

ANXIETY DISORDER AS REFLECTED IN JAY ASHER'S THIRTEEN REASONS WHY MAIN CHARACTER

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Abstract: The purpose of this study is to find out the kinds of anxiety and its causes experienced by the main character Hannah Baker in the novel *Thirteen Reasons Why*. He was badly treated by his friends, teachers and parents. All bad things happened to Hannah then bring anxiety in Hannah Baker's life. The method used of this research is qualitative with psychological approach by Sigmund Freud. The data that are taken from the monologue and dialogue with the other characters in the novel. The study using the psychological approach of Sigmund Freud. The primary source is the 2007 book *Thirteen Reasons Why* by Jay Asher, while secondary sources include various related publications and online resources that provide credence to the subject. The result of the study showed there are three kinds of anxiety. The first is neurotic anxiety, when Hannah scares to share her phone number with her friend. The next is realistic anxiety, when a Hannah's friend is staring at her in the house and scares her. The last is moral anxiety that is when she doesn't join the funeral of a driver who makes herself scared by what others think about her. The author also found causes of such anxiety: environment, frustration, threat, gender and fear. From all the data found in the novel, it proves that Hannah Baker suffered anxiety and eventually died of suicide.

Keywords: *Anxiety disorder, psychoanalysis, personality*

INTRODUCTION

Anxiety is a frequent disorder that manifests in various ways and has an impact on states of emotion, cognition, physical health, behavior, and interpersonal relationships (Cole, 2004). World Health Organization stated in 2019 there is 301 million people, including 58 million children and teenagers, suffered from anxiety disorder. Anxiety is the condition where people have excessive fear, worry, and behavioral abnormalities are characteristics of anxiety disorders (World Health

Organization, 2022). According to Freud (1959), anxiety occurs because of the role of id and ego, when the ego does not fulfill the will of id then anxiety happens in human life. When the id and ego are at odds with one another, this kind develops. The risk is that the ego can become powerless in the face of an undesirable id urge. For instance, if your lecturer is a stern man who rarely smiles, you might suddenly sense that he is unhappy with you and feel frightened that you will become the target of his wrath even though this is not the case.

The protagonist of the book *Thirteen Reasons Why*, Hannah Baker, has experienced a number of unfortunate incidents. It starts with her school, her family and her friends. When Hannah suffered ill-treatment, then she began to feel anxiety. His friends and parents did not support him, but they were the sources of anxiety. Every day Hannah feels fear within herself because there's only bad things happening to her. When her friends bullied her, then she was harassed, and also her parents who didn't support Hannah, that's what scared Hannah. He's afraid to face everyday life with no one to encourage. Where as a student he really needed the attention of the closest people. Then when his own teacher doesn't respond well when he wants to consult, it also gives him fear. In the end, when she was no longer able to cope with her life, Hannah decided to end her life.

RESEARCH METHOD

Research Design

This study falls under the qualitative research category. It indicates that the facts in this study are expressed as words or quotations rather than as numbers, diagrams, or calculations (Bogdan and Biklen, 1982:30). Instead of being presented as numbers, the data presented as words or images. The written research output includes information to support and substantiate the presentation.

Data Collection

The writer blends primary and secondary sources from two sources when gathering information. The primary source is the 2007 book *Thirteen Reasons Why* by Jay Asher, while secondary sources include various related publications and online

resources that provide credence to the subject. When the writer combines both primary and secondary sources, it supports the writer to complete data. The primary sources are the work of literature and the secondary source consists of the work itself and the facts opinion outside (Griffith, 1986).

Data Analysis

The writer using a psychological approach in this study that focuses on Hannah Baker as the main character who experiences anxiety disorder. Sigmund Freud (1923) states the term psychological refers to a theoretical account of the human mind and its accompanying system of psychotherapy. It also refers to the human mind that is extremely important in daily life. The writer using psychological approach by Sigmund Freud and his theory of Personality (1923) to discuss the topic that is anxiety disorder.

FINDINGS AND DISCUSSION

Neurotic Anxiety

Anxious and uneasy feelings that appear when a person does not feel in control of themselves or their situation are known as neurotic anxiety. There are ten data that appeared in neurotic anxiety based on the Thirteen Reasons Why novel. Neurotic anxiety frequently results in defensiveness and rigid behavioral habits intended to settle internal disputes and regain control. Hannah Baker's neurotic anxiety experienced when she was hesitant to give Justin Folley her phone number because she knows that someone would find out about her life. It can be seen in the following monologue:

It's not that I didn't want to give it out before. I was just cautious. New town. New school. And this time, I was going to be in control of how people saw me. After all, how often do we get a second chance? Before you, Justin, whenever anyone asked, I'd say all the right numbers up until the very last one. And then I'd get scared and mess up...sort of accidentally on purpose. (Asher, 2007: 19)

Hannah feels scared when she's on a list made by Alex Standall. Alex makes a list of Who's Hot/Who's Not that contains lists of students who have sexy asses and who don't have them. Hannah was on the list and in the Best Ass. When the list was seen by her classmates, she felt ashamed and scared. When Hannah had on that list, she was concerned as to what the other individuals were going to make of her. It can be seen in this monologue:

But this tape is not about your motivation, Alex. Though that is coming up. This tape is about how people change when they see your name on a stupid list. This tape is about... Okay. I am currently reading through each name and each tale that these tapes are missing. And you know what? All of the things that have been noted here might not have taken place if you hadn't put my surname on that list, Alex. It really is that easy. (Asher, 2007: 41)

Hannah joined the Oh My Dollar Valentine. The activities were carried out at her school through the cheerleaders. In such activities it is mandatory to write down personal data and the type of boyfriend you can invite to a date on Valentine's Day. Hannah followed the activity and she wrote down her data along with the pair type on a piece of paper and then she put it in a box. But as she followed the activity, she felt the fear that someone would be attracted to him who had been rumored about her when she was kissing with Justin Folley. She is afraid people will mock him, especially boy.

But now? The survey. In honor of Valentine's Day. Was this simply a further chance to be thrown off the roadway. Would the males who saw my name on their list use this survey as justification to ask me out? And given When they had heard, would they be really enthusiastic about doing that?(Asher, 2007: 125).

Hannah is more specific about her fear of the list that how one can be seen by the eye and will be treated properly in this case people will make it a joke on her because she is on the list highlighted by the Best Ass. Where this would scare her, he

would even suffer trauma. Hannah, who was a high school student at the time, would probably get bully at her school.

The day your list came out wasn't too traumatic. I made it through. It was a prank, as I knew. Furthermore, it was evident to the those I discovered gathered in the hallways around the copy that it was a prank. One fat, jolly, enormous joke. However, what occurs when someone remarks that you are the class's best ass? You'll never know, Alex, so let me tell you. It permits certain individuals to regard you as though you're just the specific body's component. (Asher, 2007: 44)

I flinched when you told me that. I got defensive—even angry. However, you were correct, and I felt afraid and disturbed by the words I was using. You said that I composed the poem out of fear of facing myself, and I supposed to be my mother, punishing her for not adored or accepting me, when in truth I should have been addressing about such things to a mirror. (Asher, 2007: 188)

Ryan Shaver is a great poet and he can guess the meaning of Hannah's poems. When Ryan explains what they mean, suddenly there's fear and trauma in Hannah. The poem contains about how bad her life is, and when she is described again by Ryan, she feels trauma and fear.

Realistic Anxiety

Realistic anxiety of Hannah begins when Courtney Crimsen invited her out to hang out. Hannah thinks that Courtney did it just to improve Courtney's reputation when a few days ago she ignored Hannah. Hannah argues that the wrong thing was done to keep Courtney's image as the most favorite student in the class. It can be seen in monologue:

You repeated my question. Why should we accompany each other to a party? Hannah, let's get meet. After you'd ignored me for so long, I gazed why you wanted to hang out. Naturally, though, you denied denying meat altogether. It seems that I misinterpreted something. Additionally, the

celebration would be a wonderful opportunity to deepen relationships. My heart began to sink a little. (Asher, 2007: 100)

While at the party with Courtney, Hannah watched two men beat each other. They fought in the middle of the party, and it happened right behind Hannah. She looks traumatized and remembering her past, she is afraid of the dangers of that event. She is afraid somebody is going to hit her or get close to her, after that she decided went home. It can be seen in this monologue:

It was too much for me to watch those guys beat each other up so no one would think they were weak. Their features were secondary to their reputations. Furthermore, Courtney's reputation had a bigger impact than mine. Was there anyone at the party who genuinely thought she brought me along as a friend? Or did they just believe that I was her newest case for charity? Guess I'll never get out. (Asher, 2007: 112)

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You asked the same question again. Why should we attend another person to a party? Hannah, let's get together. After you'd ignored me for so long, I questioned as to why you wanted to keep hanging out. Naturally, though, you denied denying me altogether. It seems that I misinterpreted something. My heart fell a little because the soiree seemed like a great opportunity for us to become familiar with one another better. (Asher, 2007: 100)

Hannah continued her thoughts about Courtney who suddenly invited her to hang out. Courtney is a well-known and beautiful student amongst the pupils of the school, so Courtney has to keep her image well as a famous student. When the last few days Courtney suddenly didn't greet Hannah anymore. But a few days later, he greets

Hannah and invites her to hangout. He also requested as a driver for their hang out activities. From that, Hannah was encouraged to think that she was afraid that Courtney would do it just for the sake of reputation and not really want to invite Hannah and make Hannah a friend. It can be seen in this monologue:

I have the following explanation as to why you've desired to come along with me to a party: You seemed aware of my ire at your disregard for me. You knew that I was hurt, at the very least. That did not bode well for your impeccable reputation. That ought to be repaired. (Asher, 2007: 100)
Courtney, I was interested to be misled about you. Yes, I did. I envisioned you to think that I was picking you up for the journey to the party. And that's not exactly the same as me wanting to give you a cab. (Asher, 2007: 101)

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Hannah's fear continued while she was hanging out with Courtney. Courtney goes to join the others and leaves Hannah alone to enjoy a drink. Then came a man who was trying to talk to Hannah at the time. Hannah wasn't comfortable to be in that place and she was also more uncomfortable when the stranger approached her and said that Courtney was telling the man to talk to Hannah. That's where Hannah thinks she's beaten up by Courtney. It can be seen in this monologue:

I could not get plenty of these games! I insist on understanding what she had to say about me. Everyone, are you prepared for this? I've got a few surprises concealed in my dresser drawers, our precious little Miss Crimsen said to the man in question and any individual else in earshot. (Asher, 2007: 114)

I had just the justification I needed in Marcus Cooley. And I happened to be free at that very moment. Marcus had me a touch on edge. somewhat dubious. But more of the people he hung out with than of him. Alex drifted out from our circle of olly-olly-oxen-free people at Monet's and began hanging out with Marcus. Furthermore, I lost faith in Alex following his little practical joke involving the list. (Asher, 2007: 135)

Hannah found her valentine's partner Marcus Cooley. When he matches Marcus afterwards, Marcus asks for his phone number for a date. At the moment Hannah was scared, she was afraid of what would happen when she was with Justin Fooley. When Marcus Cooley did the sexuality thing to Hannah, she then recalled the bad things that had ever happened in her life. She felt like she was back when she was in the bad things that had happened before. Hannah feels scared and begins to be pessimistic about her life.

Moral Anxiety

Moral anxiety of Hannah Baker begins when her dating rumors known to the people around her. The rumor is that Hannah was dating Justin Folley and at the time they were kissing in the park it was seen in a circulating video where Justin touched Hannah's body. It encourages people to think of her as a slut. Hannah, who was initially very happy with her first kiss, suddenly became a bad thing for her as rumors circulated. She then feels afraid of what people think of her as a whore. Although Hannah only her first kiss in general, it became a problem and it was deliberately done by Justin Folley. It can be seen in this dialogue between Hannah and Jessica:

"Hannah," you said. "I know the rumors." "You can't know rumors," I said. And probably I might have been overly concerned, but when my family

came here, I had foolishly hoped that there wouldn't be any more rumors. that I had permanently moved past the rumors and gossip. Yes, I was aware of the rumors. And I had promised you that I had not seen Alex anywhere but at school. However, you wouldn't accept me. (Asher, 2007: 65-66)

When Alex Standall made a list of Who's Hot/Who's Not, Hannah was very angry. He says that maybe in people's minds, having a good ass is a good thing, but for Hannah it's not. Everything that happens that has to do with the body, then it's a revenge. Hannah was afraid of it because with the list people would say that Hannah is a slut.

Perhaps others believe that you made the proper decision in selecting me. Not in my opinion. To put it another way, though, I don't believe that my ass—as you refer to it—was the decisive element. I believe that retribution was the decisive element. (Asher, 2007: 40)

You had to write an address down on the opposing portion of Jessica's. And I was the right pick, wasn't I, since everyone at school already had a twisted impression of me from Justin's little number? (Asher, 2007: 41)

When Hannah attended a party with Courtney there she talked to a guy from another school. Courtney left Hannah and chose to join the other friends and then she left her with the unknown man Hannah. This is where Hannah's fear arises because she talks to someone she doesn't know, and it also creates moral fear when Hannah asks the man if he hears rumors about Hannah. Hannah has a moral fear of what others think about her. It can be seen in this monologue:

My face felt so hot, my hands started shaking, and I asked him why he believed her. "Do you believe everything people say about me?" He told me to calm down, that it didn't matter. "Yes!" I told him. "It does matter." I went over to the budweiser water to have a short conversation with him. But I came up with a better one on the way there. I hurried over to put

myself in front of Tyler. "You want a picture?" I said. "Follow me." Next, I took hold of his arm and guided him through the yard. (Asher, 2007: 115)

Hannah shouldn't have gone to the party because she knew her parents were take care of her. Her parents demanded that she be able to give a good score in school by studying and not going out of the house to go to the party. But Hannah still goes to the party to meet her friends especially meet Clay Jensen and tell all the stories she's been through because she thinks Clay is a good man.

I thought it would be good to walk to the party that night. soothing. That week saw a lot of rain, and I seem to recall that the clouds were still heavy and low in the sky. In addition, the air was warm for the time of night. My very favorite kind of weather. It's witty. I had the impression that life had endless possibilities as I passed the residences on route to the celebration. endless options. And I felt hope for the first time in a very long time. (Asher, 2007: 204)

On the night of the incident with Hannah and Jenny, there was another accident also causing the death of one of the drivers. There was a disappointment in Hannah's heart when she couldn't help the man because his physical and mental were so tired after Jenny's car crash. Then his fear arose when he could not attend the person's funeral. He was worried about what people would think of him when he wasn't present at the funeral. It can be seen in this monologue:

Nor did I attend his burial. Though perhaps I ought to have, I didn't. I was unable to. And the reason is now, I'm sure, clear. However, a few of you attended his funeral. Let me tell those of you who attended what school was like the day of his burial. It was, in a word, quiet. A quarter or so of the students skipped class in the morning. Mostly, naturally, seniors. For those of us who did attend class, however, the professors informed us that we would not be marked absent if we wanted to attend the funeral—all we had to do was forget to bring a note from home. (Asher, 2007: 247)

When Hannah was thinking of ending her life, she begged Clay who received the tape not to tell Hannah's parents what really happened. The goal is that Hannah doesn't want her parents thinking bad things about her. Another reason is that Hannah doesn't want her parents to look disappointed with what she did during her life where everything she kept in herself and never told her parents.

Do each one of you have the integrity to maintain secrets? to keep the truth about what actually transpired from my parents? If that's what everyone is saying, will you allow them to think it was an accident? I'm not sure. I'm not certain. I have therefore chosen the least painful course of action. Pills (Asher, 2007: 255)

I turned my head sideways, away from you. And I know I didn't smile. You brought your thumbs back and gave my stomach a long, languid rub. It feels good, you said. (Asher, 2007: 263)

When Bryce does something sexual to Hannah while at the party, it creates fear and depression for Hannah. She is in confusion and she didn't want to do that, but when she resisted and yelled, people would see her and think badly about her. For that, by forcing him to let Bryce do sexuality on her.

CONCLUSION

This study has discussed the anxiety of the main character in the novel *Thirteen Reasons Why*, Hannah Baker. There are three types of anxiety that Hannah experiences: neurotic anxiety, realistic anxiety, and moral anxieties. Hannah's neurotic anxiety began when she gave her phone number to her classmate Justin Folley. She was afraid that she would be watched by a new person and made her depressed, while she was a new resident at the time. Next, when Hannah was on the Best Ass list, she was afraid of someone else's judgment of herself, and then she thought she was a bitch. Next, she experienced realistic anxiety when Tyler Down secretly stared in the bedroom and made her very scared. Hannah's moral anxiety is when she didn't the funeral of a driver who crashed the same night. She is afraid of

the opinion of the people about him when he is not present at the funeral, he fears that the people will consider him an unrighteous man.

Anxiety disorder experienced by Hannah Baker makes herself traumatized so she loses her happiness in the people around her. Hannah is experiencing fear caused by her family, friends and her own teacher. After being ill-treated, Hannah still had her days as a high school student and then she decided to end her life.

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