

ANXIETY IN JOHN GREEN'S *THE FAULT IN OUR STARS*

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Abstract : This study aims to reveal what kinds of anxiety happen to Hazel. The causes of her anxiety can be seen first appear at the age of 13 when she was diagnosed of having a lung cancer, since then she is always thought about dying because the pain she felt rise her anxiety to die and it has a big impact toward people around her. Especially her parents and boyfriend cause she is worry that she will hurt people around. It is reflected in John Green's *The Fault In Our Stars*. This research is classified as a qualitative research because the data gathered are in the form of words as the quotation that taken from the source. The writer collects the data from two kinds of sources. Primary source the novel itself and secondary sources is another references related to the novel like books and internet. The writer applied psychological approach because it is very close with human life such as feeling. The result of this research shows that there are 2 kinds of anxiety that appear, state anxiety and trait anxiety. State anxiety is one of anxiety that arise due to the dangerous situation. It can appear to Hazel as a cancer patient because she might be felt worry about the treatment and feel threatened. Meanwhile trait anxiety refers to anxiety as a characteristic of a person, so that person is generally anxious about unknown outcomes. Hazel seem to have trait anxiety in herself when she was overthinking about her dream.

Keyword : **Anxiety, state anxiety, trait anxiety, psychological approach.**

INTRODUCTION

Anxiety is one of emotion that can makes someone felt worry or overthinking about anything. It can appear to anyone whether they young or old. In general a cancer patient might be felt anxiety. Because they have to do treatments to get ride of their cancer and the pain they felt from the treatments can makes they felt

worry or overthinking about their condition. According to (Sigar, Rorintulus and Lolowang, 2020: 68) "When people live in good environment, their attitudes become excellent, but when people live in bad environment, it can give them the bad impact."

Relate to the statement above in this work *The Fault in Our Stars* novel by John Greens' tells about Hazel a 16-year-old girl with thyroid cancer who has affected her lungs and is forced to attend a cancer support group by her mom, where she meets Agustus, a 17-year-old boy who lost part of one leg because of osteosarcoma cancer. Both of them are meet in a good environment which is a cancer support group the place where they support each other condition. Although they have confront death in a way that the young and healthy are not.

According to (Ibrahim, Wuntu and Lolowang, 2021: 113) "Life is beautiful. This sentence is usually said by young people as they hardly find problems in their life. However, we know that life is not only full of beautiful things and happy moments but also difficulties." In such a young age Hazel have accept that life is not always beautiful like what people say. She suffered from cancer and the interesting things of this work which can be examined is what kind of anxiety that appear to the main character Hazel Grace Lancaster in the novel. As stated by (Hudson, 1965: 18) "Novel imbued with the dynamic flowing of expressive mind in portraiting societies elements by sublimating it in form of literary works and as a novel concern with a close touch of human relationship thought and feeling, passion, birth, growing up, marriage, love, and hatred also jealousy, happiness, and misery of personality or even society."

Thus the writer can say that novel is one of literary works which can not be separated from human life. As stated by (Rorintulus, 2020:136) "Literature gives way to express indigenious people's experiences and their voice. Literary work can be a medium to voice human experiences." Based on the statement a literary work is very important for human life. Because it can really helpful for someone to express the feelings such as freedom, suffering, fear, love, feelings, pleasure and

anxiety. All of those people can see in all literary works. "A literary work which has affective nature is a significant power to touch the deepest sense that can produce perfect consciousness as a form generator of human consciousness" (Wuntu, 2015: 100). Because literary works is not only gives us a fantasy of enjoying, but take us to learn about life experience. Also "Literature is the reflection of human life whether in society or in their private life" (Sabudu, 2015: 1).

REVIEW OF LITERATURE

Notion of Anxiety

Anxiety is a negative emotional state marked by foreboding and somatic signs of tension, such as racing heart, sweating, and often difficulty breathing, (anxiety comes from the Latin word *anxius*, which means constriction or strangulation). Anxiety is similar to fear but with a less specific focus. Whereas fear is usually a response to some immediate threat, anxiety is characterized by apprehension about unpredictable dangers that lie in the future. (Steven, 2002: 139)

People with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear of terror that reach a peak within minutes (panic attacks). These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time.

Examples of anxiety disorders include generalized anxiety disorder, social anxiety disorder (social phobia). For example if a child falls into a well and struggles to get out, he or she may develop a fear of wells, heights (acrophobia), enclosed spaces (claustrophobia), or water (aquaphobia). There are studies looking at areas of the brain that are affected in relation to anxiety.

Kinds of Anxiety

According to Spilberger explain about anxiety in 2 kinds :

1. State Anxiety

State Anxiety, is an emotional condition and temporary state in the individual with presence of feelings of tension and worry that are felt consciously and subjectively.

2. Trait Anxiety

Trait Anxiety, is a feeling of worry and threat that comes to a person against conditions that are actually harmless. This anxiety is caused by the personality of the individual who does have the potential for anxiety compared to other individuals. (in Triantoro Safario & Nofrans Eka Saputra, 2012: 53)

RESEARCH METHOD

In doing this research, the writer used qualitative method. Qualitative research is descriptive. The data collected are in the form of words or picture rather than numbers. The written result of the research contains quotations from data to illustrate and substantiate the presentation (Bogdan and Biklen, 1982: 30). Also this study is a qualitative research that gain the data from books, journals, and other materials through a library research. Then, the collected data are presented descriptively (Rorintulus, 2017: 132).

In conducting this research, the writer collected the data from two kinds of sources: primary source and secondary source. The data collected from the primary source, the work itself John Greens' *The Fault in Our Stars* and secondary source are other references such as journals, books, or internet sources that are related and relevant to the research.

In analyzing the data, the writer use psychological approach. "The nature of psychological approach, it is a strategy based heavily on the idea of the existence of

a human unconscious – those impulses, desires, and feelings about which a person is unaware but which influence emotions and behavior” (Meyer, 1997). The statement above, described that psychological approach focused on the emotions and human behavior. It means all of the analyzed in Chapter IV discussed the anxiety of Hazel Grace Lancaster, the main character in the story by using the aspect of psychological theory.

FINDINGS AND DISCUSSION

In this chapter, the writer described the analysis of anxiety by Hazel Grace Lancaster in *The Fault in Our Stars* novel by John Green. The analysis is done by using psychological approach and theory by Spilberger in types of anxiety. The writer analyzing the anxiety that appear to the main character Hazel by using theory by Spilberger the types of anxiety to reveal what kind of anxiety that appear and use psychological approach to find out the causes also the impact from the main character anxiety.

State Anxiety

In general, anxiety is a common problem for patients with a cancer diagnosis. Because a cancer patient have to do some treatments to get ride of cancer and the pain they felt from it, can makes a cancer patient worry about their health. (Passer and Smith, 2009: 546) define anxiety as a state of tension and apprehension as a naturally feels anxious when they are threatened. It can appear to a cancer patient because they might be felt worried about various treatments and the pain they felt from the treatments can makes feel worry, and feel threatened. Relate to that, in this case Hazel Grace Lancaster the main character in the novel seem to have State Anxiety in herself because she have to do some treatments to get ride of her cancer.

Hazel Grace Lancaster is a 16 year old teenage girl who was diagnosed of having a lung cancer at the age of 13. As a teenager she felt worried about her time

also felt that she could not have much time than others and the possible of death may occurred anytime. As shows in the quotation;

“Late in the winter of my seventeenth year, my mother decided I was depressed, presumably because I rarely left the house, spent quite a lot of time in bed, read the same book over and over, ate infrequently, and devoted quite a bit of my abundant free time to thinking about death” (Green 3).

The quotation above show how hazel often worry thinking about death. At the age of 14 Hazel received a painful cancer treatment for lung cancer. She was always accompanied by her parents while receiving the treatment but at some point she felt could not stand the pain under this condition and do not want to open her eyes again. As seen in quotation below:

I had a surgery called *radical neck dissection*, which is about a pleasant as it sounds. Then radiation. Then they tried some chemo for my lung tumors. The tumors shrank, then grew. By then, I was fourteen. My lungs started to fill up with water. I was looking pretty dead---my hands and feet ballooned; my skin cracked; my lips were perpetually blue. They’ve got this drug that makes you not feel so completely terrified about the fact that you can’t breath, and I had a lot of it flowing into me through a PICC line, and more than a dozen other drugs beside. But even so, there’s a certain unpleasantness to drowning, particularly when it occurs over the course of several months. I finally ended up in the ICU with pneumonia, and my mom knelt by side of my bed and said, “Are you ready, sweetie?” and I told her I was ready, and my dad just kept telling me he loved me in this voice that was not breaking so much as already broken, and I kept telling him that I loved him, too, and everyone was holding hands, and I couldn’t catch my breath, and my lungs were acting desperate, gasping, pulling me out of the bed trying to find a position that could get them air, and I was embarrassed by their deperation, disgusted that they wouldn’t just *let go*, and I remember

my mom telling me it was okay, that I was okay, that I would be okay, and my father was trying so hard not to sob that when he did, which was regularly, it was an earthquake. And I remember wanting not to be awoken (25).

The quotation above shows one of the various treatments that must be done by Hazel. She was looking pretty dead, her hands and feet ballooned, her skin cracked and her lips were perpetually blue and she remembers wanting not to be awoken. The anxiety can be seen to arise during this treatment because the pain she felt from the treatment was very horrible.

"Even then, it hurt. The pain was always there, pulling me inside of myself, demanding to be felt. It always felt like I was waking up from the pain when something in the world outside of me suddenly required my comment or attention" (142). Hazel felt that the pain was always there and forced her to feel it. But besides feeling worried about pain, Hazel also felt worry about if the people around her will get hurt, especially her parents and Augustus. She described herself as a grenade that sometime will explode and hurt people around her. It can be seen in these quotations below:

"I'm like. I'm like a *grenade*, Mom. I'm a grenade and at some point I'm going to blow up and I would like to minimize the casualties, okay?"

My dad tilted his head a little to the side, like a scolded puppy.

"I'm a grenade," I said again. "I just want to stay away from people and read books and think and be with you guys because there's nothing I can do about hurting you; you're too invested, so just please let me do that, okay? I'm a regular teenager, because I'm a grenade . . . So of course I tensed up when he touched me. To be with him was to hurt him—inevitably. And that's what I'd felt as he reached for me: I'd felt as though I were committing an act of violence against him, because I was" (99 - 101).

In the quotation above Hazel uses a metaphor to her parents she describes herself as a grenade that will explode and hurt people around her. Because she felt

desperate about her condition and it trigger her anxiety. So she try to minimize the casualties. Because the truth is, she did not want to hurt her parents, when she will no longer exist in this world and to her boyfriend Augustus she felt that if they were both together it will only hurt Augustus.

Just before the Miracle, when I was in the ICU and it looked like I was going to die and Mom was telling me it was okay to let go, and I was trying to let go but my lungs kept searching for air, Mom sobbed something into Dad's chest that I wish I hadn't heard, and that I hope she never finds out that I did hear. She said, "I won't be a mom anymore." It gutted me pretty badly (116-117).

From the quotation above, it described Hazel's anxiety about hurting people around her especially when she heard her mom say that she won't be a mother anymore, it makes Hazel felt bad. Also it described that Hazel assumed herself as a grenade that sometime's will explode and hurting people around her. It made her think that after she died it will make the peoples who know her sad. And she was afraid it would hurt the people around her like a grenade that exploding.

Trait Anxiety

Trait Anxiety refers to anxiety as a characteristic of a person, so that the person is generally anxious about unknown outcomes, it is a part of who the person is and people have various levels of trait anxiety. According to (Ormord, 2011: 401) "trait anxiety is pattern of responding with anxiety even in nonthreatening situation . . . Such anxiety is a part of a person's character."

Relate to the statement above there is one scene in the novel that the main character Hazel Grace Lancaster seem to have trait anxiety in herself. It occur when Hazel wakes up panicked. In her dream she was alone and boatless in a large lake. It makes Hazel worried of the future she will never have. As shows in the quotation bellow:

I woke up the next morning panicked because I'd dreamed of being alone and boatless in a huge lake . . . I would probably never again see the ocean from thirty thousand feet above, so far up that you can't make out the waves or any boats, so that the ocean is great and endless monolith. I could imagine it. I could remember it. But I couldn't see it again, and it occurred to me that the voracious ambition of humans is never stated by dreams coming true, because there is always the thought that everything might be done better and again (301 - 305).

The quotation above show how Hazel anxious about the future that she does not know yet and she comes to the conclusion that people are never satisfied by their dreams coming true, because there is always the thought that everything might be done better and again.

The Causes of Anxiety

The cause of anxiety can appear because of the various things that happen in life. "Life experiences like death in the family, divorce, job loss, financial loss, accident or major illness affect a person's attitude and response to life situation . . . it may affect an individual's to anxiety disorders" (Eysenck, 2004). Anxiety can appear to a cancer patient because they might be felt worry against death. The various treatment they received can makes them feel anxious about their condition.

Relate to the statement above the causes of Hazel Grace Lancaster anxiety can be seen first appear at the age of 13, when she was was diagnosed of having a lung cancer and have to received painful cancer treatments since then. As a teenager who has cancer, she couldn't avoid the thought that she would die soon. But Hazel had a father and mother who loved her very much and always supported her. She joined a cancer support group by her mother behest where she meet her friend Isacc that had eye cancer and also where she meet Augustus an attractive boy who had osteosarcoma cancer. As shows in the quotation below:

By then I was fourteen. My lungs started to fill up with water. I was looking pretty dead-my hands and feet ballooned; my skin cracked; my lips were Perpetually blue. They've got this drug that makes you not feel so completely terrified about the fact that you can't breathe, and I had a lot of it flowing into me through a PICC line, and more than a dozen other drugs besides. But even so, there's a certain unpleasantness to drowning particularly when it occurs over the course of several months. I finally ended up in the ICU with pneumonia, and my mom knelt by the side of my bed and said, "Are you ready, sweetie?" and I told her I was ready, and my dad just kept telling me he loved me in this voice that was not breaking so much as already broken, and I kept telling him that I loved him, too, and everyone was holding hands, (Green 25).

The quotation above shows the series of cancer treatments that must be endured by Hazel made her feel severe pain. And the pain she felt raises her anxiety to death. But she always accompanied by her parents when she receiving the treatments. Her parent's support brings up Hazel's desires to endure the pain. But at the same time Hazel was very scared and thought that she was a burden to her parents. She also felt she was the source of her parent's sadness. However, she then learned that her parents do not feel like that. By hearing their words, she was decided that she had to be strong because there are her parents who will always support her decision. As shows in the quotation below:

"You are not a grenade, not to us. Thinking about you dying makes us sad, Hazel, but you are not a grenade. You are amazing. You can't know, sweetie, because you've never had a baby become a brilliant young reader with a side interest in horrible television shows, but the joy you bring us is so much greater than the sadness we feel about your illness" (103).

From the quotations above, it can be explained that Hazel's parents did not feel burdened by her presence and made her decide to live as well as possible during her lifetime.

The Impact of Anxiety

The impact of anxiety can affect a person's physical condition and surrounding environment. Especially to a closest person. Because in fact, the closest persons play a big role in someone's physical condition. In this case the closest persons it can be family or partner life. The results of many studies indicate that anxiety have an adverse impact on the social functioning of the patient, including family and partner life (Machell & Rallis 2016). Relate to the statement above in this case Hazel worry over her impact to people around her. Especially toward her parents and boyfriend.

To the Parents

Hazel obsesses over the impact her death will have on those around her. She worried and fear getting close to anyone because she knows that her death, which is not far off, will hurt anyone close to her. It makes her, as she puts it, a "grenade." This fear appears most in regard to her mother. Once, when Hazel was near dying. She overheard her mother saying if Hazel dies she won't be a mother anymore, and that thought has stayed with Hazel. As seen in the quotation bellow:

"NO!" I shouted. "I'm not eating dinner, and I can't stay healthy, because I'm not healthy. I'am dying, Mom. I am going to die and leave you here alone and you won't be a mother anymore, and I'm sorry, but I can't do anything about it okay? . . . She nodded. "Even when you die, I will be your mom, Hazel. I won't stop being your mom. Have you stopped loving Gus?" I shook my head. "Well, then how could I stop loving you?"

"Okay," I said. My dad was crying now.

"I want you guys to have a life, " I said. "I worry that you won't have a life, that you'll sit around here all day with no me to look after and stare at the walls and want to off yourselves" (Green 296 - 297).

As shows in the quotation above the impact of Hazel existence to her parents was very crucial. Although, she was say things that make her parents sad. It could not relieve her parents affection towards her.

To the Boyfriend

The impact of Hazel anxiety to Augustus can be seen when she questions why she tensed up when Augustus touched her cheek at the sculpture park. She realizes that, although she finds Augustus attractive, she has never before considered kissing him. She understands suddenly that she tensed up with Augustus because she knows being with him will eventually hurt him. She texts him to tell him that she can't kiss him because it makes her think of the pain she will cause him. He replies that he understands but also flirts with her. As shows in the quotation bellow:

He reached over and touched my cheek and for a moment I thought he might kiss me. My body tensed, and I think he saw it, because he pulled his hand away.

"Augustus," I said. "Really. You don't have to do this."

"Sure I do," he said. "I found my wish."

"God, you're the best," I told him.

"I bet you say that to all the boys who finance your international travel," he answered. . . . I couldn't stop thinking about the little moment when I tensed up he touched me" (90 - 92).

The quotation above show a little bit moment of Hazel and Augustus. When Augustus seem to kiss Hazel but it did not. It makes Hazel overthinking.

So of course I tensed up when he touched me. To be with him was to hurt him inevitably. And that's what I'd felt as he reached for me: I'd felt as though I were committing an act of violence against him, because I was. I decided to text him. I wanted to avoid a whole conversation about it. Hi, so okay, I don't know if you'll understand this but I can't kiss you or anything. Not that you'd necessarily want to, but I can't. When I try to look at you like that, all I see is what I'm going to put you through. Maybe that doesn't make sense to you. Anyway, sorry (101).

It can be seen from quotation above Hazel did not mean to resist Augustus. But she just did not want to make Augustus in too her. Because she worry that she will be a burden for him.

“He responded a few minutes later Okay I wrote back Okay. He responded: Oh, my God, stop flirting with me! I just said: Okay. My phone buzzed moments later. I was kidding, Hazel Grace. I understand” (101-102). From the quotation above it can be seen that Hazel worried about her impact will hurt Augustus. But Augustus understand that Hazel did not want to make him hurt.

CONCLUSION

After analyzed the novel the writer came to the conclusion that the main character anxiety Hazel Grace Lancaster are dominant in state anxiety. Because this kind of anxiety most appear when she felt that her condition get weaker. Especially when she have to received a painfull cancer treatements at age of 14 the treatements she do makes her do not want to open her eyes again because the pain she felt raises her anxiety to die.

The causes of Hazel anxiety can appear because of the various things that happen in her life. One of it because of the illness she suffered arise her anxiety to die. It can be seen first appear at the age of 13 when she was diagnosed have a lung cancer in a young age. It makes her think about the time she have in this world and it makes her anxious about it.

Also her impact to other especially to her parents and her boyfriend Augustus. She did not want to be a burden to her parents and she did not want to hurt people around her because she know that she is dying and do not much have time. She started to described herself as a grenade that sometime will explode and hurt people around her and she want to minimize that. But people around her especially her parents and Augustus never though that Hazel is a burden or the one who is gonna hurt them but the opposite Hazel is an amazing person for them.

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