

## MA'S ANXIETY IN EMMA DONOGHUE'S *ROOM*

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### Abstrak

Semua manusia pasti mengalami kecemasan. Itu dapat dilihat dari perilaku. Di dalam novel *Room* oleh Emma Donoghue terdapat karakter, Ma, yang telah diculik dan diperkosa oleh seorang laki-laki tua dan kemudian itu menyebabkan dirinya menderita kecemasan. Itu mulai terjadi ketika tingkat ketakutan meningkat melebihi tingkat ketakutan normal. Itu biasanya diikuti oleh beberapa gejala dan ciri-ciri tertentu yang dapat digunakan untuk menganalisis kecemasan Ma. Oleh karena itu, ada beberapa masalah mencakup bagaimana aplikasi kecemasan itu bekerja, yang disampaikan oleh dua pertanyaan (1) Bagaimana kecemasan Ma digambarkan dalam novel *Room* oleh Emma Donoghue? Dan (2) Bagaimana kecemasan Ma berdampak pada dirinya? Untuk mengerti masalah-masalah yang timbul ini, konsep kecemasan menjadi tema utama. Sigmund Freud yakin bahwa kecemasan adalah firasat akan adanya bahaya yang akan datang yang berdasarkan obyektif, neurosis, atau ancaman moral. Ketiga tipe itu dipengaruhi oleh dua faktor, yaitu faktor biologis dan lingkungan. Dalam kajian ini, teori psikoanalisa oleh Sigmund Freud juga dapat digunakan untuk mempelajari tentang kecemasan secara lebih dalam. Itu mempelajari tentang kepribadian dan asal mula kekacauan psikologi manusia. Id, ego dan superego memiliki pengaruh kuat dalam kemunculan kecemasan dan tiga hal itu tidak bisa dipisah satu sama lain. Kecemasan seorang Ma disebabkan oleh kejadian trauma masa lalunya. Penggunaan metode interpretasi dibutuhkan untuk mengungkap konsep kecemasan. Melampirkan makna terhadap data dan membutuhkan keterampilan, imajinasi, dan kreativitas adalah konsep utama dari metode ini.

**Kata kunci:** kecemasan, teori kepribadian, psikoanalisa.

### Abstract

Anxiety must be experienced by all of human beings. It can be revealed through learn the behaviour. In Emma Donoghue's *Room*, there is one character, Ma, who was abducted and raped by the old man, then it caused herself suffers the anxiety. It happens when the level of fear is too much and exceed from the normal proportion. It is usually associated with symptoms and characteristics that can be used for analysing of Ma's anxiety. Therefore, there are some problems of knowledge about how the anxiety works out, which are delivered to two main questions of (1) How is Ma's anxiety depicted in Emma Donoghue's *Room*? and (2) How does Ma's anxiety impact to herself? In case of knowing answer of these problems, concept of anxiety becomes the main topic in this study. Sigmund Freud believed that anxiety is a feeling of impending danger that can be based on objective, neurotic, or moral threats. Those three anxiety is basically caused by two factors, biological and environmental ones. In this study, psychoanalysis theory by Sigmund Freud is also needed to learn deeply. It focuses on personality and the origins of psychological disorders. There are id, ego and superego which possesses the occurrences of the anxiety and it can't be untied from each others. Thus, Ma's anxiety is all caused by her post traumatic event. The usage of interpretation method is also needed to reveal the concept of anxiety. Attaching meaning to the data and requiring skill, imagination, and creativity are the main concept of this method.

**Keywords:** anxiety, theory of personality, psychoanalysis.

### BACKGROUND STUDY

One of the novels deals with human behaviour is *Room* written by Irish writer, Emma Donoghue. She includes in shortlist of man Booker prize awards and other awards. She is very imaginative writer. She often writes unfamiliar world onto her novels. Most of her books tell the reader about lesbian. It includes in

psychological of human behaviour, that points out the sexual disorder. In fact that Emma herself wrote this *Room* based on her own perspective of human being behaviour. *Room* was also inspired by ancient folk motifs of walled-up virgins who give birth.

*Room* is being translated into over forty languages, including special educational editions in German and Dutch. Emma Donoghue's *Room* gets many awards and

honors. This novel talks about abduction story of Ma which used third person point of view, Jack, a five years old boy. Room has completely different situation from any condition she has ever lived. Character Jack grew in a room and lived with his mother only. But the main thing that become the important is Ma's psychological condition. Because Ma herself kidnapped since she was 19 years old. It has been seven years ago. She raped and locked in a Room till she gave birth a son, Jack. For Ma, life in Room which is what Jack calls their zone of containment is an ongoing torment, mitigated only by the desire to protect her son. Her daily life in Room makes her suffers anxiety disorder which can be called as symptoms of anxiety.

Post traumatic event that experienced by Ma character mostly influence in her behaviour. The quotes will analyzed through the concept of anxiety disorder. There are two main parts of this chapter. They are the depiction of character Ma's anxiety and the impacts of her anxiety toward her own self. Basically there are five symptoms of the anxiety. The emotion feelings that comes out from inside Ma are commonly called as the anxiety. People must be anxious about something, but when the anxious disturbs much to their lives is called as the anxiety disorder. It has already rolled out in the previous chapter. Post traumatic event of Ma potentially gives influences not only to Ma's mental health but also her physics health. Ma is the sufferer in this novel. The main actor of this novel is Jack, indeed. But the person who suffers so much is Ma. Because Ma herself is the adults who truly knows and realizes about what happens around her. The anxiety concept by Sigmund Freud properly uses to reveal the condition of Ma's psychological. In this novel, the behaviour of Ma mostly identified as the feeling of anxiety by occurrence of the symptoms of it. That actions mostly done through her id, superego, and ego. Those things included in three types of anxiety based on Freud.

Anxiety can affect people all in very different ways. Experiences of anxiety can vary greatly from person to person and no two people are the same. Anxiety is also completely normal! It is something that experienced by a person to some level. Anxiety is useful for reminder of something dangerous and that makes a person to be careful. However, if anxiety gets out of control or stops a person from doing everyday things, then this can lead to us feeling unhappy, upset and frustrated. According to Sigmund Freud, anxiety is an unpleasant inner state that people seek to avoid. Anxiety acts as a signal to the ego that things are not going right.

## RESEARCH METHOD

Literary work is meaningful. The resulted meanings are from imaginations of the author consciously and unconsciously. Hence, it delivers many meanings and interpretations that can be caught by the reader as an interpreter. In other word, to find the reliable result, it needs a method that is based on the problems to avoid the blurry result. Appropriately, with the purpose of this thesis, revealing the anxiety of Ma character caused by post-traumatic event in Emma Donoghue's *Room*, it needs an approximation method. Within the method, there are approach and techniques required for stabilizing the analysis.

In collecting data, this research focuses on reading and documentation. The following steps in collecting the data are below here:

1. Reading novel. In this step, novel becomes the object of the research. The novel is entitled *Room*, written by Emma Donoghue. To collect the correctly data, it needs reading more than once, because to get interpretation, it needs understanding all contents completely with all possibilities both intrinsically and extrinsically.

2. Inventorying data. This step is collecting data through noting the quotations related to the statement of the problems and objectives of the study, it is including in words, sentences, and discourse that can represent anxiety disorder and post-traumatic event within it in Emma Donoghue's *Room*. Thus, all data that will be analyzed are started and sourced through the novel's contents.

3. Classification data. It is appropriate to the statements of the problems about the anxiety that is shaped and finding the factors of the anxiety through the behaviour of Ma in Emma Donoghue's *Room*.

4. Tabling the data. It is to simplify reading the data and classify data that is used in the analysis for the readers.

## CONCEPT OF ANXIETY

Some people must have specific experience that makes feeling anxious appears. When the feeling emerges, it can cause somebody panic, or do something undesirable things. It is called as anxiety which happens by generalized feelings of fear or apprehension. At one time or another, people may experience anxiety which means a diffuse or vague concern that something unpleasant will soon occur. If such feelings become intense and persist for long periods of time, however, people can constitute important form of mental disorder.

Such anxiety disorders take several different forms (e.g., Zinberg & Barlow, 1995).

Anxiety is commonly quite the same with the fear. But in contrast to fear, anxiety involves a more general or diffuse emotional reaction, beyond simple fear, that is out of proportion to threats from the environment (Roth & Argyle, 1988). Rather than being directed toward the person's present circumstances, anxiety is associated with the anticipation of future problems. Anxiety can be adaptive at low levels, because it serves as a signal that the person must prepare for an upcoming event (Costello, 1976). The label of anxiety symptoms is generally applied when the reaction appears to be disproportionately large compared to the stress in the individual's life; if the reaction is proportionate to the stress, the term stress reaction is used. Symptoms of anxiety are a diverse group of maladaptive patterns in which anxiety is the most prominent feature.

Sigmund Freud considered that there are three types of anxiety. they are reality, moral, and neurotic anxiety. They are not apart from structure of mind, like id, ego and superego. **Reality anxiety** exists externally, from the physical world. it influenced by the ego. While the ego operates in accordance with the reality principle. The ego becomes the main thing of personality. It put a rational decision. It also covers thoughts and perceptions. While **moral anxiety** is the result from the ego and superego conflicts. It occurs whenever the id strives expression of amoral thoughts (conscience) or acts, and the superego responds with the feeling of shame, guilt, and self-condemnation. The last type, is **neurotic anxiety** which means the unconscious worry that a person will lose control of the id's urges, resulting in punishment for inappropriate behavior. This anxiety derives from a fear of the severe negative consequences that may result from doing something terrible. It also occurs when there is a direct conflict between the id and the ego.

Those three types are usually associated with symptoms and characteristics. They are panic attacks, obsessive-compulsive disorder, post-traumatic stress disorder, generalized stress disorder, and phobia. Each symptoms have their own characteristics. They are basically influenced by two factors, biological and environmental factor. Both of them have details like stated below:

Biological	Environmental
Genetics	Stress
Brain activity alterations	Life experiences
	Trauma
	Change
	Abuse

### MA'S ANXIETY

In Emma Donoghue's *Room*, Ma was abducted and raped by Old Nick then it causes Ma suffers anxiety. her anxiety usually associated with symptoms and characteristics. Shaping of anxiety in Emma Donoghue's *Room* is divided into three parts, reality, moral and neurotic anxiety. Those three things comes from Ma's behaviour in the novel which told by Jack's point of view. In this novel, neurotic anxiety gets much influence towards Ma. Because it becomes a great source in making somebody's psychological disturbed. Reality anxiety occurs when Ma faces the real object which makes her feels anxious. It usually followed by symptoms that has been explained in the previous chapter. Whereas three aspects of personality by Freud, like ego id and superego can't be untied from the anxiety.

The behaviour of Ma is shown in her daily activities in Room. It clearly shows about the fear of being contaminated by germs or dirt or contaminating others The behaviour that shown above is kind of obsessive disorder. Ma teaches Jack to always clean. It may not have any noticeable compulsive aspect. However, many of those with germ fears wash their hands numerous times a day to compensate, and this may be the way their compulsion manifests. There are thousands of possible obsessions and fears, and thousands of different types of compulsions. But the basis of the disorder is severe stress and anxiety over these obsessions that drives the need to perform compulsive actions. Ma always asks Jack to wash his hand first before doing some things. Indeed, the very nature of Obsessive compulsive disorder (OCD) centers around making certain that all is well. The disorder is characterized by unreasonable thoughts and fears (obsessions) that lead the sufferer to engage in repetitive thoughts or behaviors (compulsions). Obsessions are always unwanted and cause varying degrees of stress and anxiety, and compulsions temporarily alleviate these feelings. Compulsions are always, in some way, shape, or form, a quest for reassurance; a way to make everything is good. In this matter, germs are shows prominently as one of the factors of OCD. Compulsive behaviour is used



to reduce the anxiety which occurs by the obsessive behaviour. Obsessive behaviour itself is more likely scared of danger of germs then, cleaning hands in many times, which called as compulsive behaviour. Those actions includes in superego. Because, it rlifts up the moral principle.

Another type of anxiety is called as moral anxiety. This anxiety most likely relates to the ego. In most cases, Ma is affraid of getting punishment from the social community atound her, especially when she has already escaped from *Room*. Although in fact that Ma would never hurt by them. It is just her excessive anxiety in facing her bad post traumatic event. It also marekd by some symptoms which can display her moral anxiety feeling.

Jack realizes that Ma never tries to be kind of the Old Nick. During their living in *Room*, Ma has never shows her true feeling towards the Old Nicks to Jack. The fear of Ma towards the Old Nick happened just because the environmental around her. It is one of factors which makes the anxiety occurs. A person's environment and anxiety levels are certainly linked. All of us have different experiences growing up that influence how we view ourselves, others, and the world. Based on this, researchers have identified several major areas of environmental stressors that could be causes of anxiety disorders like GAD. First, any abuse can be a factor in development of anxiety disorders. Second, a chaotic home life (parent divorce, substance abuse, neglect, etc) can also be an influence. These experiences cause intense fear and psychological disturbances that create an underlying belief that the world is threatening, and is thus experienced with chronic fear and anxiety. Also, some health experts think that traumatic experiences can also affect brain development as well. Factors such as one's environment are a great adjunct to consider, focusing on evidenced based techniques can allow one to deal with people's overall anxiety across a variety of environments. The remaining associations between the disorders are largely explained by a unique environmental factor shared across the disorders and, to a lesser extent, a common shared environmental factor. Ma can be defined suffers stress. In the previous chapter, it belongs to the environmental factor. which makes Ma to do something to prevent her anxiety feeling. The way she calls the Old Nick with "him", is her efforts to avoid to be an anxious one.

Explanations above tells about how moral anxiety works out in Ma's life. While on the other hand, neurotic anxiety is much influences the psychological of Ma. She experiences many things that causes the disturbance of her mental. The id and several symptoms can be the

indication that this kind of anxiety strikes Ma's life. Her life becomes more complicated when her mental is breaks down caused of serious thought bye her post traumatic event in Room.

Ma keeps the wound in her heart since her kidnapped seven years ago. Breaking something natural. Because, it becomes the only way she can overcome her worries. Her worries go into her id aspect. It unconsciously happen. But turn into concscious action. It is kind of anxiety symptomp, that is losing control of her thoughts and actions. Posttraumatic stress disorder blows out into hit the wall. "I'd love to break something..." becomes the key that she is actually wans to hurt Old Nick. This conversation said by Ma when she is in Room with Jack, that shows about one of her ost trumatic stress disorder actions. It influences by her psychological factor, her trauma. Both of those things are always correlates each other. People who have such traumatic event will followed by trauma feelings. Then it becomes indication that Ma feels anxious. Breaking something is signal of feeling hurted by something or someone. It also can be the form of depression. Ma depressed about her life, then she assumes that she loves breaking everything. The depression and anxiety has such relationship between them. Understandably, then, deciding between a diagnosis of anxiety disorder or depressive disorder is often quite problematic for clinicians (Becker, 1974).

She cries because she feels depressed in the inside. It is a very hard thing to say yes in case agree the opinion of Jack to play to Old Nick's house. In fact that in almost every nights Ma usually goes out from Room to Old Nick's room. But her tears becomes the proof that she hates the situation being locked. Crying is kind of altered state of reality, consciousness, or universe feeling. The depression includes in symptom of anxiety. So, Ma feels like she is in under pressure in all time in Room being kidnapped. When there are tears in Ma's face, it shows about being easily startled. It is one of symptoms of generalized anxiety disorder. Ma feels worry about Jack's desirability in visiting Old Nick's house. Feeling stratled includes in hyperousal symptom. In fact that hyperousal itself is in post traumatic stress disorder. Hyperarousal symptoms are usually constant, instead of being triggered by things that remind one of the traumatic event. They can make the person feel stressed and angry. These symptoms may make it hard to do daily tasks, such as sleeping, eating, or concentrating. Another thing that showed by Ma is her defense mechanism. Before she finds herself cries, she presses her mouth with her hand. As the explanation above about defense mechanism theory, it always uses by human being when they start feeling anxious and uncomfortable. Therefore, in case of coping her crying, she tries to not cry by her pressed hand

in her mouth. Fear and anxiety can last for a short time and then pass. But they can also last much longer and you can get stuck with them. In some cases they can take over your life. They can affect your appetite, sleep and concentration. They can stop people travelling, going to work or school, or even leaving the house.

### THE ANXIETY IMPACTS OF MA

Anxiety actually gives effects to its sufferer. Ma experiences anxiety impacts onto herself, especially onto her psychological condition. In the Cumberland clinic Dr. Clay examines condition of Ma regularly. He knows that Ma start being hard to sleep. It is one of proofs that Ma thinks about something which she hardly to handle. Tachycardia is a heart rate that exceeds the normal range. It can be caused by various factors which often are benign. While re-experiencing is a symptom that becomes the most problematic for most of post traumatic stress disorder sufferers. Those three things are the factors of feeling not good of somebody, especially Ma. That becomes the reason why Dr. Clay observes Ma in all the time. He doesn't want something bad happen to his patient. Ma has been experienced many trouble in her life such as sexual abuse, kidnap, and abduction. Those are the serious matters. It can cause deep trauma. Re-experiencing is one of symptoms of post traumatic disorder by Freud. It explains about people's experience of frequently having upsetting thoughts or memories about a traumatic event, having recurrent nightmares, acting or feeling as though the traumatic event were happening again, sometimes called a "flashback", having very strong feelings of distress when reminded of the traumatic event, and being physically responsive, such as experiencing a surge in your heart rate or sweating, to reminders of the traumatic event. It may cause problems in a person's everyday routine. It also can start from the person's own thoughts and feelings. Words, objects, or situations that are reminders of the event can also trigger re-experiencing. It includes to intrusive memories, nightmares, flashbacks, exaggerated reactions to reminders of the event, and re-experiencing (including re-experiencing physical symptoms when the body 'remembers').

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### CONCLUSION

Based on the analysis data it can be concluded that every human being has such kind of anxiety feeling. Especially Ma who gets post traumatic event feels anxious. It influenced by id, superego, and ego which kept inside human's psyche. Ma experiences three types of anxiety which followed by symptoms and characteristics. It is clear that Ma herself suffers the anxiety which disturb her psychological condition. Therefore, between the id, ego, and superego and the anxiety concepts can't be untied from each others. They have strong relationship in building human being's behaviour.

Her psychological is broken before she gets some treatments from the psychiatric of Cumberland Clinic. It caused by the environmental factor which has big role in creating Ma's traumatic feeling. Emma shaped the anxiety in Ma character according to the environmental factors. Ma often suffers the anxiety disorders caused by stress, change, abuse or neglect, and trauma. Trauma becomes the potential thing in shaping the anxiety.

The anxiety sufferers may get a happy ending and reconcile with their memories in past. The memories can be formed as post traumatic event. In the end of the story, Ma start living with Jack in a resident. But then Ma and Jack go on a last visit to *Room* which changes her life for seven years captivity. Then they say goodbye to it and make a peace with the building that fully of their journey life history.

### SUGGESTION

This study isn't aimed to critics Sigmund Freud's concept of anxiety towards Ma character, but to learn more about the concept of anxiety by Freud deeper. As the reflection of this thesis, hopefully, to whom it goes to utilize Freud's anxiety concept, ever since Freud, there has been a tension concerning the "core" of the psychoanalytic approach, the reader still have to read more in case of understanding about the concept deeper and deeply. There are several suggestions for the next researcher to explore more about Emma Donoghue's *Room*:

1. Post traumatic event of Ma becomes the main causes in case of analyzing about her anxiety.
2. Theory of defense mechanism is the other more complex theory which can be used to analyze another main character, Jack, Ma's son.

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