The Social Phobia of Audrey Turner in Sophie Kinsella's *Finding Audrey*

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ABSTRACT
This research analyses the social phobia of the character Audrey Turner in the novel Finding Audrey by Sophie Kinsella. The writer aims to reveal the main character's motivation behind her anxiety and fear in society. This happens because Audrey experiences bullying at school. Her friends intimidate and treat Audrey badly. Bullying becomes trauma for Audrey which affects her to be overly afraid when interacting with people. Audrey becomes discouraged, anti-social, low self-esteem, and high self-criticism. The social environment makes Audrey feels threatened because it is always terrorized by her traumatic event. As it is known that trauma is a mental injury that makes the nervous system threatened. So when Audrey interacts with people, warning threats come through emotional or physical reactions. Furthermore, this paper uses a qualitative method. The data are collected and represented in direct quotes from the book and analysis also supported by journals. Therefore, through this case, psychoanalysis theory by Sigmund Freud is used in order to discover the process of anxiety work and the kinds of anxiety on Audrey's psychic. Freud said that anxiety is only produced or feel from the ego but the Id, the superego, and the external world are involved in the types of anxiety. These types of anxiety are neurotic anxiety, moral anxiety, and realistic anxiety. This research reveals that Audrey's social phobia is a type of realistic anxiety that is triggered by the social world. This is due to the traumatic event which is bullying that occurs during the school.

Keywords: Psychoanalysis, Social Phobia, Trauma

INTRODUCTION

Humans created to interact with each other because humans are social creatures. Social beings mean that humans cannot live alone to adapt. Ivey and Hurst (1971) state that interaction is the learning process of each person to adapt through communication actions and feedback mechanisms. Besides, since childhood, the presence of individuals needed to stimulate the growth process. This means that interaction's function is essential for the development of human

life. Yet, some people are feeling uncomfortable interacting with others. Hence, it impacts on relationship restrictions. Especially, if the reaction becomes exaggerate, it can influence them to have a difficult life. Thus, this problem is called social phobia.

Social phobia (also known as social anxiety disorder) is the condition of excessive fear of social. The fearful of being watched, rejected, and judged by other persistently. Besides, people with social phobia have a desire to be accompanied, but they afraid of being known to be boring, ignorant, or disliked. (Stein, 2008). This situation disturbs individuals to have a normal life because society certainly is something that cannot be avoided. Meanwhile, social phobia is experienced by anyone and regardless of age. However, research reveals that many social phobias are experienced in childhood. Children who are rejected, neglected, and interact negatively with peers are reported to suffer more from social phobia because children need social acceptance. (Ginsburg, La Greca, Silverman; 1998). Peer relationship plays an important role to support their development of emotional/social functions during childhood. Therefore, a horrible relationship can influence children to have bad perceptions about social that makes them reluctant to get along.

Social problems can be seen through literature because it is known as social reflection. Albrecht (1954) states that the meaning of reflection in literature is applied in almost all social and cultural aspects. One of the literary works that talk about a social problem is the novel Finding Audrey by Sophie Kinsella. Finding Audrey is a book that cares about social problems in youth. It is reflected because there are so many cases of mental problems in adolescents. Finding Audrey is a teen literature novel about the story of a teenager named Audrey that suffers from social phobia. Audrey always filled her daily life by isolating herself in the house. She doesn't have a courage to go out, whatever the situation. She avoids having any contact because Audrey has anxiety and panic attacks when interacting with people. This situation makes Audrey undergo a period of therapy to treat the illness. Audrey's psychiatrist recommends treatment through video recordings, where Audrey acts as a cameraman and records everything she catches

on camera without looking through eye contact. Thus, social phobia occurs so strongly in influencing Audrey's mentality.

To find out more about how Audrey's social phobia occurs, this research focuses on finding the causes and effects of Audrey's anxiety which refers to social phobia. This study uses psychoanalysis theory to reach the answer behind the problematic mentality of Audrey Turner.

RESEARCH METHOD

This research uses qualitative methods to help the analysis of data collection to become rational and objective research. According to Denzin and Lincoln (1994), qualitative research is a method that involves an interpretive, naturalistic approach. This means that the method used to interpret phenomena in a description, creative, and unique, in the sense of understanding the subject matter. The qualitative method focuses on arguing meaning in the text based on knowledge to conceive the problem as a whole.

The subject of qualitative depends on text, image data, and also have distinctive steps in data analysis and in various designs (Creswell, 2014). Meanwhile, this research only took the text as the main subject of data. Since the narrative text is "to narrate", the analysis must also be identified by review. The data are represented in direct quotes from the book which are then analyzed by grasping the context. Analysis also assisted by journals. In order to discover the answers to the questions, researchers will focus on Audrey's reactions that show the symptoms of social phobia and analyze the causes of it.

FRAMEWORK OF THEORY

Theory is needed to explain and understand the issue. The theory of psychoanalysis by Freud is used to discover the concept of work anxiety, which is related to Audrey's social phobia. Anxiety works by the province of the mind. From the book theories of personality by Feist and Feist (2006), Freud's theory divided the psyche structured into three provinces; Id, Ego, and Superego. The id is the core of personality and completely unconscious. Id always tries to find

pleasure and fulfill satisfying desires and also Id has no contact with reality. The id is an unrealistic, primitive, and unchangeable because Id only serves the pleasure principle. However, Id cannot be judged between good and evil because Id can be in an immoral or moral situation. Meanwhile, Ego is the only area of the mind that touches reality. The ego is regulated by the reality principle and also as a substitute for the desire of Id. The ego becomes decision-making between Id and Superego demands. Moreover, Superego represents moral and ideals aspects of the person because it is guided by morality and idealistic principles. Superego persuades the ego to turn into moralism and perfection rather than realistic. So, the superego is against the request of the id which always seeks pleasure. Guilt and inferior feelings will occur when the ego unable to fulfill the standard perfection of the superego.

Anxiety is merely produced by ego yet the id, superego, and external world are connected with it. Freud emphasized that anxiety is a sense, emotive, displeasing condition with a physical sensation that alerts individuals against imminent danger (Feist & Feist, 2006). Freud also stated that anxiety has three kinds: neurotic, moral, and realistic. Neurotic anxiety arises from Id impulses. It defined as nervousness about an unknown danger because it happened on instinctual by Id. For instance, during childhood, the unconscious feeling of destruction towards parents will make someone unconsciously feel anxious when they see a teacher, employer, or authority figure. The fear of neurotic anxiety is irrational because the motive arises from the instinct of id rather than the external world (Hall, 1955). Furthermore, moral anxiety is the conflict between ego and superego. This conflict arises feeling guilty from the conscience because of the ego failure to behave morally right. It can be seen in childhood when they have a belief that surrender to the temptation is ethically wrong. Thus, the struggle between moral needs and superego causes people to have anxiety. The last is reality anxiety. Reality anxiety is come from hurtful emotional experience by the danger of the external world. A danger means triggered by any intimidating environmental situation to endanger that person. Hall (1955) emphasizes that painful experiences along with anxiety are called traumatic events because painful

experiences during childhood make them helpless in the present. This type of anxiety can be identified because it originates from a real event.

These three types of anxiety can sometimes be combined in any situation because they are difficult to separate. To further analyze Audrey's social phobia, Freud's theory of anxiety was used to determine the kind of anxiety that happens in Audrey.

FINDING AND DISCUSSION

To analysis Audrey's social phobia, it is important to point out the symptoms first. According to American Psychiatric Association (2013) people with social phobia will acts or show anxiety symptoms such as avoiding eye contact, blushing, also always experiencing it through emotions or physical symptoms such as fear, sweating, difficulty concentrating, palpitations, and trembling. Also, they are afraid of being offended and rejected by others. The symptoms of anxiety are often provoked by social situations. Thus, they worry only occasionally in social situations, as well as happened by Audrey.

At the beginning of the story, there is an incident when Audrey exposing her nervous reaction. It happens when Audrey's mother would throw her brother's computer out of the house through the window in anger. This incident becomes crowded because some neighbors and all of Audrey's family gathered outside the house to watch. Surprisingly, her one neighbor noticed Audrey through the bedroom window while unexpectedly greeting her.

> *"Oh, Audrey" says Ollie suddenly, spotting me, "Hi, how are you?" I shrink back from my position at my bedroom window in fright. My window is tucked away on corner, and no-one was meant to notice."* (Kinsella, 2015:3).

Audrey shows a discomfort reaction by shrink back from her position to avoid them. Audrey truly afraid of being noticed, even though it is just a normal interaction. It can be seen in the line "in fright.", Audrey is overreacted and tried to hide from her neighbor, Ollie. He is also her brother friend or in other words, he is not a stranger person. Normally, when people meet someone they already

know, they are not afraid to be noticed because unconsciously relationships have been formed through meetings but not with Audrey. Meanwhile, when everyone watches the incident outside the house, Audrey remains to watch the incident in her safe room. This shows that Audrey becomes withdrawn in a crowd situation.

Furthermore, eye contact is one of something to have a deal with. "*Eye contact is a big deal. It's the biggest deal. Just the thought makes me feel sick, right down to my core*" (2015:26). She is so nervous and uncomfortable when looks at someone's eyes even it is just a slight. Audrey gets an emotional response, such as experiencing overload and meltdown. It causes Audrey to have great distress because anxiety attacks when someone looked into her eyes. Besides, Audrey is known as a character with dark glasses because she uses it anytime even at home. She uses glasses as a protector to avoid eye contact. As Audrey said:

> "*...My parents' eyes-forget it. They're full of worry and fear and too much knowledge. And kind of too much love, if that makes sense? If I look at them, it's like it all comes flooding back over me in a gush-mingled in with their anger, which is pretty righteous. I mean, it's not directed at me, obviously, but still. It feels toxic*" (2015: 52)

Audrey so nervous when she is seeing at people's eyes even her parent's eyes. She is afraid of her parents to get a wave of anger toward her. It because she overthinks of people's judgment. Audrey is buzzy to judge something bad without seeing the reality because Audrey has a high self-criticism. The more Audrey thinks the more Audrey gets the terror. Therefore, the use of dark glasses helps her to reduce the feeling of worried about her overcritical. Freud emphasized that anxiety is a mechanism for preserving the ego to remind us that danger is near us. (Feist & Feist: 2006). Eye contact becomes a signal of impending danger that reminds the ego to stimulate Audrey for defense against the pain of anxiety by using dark glasses. This is also why Audrey received treatment to treat her social phobia. This treatment he got from Dr. Sarah, who recommended video recordings for his illness. Dr. Sarah told Audrey to record videos around and interview them and Audrey could see other people's eyes through the camera.

In another situation, when her brother's friend named Linux, entered Audrey's private room unnoticed. Audrey is surprised because Linux can find out Audrey's den that no one should know. Audrey's reaction becomes very nervous until she cried. *"My chest is starting to rise in panic. Tears have already started to my eyes. My throat feels frozen. I need to escape."* (2015:21). Audrey's overreaction shows evidence that she is very anxious in social contact. Feelings of fear, heart racing until crying is an emotional reaction when she feels threatened. Although, it looks like a normal and harmless situation.

Audrey also has high self-criticism. She always judges himself by saying in worse comments. She claimed to be a foolish girl because she always thought too much about something unreal. *"And here I am. Stuck in my own stupid brain"* (2015:37). Her mind is also always filled with conflicts between rational and irrational. Just as she realized that her anxiety is formed by her imagination, not the real condition. However, she always denied it until this makes Audrey always feel frightened and guilty.

Anti-social is not something that arises from instinct. It also does not arise from within herself. Audrey's fear bases on the subjective that emerges from the external world. She felt scared and anxious when deals with people although there are no bad incidents in it. As if social is something terrible and must avoid. As stated earlier, anxiety drive by the ego. Moreover, the external world provokes the ego to have a danger signal. The external world itself is the social environment. Audrey's ego disturbed by the presence of people and it triggers her to feels threatened. Although, it seems that the threat does not make hurt, and intimidate. The threat cannot describe because it appears in Audrey's mind.

Furthermore, Audrey's phobia is due to painful emotional experience. That experience left a bad memory. It traumatized her with a sinister perception of society. She claims people are a painful thing and suffering harm. Social fear arouses Audrey to be low self-esteem, high self-criticism, and social inhibition. Since then, Audrey quit school. She does a healing therapy of learning to interact by videotaping at her home.

Audrey bullied by her friends at school. Her friend intimidates and have a power to rules inferior people. It traumatized Audrey to becomes very afraid on people. She said that: *"Tasha is the one who's really scary, She's the one who makes my flesh crawl"* (2015: 229). Tasha, Audrey's most terrifying and superior one affect her mentally. Tasha is a famous student. She has the privilege by respected of her beauty, intelligence, and loved by many people. Meanwhile, her privilege used as a power tool. People who don't like with Tasha gang is used and wretched ones like Audrey who have bullied.

Traumatic event is an unusual experience. It makes Audrey overwhelmed to adaptation. Traumatic event evokes terror, helplessness, and the response of catastrophe. According to Herman (1992), trauma serves a threat that awakens the nervous system. This causes people to feel the danger of adrenaline and go into a state of alert. Until finally, threats evoke intense feelings of fear and anger. This shows that trauma generates excessive anxiety on bad memories.

In Freud's type of anxiety, Audrey's social phobia included in the type of reality anxiety. This is because of the subjective threat from the external world. Social anxiety comes from the traumatic experience. Hall (1955) said that reality anxiety is the condition the arousal of anxiety innated. It means that someone inherits a tendency to fear in the present during one's life. Audrey's phobia is congenital from the wounds of her past. Bully makes Audrey afraid and anxious. She becomes very sensitive when she saw people as if she felt bullied again. Audrey's ego always feels threatened when being close with people.

CONCLUSION

In other words, Audrey's phobia triggered by her traumatic event that is bullying. Audrey mistreated and intimidated by Tasya and friends. This experience gives a deep scar. She becomes afraid and anxious when dealing with people as if they will intimidate again. Audrey becomes an anti-social, depressed, and lacked confidence person. She always isolates herself at home because it is a way to avoid feels frightened of others. Afterward, based on the Freudian anxiety theory, Audrey's phobia belonged to the type of reality anxiety. The signal of

impending danger occurs in social interaction. It means fear comes from the external world. As the anxiety produced by the ego, Audrey's ego is threatened by the presence of people even though there is no danger at all.

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