# CATH'S SOCIAL ANXIETY IN RAINBOW ROWELL'S FANGIRL

# **THESIS**



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#### ABSTRACT

Indriana, R.D. (2021). *Cath's Social Anxiety in Rainbow Rowell's Fangirl*. English Department, UIN Sunan Ampel Surabaya. Advisor: Sufi Ikrima Sa'adah, M.Hum.

Keywords: social anxiety, self-acceptance, self-compassion.

This study aimed to describe the social anxiety experienced by Cath Avery as the main character in Rainbow Rowell's *Fangirl*. This study also described the factors that influenced her social anxiety and how the main character overcomes her social anxiety.

A qualitative method was used as the method of this study. To find the answer to the two research questions, the researcher used literary research related to social anxiety, which covers the causes of Cath's social anxiety and how to overcome Cath's social anxiety. Here, the researcher finds some quotations and narratives from this novel that suit the issue discussed in this study.

The researcher found that Cath experienced social anxiety by showing some social anxiety symptoms, which is somatic symptoms such as nervousness or "butterflies" in the stomach, behavioral symptoms such as avoiding eye contact and pretend to hide her reaction in a situation, and a cognitive symptom such as having unpleasant thoughts about the situation she does not comfort. It happened because of some factors. Those factors are traumatic experiences, genetic predisposition, fear of negative evaluation, and cultural factors. While overcoming her social anxiety, Cath used her writing ability to heal herself. Cath usually wrote fan-fiction about her idol, which is Simon Snow. Besides writing, Cath also tried to develop her self-acceptance and self-compassion. Cath's peer also played a significant role in overcoming her social anxiety. Cath had some friends who could accept and support her the way she is. She had a good relationship with her friends. Cath's friends always supported her without judging each other.

#### **ABSTRAK**

Indriana, R.D. (2021). *Cath's Social Anxiety in Rainbow Rowell's Fangirl*. English Department, UIN Sunan Ampel Surabaya. Advisor: Sufi Ikrima Sa'adah, M.Hum.

Kata Kunci: kecemasan sosial, penerimaan diri, kasih saying diri.

Penelitian ini bertujuan untuk menjelaskan kecemasan sosial yang dialami Cath sebagai tokoh utama dalam novel *Fangirl* oleh Rainbow Rowell. Penelitian ini juga mendeskripsikan faktor-faktor yang mempengaruhi kecemasan sosial nya dan bagaimana cara tokoh utama mengatasi kecemasan sosial nya.

Metode kualitatif digunakan sebagai metode dalam penelitan ini. Untuk menemukan jawaban dari kedua rumusan masalah, peneliti menggunakan penelitian-penelitian yang berhubungan dengan kecemasan sosial, yang sekaligus dapat menjawab penyebab kecemasan sosial Cath dan upaya untuk mengatasi kecemasan sosial nya. Disini, peneliti menemukan beberapa kutipan dan narasi dari novel yang cocok dengan masalah yang sedang di bahas dalam penelitian ini.

Peneliti menemukan bahwa Cath mengalami kecemasan sosial dengan menunjukkan beberapa gejala kecemasan sosial yakni gejala somatic berupa rasa gugup atau merasakan hal yang aneh di perutnya, gejala berupa tingkah laku yaitu menghindari kontak mata dan menyembunyikan reaksi nya dalam sebuah situasi, dan sebuah gejala kognitif yaitu memiliki pikiran-pikiran tidak menyenangkan terhadap situasi yang kurang nyaman. Hal ini terjadi karena beberapa faktor. Yaitu pengalaman traumatis, kecenderungan genetik, ketakutan akan penilaian buruk, dan faktor budaya. Sedangkan untuk mengatasi kecemasan sosial nya, Cath menggunakan kemampuan menulis nya untuk menenangkan diri nya. Biasa nya Cath menulis sebuah fan-fiksi tentang idola nya yaitu Simon Snow. Selain menulis, Cath juga mencoba untuk menerima dirinya sendiri dan berusaha menghibur dirinya sendiri. Teman-teman Cath juga mempunyai peran yang berarti dalam mengatasi kecemasan sosial Cath. Cath meiliki beberapa teman yang dapat menerima dan mendukung nya sebagaimana dirinya. Ia memiliki hubungan yang baik dengan teman-teman nya. Teman-teman Cath selalu mendukung Cath tanpa saling menghakimi.

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#### **CHAPTER I**

### INTRODUCTION

## 1.1. Background of the Study

According to Aras (2015), literature is the collection of experiences and individual realities, basically the human psyche, emotions, and feelings. The story of literary works is adopted by many issues related to the human's experience and reality. Emotion and feelings themselves are the compositions of a story (Roberts, 2010).

Social anxiety is an issue related to individual realities. National Health Service (NHS) stated that social anxiety is a long-term fear of the social situation. Nowadays, social anxiety is one of the severe mental illness cases in adolescents. *National Health Service* (NHS) stated that social anxiety is a common problem during the teenage years. According to the *National Institute of Mental Health* (NIH), social anxiety is common for anxiety disorder. There are some causes of social anxiety disorder. One of the causes is when an individual enters a new situation and needs to adapt to this new situation (La Greca & Lopez, 1998, p.88).

A person who has social anxiety disorder feels fear or anxiety when they are in some social situations. Those situations may include meeting with other people, coming to a party, having dinner in a restaurant with someone, getting a job interview, asking or answering a question in class, or talking to a cashier in a store. The fear becomes such incredible anxiety when they feel like they are judged and watched by others. This fear that they feel could affect school, work, and everyday activities. In other words, social anxiety is the fear of someone about a question or

criticism and judgment by the others for them as stupid or ignorant in a social situation (Bandelow & Stein, 2005, p.18).

Everyone often had a feeling of insecurity, especially someone with social anxiety. Feeling fear of being watched, judged, or humiliated by others is what they are feeling. This fear feeling could be caused by experience, genetic factors, or personality. Those fear feelings happen because the psychological condition of people with social anxiety is different from people not. People were born with their abilities. Everyone certain has its advantages and disadvantages. According to the Qur'an surah At-Tin, ayat 4, human is the perfect God's creature.

We have certainly created man in the best of stature (QS. At-Tin: 4)

A human is God's perfect creature than plants and animals, even the angels. Humans consist of physical and spiritual, which has mind and lust. It makes humans is perfect than other God's creatures. To avoid these insecure feelings, people should be more blessed and read some books about it to know more about this problem.

Nasruddin (2018) stated that Al-Qur'an categorized anxiety into two things. The first is normal anxiety. It is only a fearful feeling about something that has not happened yet. The second is the anxiety in the doubt phase or becomes a disease. It happens because someone lets restless feeling happen. The person always feels anxious because of the lack of approach with God. Based on the meaning itself, social anxiety can be categorized as normal anxiety. But, social anxiety is a mental disorder. If not healed immediately, it can be classified as a disease.

Saleh (2017) said that humans face any situations or events that triggered anxiety every day, such as doing a presentation, coming late to class, working the deadline, having a job interview, etc. According to the Social Anxiety Institute, people with social anxiety disorder would feel more anxious than people in general. They fear speaking in front of a group and feel nervous and uncomfortable in almost all social situations.

This study discusses social anxiety found in Rainbow Rowell's Fangirl because the novel's issue is very interesting to discuss, which is social anxiety. The researcher wants to analyze it deeply because social anxiety is a common issue in this era. This novel tells about college life, whereas the researcher is a college student, which also becomes why the researcher chooses this novel. *Fangirl* novel contains an issue about teenage life as a college student. In literary work, the issue of social anxiety also still rare.

In this part, the researcher presents few studies. First, Terananda (2016) focuses on how the character overcomes his social phobia in *Room* by Emma Donoghue. This study analyzed some symbols, characters, and tone that support Jack's effort to overcome his social phobia. In contrast, the recent study did not use the symbol to find ways to overcome Cath's social anxiety. This present study also analyzed the factors of social anxiety.

Second, Riswahyudi (2017) discusses the social anxiety disorder suffered by 14 years old girl in *Finding Audrey* novel. This research found that the main cause of Audrey's social anxiety was being bullied in the environment, while the main reason for Cath's social anxiety was a traumatic experience, which is about her

parents' divorce. The way to overcoming social anxiety also different. Audrey overcomes her social anxiety with the help of a therapist, while Cath was overcoming her social anxiety by doing self-acceptance, self-compassion, and by the role of peer.

Third, Susilo (2019) studies the same novel as the present study, which is *Fangirl* novel, but generally focuses on Cath's introverted personality. In comparison, the current research specified focuses on the social anxiety of Cath.

Inggrita (2020) also discusses the main character in *Fangirl* novel but points to the general discussion on anxiety. In contrast, the present study focuses on a specific disorder which is social anxiety. The present study also analyzes the factors that caused Cath's social anxiety and how Cath overcomes her social anxiety.

The researcher believes that this present study is different compared to the previous studies. This research focused on the specific problem, which is social anxiety suffered by a teenager in college life, while some studies analyzed the social anxiety in children. This research also different because it also aims to find the factors and how the main character overcomes her social anxiety that the previous researchers did not study.

The way the character overcomes their social anxiety is also different. In this research, the character overcomes her social anxiety by writing fan-fiction and then meets with her peers. Over time, Cath starts to reduce her social anxiety. The other previous study with the same object analyzes it through general anxiety and the introverted personality. Though the characterization of introvert personality is almost the same as the characterization of social anxiety, both are different.

Introvert personality is an instinct. Usually, an introverted person still follows some social activities even though they have difficulty interacting with others.

Meanwhile, people with social anxiety choose not to join themselves with many people because they fear being criticized or judged as stupid or ignorant. In a social situation, they also show some symptoms such as trembling and sweating. From the explanation, the researcher believes that this research is different.

#### 1.2. Research Problem

- 1. How is Cath Avery's social anxiety portrayed in the *Fangirl* novel by Rainbow Rowell?
- 2. How are the causes of Cath Avery's social anxiety portrayed in the *Fangirl* novel by Rainbow Rowell?
- 3. How does Cath Avery and the role of her peer to overcome her social anxiety portrayed in the *Fangirl* novel by Rainbow Rowell?
- 4. How do Cath's peers help to overcome her social anxiety portrayed in the *Fangirl* novel by Rainbow Rowell?

This present study has the intention to answer three questions, those are:

According to the research question above, this study aims:

- To describe how Cath Avery's social anxiety in Fangirl novel by Rainbow
   Rowell
- 2. To describe the causes of Cath Avery's social anxiety in *Fangirl* novel by Rainbow Rowell
- 3. To describe Cath Avery's ways to overcome her social anxiety portrayed in the *Fangirl* novel by Rainbow Rowell?

4. To describe the role of Cath's peer to overcome her social anxiety portrayed in *Fangirl* novel by Rainbow Rowell

## 1.3. Significance of This Study

This present study was designed to analyze the main character's social anxiety depicted in the *Fangirl* novel. The researcher hopes this research can help anyone understand the psychological issue in literary work, especially social anxiety. Hopefully, this study can motivate and inspire people who have the same experience with this issue. For the academic world, the researcher hopes to contribute to the library of UIN Sunan Ampel Surabaya as references or even use it to analyze something as long as it is still related to social anxiety.

# 1.4. Scope and Limitation

This research has tended to focus on the main character in *Fangirl*. The data of this research taken from narratives and conversations from *Fangirl* that relates to Cath's character. This research is limited to Cath's social anxiety. This research aims to discuss Cath Avery's social anxiety and how she deals with her social anxiety.

## 1.5. Research Method

This chapter discussed research design, data source, data collection, and data analysis. Here the methods that the researcher used in this research are explained below.

# 1.5.1. Research Design

The descriptive qualitative method was the method of this research.

Polkinghorne (2005) stated that the qualitative method is an umbrella term under which various research methods that use language data are clustered.

Qualitative method inquiry aims at describing and clarifying human experience as it appears in people's lives (Polkinghorne, 2005). Cresswell (2009, p.175) also stated that giving critical understanding to the reader is also the purpose of qualitative method that consider the social anxiety in Fangirl to provide the best interpretation.

#### 1.5.2. Data Source

As the primary data source, the researcher used the *Fangirl* novel by Rainbow Rowell. The researcher also used E-book, the book from the library, journals, and some thesis related to this research topic as the supporting data.

## 1.5.3. Data Collection

To collect the data, the researcher followed some steps below:

- 1. The researcher repeatedly read the novel to get a good understanding
- 2. The researcher selected and identified some relevant narratives and conversations from the novel related to the research problem.
- The researcher analyzed the data collected by classifying them into the points dealing with the research question

### 1.5.4. Data Analysis

The researcher followed some steps to analyze the data:

- 1. The researcher classified the data that has been selected and identified to find the problem
- 2. The researcher described Cath Avery's social anxiety portrayed in Fangirl
- 3. The researcher described the causes of Cath Avery's social anxiety portrayed in *Fangirl*
- 4. The researcher described the ways Cath Avery overcomes her social anxiety portrayed in *Fangirl*
- 5. The researcher described the role of Cath's peer to overcomes her social anxiety portrayed in *Fangirl*
- 6. The researcher concluded the analysis and made sure that it has answered the four research questions of this research.

#### **CHAPTER II**

#### THEORETICAL FRAMEWORK

This chapter discusses a review of the literature used by the researcher to complete this research. The researcher provides theory and some previous studies related to this study.

# 2.1. Social Anxiety

Social anxiety disorder (SAD) was first recognized in the late 1960s as a specific diagnostic. According to Bandelow & Stein (2005), social anxiety is the fear of feelings of someone about a question or criticism and judgment by others for them as stupid or ignorant in a social situation. People with a social anxiety disorder (SAD) mostly fear social situations with unfamiliar people, especially in a new situation. Social or performance situations may relate to various social anxiety symptoms (Bandelow & Stein, 2005, p.19). Public speaking is the most common anxiety-provoking situation for people in general, especially for people with SAD. Some informal interactions avoided by a SAD person are going to a party, meeting with strangers, and assertive behaviors such as talking to people in authority or expressing a disagreement also the fear of people with SAD.

A person with SAD has some fears, such as other people's attention to their nervousness, discomfort, blushing, sweating, or trembling. The other people's question is also their fear. They fear if other people will criticize and judge them as stupid or ignorant. According to Bandelow & Stein (2005, p.20), people with SAD also show behavioral symptoms such as deciding to hide their reaction, speaking in

front of many people, becoming silent in a certain situation, and avoiding eye contact with other people, and nervous. The avoidance of feared situations is the most impaired behavioral symptom. Persons with SAD have fewer opportunities to gain experience and social confidence.

# 2.1.1. Social Anxiety in Teenagers

Nowadays, social anxiety is a disorder that many teenagers experienced (Clark & Leigh, 2018, p.389). During adolescence, people start paying more attention to what others think. Blakemore (2018) said that adolescence is the agent of change's period. Besides, the processing of information and the social environment has a big effect.

# 2.2. Symptoms of Social Anxiety

People who experienced social anxiety have various symptoms. These include somatic complaints, general fearfulness and anxiety, externalizing behavior problems, and cognitive symptoms. These kinds of symptoms will be explained below

# 2.2.1. Somatic Complaints

People with social anxiety often have some somatic symptoms. Bandelow & Stein (2005, p.19) stated that blushing and perspiration are among the most common somatic symptoms, with palpitations, trembling, abdominal distress, and muscular tension being somewhat less frequent. Besides, Kearney (2005, p.32) also stated that somatic symptoms include over-heart palpitations, breathing problems, trembling or shaking, blushing, sweating, nervousness, or "butterflies" in the stomach.

# 2.2.2. General Fearfulness and Anxiety

Fear of social and evaluative situations always feels by people with social anxiety. Bandelow and Stein (2005, p.19) stated that people with social anxiety have extreme fear, especially in social situations. According to Kearney (2005, p.32), people with social anxiety tend to have higher general fearfulness and anxiety levels, not normal controls. This is especially concerning fears of failure, criticism, school, injury, danger, and those stimuli noted earlier.

# 2.2.3. Behavioral Symptoms

People with social anxiety characterized by behavioral symptoms.

According to Bandelow & Stein (2015, p.30), behavioral symptoms occur in the feared situation, and subsequent self-criticism also in demoralization. Bandelow & Stein (2005, p.2) also says that people with social anxiety preferred to hide their reaction, often have a difficulty to speak, becomes silent in some situation especially in a new or social situation, avoiding eye contact when the other people try to look at them, and nervous. Because some symptoms may occur, especially the behavioral symptoms, people with social anxiety have fewer opportunities to gain some experiences and social confidence.

# 2.2.4. Cognitive Symptom

Common cognitive and emotional symptoms include unpleasant thoughts about the situation, blocked thoughts, and difficulty thinking or concentrating (Bandelow & Stein, 2005, p.21). Watson and Friend (1969) found the other cognitions commonly experienced by people with social anxiety: fear negative

evaluation from others and feeling compelled to present themselves more acceptably.

## 2.3. Causes of Social Anxiety

According to Alkhatami (2015), there are four factors of social anxiety.

Those factors will be explained below.

# 2.3.1. Traumatic Experiences

Corsini (2002, p.1019) defines trauma as "a painful event, physical or mental, that caused immediate damage to the body or shock to the mind." Some psychological traumas can cause emotional shocks and affect the personality, such as rejection, divorce, or discrimination. Social anxiety and traumatic experiences are related to each other. According to Alkhatami (2015, p.59), some incidents such as parent marital problems, separation, family sexual abuse, and violence can be recognized as the causes of trauma and social anxiety.

Bandelow & Stein (2005) found that separation from a parent is one of the shapes of traumatic experiences. Besides, Seedat et al. (cited in Alkhatami, 2015, p. 59) stated that someone who has panic disorders in adulthood comes from bad experiences such as mental abuse in childhood that affected mental health. Besides, Alkhatami (2015) stated that some emotional events such as bullying, criticism, humiliation, and rejection from others are embedded in people's minds with social anxiety. Also, for the futures and careers, it has a negative effect.

# 2.3.2. Genetic Predisposition

One of the factors of social anxiety is genetic predisposition. Kearney (2005) found that anxiety disorders may develop from genetic predisposition

because both of them look familiar enough. Meanwhile, Kearney (2005) found that family members who have social phobia might make the next generation more inclined to have a social phobia. Related disorders such as depression and behavioral inhibition from the parent are usually passed down to the child. In other words, parents with anxiety disorder conditions usually also have a child with anxiety.

## 2.3.3. Fear of Negative Evaluation

People with social anxiety often have a fear of negative evaluation by others. Bandelow & Stein (2005, p.18) defined social anxiety as the fear of feelings of someone about a question or criticism and judgment by others for them as stupid or ignorant in a social situation. The fear of people with social anxiety is a social situation around and human interaction. Clark & Wells (1995) stated that people with social anxiety weigh impressions for themselves than the real judgments from others.

## 2.3.4. Cultural Factor

Swartz (1997) stated that culture is a group combination or the way of nations to thinking. According to Rozin (2003), culture reflected a group's life which consists of language, religion, and tradition reflected by the feelings and attitudes of the group. The culture is usually presented through parents, schools, society, and government. Leidner & Kayworth (2006) stated that people would have an identity that accepted participation in norms and practices in a group environment by following the culture.

# 2.4. The Ways to Overcome Social Anxiety

# 2.4.1. Self-Acceptance and Self-Compassion

Weissbrod & Colangelo (2020) stated that the conceptual opposite of shame is called self-acceptance. Weissbrod & Colangelo (2020, p.4) described shame as "an unpleasant self-conscious emotion elicited by awareness." Weissbrod & Colangelo (2020) stated that self-compassion as having three parts to do: 1) selfkindness by trying to care, understand, and lose the judgment; 2) have an understanding that you are not alone in a failure, and 3) when accepting a moment, try to be mindful without judgment about each experience. According to Weissbrod & Colangelo (2020), it is important to accept one strengths and challenges. Each person has power, challenge, and goals to know what they should do to make themselves fine. They also know how to manage what is need to improve because self-judgment and shame will occur when they only think about the negative things about themselves, such as feels terrible at something and feels anxious when participating in an activity. It clearly stated that shame would disappear when people with social anxiety can have self-acceptance and self-compassion. Neff & McGehee (2010) noted that the higher the adolescence' self-acceptance and selfcompassion, the more they feel that anxiety and depression are nothing. They can enjoy the social situation.

# 2.4.2. Role of Peer

From the many ways to deal with social anxiety, peers' role also has an important role in reducing social anxiety. According to Leigh & Clark (2019,

p.389), 'peer interactions mean a lot to increase the susceptibility of people to have social anxiety.

# 2.4.2.1. Quality of Friendship

Zalk & Zalk (2015) stated that one way to decrease social anxiety in adolescents is by having more close friends. Zalk & Zalk (2015) also found that teenagers who felt more cared for by their friends can decrease the symptoms of social anxiety. Negative friendship quality significantly affects the social option and social anxiety (Pickering, Hadwin, & Khovsoff, 2019). In other words, teenagers who have a negative quality of friendships will have a greater chance to experience social anxiety.

# 2.4.2.2. Peer Support

Pickering et al. (2019) argued that one of the important factors for overcoming social anxiety is peer support. In this case, teenagers who experienced low support from their peers may experience the risk of social anxiety. Cavanaugh & Buehler (2015) argued that parents, teachers, and peer support decreased social anxiety in early adolescence. Hutcherson & Epkins (2009) also state that classmate support and close friend support were significantly correlated with reducing the symptoms of social anxiety.

The researcher used all the experts' concepts mentioned to analyze Cath's social anxiety, the causes of her social anxiety, and how to overcome her social anxiety. The researcher sees that all of the answers were correlated with the definition from the experts above.

#### 2.5. Previous Studies

Terananda (2016) analyzed research about social anxiety in Emma Donoghue's *Room*. This research explains how Jack's effort to overcome social phobia by using the symbol and tone to support it. Jack is the main character who has a social phobia. He is trapped in a shed until he is five years old with his Ma. Finally, he comes out from the shed, but he found it challenging to communicate with others. Except for his Ma, Jack does not meet with anyone. It makes him have a social phobia. After his great escape, he can overcome social phobia by accepting real life and living within. It shows the finding of this research about the symbol of the room. By coming to this room again, Jack realizes that room is not the "Real" world as he believes before. Say goodbye to this room means that Jack leaves his past and starts to live everyday life.

The following research is from Riswahyudi (2017). The researcher analyzed the main character's social anxiety disorder in *Finding Audrey* novel by Sophie Kinsella. This research aims to know the main character's social anxiety disorder, the factors caused, and how the main character resolves her social anxiety. The main character itself is named Audrey. She is a 14 years old girl who suffered from a social anxiety disorder. As a result, Audrey suffered deep trauma from bullying in her environment. Audrey also an introverted person with shy characteristics. It also supports Audrey's social anxiety disorder. She will get a panic attack and get somatic reactions when she is around strangers she has not known very well. However, Audrey can resolve her social anxiety by the therapist's role and using the treatment of speech. Besides, Audrey also gets help from some people who have

intimate relationships with her. From this research, we can know that environment has a significant role in our mental health.

The other research is from Susilo (2019). The main discussion of this research is about the introverted personality of the main character in the *Fangirl* novel by Rainbow Rowell. According to this research, the main character named Cath Avery is a girl who does not like to interact with others. She always alone in her room by writing a fan-fiction about Simon Snow on fan-fic.net. This research shows the factor of her introverted personality comes from the divorce of her parents.

The last related previous research is from Inggrita (2020). The researcher analyzed what kind of anxiety was reflected in Rainbow Rowell's *Fangirl*. This research aims to know the dominant type of anxiety suffered by Cath Avery and determine the dominant type of anxiety in *Fangirl*. The result showed that realistic anxiety is the dominant anxiety experienced by Cath because she is worried about something real.

From many previous studies above, the researcher believes that this research is different because this research focused on the social anxiety that a teenager in college life suffers. In contrast, some studies analyzed social anxiety in children. Some researchers with the same novel only analyzed the general anxiety of the main character. At the same time, this study focused on the main point: social anxiety experienced by the main character. This research is also different because this research aims to answer the factors and how the main character and her peer help overcome her social anxiety.

#### **CHAPTER III**

### **ANALYSIS**

This chapter provides the answers to the two research questions mentioned in the previous chapter. Firstly, the analysis describes the causes of Cath's social anxiety experienced in Rainbow Rowell's *Fangirl*. Secondly, the analysis discusses the way Cath overcomes her social anxiety. However, before the researcher elaborates on the causes of Cath's anxiety, it is essential to explain Cath's life and social anxiety briefly. This description is to provide a clear context for the analysis in the next sub-discussions.

# 3.1. Cath Avery's Social Anxiety

Cath is the main character in *Fangirl*. Her full name is Cath Avery. Cath experienced social anxiety by showing some symptoms. Based on the kinds of social anxiety symptoms described in the previous chapter, the researcher found that Cath also experienced these symptoms.

# 3.1.1. Somatic Complaints

Cath was showed somatic complaints about the first time Cath arrived in her dormitory. She met a boy that tried to say hello to Cath.

"Cath looked up at the number painted on the door, then down at the room assignment in her hand.

Pound Hall, 913.

This was definitely room 913, but maybe it wasn't Pound Hall—all these dormitories looked alike, like public housing towers for elderly. Maybe Cath should try to catch her dad before he brought up the rest of her boxes.

"You must be Cather," The boy said, grinning and holding out his hand.

"Cath," She said, feeling a panicky jump in her stomach, she ignored his hand. (p.4)

Cath, who experienced social anxiety, felt somatic symptoms. As stated by Kearney (2005, p.32), somatic symptoms include over-heart palpitations, breathing problems, trembling or shaking, blushing, sweating, and nervousness or "butterflies" in the stomach. Cath, who never interacts with other people, especially with a boy, felt a panicky jump in her stomach when the boy tries to be friendly with Cath. Cath was anxious to meet new people. "She just needed to settle her nerves. To take the anxiety she felt like black static behind her eyes and an extra heart in her throat," (p.5). She was nervous and anxious to make interactions with other people in new situations.

In the other situation, Cath also showed somatic symptoms. The situation was reminded Cath of Professor Pipper's class.

"This is exactly the short day I'm having," Reagan said, setting down her bag and kicking off her shoes. "Weird shirt around every corner. I'm going out. You coming?"

Sure." Levi turned to Cath. "You coming?"

Reagan looked at Cath and frowned. Cath felt something sticky blooming again in her stomach. Maybe the scene with Professor Pipper was coming back to her. (p.112)

Reagan invited Cath to hang out with Levi because today is a short day on campus, but Cath was remembered for the evaluation after submitting her project to Professor Pipper. Cath showed a somatic symptom by felt something weird in her stomach. It could be called a somatic symptom because it was focused on the physical symptom. According to *American Psychiatric Association* (APA), somatic symptom disorder involves a person having a significant focus on physical symptoms.

When she entered the dining hall, Cath felt anxious again and again until there was something weird again in her stomach.

- "And haven't found the dining hall?"
- "I haven't actually looked."
- "Why haven't you ask someone? You could have asked me."

Cath rolled her eyes and looked at Reagan. "Do you really want me asking you stupid questions?"

"If they're about food, water, air, or shelter—yes. Jesus, Cath.

I'm your roommate."

"Get your shoes," Reagan said. "I'm showing you where the dining hall is."

"No. Cath could already feel the anxiety starting to tear her stomach into nervous little pieces. "It's not just that... I wouldn't say I like new places. New situations. There'll be all those people, and I won't know.... – I don't want to go." (P. 39)

The quotation above mentioned that Cath felt anxious when she wanted to go to the dining hall. Cath felt anxious about something that would happen when she entered the dining hall by knowing nothing about the rules at that place. According to Bandelow and Stein (2005), someone with social anxiety fears criticism and judgment as stupid or ignorant in a social situation. Cath was shy to ask about the dining hall to anyone. Cath showed the somatic symptoms by feeling the anxiety and nervousness that was not in normal control when she tried to enter a new situation. Finally, Cath decided not to go to the dining hall.

In a different situation, Cath was hungry, and she needed to eat, but there are Reagan and Levi in her room. Cath wanted to go to a quiet place. Then she decided to go to the bathroom with her protein bar.

"But the hallway was practically a meet-and-greet. Every door was propped open but theirs. Girls were milling around, talking, and laughing. The whole floor smelled like burnt microwave popcorn. Cath slipped into the bathroom and sat in one of the stalls, unwrapping her protein bar and letting nervous tears dribble down her cheeks.

God, she thought. God. Okay. This isn't bad. There's actually nothing wrong, actually. What's wrong, Cath? Nothing.

She felt tight everywhere. Snapping. And her stomach was on fire.

She took out her phone and wondered what. Wren was doing.

(p. 27-28)

On her way to go to the bathroom, Cath meets with many girls in the dormitory hallway. Many girls were talking and laughing. Cath, who experienced social anxiety, felt tight with that situation. She goes out of her room to get peace, but she did not get it. As usual, Cath felt the somatic symptom. She felt her stomach was on fire in that situation. From all quotations that already mentioned, Cath always felt nerve and something weird happened to her stomach when Cath entered a new situation, especially a social situation.

# 3.1.2. Behavioral Symptoms

Cath was ever trapped in a situation that made her showed the behavioral symptoms of social anxiety. At that time, Cath was in a situation that made her afraid to raise her hand.

"Then, in one week, Wren cut some other girl's dress with safety scissors, and Cath wet her pants during Social Studies because she was scared to raise her hand to ask for a bathroom pass; their teacher called their dad in and gave him a business card for a child psychologist." (p.144)

Social studies were included in a social situation because it consists of many students. That quotation showed when Cath had joined social studies. She wet her pants because she was scared to ask for permission from her teacher. Bandelow & Stein (2005, p.2) also stated that people with social anxiety preferred to hide their reaction, often have a difficulty to speak, becomes silent in some situation especially

in a new or social situation, avoiding eye contact when the other people try to look at them, and nervous.

Cath, who experienced social anxiety, felt difficulty speaking around a lot of people during social studies. Not only that, but Cath also showed the other behavioral symptoms. She was trying to avoiding eye contact with her roommate. "When Reagan was in the room, Cath tried to stay out of her way; she tried not to make eye contact." (p.27). Cath pretends to avoid eye contact with Reagan when Reagan also in the room with her. Cath tried not to make eye contact with her because, at that time, Cath feared Reagan. "Reagan was scary. She did everything so forcefully. She was bigger than Cath, a little taller and a lot more buxom."(p.27). The other situation when Cath showed the behavioral symptoms when she was in the bathroom. "Cath took her clothes to the bathroom and changed in a stall. There was a girl at the sinks, desperately trying to make friendly eye contact. Cath pretended not to notice."(p.15). When Cath went to the bathroom, a girl tried to make a friend with Cath by making friendly eye contact, but Cath pretended not to know.

## 3.1.3. Cognitive Symptoms

Cath ever be the worried one when she should move to Nebraska. Cath think that she would be in the same room in the dormitory with Wren, but Wren decided to stay in the same room with other people.

"Cath was sitting at the foot of bed, trying not to look like the Pathetic One who Always Cries. 'This is college,' Wren persisted. 'The whole point of college is meeting new people.' 'The whole point of having a twin sister,' Cath said, 'is not having to worry about this sort of thing. Freaky strangers who

steal your tampons and smell like salad dressing and take cell phone photos of you while you sleep." (p.6)

Cath felt uncomfortable living in a new place and also met new people around her. Cath wanted to stay in the same room with her twin because she worried about strangers. Common cognitive and emotional symptoms include unpleasant thoughts about the situation, blocked thoughts, and difficulty thinking or concentrating (Bandelow & Stein, 2005, p.21). Cath has unpleasant thoughts about that situation. Cath has a negative thought about something that she would experience when she was not with Wren.

In the other situation, Cath also showed her unpleasant thought about the situation around her. It happened when she was in the class.

"The boy sitting in the desk next to her was wearing earbuds and self-consciously bobbing his head. The girl on Cath's other side kept flipping her hair from one shoulder to the other. Cath closed her eyes. She could feel their desks creaking. She could smell their deodorant. Just knowing they were there made her feel tight and concerned." (p.16)

When she joined a class, Cath felt tight, and she has an unpleasant thought as the cognitive symptoms of people with social anxiety. It was about the situation around her. Cath closed her eyes because she could not enjoy this situation. Cath was not accustomed to her new environment.

# 3.2. The Causes of Cath's Social Anxiety

Here, the researcher discusses the causes of social anxiety experienced by Cath Avery in Rainbow Rowell's *Fangirl*.

# 3.2.1. Traumatic Experiences

One of the factors that cause Cath's social anxiety is traumatic experiences. Cath experienced a painful event from a family factor. The kind of trauma experienced by Cath was her parent's divorce. Corsini (2002) stated that divorce is one of the psychological types that caused emotional shocks and affected someone's personality. The divorce of Cath's parents caused a significant effect on her life. Cath became a person who did not have good social interaction. "You must be Cather," The boy said, grinning and holding out his hand. "Cath," she said, feeling panicky jump in her stomach. She ignored his hand" (p. 4). Cath, who did not have good social interaction with other people, felt panic when they try to talk to her. She ignored his hand, who wanted to help Cath taking her box.

In the other situation, Cath intentionally not trying to have a friend. "Cath wasn't trying to make new friends here. In some cases, she was actively trying *not* to make friends. Everybody in her classes and the dorms--- really *was* trying to make friends, and sometimes she'd have to be rude not to go along with it" (p.142). Cath always ignored a good chance to have a new friend. Cath only talked to her father, her sister, and her grandmother because they were always available for Cath; thus, she believed they were good people. It was hard to have good communication with people except them, even her mom. Cath did not believe in her mom. She was very angry with her mom until she did not want to claim Laura as her mom.

<sup>&</sup>quot;Cath.... She's your mother."

<sup>&</sup>quot;She'd like to see you. She'd like to know you a little better."

<sup>&</sup>quot;There is nothing evidence to support that."

<sup>&</sup>quot;Just listen....."

"No."

"We did. When we were born. I'm done talking about this."...... (P. 97)

The quotation above is when Cath came back home to visit her father. It portrayed Cath's disappointment to her mom until she did not want to claim Laura as her mom. As never expected before, her father asked Cath to meet her mom in the thanksgiving moment. Cath did not want to meet Laura because she already claimed that Laura was not her mom. It was a pain for Cath. She said, "There was nothing evidence to support that" (p.97) when her father said that Laura was her mom. It meant that she never claimed Laura as her mom because Laura had left her family since they were eight years old. Cath saw her parent's conflict, which brought terrible memories for her until now. "Her mom left for good a week later, hugging both of the girls on the front porch, kissing their cheeks again and again, and promising that she'd see them both soon." (p.145). Cath cannot remember anything about her mom except that. It affected Cath's mental health that made her became a person with social anxiety.

Since her mother left, Cath became a person who had a problem with her mental condition. Only to raise her hand, Cath felt not brave enough to do that. When she studied social studies in her classroom, she wanted to go to the bathroom, but she was too shy to raise her hand and ask the teacher.

"Then, in one week, Wren cut some other girl's dress with safety scissors, and Cath wet her pants during Social Studies because she was scared to raise her hand to ask for a bathroom pass; their teacher called their dad in and gave him a business card for a child psychologist." (p.144)

<sup>&</sup>quot;She's your mother," he said. "And I think you should give her a chance...."

According to Bandelow & Stein (2005), people with social anxiety experience behavioral symptoms, such as deciding to hide their reactions and having difficulty speaking in front of many people. From that quotation, Cath showed that she had a fear of people's attention to her. Cath also tried to hide her reaction by keeping her hand and hold back the pee. Cath worried about other people's attention to her that made her discomfort.

Bandelow & Stein (2005) found that separation from a parent is one of the shapes of traumatic experiences. Cath felt disappointed with her mom. She did not want to hear or talk anything about her mom. Different from Cath, Wren still claimed Laura as her mom. She already forgot about the past time and wanted to start a new journey without remembering it. "She already messed everything up," Wren said. "It's not like she can leave us again." (p. 103). Wren believed that her mom had changed, and she wanted to repair all of her past mistakes, starting a new page with them. Wren still wanted to think again to meet her mom by thinking twice before said yes. It means that there is a chance for her mom to meet Wren. "Maybe we can *not* talk about it a Thanksgiving, so that we don't ruin Thanksgiving--- are you going to tell. Wren?" "I already did. I sent her an e-mail." "What did she say?" "Not much. She said she'd think about it." (p.97). Unlike her twin, Cath directly rejected meeting her mom by saying, "well, I'm not thinking about it" (p.97). However, such a thing was not easy for Cath.

They'd even gone to therapy together after their mom left. Which seemed weird, now Cath thought about it. Especially considering how differently they'd reacted—Wren acting out, Cath acting in. (Violently, desperately in. *Journey to the Center of the Earth in.*) (P. 143)

Going to the therapist was their choice at that time. Cath and Wren were shocked about that event as Corsini (2012) said that a painful event has an immediate effect that the mental condition or even caused a shock to the mind. Laura left Cath and Wren after got into a fight with Arthur Avery, who was Cath's and Wren's father. Laura left them on 11 September. "Because their mom left on September 11<sup>th</sup>" (p. 143). At that time, Laura claimed that she was in the wrong way of life. Laura always said, "I'm done, Art. I'm just done. I'm living the wrong life." (p.144). Laura said that she was in the wrong life with Arthur Avery and decided to left her family. One week later, she left them. "Her mom left for good a week later, hugging both of the girls on the front porch.." (p. 144). Someday, Laura came again to Cath's life.

"Why this? You're the one who keeps reminding me that we're two separate people, that we don't have to do all the same thing all the time. So, fine. you can go have a relationship with the parent who abandoned us, and I'll stay here and take care of the one who picked up the pieces."

"Details, she left us. She broke dad's heart and maybe his brain, and she left us." (P. 234)

At that time, Laura came again and wanted to repair all of her mistakes before. This quotation is when Cath's twin was in the hospital. Wren got alcohol overdoses, and the hospital called Laura because she was Wren's mom. After arriving in the hospital, Cath met Laura and said the things mentioned in the quotation. Cath expressed her disappointment to her mom. She was furious and wanted to cry at the same time. She was angry because what Laura did in the past brought a deep pain for her, and she wanted to cry because it was too sick for Cath. Many teens have a hard time accepting the divorce (Barron, 2010, p. 8).

Cath was not okay since the divorce when she heard something related to her mom. The divorce messed up the condition of Cath, Wren, and her father. They needed a long time to heal. The situation cannot back to the first before Laura left them. "They were all three such a disaster. It had taken years to put themselves back together, and so what if some things didn't get put back in the right place at least they could hold themselves up" (p.145). The divorce and separation are a pain for the family, especially for Cath. It affects her mental condition and even her emotion. Cath started to show social anxiety symptoms by deciding to hide contact with other people in some situations. Cath was hard to communicate with others because she had a trust issue with someone. Cath was worried if other people will do the same thing as her mother.

# 3.2.2. Genetic Predisposition

As one of the factors of social anxiety, genetic predisposition may develop an anxiety disorder. Related disorders such as depression and behavioral inhibition from the parent are usually passed down to the child (Kearney, 2005). Cath's dad was a creative team in an advertisement company. He always had a crazy idea that made the clients happy. His boss approved. "Kelly chalked up all her dad's extreme behavior to the "creative mind." "Your dad is genius," he'd told the twins at one Christmas party. "His brain was specifically designed to make ads. He is a precision instrument." (p. 213). However, Cath's father cannot balance at all. While making some great ideas, he also got stressed. Arthur ever entered mental health service three times, and it happened again.

Their dad had stayed in St. Richard's three times before.....

The second time......

The third time was....

'I'm like him,' she'd whispered.....

'I am. I'm crazy like him' she was already having panic attacks. She was already hiding at parties..... (P. 226)

St. Richard was a mental and behavioral health center. Cath's dad entered that place three times before because he did something weird and any other reasons.

The first was in the summer because Cath's dad did not want to go from his bed.

The second was when Cath and Wren were in the last grade of elementary school.

Suddenly, her dad said that they did not need to go to school because he said that life is learning, and he scratched his chin when he shaved, and there were some rips of tissue with blood on his chin.

Meanwhile, the third was when Cath and Wren were sixteen years old. Her dad was someone who had a crazy idea. "A little manic was okay. A little manic made him happy and productive and charismatic. Clients would eat awesome straight out of his hands." (p. 224). Her dad always tried to make the other satisfied, but sometimes he worked too hard and affected his mental condition. Cath felt that she was the same as his father. A study found by Kearney (2005) showed that parents with anxiety disorder conditions usually also have a child with anxiety.

Here, Cath was portrayed the same as her father, and she was someone who always felt crazy when she got pressure. She had a panic attack like her father, and it affected her life.

"I am. I am crazy like him. She was already having panic attacks. She was already hiding parties. She was already having panic attacks. In seventh grade, she'd been late to class for the first two weeks because she couldn't stand being in the halls with everyone else during passing periods" (p.226).

The quotation shows that the genetic predispositions from her father affected Cath's social anxiety. Cath claimed that she also had a panic attack like her father, that she was crazy as her father. When she was in the first grade of junior high school, she was already hiding parties and came late for class because Cath cannot stand in the school's hall with other people, and she also felt weird in a new situation which she never felt before. According to Bandelow & Stein (2005), people with a social anxiety disorder (SAD) mostly have an excessive fear of social situations with unfamiliar people. Party and the new class is a new situation or even a challenging situation for some people, especially for social anxiety-like Cath. It would be hard to meet unfamiliar people, supported by her father's genetic predisposition. Same as her father, Cath always wanted her work as perfect as possible. If not, it will disturb her other activities.

"This is exactly the short day I'm having," Reagan said, setting down her bag and kicking off her shoes. "Weird shirt around every corner. I'm going out. You coming?"

Sure." Levi turned to Cath. "You coming?"

Reagan looked at Cath and frowned. Cath felt something sticky blooming again in her stomach. Maybe the scene with Professor Pipper was coming back to her. (p.112)

The quotation above tells when Reagan and Levi invited Cath to hang out with them. Reagan got a bad day, and she wanted to refresh her mind by hanging out with her friends. Reagan asked Levi and Cath. Levi accepted the invitation but, there was something weird with Cath. Cath felt something strange in her stomach. She thought that it happened because of her project from Professor Pipper. Cath got a different thing from her expectation. She expected that the professor will appreciate and accept Cath's project, but not like that. Like her father, Cath always

did something to get perfect results though it made her stressed. "Cath tugged at the hem of her T-shirt. "Nah. It's already late. I'm gonna write..." (p.112). As always, she rejected Levi and Reagan's invitation and started to write. She instead chose to continue her project because it was disturbing her mind. Some people need to refresh their minds when they get stressed with work, but because Cath had social anxiety that was hard to adapt to a new situation, Cath preferred to stay in her room. Cath was disturbed by her mind about some of her works.

"Cath wasn't sure how she was going to keep everything straight in her head. The final project, the weekly writing assignments—on top of all her other classwork, for every other class. All the reading, all the writing. The essays, the justifications, the reports. Plus Tuesdays and sometimes Thursdays writing with Nick. Plus *Carry On*. Plus Email and notes and comments....."

"Cath felt like she was swimming in words. Drowning in them sometimes." (p.100)

Cath was not sure enough to finish all of her work. She felt stressed and overthink about something that she should quit. *Carry On* and writing with Nick are enough to make her busy. Cath, who's the same as her father, easily gets stressed because the project became more stressful. Cath thought that she should make it perfect as she can.

## 3.2.3. Fear of Negative Evaluation

For people who experience social anxiety as Cath, fear of negative evaluation is a frequent factor. According to Clark & Wells (1994), people with social anxiety weigh impressions for themselves than others' real judgments. In *Fangirl*, Cath frequently shows that kind of fear.

"In new situation, all the trickiest rules are the ones nobody bothers to explain to you. (And the ones you can't google.) Like, where does

the line start? Where are you supposed to sit? Where do you go before you done, why is everyone watching you? . . . Bah" (p. 15)

Cath was confused about something which she did not need to complicate. When she was asked, she worried about people's judgments. She was afraid of negative evaluations from other people. The quotation above happened in the beginning when Cath came to her dormitory canteen. Cath did not want to go to the canteen because she did not know the system. Cat did not know where she should start once she was inside, sit, and order the food. Cath also feared the evaluation from other people when she did something wrong. She was afraid of what people saw her. People who experience social anxiety fear criticized and judged as stupid or ignorant in a social situation (Bandelow & Stein, 2005, p.18). Cath did not want to look wrong or even bad in front of unfamiliar people, so she needed to know how was the detailed step when she wanted to do something, for example, the simple activity such as eating in the canteen to avoid an embarrassing moment.

Because Cath had an excessive fear of evaluation or criticism from others, sometimes Cath chose to avoid eye contact with other people. She tried to hide it. "When Reagan was in the room, Cath tried to stay out of her way; she tried not to make eye contact......" (P. 27). Reagan was Cath's roommate, but at the beginning of it, Cath always thought she would never be friends as she and her twin did before. Cath always felt that other people did not like her, include Reagan. She always believed that she could not make good communication with Cath. That was why she was always avoiding eye contact.

In the other situation, Cath also thought that Reagan was not able to be her friend. "I'm not going to dinner with you. You don't even like me" "I like you

fine," Reagan said. (P. 40). Other people wanted to be her friend, but Cath had their own opinion that people did not like her. She stayed with her fear. Beck et al. (1985) found that people with social anxiety particularly have worries, rapid negative thoughts, and automatic negative thoughts. It was Cath who constantly worried when she was around the social situation. Cath had quick and intuitive judgment.

Cath rolled her eyes and looked at Reagan. "Do you really want me asking you stupid questions?"

"If they're about food, water, air, or shelter—yes. Jesus, Cath.

I'm your roommate."

"Get your shoes," Reagan said. "I'm showing you where the dining hall is."

"No. Cath could already feel the anxiety starting to tear her stomach into nervous little pieces. "It's not just that... I wouldn't say I like new places. New situations. There'll be all those people, and I won't know.... – I don't want to go." (P. 39)

Cath was quickly to have a judgment for anything. The quotation above portrays her negative thought on her roommate, Reagan. Cath always ate her protein bar without eating or drinking anything. So, her roommate was confused if Cath had an eating disorder or something like that. Reagan had the initiative to ask Cath for something she needed. She offered to show where the dining hall was. But Cath rejected it because of her negative thought. She worried and assumed that asking for the dining hall location was stupid. She felt anxious and decided not to go there. In the other situation, which was in her class, she also felt it.

<sup>&</sup>quot;And haven't found the dining hall?"

<sup>&</sup>quot;I haven't actually looked."

<sup>&</sup>quot;Why haven't you ask someone? You could have asked me."

<sup>&</sup>quot;But, the story is mine.".....

<sup>&</sup>quot;Stealing"

Professor Piper just kept shaking her head. More disappointed than she'd seemed even a few minutes ago.............. I asked you to write an original story, you, and there's nothing original here." (P. 108)

That situation shows Professor Piper's disappointment toward Cath because Cath sent her fan-fiction assignment about Simon Snow written by Gemma T. Leslie. Simon Snow is a fan-fiction that she liked very much. Cath was a creative writer. She wrote fan-fiction about something she wanted, Simon Snow, and made it a different story entitled Carry On. She named herself Magicath. Cath had a lot of people who waited for her online story. Cath decided to join the fan-fiction class, and she was confident to show her fan-fiction to Professor Piper. Unexpectedly, Professor Piper did not like her story. "The professor leaned forward. "But there is nothing more profound than creating something out of nothing." (p.261). Accepting something out of her expectation made Cath felt anxious again.

Professor Piper thought that Cath's story was plagiarism. She converted the other story by changing the character. Professor piper felt that it was not original. But Professor Piper still gave a chance for Cath to create a different story. The timing was the same when her father entered the hospital, and Cath so panicked. She always thought about it every day. Over time, Cath decided to end with this chance. She felt that she could not write fan-fiction as the criteria given by Professor Piper. "I just ....," Cath started again: "I realized that I'm not cut out for fiction-writing." (p.261). Cath joined fan-fiction class when it was not the time for Cath to take this class. She was a new student, and fan-fiction class was a class for students in the middle semester. Cath was confident to take this class because she

was interested in fan-fiction and wanted to increase her writing fan-fiction skills. However, the reality was far from her expectation.

Related to her roommate, Cath was afraid of Reagan's response about Cath and Levi because something happened the previous night. Cath claimed it was an accident because she knew that Levi was Reagan's boyfriend, although actually, he was not. Levi was in a relationship with Reagan, but their relationship ended before they entered the university. Unconsciously, Cath slept with Levi when Reagan was not back in her room. Cath felt so guilty to Reagan. "I..... I'm just sorry." (p.181), and Reagan said, "*Don't*. Do not apologize." (p.181). After that event, Reagan invited Cath to come to Levi's party. But Cath rejected it because she still felt guilty and she was so shy to meet Levi.

"She didn't want to go to Levi's party. Even though she liked him, she didn't like parties. And she didn't want the first time she saw him after what had happened to be at a party. With party people. With any people." (p.185).

Finally, Cath decided to stay in her dormitory. According to Clark & Leigh (2018), people start paying attention to what others think during adolescence. In Cath's opinion, something that happened yesterday night was not herself. She was terrified and anxious to meet Levi after this incident. Cath was shy to meet Levi because she thought that it was a bad event that Cath had done before. Cath was trapped in a room with Levi, and they did an adult activity. Besides that, Cath did not like parties. She also had an intended meaning not to meet Levi. That lousy memory was hard for Cath as a person with social anxiety.

# 3.2.4. Cultural Factor in The Society

Something that made Cath anxious was the fact that she had a twin. She stressed that if Cath and Wren were the same in anything, but they were not. People thought that they had the same taste for something or had the same favorite place to visit. Cath thought that Wren is better than her. Wren was easier to communicate with other people. She had many friends, not like Cath, who was only spending time in her room.

Some people believed that twins were on one package. In actuality, Cath was different from Wren. Cath did not like parties like Wren. Wren, who was more friendly and easy to talk to and associated with other people, made Cath felt something was wrong with herself. "Cath didn't tell him that sometimes she felt like Wren was still taking more than her fair share of life like she was siphoning vitality off Cath—Or like she was born with a bigger supply." (p.292). In Cath's opinion, Wren had more ability in many activities than Cath. She was friendly and easy to talk with other people. Sometimes Cath was jealous of Wren. When people invited Wren to a party, people thought that they should ask Cath to come. Cath felt tortured in any situation that she did not like to involve.

"Cath was sitting at the food of the bed, trying not to look like the Pathetic One who always cries."

"This is college," Wrenpersisted. "The whole point of college is meeting new people."

"The whole point of having twin sister," Cath said, "is not having to worry about this sort of thing. Freaky strangers who steal your tampons and smell like salad dressing?"

This quotation portrays the first time Cath and Wren moved to the dormitory. Cath felt so pathetic because she should separate from her twin. Cath was very anxious about new people because Cath was always together with Wren for a long time. She was not ready to stay in a room with a stranger. She cannot imagine if she should live without Wren. As Wren wished, she wanted to have a different room with Cath, but she still argued. Cath always said that the whole point of having a twin sister was for living together when a twin also needed to meet new people in their life. Separating from her twin brought an effect that made Cath more anxious.

"The boy sitting in the desk next to her was wearing earbuds and self-consciously bobbing his head. The girl on Cath's other side kept flipping her hair from one shoulder to the other. Cath closed her eyes. She could feel their desks creaking. She could smell their deodorant. Just knowing they were there made her feel tight and concerned." (p.16)

Cath cannot imagine when she should spend four years with some strangers. It was too hard for her to talk with other people except for her family. Cath still assumed that a twin should live with her twin and not with other people. It made her suck. People should meet a new situation to improve themselves, but Cath cannot do that. This quotation shows that Cath started to close her eyes to imagine the situation. It was in the class, which consisted of some people with different characterization. Cath, who had social anxiety, felt tight and concerned around many unfamiliar people. Cath's social anxiety had a significant impact on her life.

<sup>&</sup>quot;We are supposed to meet new people." Wren repeated.

<sup>&</sup>quot;I don't need new people." (p. 6-7)

The other situation that shows Cath's social anxiety caused by her togetherness with Wren is when she was anxious about her condition.

"But the hallway was practically a meet-and-greet. Every door was propped open but theirs. Girls were milling around, talking, and laughing. The whole floor smelled like burnt microwave popcorn. Cath slipped into the bathroom and sat in one of the stalls, unwrapping her protein bar and letting nervous tears dribble down her cheeks.

God, she thought. God. Okay. This isn't bad. There's actually nothing wrong, actually. What's wrong, Cath? Nothing.

She folt tight overwhere. Spanning. And her stemach was on fire.

She felt tight everywhere. Snapping. And her stomach was on fire. She took out her phone and wondered what. Wren was doing. (p. 27-28)

The quotation above showed when Cath was very hungry. She wanted to eat, but she did not know where she should go because she did not have a friend. Cath confused about finding a place to eat because there were Reagan and Levi in her room. Cath was not comfortable with them. At that time, Cath was not close enough with Reagan and Levi. She started to find a place and got out of her room. Unexpectedly, the hall was full of girls talking and laughing together. Cath decided to bring her protein bar and entered the bathroom.

It was the only room she could enter in that situation. Cath liked a quiet place than a crowded place as people with social anxiety in general. When she was unwrapping her protein bar, Cath was crying. She stressed the situation that she could not accept. She missed Wren. Cath wanted to tell her about all of her feelings now. Cath was on her weak point. She just wanted to meet her twin, who she claimed can understand her very well. Always spending time with her twin made Cath became a person who cannot have other friends except Wren.

Because of her togetherness with Wren, Cath was more pathetic when she should be apart from her twin.

"I didn't want a roommate either," Cath said.

"I mean . . . I thought I was going to live with my sister."

"You have a sister who goes here?"

"Twin."

Reagan grimaced and shuddered again. "So why aren't you living with your sister?"

"She wanted to meet new people," Cath said.

"You make it sound like she broke up with you."

"You're making me feel sorry for you again," Reagan said.

Cath turned her fork on Reagan. "Don't feel sorry for me. I don't want you to feel sorry for me."

"I can't help it," Reagan said. "You're really pathetic."

"I am not."

"You are. You don't have any friends, your sister dumped you, you're a freaky eater . . . and you've got some weird thing about Simon Snow. (p. 24)

Cath and Reagan were in a talk. They talked about college life and connected to their roommate's life. Reagan told Cath that she did not want a roommate. Reagan should follow the rule from her scholar. In other words, she was perforce. She asked Cath back, and Cath looked so pathetic. When listening to Cath's answer, Reagan said that Cath was a pathetic girl. For some people, it is normal when a twin wanted to meet new people, but Cath looks very sad. Cath was a girl who did not have a friend and always wore everything about Simon Snow. Cath's separation from Wren made Cath's life became different.

# 3.3. Cath's Ways to Overcome her Social Anxiety

## 3.3.1. Self-Acceptance and Self-Compassion

As a broken home child, Cath always felt alone. Especially after she entered college and her twin decided to stay in a different room with her. Cath, who was hard to adapt to the new situation and cannot easily talk with other people, became sad. In this novel, Rowell describes Cath as someone who experienced social anxiety. She was always hiding in social situations, avoiding eye contact and anything related to the crowd.

However, Cath had her way of reducing her social anxiety. She knew the way that can make her condition better, which was by doing self-acceptance and self-compassion. Weissbrod & Colangelo (2020) state that self-compassion has three parts to do: 1) self-kindness by trying to care, understand, and lose the judgment; 2) have an understanding that you are not alone in a failure, and 3) when accepting a moment, try to be mindful without judgment about each experience. Cath knew that writing could reduce her anxiety. By writing, Cath could find herself and felt better. For Cath, writing is her way of self-acceptance and self-compassion because she could understand and accept herself with her writing ability. Also relieved her depressed feeling and understand that she is not alone in a failure.

It felt good to be writing in her own room, in her own bed. To get lost in a world of mages and stay lost. Not to hear many voices in her head but Simon's and Baz's. Not even her own. This was why Cath wrote fic. For these hours where their world supplanted the real world. When she could just ride their feelings for each other like a wave, like something falling downhill. (p. 96)

Writing was the way for Cath to overcome her social anxiety. She felt good when she wrote. For Cath, writing can be her way to heal herself. She liked to write in her room without anything that can disturb her. Cath got the best serenity in her version. When she cannot express her feeling, she expressed herself by writing. While writing, she cannot hear anything. She tried to focus on the object that she wrote, which was about Simon and Baz. There was no sound which she can listen to when she was writing, even her voice. That was why she liked to write. In this way, Cath already found her way to make herself calmer or avoided other people and social situations and found her value. Cath understood that by writing, she could find herself and knew that she was not alone. Cath had excellent writing skills; so many people awaited the work that she posted on the website.

"Magicath is my absolute favorite," the girl interrupted, like she couldn't hold it back. "I'm obsessed with *Carry On*" Have you been keeping up" "She's been posting so much lately. Every time there is new chapter, I have to stop everything to read it. And then read it again." (p.201).

At that time, Cath came to Love Library because this was the month before the exam, and many people were so busy preparing themselves for facing the examination. Love library looked so crowded than the other day. "Cath glanced down. She was wearing her *KEEP CALM AND CARRY ON* shirt from Etsy, the one with Baz and Simon's faces." (p.201). Then, she met a girl who also liked to read the same fan-fiction as Cath. That girl said that she was a fan of Baz and Simon as in Cath's shirt. That girl reflected on talking to Cath when she saw the shirt. She thought that Cath was also a fan of Magicath, though Cath was the writer. The girl said that she liked the story very much and she always waited for the next chapter.

She was so addicted to *Carry On*, written by Cath. That girl asked Cath if she loved Magicath more than Gemma T. Leslie. "But now, I think I love Magicath more. Like she might be my favorite author." (p.203). Cath is pleased to hear that. Cath thought that something big would happen soon.

When Cath was busy, Cath still remembered to write and gave her news into her FanFixx journal. She knows that many people are waiting for the next story.

So I guess it's time for me to admit that college is hard—college is hard! Or, at least, time consuming!—and I'm probably not going to be updating Carry On as much as I used to, as much as I like to ..... But, I'm not disappearing, I promise. And I'm not giving it up. I already know how this all ends, and I'm not going to rest 'til I get there. (p.52)

Cath wrote those messages in her journal. That messages contained news from Cath to many people that followed her FanFixx journal. *Carry On* has a lot of fans, so Cath should give a piece of information for them. As mentioned before that writing is her way to do both self-acceptance and self-compassion. Indirectly, that message was a thing that Cath wanted to tell. Cath could use her journal as a place to expressed her feeling.

In the other situation, Cath's roommate invited her roommate to come to a party. Cath was trying to make sure that she was worth coming to a party. Cath prepared all the things she needed.

Cath pulled the rubber band out of her hair and took off her glasses; she had to step closer to the mirror to see herself clearly. She lifted her chin up and forced her forehead to relax. "I'm the cool one," she told herself. (P. 188)

Cath talked to herself to add her confidence. Though it was hard for Cath, she already believed that she could go out of her comfort zone by accepting Reagan's

In some situations that affected her emotion, Cath was ready to do an emergency Kanye party. According to (Independent.co.uk para. 1), the Kanye party is called a celebrated party, such as a birthday party and election party. For Cath, Kanye party was her antidote in her complicated case. Cath did such a party for herself in her room. She played the music and danced while she did not forget to whisper the lyrics. The complex situation which Cath faced right now was when she got a nasty comment from Professor Piper about the assignment. The professor claimed that Cath had done plagiarism, and Professor Piper hated that. She assumed that Cath did manipulative in GTL's story about Simon Snow. She said that it was an illegal story. Cath was so stressed after hearing that. A story that she made full of heart was claimed illegally.

"She stood in front of of the speakers instead and closed her eyes, not really dancing, just bouncing and whispering the lyrics. After the first verse, she was dancing. Kanye always crawled right under her skin. He was the perfect antidote to any serious frustration. Just enough

angry, just enough indignant, just enough the world-will-never-know-how-ridiculously-awesome-I-am. Just enough poet." (p. 109).

For Cath, Kanye was like her private party to reduce her stress. She asked for permission to herself, played the list of songs used for the party, took a speaker, closed her eyes, jumped, and mumbled the lyrics. It was affected by the condition of her emotion.

Going to a new place is the way to heal some people, but it is different from Cath. She cannot go to a new place with many people around her. According to Weissbrod & Colangelo (2020), it is important to accept one and challenges. Each person has strength, challenge, and goals to know what they should do to make them fine and learn how to manage what needs improvement. Cath already knew the way to overcome her uncontrolled emotion or all about her stress. She did that when she needed to do it. It was a good stage for social anxiety people to know what kind of things they should do to reduce or even overcome social anxiety. By doing this, Cath tried to care for herself by expressing what she felt in her way by waking up with a new feel than before. She can accept the moment and knew that she was not alone in a failure. While she knew that she was alone, it can make her more stressed, and it was affected by her social anxiety disorder.

"Who's in there, listening to rap music?"

"Me," Cath said.

"What are you doing?" he said, laughing and pushing

his head forward on the "doing"

"Emergency dance party—go away."

"Oh, no." Levi said, pushing the door open and sliding in.

Too skinny. Too tall.

Levi stood in front of Cath.....

Cath nodded

And nodded. And nodded.

Levi nodded back

And then Cath started laughing and rolled her eyes away from him, moving her hips from side to side. Just barely.

And then her shoulders.

And then she was dancing again. Tighter than before—her knees and elbows almost locking—but dancing. (P.110-111)

Either Levi or Cath enjoyed that situation without judging each other. Cath still wanted her private party to know that Levi entered her room and danced together. Levi, who knew if it was weird, also did not say anything and continued dancing with Cath. Both of them, especially Cath, were trying to be mindful without judgment about each experience. Self-judgment and shame will only occur when someone thinks about the negative things about themselves, such as feelings terrible at something and anxiety when participating in an activity. It clearly stated that shame would disappear when people with social anxiety can have self-acceptance and self-compassion (Weissbrod & Colangelo, 2020).

#### 3.4. Role of Peer

Besides having self-acceptance and self-compassion, Cath's friends also had a significant role in overcoming Cath's social anxiety. Cath's friends accepted her condition as the way she was. According to Leigh & Clark (2019, p.389), peer interactions mean a lot to increase people's susceptibility to social interactions. A human is a social creature that needs to have an interaction with the other. In *Fangirl*, one way of overcoming Cath's social anxiety is from the peer's role.

"Why haven't you asked someone? You could have asked me." Cath rolled her eyes and looked at Reagan. "Do you really want me asking you stupid questions?"

"If they are about food, water, air, or shelter—yes. Jesus, Cath, I'm your roommate." "Get your shoes," Reagan said. "I'm showing you where the dining hall is." (P.38)

For the first time coming to the dormitory, Cath was still alone. She did not have any friends. The condition that she was always avoiding people made her always alone. At that time, Cath did not know where the dining hall was and some places around the dormitory. She always ate her protein bar because she was too shy to ask other people. This quotation shows that Reagan started talking to Cath and wanted to show Cath about the location of something she needed. According to Santoso (2017), human has the uniqueness that makes them different. Every human can do think, affection, and action. In this part, Reagan shows her role as a social creature by giving effort to Cath. Both Reagan and Cath are different people with distinct personalities, but they should help each other.

When Cath wanted to go to the library to write with Nick, Reagan directly asked Levi to walk with Cath. The dorm was dark at night. As a good friend, Levi directly stood up and offered to walk with Cath.

Levi heaved himself up off Reagan's bed and slid into a heavy, green canvas jacket.

"Come on," he said.

"Why?"

"I'm walking you to the library"

"You don't have to," Cath argued.

"I haven't moved in two hours. I don't mind."

"No, really . . ."

"Just go, Cath" Reagan said. "

It'll take five minutes, and if you get rapped now, it'll be our fault. I haven't got time for the pain."

(p.53)

Levi was ready to go to the library with Cath. As usual, Cath always rejected an offer from Levi and Reagan. Levi tried to make a conversation with Cath during the walk because Cath did not talk about anything. "He was trying to talk to Cath about buffalo. As far as she could tell, Levi had a whole class that was

just about buffalo..."(p. 53). Levi told Cath about anything to make Cath felt comfortable and have a new friend.

Because of the role of Cath's friends, Cath, who did not want to join social situation, agreed to come to a crowded situation.

"Fuck," Reagan said, "that is crazy. Are you hungry?"

"Yeah" Cath said.

"They're doing a back-to-school- luau downstairs. They roast a pig on a spit. It's disgusting."

Cath grabbed her I.D. and followed Reagan to the dining hall. (p.254)

When Cath came to the dormitory, she was very shy to eat in the dining hall. She was worried about how to order and sit, but she was brave to come to that place over time. Because of the role of Cath's peers, Cath could reduce her social anxiety. She could go into a social situation without worried about her panic attack. She started to make a friend with other people. Cath, who only has a friend from her journal, now tries to have a friend in real life.

## 3.4.1. Cath's Quality of Friendship

In Rainbow Rowell's *Fangirl*, Cath has some friends named Reagan and Levi. Reagan is her roommate, while Levi is Reagan's friend. They always care and show Cath the meaning of friend by giving support for Cath's activity. Zalk & Zalk (2015) found that teenagers who felt more cared for by their friends can decrease social anxiety symptoms.

"Cath actually was happier now. (Not that she was going to admit that to Levi" (Page 47, Part 5)

"Levi heaved himself up off Reagan's bed and slid into......

"Come on, I'm walking you to the library.....

Just go, Cath," Reagan said. "It'll take five minutes, and if you get rapped now, it'll be our fault. I haven't got time for the pain."

"He was trying to talk with Cath...." (P. 53)

This quotation shows that Cath was feeling better than before. She knew that she had a friend, people who she can talk to every day. Every day she met Levi and Reagan, and she had a conversation with them. Levi always came to their room because he was close enough to Reagan. Over time, they became friends because Levi and Reagan were always inviting her to their activity. Cath felt that she had a friend while before she was only with Wren. Reagan and Levi always cared for Cath. When Cath wanted to go to the library to finish her assignment, Levi went with her to keep her safe because Cath was a new student at that time. Not only they delivered her to the library and picked up her back, but Reagan also invited Cath into their activity.

Cath was sitting at her desk.

"Enough!" Reagan half shouted.

"Jesus," Cath said, turning toward her. It took a few seconds for Cath's eyes to focus on something that wasn't a computer screen.

"Get dressed," Reagan said. "And don't argue with me. I'm not playing this game with you"

"We're going bowling..."

Cath put her red CARRY ON T-shirt with jeans...

Levi was standing there, practically bouncing..... (P. 68-69)

As mentioned in the quotation above, Reagan invited Cath to join her and Levi to play bowling. Knowing if Cath will argue or reject her invitation, Reagan directly said that she did not need to discuss and just put on her dress, and they were ready to go. She also noted that Cath did not need to wear her Carry On shirt or something related to that. In Reagan's opinion, Cath was a pathetic person who constantly spent her time only in the room and wrote about Simon and Baz. Cath

was called the Fangirl by them. So, Reagan and Levi tried to invite her to show Cath the other view.

According to Pickering (2020), peer acceptance can be a significant factor in developing adolescents' anxiety. Levi and Reagan are friends that can accept Cath's condition. With friends or peer acceptance, Cath or the other people with social anxiety can reduce the factor that increased the social anxiety. Zalk & Zalk (2015) supported this argument, stating that adolescents who feel more care for by their friends are less likely to experience increased symptoms of social anxiety.

Not only Reagan and Levi, but Cath also had a friend named Nick. They met in Professor Pipper's fan-fiction class. Nick and Cath took the same class. In Professor Pipper's fan-fiction class, the students were asked to create a story in a group. Cath and Nick were in a team because when Professor Piper asked the students to read a story, they always read for the last due to their last turn.

After class, Nick held up his pinkie to her. When she stared at it, he said "Come on, we're making an oath."

She curled her finger around his, and he squeezed it. "Partners, automatically, anytime we need one—deal?"..... It was the most fun Cath had since... well, since she got here for sure..... (P. 65)

Nick wanted to be Cath's friend; thus, he asked her to be his partner. Cath was excited to be Nick's partner, and she told Wren by calling her. Cath did not stop to think about something she should write to Nick. "She hadn't stopped thinking about it since then. She wondered what they'd write. She wanted to talk to wren about it" (p.65). Cath and Nick always did the writing project in the library on Tuesday night. They were always sharing their idea so they can be their work.

According to Grecoand Morris (2005), positive friendship qualities are significant

factors with social anxiety measures for girls only. Greco and Morris (2005) also stated that girls with low social preference ratings experienced higher social anxiety levels when high negative friendship qualities characterized their friendships. Here, Cath and Nick had a good friendship quality, increasing Cath's social preference and overcoming social anxiety.

Meanwhile, Cath and Levi became closer than Levi with Reagan. Levi was always available when Cath needed him. Levi was such a different person from Cath. Cath never met a person like Levi, who was very kind with a warm smile. Finally, Cath and Levi were in a relationship. Levi liked Cath and vice versa. Levi picked up Cath at her home in Nebraska and met Cath's father. Day by day, they always spent time together.

He meant it.

He came to see her the next day. And the next. And after a week. Or so, Cath just expected Levi to insinuate himself into her day somehow. And to act as it had always been that way. (P. 298)

One day Cath and Levi spend their time going around their campus. Levi promised that he would come again tomorrow. Levi always kept his promise. Cath liked to spend time with Levi because of his smile. He always wanted to smile at other people. He was a friendly man. Cath felt that Levi was the right person for her. She can talk about her family or even about Simon and Baz to Levi. Greco and Morris (2005) suggested that gender differences may reflect the friendship groups of boys and girls. Girls prefer a smaller and more intimate friendship group than boys. Cath was more comfortable having a friend than many friends that cannot understand her. Cath also had social anxiety, so she cannot make an excellent social interaction

that made it difficult to have a friend. People with SAD have fewer opportunities to gain experience and social confidence.

However, Cath is a lucky girl because she could have a friend like Levi. A friend who always on her side every time she needs him.

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"What happened?"
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Then she immediately called Wren. Wren sounded surprised when she answered the phone.

"Wren, he's in the hospital."

Cath crawled onto her bed and cried for a few minutes.

And then she called Levi.

Cath received a call from Kelly. Kelly was the boss of Cath's dad. She gave the news that Cath's dad was entered the hospital. Cath was panicked about her dad's condition. She tried to inform Wren, but Wren's response was not good. She said that better to finish the final test, but Cath decided to visit her father by asking for help from Levi. Levi was a good friend who always helped Cath in any situation. Though he worked, Levi would give his time to drive for Cath to Omaha. Levi cared about Cath's condition. Cath never have a friend like Levi before.

Cath also introduced Levi to her dad. Cath never introduced her friend to her dad before. It is the first time.

<sup>&</sup>quot;Nothing happened, he's okay. I mean it. He just needs to get his balance back."

<sup>&</sup>quot;I'm coming," she said. "Tell him I'm coming."

<sup>&</sup>quot;St. Richard's isn't exactly hospital."

<sup>&</sup>quot;You don't think we should go?"

<sup>&</sup>quot;I think we should finish our finals," Wren said.

<sup>&</sup>quot;I'm going," Cath said.

<sup>&</sup>quot;Hey Levi, how are you?"

<sup>&</sup>quot;Fine. I'm just . . . working."

<sup>&</sup>quot;... Later when you get off, is there any chance you could drive me to Omaha? I know it's a being hassle, and I give you gas money. It's just, sort of, family emergency."

<sup>&</sup>quot;I'll come get you now. Give me fifteen" "

<sup>&</sup>quot;See you in fifteen" (p.213-216)

"Dad, this is Levi. He gave me a ride." That hadn't come outright. Cath tried again: "He's, um . . . Levi."

Levi held out his hand. "Mr. Avery, nice to meet you." He was drawling. Maybe his accent was nervous tic.

"It's nice to meet you," her dad said. And then—"Levi." (p. 317)

Levi visited Cath's home to deliver Cath. Cath introduced Levi to her dad as the first time she introduced her friend. Cath never has a friend except for Wren. Cath and Wren were always together. Cath believed in Levi, so she wanted to introduce him to her dad. Levi was a polite boy. He was sorry because he took Cath in a snow season, which was dangerous to drive in that season. "I'm really sorry about taking Cather out in this weather," Levi said. "I didn't realize how bad it was." (p. 317)

# 3.4.2. Peer Support

It was the first time Cath having friends who supported her. Cath never found a friend like this. She never saw a friend who helped her except her twin, Wren. Pickering et al. (2019) argued that one of the important factors for overcoming social anxiety is peer support. In this case, teenagers who experience low support from their peers may experience the risk of social anxiety. In this novel, Cath is portrayed as an individual girl who likes to spend her time alone. But over time, she has some friends, and they are Reagan, Levi, and Nick. Especially Levi, he is the one who always gives support to Cath. About her hobby, which is writing fan-fiction, Levi always supports that by asking Cath to read it for him.

<sup>&</sup>quot;Read me some of your secret, dirty fan-fiction."

<sup>&</sup>quot;It's not dirty"

<sup>&</sup>quot;Read me some anyway"

She let go of the pillow; he'd probably already filthed it beyond redemption.

"Why?"

Levi liked it when Cath read her fan-fiction for him. He was always curious about the next story written by Cath. Levi thought that it was fun. Indirectly, he supported Cath always to do something she liked, which was writing. For Cath, writing was not about spending her time, but writing was also her life. Writing can heal some of her problems. The quotation above shows that Levi was like the story written by Cath. He said it to make Cath always had a new spirit to overcome her social anxiety. Hutcherson & Epkins (2009) reported that classmate support and close friend support are significantly correlated with reducing social anxiety.

<sup>&</sup>quot;Because I'm curious," he said. And I like stories."

<sup>&</sup>quot;You just want to make fun of me."

<sup>&</sup>quot;I won't," he said. "I promise" (P. 132)

# CHAPTER IV CONCLUSION

Fangirl by Rainbow Rowell tells about a girl named Cath Avery who has a twin named Wren. They have very different personalities. Cath is more often to feel anxious than Wren, who is more social. Having grown and always together with Wren, Cath feels dumped when her twin decided to have a different room with her. She is feeling sad and hard to socialize with other people.

This research found that Cath experienced social anxiety. The researcher found that Cath experienced social anxiety by showing some social anxiety symptoms, which is somatic symptoms such as nervousness or "butterflies" in the stomach and behavioral symptoms such as avoiding eye contact and pretend to hide her reaction in a situation, and cognitive symptoms such as having unpleasant thought about a situation. Cath shows as a character who's fear to meet other people, especially in a social situation. Cath also avoiding eye contact, feels nervous when people try to look at her, and having unpleasant thoughts about a problem she does not comfort. It is caused by some factors. Those are traumatic experiences, genetic predisposition, fear of negative evaluation, and cultural factors. The divorce of her parents caused traumatic experiences. Her mom left her family when she was a child. It brings a deep trauma for Cath. Besides, genetic predisposition also being the cause of her social anxiety. Have a family member who also has mental health problems makes Cath also experienced the same thing. Cath's dad also has a problem with his mental health. He easily stresses when he

got something hard for his work. Same with Cath, he also likes to think deeply about something.

The next is fear of negative evaluation. People with social anxiety afraid of negative evaluation from the other person. Cath is always constantly haunted by worry about people's evaluation. Start with an assignment and simple things as taking a lunch. She is afraid when people judge her as a stupid person or anything like that. The last reason for her social anxiety because of a cultural factor. A culture of some people that believe if people who have a twin is on one package. In reality, Cath is different from Wren. Cath doesn't like parties like Wren. Wren, who's more friendly and easy to talk to and associate with other people, sometimes makes Cath feel wrong with herself.

The researcher also found how Cath overcomes social anxiety is by self-acceptance, self-compassion, and peer role. This research found that simple things can solve social anxiety, as Cath has done. She tries to do self-acceptance and self-compassion by doing self-kindness and understand that she is not alone. She knows the way to avoiding something she's uncomfortable with. Cath knows her writing ability and has her way to reduce her stress by doing Kanye party when she needs to. The role of her peer also has a significant impact on overcoming her social anxiety. She has a good relationship with her friends. Those are Reagan, Levi, and Nick. Nick is her writing partner that makes Cath happy to have a paired task communicating with others before. While Reagan and Levi always support Cath without judging each other. Reagan and Levi are always inviting Cath to their activity that Cath never attend before.

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