Anxiety of Donna Character in Heim's *We Disappear* Novel: A Psychoanalysis

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Abstract

We Disappear novel tells the story of Donna who suffers from cancer. She wants her son come back to home in order to take care of her diseases. Donna behavior causes psychological problem that is anxiety. Anxiety is the feeling something bad will happen in the future. Anxiety is the base and central of the development of neurosis. In this research the researcher is interested to discuss the psychological problem that is anxiety inside Donna character in Heim's *We Disappear*. Therefore, this research is to explain there are psychological aspects inside the literary work, especially, *We Disappear* novel by Scott Heim. The researcher emphasizes on one approach that is psychological approach to disclose psychological problem of Donna character. Furthermore, the researcher applies psychoanalysis theory by Sigmund Freud about anxiety. There are three kinds of anxiety based on Freud, realistic anxiety, neurotic anxiety and moral anxiety. The method used in this analysis is qualitative descriptive method. This research also used library research. The researcher reads the other references from books, article, journal and web sources to support the analysis. From this analysis, it can be concluded that anxiety is a psychological problem. Donna suffers psychological problem that is anxiety. Donna character suffers in realistic anxiety, neurotic anxiety and moral anxiety. The three kinds of anxiety have different causes. Cancer as real dangers that exist in the world caused Donna suffers in realistic anxiety. Bad thought and childhood experiences can be cause neurotic anxiety. Donna moral anxiety comes from the contradictory between her desires to the society norms.

Key words: Anxiety, Psychoanalysis, Psychological problem.

INTRODUCTION

Study of psychology is important to know the psychological condition of people. Psychology is the study of human mind and behavior (Kuswanto et al., 2020). Psychological development of each people is different based on their experience. Every human being has many kinds of problem in their life dealing with psychology. Psychology is the scientific study of behavior and mental process. It means that psychologist uses method of science to investigate all kind of behaviors and mental processes (Aguss & Yuliandra, 2021), (Pranoto & Afrilita, 2019), (Zuhud, 2014), from the activity of a single neuron cell to social conflicts in a complex society. Psychology is an interesting topic to be discussed because it can explain deeply about human. How people's life in their everyday have relation to the others and to themselves. However, it is not only for the real life but

also can be used in literature as a portrait of the real life. Literature is a form and a result of creativity that the object is human and its life (Rido, Kuswoyo, & Ayu, 2020), (Amelia, 2016), (Al Falaq et al., 2021), (Rido et al., 2021), (Rido, Kuswoyo, & Nuansa, 2020), by using language as a medium (Pustika, n.d.), (Sari, 2018), (Rido, 2011), (Lestari & Wahyudin, 2020), (Tanenhaus et al., 2000). As a result of creativity dealing with human and kinds of its life, so literature not only as a media to tell idea, theory or thinking system but also as a media to accommodate idea, theory or thinking system. The psychological theory has become a part of literary man's works (Suprayogi & Novanti, 2021), (Kardiansyah & Salam, 2020a), (Kuswoyo, n.d.), (Kardiansyah & Salam, 2020b), (Lennon, 2008). Novel as one of literary works should has certain mass to qualify the title (Afrianto & Ma'rifah, 2020), (Sasalia & Sari, 2020), (Kardiansyah & Salam, 2020c), (Fitri & Qodriani, 2016), (Kardiansyah, 2017). There must be strong relationship between the content and title because it can attract the reader. The problem or issue in the novel determined by theme. Many aspect of life become story theme in a number of literary works, for example psychology. . Literary man can create a novel dealing with psychological aspect and human nature as fundamental aspect of behavior through character inside literary work. Novel is one of medium to describe psychoanalysis topic that contain the psychological problem and development of human behavior.

Literary work is produced by using object like human and human is included as a character inside of the story (Amelia, 2021). Through the character that is shown in the story, an author portrays human life with the problems or the conflicts that is faced by the character, either conflict with other character, conflict with the surrounding, or conflict with the character itself (Yulianti & Sulistiyawati, 2020), (Kardiansyah, n.d.), (Mertania & Amelia, 2020), (Amelia & Dintasi, 2019). The behaviors of character relates to psychological aspect. The reality psychology can be seen from any psychology phenomena which are suffered by character when they response and make reaction toward themselves and surrounding. A literary work that is written by literary men always portrays a character that has personality or behavior, therefore the literary work also portrays psychological of human, although the author only portrays the character in fiction which is not real. Meanwhile, psychoanalysis is one of the story topic in the novel which tells about the wishes and fears that people have. It is also about their memories in the past and how these memories fulfill their relationship in the present which is about their struggle to cope with painful feelings such as fears and anxiety. In 1890s Sigmund Freud viewed anxiety as the

result of repressed libido which was transformed into anxiety (Mahfud & Gumantan, 2020), (Damayanti & Listyani, 2020). Anxiety is always characterized by feelings of helplessness a disjunctive force. Most people experience anxiety at some point in their life. Anxiety is the emotion that human being feels when they think they are under threats and can not handle the problem.

One of the novels that depicts psychological problem is *We Disappear* novel by Scott Heim. *We Disappear* novel by Scott Heim published by Harper Collins with 289 pages. The first of his novel is *Mysterious Skin* in 1996 followed *in Awe* in 1997. In 2008 his third novel *We Disappear* was published. *We Disappear* is one of novel that can be analyzed using the psychological approach. The story of novel is about psychological thriller from Heim's of illness, relationship, love, care, between mother and son. The story of this novel is about a mother that wants to safe her children away from drugs. It tells about character psychological problem that is anxiety caused by childhood trauma experience and the behavior dealing with the conflicts in daily life. In this analysis, the researcher is interested in analyzing Donna character in *We Disappear* novel. From the psychological point of view, Donna character has psychological problem in childhood experience and threats of breast cancer and lymphoma attack in her body. This experience and threats produce anxiety inside Donna character. Anxiety creates worries, fears, and uncomfortable feelings. The researcher wants to show that there is relation between literary work and psychology to aim understands the behavior of character inside literary work. Literary work is the author creativity. Literature deals with psychology as individual or social creature. Both of them use human as the object of studying. Therefore, Psychological approach is important in analyzing and literature critics. The researcher chooses *We Disappear* novel to be analyzed by using psychological approach. It is used to understand the psychological problem that is anxiety of character. Therefore, the researcher conducts a research with research title "Anxiety of Donna Character In Hem's *We Disappear* Novel."

LITERATURE REVIEW

Psychoanalysis Theory

Psychoanalysis was one of the most influential theories of 20th century. During the 1890s Sigmund Freud developed a method of psychotherapy known as psychoanalysis. Sigmund

Freud is the father of psychoanalysis. Freud graduated from medicine and work in psychological laboratory for six years. In 1882 Freud work at Vienna general hospital. In 1885 Freud worked at Salpetrere, the famous hospital for nervous disease. Freud career influenced much of his theories. Psychoanalysis is considered to be a high level theory containing various sub theories such as structure personality, level consciousness, psychosexual development, defense mechanism, and anxiety. Psychoanalysis took place in psychology and literary criticism. Without psychoanalysis we could not understand how the repression of character in literary work drives. Not only psychology has been influenced and informed by the ideas of Freud but also literature, art, philosophy, cultural studies, and many others academic subjects.

Theory of Anxiety

Theories anxiety are categorized into psychoanalytic, learning, behavioral, psychological, existential that concern with uncertainty. Psychoanalysis deals with the basic nature human beings and the structure of personality there are ID, Ego, and Superego. Therefore, if those parts of mind work naturally and balance, human will act naturally. But if those parts of mind don't work naturally and balance, this is the peak of warfare that will always happen in the human internal with there are some tendencies, such as fidgety, suppressed, and neurosis.

Id as giving encouragement, the ego is the rational mind, while the superego as a controller that contains a system of values and norms prevailing in the society around. People experience anxiety when they perceive or think that they are in danger. Anxious thoughts concern a fear of something bad happening in the future. One of the most common reactions to anxiety is to escape from the unpleasant situation and, wherever possible, to avoid comind into contact with it. Anxiety is a signal to the ego that danger is coming. Anxiety readies the individual for appropriate action. The fear might be rational and irrational. Freud identified anxiety by its sources or the cause of anxiety. There are three kinds of anxiety, realistic anxiety, neurotic anxiety, and moral anxiety.

Realistic Anxiety

Realistic anxiety is produced when a realistic, external treats is present, such as enemy troops, automobiles on freeway, wild animals. Realistic anxiety is closely related to fear. It

is defined as an unpleasant, nonspecific feeling involving a possible danger. Reality anxiety is fear of real-world events. The cause of this anxiety is usually easily identified. This kind of anxiety interprets as fear. Sudden and intense experiences, called traumatic, childhood dangers, threats of punishment, all have their origin in external reality. For example, a person might fear receiving a dog bite when they are near a menacing dog. In the other word realistic anxiety is the fear of real danger in the world.

Neurotic Anxiety

Neurotic results from an Id-Ego conflict in which the Id seeks to discharge an impulse and the ego tries to places reality restraints on the impulse. In neurotic anxiety, the treat comes from Id. According to Freud in Robert (2003:20) "Neurotic anxiety concerns the harm that will result from yielding to a powerful and dangerous id impulse." Neurotic anxiety is defined as apprehension about an unknown danger. Neurotic anxiety can be recognized from bad thoughts and panic reactions. The feeling itself exists in the ego, but it originates from Id impulses. Neurotic anxiety is the unconscious worry that we will lose control of the id's urges, resulting in punishment for inappropriate behavior. People may experience neurotic anxiety in the presence of a teacher, employer, or some other authority figure because they previously experienced unconscious feelings of destruction against one or both parents.

Moral Anxiety

Moral anxiety is stems from the conflict between the Id and the superego which the Id impulse is in opposition to the moral and ideal standards of society. Moral anxiety involves a fear of violating our own moral principles. People who have moral anxiety are considered to have well developed of their superego. Example of moral anxiety would result from sexual temptations if a child believes that yielding to the temptation would be morally wrong. It may also result from the failure to behave consistently with what they regard as morally right. For example, failing to care for aging parents. There are three systems in one's personality; they are Id, Ego, and Super ego. The unfulfilled needs of personality then become anxiety, the feelings that create discomfort and pain. It drives people to take actions to avoid the danger. The three concepts of anxiety have different kinds of fear, they have the basic fair in reality

METHOD

Research design is a plan that describe how, when, and where data are to be collected and analyzed (Baker & Edwards, 2012). Means that the conceptual structure within research would be conducted. In the beggining of analysis, the researcher gives careful consideration including how research strategies will be paced and how the method will answer the research question. The overall research designed must be aimed at answering. the research question. The function of research design is to provide for the collection of relevant information with minimal expenditure of effort, time and money. In this research the researcher uses library research and qualitative method. Library research is define as the systematic study and investigation of some aspects of library and information science where conclusion is based on analysis of data collected in books. In this analysis the researcher uses qualitative research. The researcher believes that the formulation of problem can be answered by explaining it. In order to give information in this research, the researcher uses descriptive qualitative and library research. Library research is the way to collect the information from the books, articles, journals, and web sources. Library research is very needed to be done by the researcher to collect the relevant data (Booch et al., 1998).

Qualitative research is concerned with developing explanations of social phenomena. Qualitative research tends to focus how people can have different ways of looking at the social or psychological reality. Its also focuses on description and interpretation and might lead to development of new concepts or theory, or to an evaluation of an organizational process. Qualitative research begins with a general overall area of investigation (Sari & Wahyudin, 2019). Clear and practical guidance is provided on techniques for analyzing and presenting qualitative research.

RESULTS AND DISCUSSION

Donna's Anxiety

The researcher analyzes the anxiety of Donna character inside *We Disappear* novel by Scott Heim by using psychoanalysis theory of Sigmund Freud, the theory of anxiety. There are three types of anxiety based on theory psychoanalysis of Sigmund Freud. They are realistic anxiety, neurotic anxiety and moral anxiety (Ahluwalia, 2020). Other different

kinds of anxiety created by different cause and pain. The result of anxiety is pain and uncomfortable feeling. The researcher analyzes some narrations that indicate the anxiety of Donna character. Anxiety is an important variable of virtually all theories of personality (Yunara & Kardiansyah, 2017). Anxiety as a result of the conflict became inevitable part of life. Anxiety is a function of the ego to warn people about the possible coming of a hazard that can be prepared the appropriate adaptive reactions. Anxiety will arise when people are not prepared to face the threat. Freud suggests there are three types of anxiety, realistic anxiety, neurotic anxiety and moral anxiety. Realistic anxiety is fear of the real dangers of the outside world. This realistic anxiety into the origin of the emergence of neurotic anxiety and moral anxiety. Neurotic anxiety is the fear of punishment that will be received from a parent or other authority figure if someone satisfies the instinct in his own way, which he believes will reap punishment. Moral anxiety arises when people violate the standard values parents. Moral anxiety and neurotic anxiety appear similar, but have different levels of control ego ministered principle (Suryono et al., 2019). On the moral anxiety remain rational in thinking about the problem thanks to the energy of the superego, whereas in the neurotic anxiety in a state of distress, sometimes panic, so they can not think clearly and energy id inhibit neurotic anxiety sufferers to distinguish between fantasy and reality. Anxiety of Donna character is seen in this novel as psychological problem through literary work. Therefore, the researcher analyzes the anxieties of Donna character.

Donna Realistic Anxiety

Realistic anxiety is the feeling of someone fear about the real danger in the world. Donna having cancer and lyphoma. Cancer is one of dangerous illness. Cancer is one of the leading causes of death in developing countries. Most cancers can be treated and cured, especially if treatment is started early (Muludi et al., 2021). Cancer is a disease caused by abnormal growth of cells of the body that turn into cancer cells (Napianto et al., 2021). During its development, the cancer cells can spread to other body parts that can cause death. Some of the causes of cancer are environmental factors, genetic and viral infections. In this novel Donna is consuming alcohol and also smokers. She also feel stressed about her obsession to find the missing children. Since people know every years a hundred or even a thousand people died because of cancer. Cancer can be categorized as realistic anxiety because it proves that cancer can be real seen as danger in the world (Gulö & Teknokrat-Lampung, n.d.)

. Donna character suffers cancer and lyphoma.

Realistic anxiety is fears of the danger that threatens us. The danger is real danger. For example, when we meet with poisonous snakes or even poisonous snake bites we would feel worried something would happen to us. The danger of venomous snakes can cause us to experience poisoning and even death. In our thought the danger of poisonous snakes that threaten us. In this situation, it can be called as suffers in realistic anxiety. Snake venom can be as a form of the real danger in world. Therefore, when people are bitten by a poisonous snake then they will feel the fear of poisoning and even death. This feeling is categorized as a realistic anxiety. If this feeling can not be resolved, it will cause to panic and become a psychological problem of people or character inside literary work.

Donna Neurotic Anxiety

Id is our desire and ego is the way how we can fulfil the id. Neurotic anxiety is feeling anxious something bad will happen. In fact we do not know what will happen. The feeling of anxious comes to mind. If it can not be overcome it will become psychological problems in character, that is called neurotic anxiety. For example, in an office there is someone better than us, he worked neater and faster than we did. In this situation we will find that it will make us fired in the office where we work. In fact the reality is we do not get fired from our office. In fact, the person is not a danger. It is only our bad thoughts that someone good in the office will threats you to makes you go out from the company. In this feelings, if we are not able to handle this problem would be a psychological problem to us. It is called with psychological problems neurotic anxiety.

Neurotic anxiety can also be caused by past experiences, bad past experience will make the person experiencing feelings of anxiety in the future. Neurotic anxiety is also a conflict between the id and the ego. Id is our desire and ego is the way how we can fulfil the id. For example, I am hungry is the id and the ego is looking for food to satisfy the feeling of hunger earlier. If the id and the ego does not run smoothly then become neurotic anxiety. The desire that can not be fulfilled will become neurotic anxiety.

Donna Moral Anxiety

Moral anxiety is a feeling of fear when people violate the norms of existing society. For example, the parents are old and sick. As a children should take care of them. Take care of parents is a good norm in the society. If it is not fulfilled, people may feels the sense of ridiculed from the society. The feelings that is contempted by society arise in our minds. The public may mock us as a rebellious child who does not care for parents. In this

position this person classified suffering moral anxiety. Moral anxiety comes from a worried feeling because it has been contradictory with the existing norms in society.

Moral anxiety experienced as feelings of guilt or shame in ego, generated by the perception that there is a threat of conscience. The fear originaly comes from derived moral anxiety is the objective fear of the punish from parent. Moral anxiety have a strong connection with neurotic anxiety since the main enemy of the superego is object-choice of id. Moral anxiety is the fear of concious. It is someone's anxiety that comes from they are thinking contrary or not proper according to society norms. People who are less devout do not have a strong superego. People who are suffering in moral anxiety have been punished in the past and they think that they may be punished again. In this analysis, Donna suffers in moral anxiety. She lie to her children about something in basement. Therefore, she feels Donna will mad at her. In childhood Donna;s experience, she ever lie to her parent. Donna think that she may get the angry even punish from her son because her lying.

CONCLUSION

Based on the researcher's analysis about the anxiety of Donna character, the researcher finally arrives to the conclusion. From the analysis the researcher proves Donna character suffers psychological problem that is anxiety. Anxiety is feelings of anxious when something bad will happen. If the feeling can not be resolved, it will cause deeper in psychological problem. In this analysis, Donna suffers realistic anxiety, neurotic anxiety and moral anxiety. All kinds anxiety that are suffered by Donna can be distinguished by the causes of character's anxious. Donna suffered three kinds of anxiety, realistic anxiety, neurotic anxiety and moral anxiety with different cause.

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