluding remarks of the thesis, presenting a comprehensive and organized summary of the analysis results derived from the research object. Additionally, the researcher provides recommendations for addressing the identified research issues or proposes avenues for future research.

#### **A. Conclusion**

The conclusion of this study revealed that Lara Jean experiences several kinds of anxiety, including reality, neurotic, and moral anxiety. Reality anxiety arises from the potential for real danger surrounding Lara Jean. It develops in the context of someone taking her secret box, resulting in the sending of her love letters to all her crushes. Additionally, Josh's involvement as the recipient of love letters creates tension between Lara Jean and her older sister, Margot, triggering anxiety and attempts to avoid interactions with Josh.

Lara Jean's neurotic anxiety stems from fear of possible punishment resulting from impulsive behavior dominated by her id. Lara Jean worries that Josh might spill the beans on his love letter to Margot. Additionally, neurotic anxiety also includes a fear of bullying from Peter's ex-girlfriend, Genevieve, who has a history of bullying women who approach Peter.

Moral anxiety arises due to the development of the superego, which asserts violations of the values of right and wrong. The leaking and spread of Lara Jean's controversial video caused her to feel moral anxiety, especially as she felt inferior and guilty towards her parents for disappointing her father. In addition, the impulsive behavior dominated by the id, especially by Lara Jean and Josh, is known to Margot, causing the moral conflict and anxiety that Lara Jean feels towards her brother.

Three main factors, namely threat, conflict, and frustration, can be traced as the causes of Lara Jean's anxiety. The threat arises from pressure and fear due to external threats, especially from Peter's ex-girlfriend. In addition, conflict arises from Lara Jean's ego's inability to live up to her superego's standards and concerns of bullying by Peter's ex-girlfriend. Frustration relates to the heavy burden that Lara Jean's ego continually receives, which eventually explodes into anxiety.

## **B. Suggestion**

Through this thesis, the researcher hopes that readers can understand various kinds of anxiety and the factors that cause them. Anxiety is considered a condition that someone cannot always be identified directly because of its hidden nature. However, anxiety is an experience that every individual must experience throughout their life. Acknowledging that this thesis has yet to reach perfect research is essential. Therefore, another researcher can complete and continue this research if deemed necessary. This reference can also be a source of inspiration for other researchers in carrying out their



studies or research. In addition, another researcher has the possibility to conduct research focusing on the same anxiety and defense mechanisms, as well as using similar study objects such as novels or other related topics.

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## CURRICULUM VITAE



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