THE STRUGGLES OF AUDREY AGAINST HER ANXIETY DISORDER IN THE NOVEL FINDING AUDREY BY SOPHIE KINSELLA

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Abstract

This research discussed the struggles of Audrey against her anxiety disorder in the novel Finding Audrey by Sophie Kinsella. This study aimed to describe the triggers of Audrey's anxiety and to explain the internal and external conflicts reflected in the novel. This research used the psychoanalysis theory by Sigmund Freud and the internal and external conflicts theory by Robert Stanton. This research used qualitative descriptive as its method. The findings showed that Audrey was depressed as the effect of bullying. She experienced 10 of 15 acts of the action indicators of anxiety disorder. From those actions, the researcher concluded that there are two major disadvantages of having anxiety disorders found and portrayed through the main character of the novel, which is having difficulty in carrying out daily activities and inability to interact normally with others.

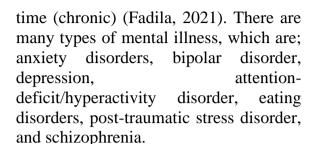**Keywords:** *anxiety disorder, internal conflicts, psychoanalysis, finding Audrey.*

Abstrak

Penelitian ini membahas perjuangan Audrey melawan gangguan kecemasannya dalam novel Finding Audrey karya Sophie Kinsella. Studi ini bertujuan untuk menggambarkan pemicu kecemasan Audrey dan menjelaskan konflik internal dan eksternal yang tercermin dalam novel tersebut. Penelitian ini menggunakan teori psikoanalisis oleh Sigmund Freud dan teori konflik internal dan eksternal oleh Robert Stanton. Penelitian ini menggunakan metode deskriptif kualitatif. Temuan menunjukkan bahwa Audrey mengalami depresi akibat perundungan. Dia mengalami 10 dari 15 tindakan indikator tindakan gangguan kecemasan. Dari tindakan-tindakan tersebut, peneliti menyimpulkan bahwa ada dua kerugian besar yang ditemukan dan digambarkan melalui karakter utama novel, yaitu kesulitan dalam melakukan aktivitas sehari-hari dan ketidakmampuan untuk berinteraksi secara normal dengan orang lain.

Kata kunci: *gangguan kecemasan, konflik internal, psikoanalisis, Finding Audrey.*

A. INTRODUCTION

According to the Ministry of Health of the Republic of Indonesia, mental illness also referred to as mental disorders is a health condition that affects thoughts, feelings, behavior, moods, or a combination of them. These conditions may occur occasionally or last for a long

time (chronic) (Fadila, 2021). There are many types of mental illness, which are; anxiety disorders, bipolar disorder, depression, attention-deficit/hyperactivity disorder, eating disorders, post-traumatic stress disorder, and schizophrenia.

The word anxiety is derived from the Latin word 'angere', which means to cause suffering (Sharma & Sharma, 2015). Generalized anxiety is "anticipation of a future threat" and is often combined with "aware of future danger and cautious or avoidant behaviors". According to Hawari, (2002: 76) anxiety disorder is a psychological disorder characterized by motor tension (worry, trembling, and inability to relax), hyperactivity (dizziness, padded heart or sweaty), and thoughts and expectations. Be aware of an uncertain threat.

From the website (psychiatry.org) Muskin (2021) explains that to meet the diagnostic criteria for anxiety disorders, individuals must be worried that they will experience excessive anxiety and will be difficult to control to the extent that it causes significant pain or dysfunction for at least six months. You should also have at least three of these symptoms, including sleep disorders, poor concentration, restlessness, malaise, nervousness, and muscle tension. Many children develop anxiety disorders at a young age, are often untreated, have persistent symptoms and side effects, and manifest themselves in a variety of ways. Anxiety can also begin in teens or young adulthood as peer interactions become more important.

Anxiety disorders have become a hot topic among people in society. According to Anxiety and Depression Association of America on their website (adaa.org), anxiety disorders are the most common mental disorder in the United States (USA), affecting nearly 40 million American adults 18 years of age and older or about 18,1% of the population every year meanwhile, in Indonesia, according to Basic Health Research (Juniman, 2018) in CNN Indonesia's website (cnnindonesia.com), the prevalence of mental disorders with symptoms of depression and anxiety at the age of 15 reaching 14 million people or about 6% of the population in Indonesia.

Muskin (2021) also describes that severe anxiety disorder can change other people's lifestyles to accommodate anxiety. Therefore, it is not an exaggeration to say that anxiety disorders are a serious problem. People in society are not fully aware of anxiety disorders, so we think it is important to raise awareness about them. Besides anxiety disorders, this is a serious problem that has many drawbacks. We can see anxiety disorder in the novel Finding Audrey as a sample.

The novel Finding Audrey is one of those novels that talk about the fear of the effects of bullying. The main theme of this novel is Audrey's anxiety as the main character. She was bullied by her friends, she was persecuted by her friends, and she suffers from mental illness, especially anxiety disorder. Kinsella never fully reveals the details of the incident that led

to Audrey's predicament, but she does focus on her treatment and her recovery. Audrey's lost herself after a serious bullying incident.

Based on the explanations above, the researcher is very extracted in analyzing the novel Finding Audrey by Sophie Kinsella because it talks about the anxiety that Audrey felt. The researcher is keenly interested in analyzing how the writer described mental illness, especially the anxiety that Audrey felt in Finding Audrey's novel. Although many people think that anxiety is normal for teenagers to experience.

B. LITERATURE REVIEW

1. Psychology and Literature

There are relationships between psychology and the literature. According to Hilgard, "psychology may be defined as the study of human behavior" (1983: 100). There are some meanings that are discussed about psychology. All of them are related with definitions about that one. Psychology is a spiritual study of human behavior. This causes the mind an abstract, meanwhile, the actions are the real things that can be seen directly. That has been observed by someone's manner. That takes comprehension of the situation of the psyche or soul. There is no doubt that in general, all people will express their psychological state that is visible to others. Briefly, we can understand the characteristics of a person and the condition of the soul through his or her life behavior. Moreover, psychology is concerned with the research of human psychological phenomena in real life.

Psychology seems to be related to the human psyche, and the behavioral psychic reactions and their causes are deeply analyzed in this science, and human problems can also be solved with this study. All of these have no purpose other than serving their life. Literature is seen as an expression of reality in life expressed via language as a medium. There are many types of literature, clearly recognizable by their beautiful language, entertainment aspects, and values.

Literary works such as poetry, drama, and novels are considered to reflect real life through language and are kinds of communication between writers and readers. The reflection of humans in real life can also be seen in the internal psychological aspects. It is believed that literary works, especially novels. Through characterization, you can clearly express aspects of the spirit. How the author describes himself and how the character plays is inseparable from the role of psychology. Therefore, the problems that arise in literature are similar to the actual living conditions. It is appropriate in the opinion that literary works are mirrors of real life. Both a mirror of real life and a mirror that combines the imaginations of the author. There is a clear difference between psychology and literature. They have similarities that emanate from both humans and life for analysis. Psychology is inextricably linked when talking about people. The knowledge of Psychology talks about human behaviors, so human behaviors are inseparable from aspects of life Hilgard (1983: 101-102).

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According to Wellek and Warren (1949: 75), the meaning of Psychology of Literature is the psychological study of the writer, as a type and an individual, the study of the creative process, or the study of the psychological types and laws present within works of literature, or finally the effects of literature upon its readers (audience psychology).

Psychology and literature focus on human behavior. Literature and Psychology are two different but interconnected. Literature is a representation of life in the form of language while studies about human behavior. According to Wellek and Warren (1956: 94), literature is a representation of human feeling, experience, and life. Literature is the reflection of human feeling towards his life It is closely related to human experience through which we can learn the image of human beings that is expressed in the written way. It can also be defined as a work of art that represents human life. Both can be separated from human beings According to Atkinson, Psychology is the science that studies human behavior and mental process. Psychology has a relation to humans. According to Minderop (2010), the first relationship is literature, and psychology talks about humans in individual and social aspects. The second relation is literature and psychology use the experience of humans as the study in their field.

Thus psychology and literary works possess the same functional relationship useful for the study of psychological aspects The difference between psychological symptoms of literature is imagination, whereas in psychology is a real human being.

Psychoanalysis by Sigmund Freud

The psychoanalysis theory was expressed by Sigmund for the first time in 1890 and 1939. He was the first person to describe the consciousness of humans. The idea of the personality theory derived from his personal experience with neurotic patients. In his opinion, most of the actions and feelings expressed by the patients are not possible from their consciousness, but that is from the subconscious. In his opinion, consciousness will be a significant and dynamic determinant. He divides the existence of the soul into three parts; conscious, preconscious, and subconscious.

Definition of Anxiety

According to Freud, Boeree (2006: 19). "Anxiety is an ego portent that danger is coming to the people who feel it. It warns the ego so that danger does not harm the ego. "Anxiety brings pain and discomfort that one does not want to experience.

According to American Psychological Association, Retano (2019) said that anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. They may also have physical

symptoms such as sweating, trembling, dizziness, or a rapid heartbeat.

Types of Anxiety

Freud (1964: 35) divides three types of anxiety, which are: reality anxiety, neurotic anxiety, and moral anxiety.

a. Reality anxiety is the fear of threats or dangers in the environment around and another environment. The danger is the state of being in a person's environment that threatened to harm him. The experience of danger and the emergence of anxiety may be innate when he is near certain objects or certain circumstances of his environment.

b. Neurotic Anxiety is the fear of losing control and causing her or him to do something that would lead to her or him being punished. Neurotic anxiety It was not fear of the instinct itself but fear of the punishment that would befall him if an instinct was released. Neurotic anxiety develops based on experience that comes in childhood when it comes to punishments or threats from parents as well as others who have authority if he or she performs subversive acts.

Sigmund Freud himself divides this anxiety into three parts:

1. Anxiety arising from self-adjustment to the environment. Such anxiety becomes the trait of an anxious person, who always thinks that something great will happen.

2. A tense and irrational form of fear. The phobias' specific traits are that fear in intensity exceeds the actual proportion of the object it fears. As is my case in point, whenever I see or even write a "pineapple" fruit, I will have goosebumps.

3. Nervous or half-nervous reactions appear suddenly without firm provocation.

c. Moral anxiety is fear and worries who arise from guilt when wanting or when engaged in something that contradicts the norms of society. Anxiety comes from one's thoughts that are against or contradict the moral norms of society. People who have good superegos tend to feel guilty or ashamed if they do or think something that goes against morality. Just like neurotic anxiety, moral anxiety develops in childhood It relates to punishments or threats from parents as well as to others who have authority if they engage in behavior that violates the norm. Moral anxiety is due to personal anxiety. Each individual has a wide range of emotions: envy, hate, revenge, envy, anger, anxiety, and so on. Such traits are traits that are unpraiseworthy, even causing humans to feel anxiety, fear, and despair.

The cause of Anxiety

Freud (1964: 37) divides some of the causes of anxiety, which are:

1. Threat: The awareness of the threat that will occur to his self physic. This treat can be from the inside feeling of a person or it can be from the outside person. This threat can be felt from inside or outside. The inside of feeling like when there was a kid who had been watching a horror movie that was not the time to see her at that age it make her feel that a horror movie had seemed to happen, though, it was only her concern. From such an inside person when there is such danger

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coming as when she is alone in the house and she frightens that a thief is coming to her house and then they kill her.

2. Environment: The condition of the environment makes someone influences his or her life, especially the thought and behavior.

3. Repression: Humans are social creatures. They need to socialize with others. Communication is not easy. Sometimes they get things wrong. The condition is that violence is committed by some people like when someone feels he or she is stronger, smarter, and more accessible than anyone else they will use their authority to torture others. It can happen when he or she is envious of others who better life than his or her experience.

4. Frustration: All humans live to fulfill their needs. They would be either a luxury or a bad desire. When they would have what they want, they will be content. On the other hand, when they can fulfill, they get angry. This sadness can make them frustrated. This condition will be experienced since they are children until they are adults. If this condition is not handled soon, they will be in acute anxiety.

5. Gender: Related to men and women, Myers (1983) in Tismiati (2006) said that women are more worried about their disability. Men are more active and explore while women are more sensitive. Another study that men are more enjoy than women.

6. Fear: Fear of something leads to anxiety. Such as fear of failing the examination, fear of breaking the rules, etc.

7. Response: Trismiati (2006) suggests that the individual's ability to examine the capacity of stimulus that will influence the appearance of anxiety.

8. Age: Older people will have a lot of experience. Hence, their knowledge is growing. As they increase their knowledge, they will be willing to tolerate anything.

9. Conflict of desire: There is a conflict between the desire to approach and the desire to avoid. The approach gives a feeling of satisfaction. Avoiding is frustrating. There are three kinds of conflicts of desire:

- The conflict between approach and approach. This conflict appears because there is a similar satisfied feeling that cannot be done together then it causes anxiety.

- The conflict between approach and avoidance. The desire for doing something is the same as the desire for avoiding something.

- Conflict avoidance. The conflict which is caused by two choices will result to do not doing something Myers (1983: 120).

2. Theory Conflict Internal and External

A conflict is a struggle between two opposing forces. Stanton (in Nurgiyantoro, 2010: 124) said that conflicts in stories are divided into two types as follows:

a. Internal Conflict is psychological conflict, problems arise as a result of conflict between humans/other people and him/herself. For example, contradiction between two desires, different choices, expectations, or other problems.

1) Man vs. Self – a conflict within the character's own mind/heart. He/she may struggle to make the right decision,

how to feel about a person or situation, with fear, with trying to find a true identity.

b. External Conflict is a conflict that occurs between a character and something outside of him/herself, the natural environment or the human environment.

1) Man vs. Man – a conflict between 2 characters (example: Audrey vs. Linus).

2) Man vs. Nature – a conflict that places a character against the forces of nature (for example a virus or disease)

3) Man vs. Society – a conflict that places a character against the laws/ideas of society.

As McCarthy (1999: 90) says that internal conflict is the main character struggles against opposing ideas or feelings within his/her mind, at the time he/she wants to be independent but also needs approval from others. On the other hand, in external conflict, the main character struggles against another person or an outside force.

The writer tried to connect conflicts in literature and the triggers in psychology referred to Freud's theory, in treating the character Audrey Turner as a real human being. Freud states that someone's personality can be developed through several kinds of tensions, they are; threat, repression, fear, response, and emotionality. Because of the tension that is created by the five sources, someone should force themselves to learn how to reduce it. When people are learning the ways or methods to reduce the tension it will be called the development of personality.

3. Bullying

a. Definition of Bullying

According to Olweus (1994: 9), bullying is repeated negative behavior that causes displeasure or hurt by others, either one or several people directly against someone who is not capable of it. According to the American Psychiatric

Association (APA), bullying is aggressive behavior characterized by 3 conditions, namely (a) negative behavior that aims to damage or harm (b) behavior that is repeated within a certain period (c) an imbalance of power or power from the parties involved.

According to Coloroso (2007), bullying is an act of intimidation that is repeatedly carried out by a stronger party against another party weaker, done intentionally and to hurt the victim physically or emotionally, meanwhile, according to Rigby declared, bullying is the behavior of aggression repeated and continuous, and there is an unbalanced force between the perpetrator and the victim, and it is intended to inflict pain and distress on the victim.

Aggressive understanding itself is an attack, an invasion act of hostility towards a person or object. Whereas, aggression itself is a tendency toward displaying extreme hostility, social dominance, and social power. According to the study of Kalliotis, he has asserted that such persecution is frequent in school environments caused by the isolation of peers because of the student's social and economic differences.

Based on these explanations of bullying, the researcher concludes that bullying is a negative behavior that is carried out by the more powerful against the weaker by using or failing the use tools aimed at being both physically and emotionally depressed.

b. Types of bullying

There are three types of bullying according to Rigby (1995) which are:

1. Verbal bullying is one of the kinds of forms that are performed using words or speech, such as mocking, insinuating, and spreading slander

2. Physical bullying is a type of bullying that occurs with physical contact between the bully and the victim, such as kicking, hitting, pushing, tampering, and

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stealing someone's property or solicitation another to attack the victim.

3. Non-verbal/non-physical such as bullying and displaying unusual or nonphysical attitudes, forbidding others from joining the group, manipulating friendships, and threatening via email, social media, etc.

c. Factors of Bullying

1. Factors from parents

Parents are role models for their children so that their behavior is easy to imitate. Family is an important factor in shaping a child's personality and influencing the next child's development. Therefore, it can be interpreted that the tendency of parents to educate harshly can have an impact on their child's aggressive attitude (Zakiyah, et al., 2017: 324-330)

2) Environmental Factors

Environmental factors are divided into two, the school environment and the environment caused by the association of friends. The school environment and the association of friends cannot be denied by a student, even some teenagers consider friends to be more important than their parents (Zakiyah et al., 2017: 324-330).

3) Peer factor

The peer factor can have a negative influence because of the spread of the idea that bullying is not a big problem but a natural thing to do. In his time, a child thinks and has the will to not involve his family and even the perpetrator seeks support that the perpetrator can do it (Zakiyah et al., 2017: 324-330).

4) Social Media Factors

Social media is a part of life that affects a person's lifestyle, both through print and electronic media, the impact of which can be beneficial or even detrimental. The media also affects children, so they become lazy, and have the impact that watching bad media can make aggressiveness rise (Zakiyah et al., 2017: 324-330).

5) School Climate Factors

School climate or school climate is the condition or atmosphere of the school as a place to gain knowledge for adolescent students. Pearce (2002), as quoted (Bulu et al., 2019: 56-57), reveals that 'the lack of satisfaction with parenting experienced by children causes children to feel little love, attention, supervision and child care does not provide clear boundaries about prohibited behavior called permissive parenting (Bulu et al., 2019: 56-57).

d. Effects of Bullying

There are five effects of bullying according to Basic Health Research (Prastiwi, 2021) which are:

1. Mental illness disorder.

2. A desire to end her life. These impacts are probably the worst. When it is psychically exposed, it is hard for the victim to forget his or her bad experiences.

3. Feelings of worthlessness also affect their social and emotional performance even in school.

4. Having difficulty understanding identity and often experiencing self-awareness as well as the future.

5. They will isolate from their social life because of fear that the same event will happen again.

4. Synopsis of the Novel

The character of Audrey Turner is a teenager at the age of 14 years old a victim of bullying and forced to spend her life indoors because she suffers from an anxiety disorder when she sees someone or is in crowded places. She always wore her sunglasses without her ability to remove them. Even if it was in the house or at times he was forced to leave the house for treatment. She has not been able to look people in the eye since the bullying incident, even if it is her own parent's eyes. Felix's (Audrey's younger brother) eyes were the only things she could look at without her sunglasses on.

C. METHOD

In this Research, the researcher used the qualitative method. The qualitative method is a description of facts, followed by further analysis. The method is a purpose to interpret the anxiety in the novel Finding Audrey using psychoanalytic theory from Sigmund Freud and the theory of internal and external conflicts by Robert Stanton. The method of qualitative means all of the data will analyze and explain the facts Wilkinson (2000: 7).

The source of data in this research namely, primary and secondary data. Primary data is the main data as the object of the research. The primary data is the novel Finding Audrey by Sophie Kinsella and Secondary data includes books, journal articles, and several references which are related to the primary data and others that support the analysis.

In collecting the data, the researcher uses a note-taking method. Note-taking is a system for recording information that requires the researcher to use a notebook (Ray, 2005: 24).

In gathering data, the researcher divides five procedures namely, first, the researcher reads and understands the novel. Second, the researcher identified the statements that are related to my problem statement. Third. the researcher qualifying data from the novel. Fourth, The researcher analysis the data that have some relation with the references to support the writing process. In analyzing the data, the researcher uses Sigmund Freud and Robert Stanton's theory to reveal what are the triggers of Audrey's

anxiety and to reveal How the internal and external conflicts reflected in the novel Finding Audrey. Fifth, the researcher concludes all of the data.

D. FINDING AND DISCUSSION

From the analysis of the problems above, it is found that Audrey suffers from Mental Illness, especially Anxiety Disorder. The anxiety characteristic is found in Audrey's conflicts social. She always feels anxious about the things that will happen to her. Therefore, she always restricts her activities and avoids any kind of social interaction due to excessive worries about what could happen. She also experienced physical symptoms of having anxiety disorders, such as the inability to relax, feeling restless, irritability, fear, worry, sweating, and fatigue.

1. The triggers of Audrey's anxiety

The cause of impact of bullying makes Audrey feel anxiety such as threat, repression, fear, responses, and emotionality. This is what looks like when Audrey fears to do eye contact with others.

Threat: When Audrey feels her consciousness disturbed by something that will happen to her physically. It can be seen when Audrey feels anxious either from inside or outside. While Audrey is worried, she is unable to make eye contact with someone so Audrey always has to wear her sunglasses.

Repression: Audrey wants to adapt to other people. Communicating with others is not easy for Audrey. Sometimes she feels fear and worry when she sees someone else even her family she can not make eye contact directly. Felix is the only one Audrey can look at without her sunglasses.

Fear: Audrey feels afraid about something, such as the fear of meeting someone. Audrey is not like other teenagers in general, she can not interact

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with other people. She can not go out where she likes, Audrey is so scared when someone asks her to go out. She feels afraid of other people's response to her, she always thinking about things that may not happen to her self.

Responses: Audrey is afraid of people's responses about herself and also when Audrey's anxiety appears, she would panic, shakes, and cold sweating.

Emotionality: when Audrey feels the sensation of stimulation of herself, such as a heartbeat, cold sweat, shortness of breath, and panic. She is unable to control her emotional feelings. She always thinks that something bad is going to happen which makes her feel panicky and scared.

2. Audrey's Conflicts

The internal conflict faced by Audrey is mostly caused by her anxiety disorder and her feelings for Linus. Throughout the story, she has to deal with an anxiety disorder that cripples her from doing things that she would normally do before she gets the disorder. Linus is also affected by many internal conflicts that Audrey faced because he is the first person Audrey has to encounter besides her family and her therapist. Audrey also has romantic feelings towards Linus, so, she has to conflict inside her heart. Meanwhile, the external conflict faced by Audrey in Man vs. Man mostly comes from her conflict with her family. Sometimes, she experiences conflicts of thoughts between her and her parents (especially her mother). Sometimes, it is only an ordinary fight between sister and brother that she experiences with Frank. On the other hand, the kind of person vs society conflicts faced by Audrey comes from her struggle against a group of people in her new school (Health Academy). They suggest Audrey work out with the school work even if she has not attended it yet to make her feel better, but she does not feel that way.

From the explanation above, the researcher knows what is an anxiety disorder. Anxiety disorder is a feeling that felt by Audrey begins when she was bullied by her friends, she was persecuted by her friends, and she suffers from mental illness, especially anxiety disorder which makes Audrey afraid to interact with others and also can not make eye contact directly. It supports the theory of psychology in literary work discusses the types of anxiety and the causes of anxiety and also supports Stanton's theory.

E. CONCLUSION

After analyzing the data, the researcher concluded the result of this research in the novel Finding Audrey by Sophie Kinsella.

1. The researcher finds that Audrey has a conflict between ego and superego which is concluded as internal and external conflicts that are caused by many problems outside like the triggers of Audrey's anxiety in the novel Finding Audrey, such as threat, repression, fear, response, and emotionality. Audrey's social life is a strong persistent fear of social performance or situations. That is precisely portrayed through Audrey. She limits what she does in front of others, especially making eye contact with others. This is what Audrey has to go through daily.

2. The effects of Bullying experienced by Audrey such as she suffers mental illness, especially anxiety disorder. Even worse effects can occur such as stress depression, and a desire to end her life. These impacts are probably the worst. When it is psychically exposed, it is hard for Audrey to forget her bad experiences, she feels worthlessness also affects their social and emotional performance even in school, she feels difficulty

understanding her identity and often experience anxiety about herself in the future, Audrey isolates from her social life because she feels fear that the same event will happen again. So, the tendency of people who have been bullied will be difficult to rise although some of them can rise again from that condition.

3. One of the factors that caused Audrey was bullied is that the family's lack of attention to Audrey so Audrey felt neglected, where Audrey's family was busy with their own business, namely, Audrey's mother, who was more concerned with her daily mail, or rather she was addicted to daily mail. Second, Audrey's father is busy with his work and does not want to interfere with his children's problems. Third, Frank (Audrey's older brother), is addicted to playing LOC games on his laptop, he plays games for hours every day, so he ignores his younger siblings. Because of these things, Audrey felt neglected and felt weak because her family did not pay attention to her. Looking weak is one of the causes of Audrey being bullied by her friends because the bullies think that Audrey is weak and does not look to fight back. The bullies certainly feel stronger and can dominate weaker victims.

4. The pressure Audrey faces social was that some people think she was crazy, and blind because she always wears sunglasses and others think that Audrey suffers from anxiety bipolar, but it was all denied by Audrey that she was not crazy, blind, or bipolar, but she suffers anxiety disorder from the bullying that she experienced when she was bullied by her friend.

5. There are two major disadvantages of having anxiety disorders found and portrayed through the main character of the novel, which are having difficulty in carrying out daily activities and the inability to interact normally with others.

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