

ANXIETY IN JOHN GREEN'S NOVEL *THE FAULT IN OUR STAR*

Anastasya Al Zamzami, Sri Wulan

Faculty of Literature, Universitas Islam Sumatera Utara, Medan, Indonesia

E-mail: anastasyaalzamzami76@gmail.com

Received: 2023-09-08

Accepted: 2023-11-15

Published: 2023-11-29

Abstract

This study aims to reveal the type of anxiety experienced by the protagonist and her defense mechanisms against the anxiety in John Green's novel *The Fault in Our Star*. The causes of anxiety can be seen for the first time when Hazel is diagnosed with thyroid cancer. That situation results in a big impact on people around her, especially her parents' boyfriends. They get worried that she will hurt the people around her. This study uses the psychoanalytic theory of Sigmund Freud to explain the protagonist's type of anxiety and her defense mechanisms to get rid of the anxiety. In completing the analysis, this study applies the qualitative research method because the data collected in this study are in the form of words as quotations taken from the source. The results of this study indicate that the first protagonist's anxiety is caused by feeling guilty, overthinking, and worrying about keeping an eye out for the future. Therefore, two types of anxiety can be found in the novel. They are moral and realistic anxieties. Then, the protagonist commits two defense mechanisms to avoid her anxiety. They are rationalization and reaction formation. Finally, this data proves that the protagonist in the novel suffers from anxiety, and she tries hard to cure the disease.

Keywords: *Anxiety; Defense mechanisms; Emotion; Psychoanalysis*

1. Introduction

One of the negative human emotions is anxiety. Every human being experienced nervousness, concern, or fear since anxiety is our emotional reaction to circumstances that make us feel unpleasant, unfamiliar, or difficult. We experience this level of worry in both young and old people. Goelman in Khoerunnisa (2011) says that emotion refers to a typical feeling and thought, a biological and psychological state, and a series of actions. Emotion itself is a feeling of stimulation from outside the human body. For example, feelings of worry will encourage changes in one's behavior, and it will be more difficult to act psychologically. This feeling of worry will encourage humans to behave in doubt.

According to Nevid et al. in Shaleh (2019: 63), anxiety is a state of fear or worry that expresses concern about the likelihood of a negative event occurring soon. People will worry and experience anxiety about leaving their loved ones and making them sad. This kind of anxiety typically has an emotional impact on the person, who may hesitate to make choices. People with this kind of anxiety simply need trust, confidence, and the

safest location to share experiences or receive affection from family, friends, lovers, or friends.

The Fault in Our Stars is a work of fiction by John Green. This novel was first released in the United States and has been translated into many languages, making it a Good Reads Choice Awards Winner for Best Young Adult Fiction (2012), in the 1st position. The New York Times Best Seller (2012) John Green was included in Time magazine's list of the most influential people in the world. *The Fault in Our Stars* tells the story of Hazel, a patient with liver cancer who is forced by her parents to join a support group, where she meets Augustus, a fellow cancer survivor. Hazel falls in love with August at first sight. This August is a cheerful child. The two of them finally become friends and share their life stories. When Hazel almost succeeded in achieving her wish, Hazel's disease recurred and made Hazel think of keeping her distance from August, but August still tried to contact Hazel. When August began to confess his feelings to Hazel that he liked Hazel, however, Hazel rejected him even though he also liked August. Hazel did not want to hurt August because Hazel was worried that she would leave her waters. Although many people can experience anxiety and worry about acceptance and mutual feelings in a relationship, anxiety tends to develop when a person experiences excessive fear or worry. For example, anxiety can make a person worry about the future or a relationship. People with relationship anxiety may end their relationship out of fear, or they may stay in the relationship but with great anxiety.

From the points above, this study makes it clear that anxiety can have an emotional impact on people, making it challenging for those who experience it to regulate their emotions. The protagonist is the one who starts all of these worries. Her anxiety influences her decision-making emotions. A cancer patient may have anxiety in general because they must undergo treatments to get rid of the cancer and the discomfort they experience. They may get anxious or ponder too much about their situation as a result of the treatments, but changing the focus of their attention can lessen their worry. It is comparable to the protagonist making an effort to get to know August Waters and becoming friends with members of his support group in order to manage their anxiety. She can then think more optimistically. Knowing the protagonist's anxiety and what she does to deal with it through deductive reasoning It is crucial to talk about this because modern individuals are now frequently attacked by such anxiety. As is common knowledge, the stresses of modern life often lead to depression in people. These folks become anxious as a result. In order for individuals to prevent anxiety attacks caused by what the novel's protagonist does, it appears vital to analyze anxiety. Therefore, this study includes the type of the protagonist's anxiety and her defense mechanisms to survive the anxiety attack.

2. Literature Review

2.1 Psychology of Literature

The study of human behavior and emotions is known as psychology. When evaluating literary works from the psychological perspectives of the authors, characters, and readers, psychology is a discipline of science that analyzes the behavior and mental processes being experienced. Literature is always connected to psychology, since literature, including novels, is heavily influenced by psychology. This psychology includes the psychology of the author as the creator of the work, the psychology of the characters, and the psychology of the reader as a connoisseur of literary works. Psychology in literary works is closely related to psychology or human nature. Through

psychology, we can know the characters of the author and the characters in the novel. Writers produce literary works with the intention that their readers will read, appreciate, and use them. Literature can also be defined as the expression of literary authors or writers who draw on their own experiences, as well as something that is thought, something that is felt, something that is owned, the spirit of the author, and a true picture that heightens emotion through words. (Sumardjo, Febry, 2017). The psychological reaction of the protagonist will be included in this study while analyzing the protagonist's worry.

According to Roekhan in Febry (2017), the contextual method in literary psychology is an approach that considers the characters psychological perspectives. One of the methodologies examined in literary psychology is the contextual approach, which is based on the psychological framework put forth by Sigmund Freud and C. Gustaf Jung. Psychology is a real or actual circumstance, whereas literature is unreal or imagined. situation. This is a key distinction between the two. Literature is frequently used to reflect a person's personality. The imaginary characters in literary works are strongly tied to the works' writers. In making a literary work, it requires a story that attracts its readers, so the authors make the story even more interesting by adding characters who have unusual or strange traits. The character will later be related to psychological factors that affect the emotions of the characters in the novel and become a problem. In psychological terms, literary works not only provide pleasure and inner satisfaction but also serve as a means of conveying moral messages to society regarding social reality. Literary psychology is an analysis of a literary work using the considerations and relevance of psychology.

2.3 Anxiety

Anxiety is a state of apprehension or worry that says that something bad will happen soon. Anxiety is the right response to threats, but anxiety can become abnormal if the behavior is not in proportion to the threat or if the feeling comes without a cause, as stated by Nevid et al. in Shaleh (2019: 63).

Anxiety disorders have been classified as neuroses for most of the 19th century. The term neurosis is taken from the word meaning *an abnormal or diseased condition of the nervous system*. In the 18th century, Cullen in Shaleh (2019:63) was replaced with the understanding of Freud in the 20th century. Freud said that neurotic behavior occurs when there is a threat that unacceptable anxiety-provoking ideas will emerge in the subconscious. Anxiety is also a certain condition in which a person faces something and is uncertain about his ability to deal with it. This is in the form of unpleasant emotions experienced by a person, not anxiety as a trait inherent in personality (Ghufron in Wijaya, 2017: 8).

2.3.1 Type of Anxiety

According to Freud (1893) in Andri (2007: 233-238), anxiety can be divided into three, namely neurotic anxiety, moral anxiety, and realistic anxiety, as follows:

a. Neurotic anxiety

Neurotic anxiety is apprehension about an unknown danger. The feeling itself exists in the ego, but it originates from the id impulse. Neurotic anxiety is not as much a fear of the instinct themselves as it is a fear of the punishment.

b. Moral Anxiety

This anxiety is the result of the conflict between the Id and the Superego. Basically, it is a fear of an individual's own conscience. When individuals are motivated to express their instinctual impulses contrary to the moral values referred to in the individual's superego, they will feel ashamed or guilty. In everyday life, he will find himself with a "beaten conscience". Moral anxiety explains how the superego develops. Usually, individuals with a strong and puritan conscience will experience more intense conflict than those whose condition requires moral tolerance. Moral anxiety is the fear of negative self-evaluation by the conscience, or superego. The anxiety may be felt as guilt, and those with a strong superego may feel guilt or anxiety when they do something (or even think of doing something). They are raised to believe that is wrong.

c. Realistic Anxiety

Realistic anxiety is the fear of real dangers from the external world. It comes from real threats in the environment. The level of anxiety will be felt commensurate with the existing or anticipated threats. Anxiety is a feeling or instinct towards a possible threat or danger that, in reacting, still allows for anticipation. Anticipation is possible because, basically, anxiety arises precisely because there are no circumstances or objects around that can be said to be dangerous but only have the potential to become a threat of danger (Tuan in Warkey, 2020: 93–107). The fear of something we cannot know for sure is what we refer to as anxiety or worry. Anxiety is distinct from fear, which manifests itself when a specific cause is known. In the meantime, anxiety develops as a reaction to a circumstance that is either not dangerous at all or is simply the product of the individual's own (subjective) views and preconceptions. When confronted with a dangerous or stressful circumstance, people will become tense and apprehensive. These are typical responses to stress.

2.3.2 Defense Mechanism

Defense mechanisms are a person's strategy to try to survive or hide their anxiety, consciously or unconsciously. Freud and Sigmund used the term defense mechanism to denote unconscious processes that protect a person from anxiety through distorting reality. This means that this self-defense mechanism is in the form of self-deception. Various kinds of self-defense mechanisms, according to Freud (1893) in Andri (2007: 233-238), namely:

a. Projection

Projection is a mechanism by which a person protects himself from being aware of the consequences of his own bad habits or feelings of accusing him of others. Or, in other words, projection is an attempt to blame other people for their failures, difficulties, or bad wishes. This technique can be used to reduce anxiety because a person must accept the fact that he is bad.

b. Rationalization

Rationalization is an attempt to prove that his behavior is reasonable (rational), is considered rational, can be approved, justified, and accepted by himself and society. Rationalization is often referred to as an individual's attempt to find socially acceptable reasons to justify or hide bad behavior. Rationalization also arises when individuals deceive themselves by pretending that what is bad is good and what is good is bad.

c. Reaction Formation

Reaction formation or reaction planning prevents harmful desires, whether expressed by exaggerating the opposite attitudes and behaviors and using them as obstacles to their actions. In this way, the person can avoid the anxiety caused by having to face unpleasant personal characteristics.

d. Evasion or Displacement

The mechanism which suppressed emotions are given a different purpose toward ideas, objects, or people other than the primary source of emotion. The outburst of emotion towards a person or object is diverted to another person or object.

e. Repression

Mechanisms by which a person has inappropriate desires and interferes with needs or motivations are removed from the conscious and pressed into the subconscious. Unknowingly, one pushes inappropriate or depressing thoughts out from the conscious to the subconscious. According to Freud, repression is an important mechanism in the occurrence of neurosis. Neurosis, also known as psychoneurosis, is a general term that refers to a mental imbalance that causes stress but does not affect rational thinking.

3. Research Method

The qualitative methodology gathers data in the form of assertions, sentences, and other verbal expressions. This approach analyzes data by interpreting its meaning, and it is used to look into the significance of people's activities, behaviors, and interactions with them. Basri (2014: 831–838) concludes that the focus of qualitative research is on the process and the meaning of the results. Then, according to McCusker and Gunaydin (2015: 537–42), the analysis of qualitative research acuity is strongly influenced by the power of the words and sentences used. In line with the above opinions, qualitative research is a type of social science research that collects and works with non-numerical data and seeks to interpret the meaning of this data to help social life through the study of targeted populations or places. Therefore, based on the above criteria for a qualitative method, the study applied the qualitative method.

The data in this study were taken from the novel *The Fault in Our Star* by John Green. Reading and classifying the data based on the type of psychological aspects and then interpreting it using Sigmund Freud theory were done.

4. Discussion

4.1 The Type of Protagonist's Anxiety in the Novel

a. Moral Anxiety

A moral conflict arises between the ego (principle of reality) and the superego (moral and ideal conditions). Hazel's fears emerged when her mother advised her to make friends and even lovers, just like in the life of a teenager her age. But Hazel was reluctant, leaving her closest people behind because she did not want her fears to come and her to die. She makes her sad by explaining the following sentences:

“Well, not necessarily *this* kind a teenager, but of course your father and I are excited to see you become a young woman, making friends, going on dates.”

"I'm not going on dates," I said. "I don't want to go on dates with anyone. It's a terrible idea and a huge waste of time and—"

"Honey," my mom said. "What's wrong? I'm like. 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 not depressed. I don't need to get out more. And I can't be a regular teenager, because I'm a grenade.

(Green, 2012: 58).

Another concern was that Hazel's desire to go to Amsterdam was approved at the time. Hazel's cancer returned and required hospitalization. Hazel started worrying about going to Amsterdam in August. This sentence is explained in the following conversation:

"Well, we know from other patients that most tumors eventually evolve a way to grow in spite of Phalanxi for, but if that were the case, we'd see tumor growth on the scans, which we don't see. So it's not that yet." Yet, I thought. Dr. Simons tapped at the table with his forefinger. "The thought around here is that it's possible the Phalanxi for is worsening the edema, but we'd face far more serious problems if we discontinued its use." Dr. Maria added, "We don't really understand the long-term effects of Phalanxi for. Very few people have been on it as long as you have." "So we're gonna do nothing?" "We're going to stay the course," Dr. Maria said, "but we'll need to do more to keep that edema from building up." I felt kind of sick for some reason, like I was going to throw up.

(Green, 2012: 67).

The following sentence describes the development of Hazel disease. Doctors are trying to find a better cure, but due to the rare disease Hazel suffers from, it has not been found. Fortunately, Hazel's tumor has stopped growing, and Hazel is being treated as usual to prevent the tumor from growing. Hazel began to worry and fear that her condition would prevent her from traveling to Amsterdam. Hazel begins to despair a little, asking questions and trying to offer solutions to no avail.

"Can't I just get like a lung transplant or something?" I asked. Dr. Maria's lips shrank into her mouth. "You would not be considered a strong candidate for a transplant, unfortunately," she said. I understood: No use wasting good lungs on a hopeless case. I nodded, trying not to look like that comment hurt me. My dad started crying a little. I didn't look over at him, but no one said anything for a long time, so his hiccuping cry was the only sound in the room. I hated hurting him. Most of the time, I could forget about it, but the inexorable truth is this: They might be glad to have me around, but I was the alpha and the omega of my parents' suffering.

(Green, 2012: 68).

Seeing the reactions of her parents, Hazel became more and more worried and desperate. Because in his condition there was no hope, he is filling his dream of going to Amsterdam to see his favorite author. A few days after his discharge, he felt guilty that he could not go to Amsterdam with him, so he did not contact August Waters. Hazel also tried to ignore August until he was ready to speak again.

August also tried to comfort Hazel by saying that she would not stay away from him when Hazel tried to keep her distance. August Waters begins saying that Hazel likes her, but Hazel refuses the slightest denial because she is unable to fall in love with her or have relationships with people in Hazel's state. Another is because she is scared and worried that her future will leave her in August and make her sad. Describe the sentence below:

“You realize that trying to keep your distance from me will not lessen my affection for you,” he said. “I guess?” I said. “All efforts to save me from you will fail,” he said. “Why? Why would you even like me? Haven’t you put yourself through enough of this?” I asked, thinking of Caroline Mathers. Gus didn’t answer. He just held on to me, his fingers strong against my left arm. “We gotta do something about this frigging swing set,” he said. “I’m telling you, it’s ninety percent of the problem.” (Green, 2012: 71)

However, this rejection did not stop August from liking Hazel's, and August remained in the position of liking Hazel's in all circumstances.

In the following sentence, Hazel wants to see Augustus and others, so she tries to ask her parents’ permission to go to a support group at night, but they do not want Hazel to go there because it is dangerous for Hazel to go out alone. I did not allow it. At this point, Hazel began blaming her parents because she felt she could do nothing in front of them. She said an inappropriate word to her mother, but she also felt guilty for saying it to her. Explained in the following sentence:

“Well, get a terminal disease, Dad, and then I’ll stay home more.”
“Hazel,” my mom said. “You were the one who didn’t want me to be a homebody,” I said to her. Dad was still clutching my arm. “And now you want him to go ahead and die so I’ll be back here chained to this place, letting you take care of me like I always used to. But I don’t need it, Mom. I don’t need you like I used to. *You’re* the one who needs to get a life.”
“Hazel!” Dad said, squeezing harder. “Apologize to your mother.”
I could see the guilt in his eyes, but he was still angry. “Hazel, apologize to your mother.” “Fine, I’m sorry, just please let me do this.” (Green, 2012: 144)

Hazel believed her illness was always a barrier to doing anything. Hazel said she does not need parents to do everything or support her; she can do it herself. A little help like that, even if her parents were not to blame, made Hazel even more worried that she was really dying to death, but Hazel wondered what her condition was. I felt like I was not even giving them the freedom to do so.

b. Realistic Anxiety

Another anxiety arose when Hazel failed to fulfill her wish to come to Amsterdam and began to give up on her life. Hazel tries to contact August Waters and

tell him about her desire to go to Amsterdam, but Hazel thinks the situation is going to get worse and begins to have bad prejudices against herself, asking how she will know in the future. The sentence is said in the following sentence:

The sky was gray and low and full of rain but not yet raining. I hung up when I got Augustus's voice mail and then put the phone down in the dirt beside me and kept looking at the swing set, thinking that I would give up all the sick days I had left for a few healthy ones. I tried to tell myself that it could be worse, that the world was not a wish-granting factory (Green, 2012: 68).

After Hazel thought so, August Waters came along in response to Hazel's call, but Hazel, thinking about her wish, which she did not believe would come true, cried even more when August Waters appeared. Hazel was sitting on a swing in her backyard, crying and worrying about her life. Hazel did not want her mother to worry, so she did not want her mother to see her fear and sorrow. Given this fear of her and her prejudices, she ended up vomiting Hazel. It is described in the quotation below:

"'Cause I'm just—I want to go to Amsterdam, and I want him to tell me what happens after the book is over, and I just don't want my particular life, and also the sky is depressing me, and there is this old swing set out here that my dad made for me when I was a kid." (Green, 2012: 70)

...

"I must see this old swing set of tears immediately," he said. "I'll be over in twenty minutes." "I stayed in the backyard because Mom was always really smothery and concerned when I was crying, because I did not cry often, and I knew she'd want to *talk* and discuss whether I shouldn't consider adjusting my medication, and the thought of that whole conversation made me want to throw up. (Green, 2012: 71).

Hazel's fears resurface when Hazel and August are in Amsterdam, where they have just begun a romantic relationship. After a long journey together in silence, August Waters said only that before Hazel arrived at the hospital, she had pain in her lower back and underwent a PET scan. It turned out that her cancer had spread to several parts of her body, and Hazel cried because her worries were true.

I'm sorry I didn't tell you," he said, his voice calm. "Your mom must know. The way she looked at me. My mom must've just told her or something. I should've told you. It was stupid. Selfish." I knew why he hadn't said anything, of course: the same reason I hadn't wanted him to see me in the ICU. I couldn't be mad at him for even a moment, and only now that I loved a grenade did I understand the foolishness of trying to save others from my own impending fragmentation: I couldn't unlove Augustus Waters. And I didn't want to. "It's not fair," I said. "It's just so goddamned unfair." "The world," he said, "is not a wish-granting factory," and then he broke down, just for one moment, his sob roaring impotent like a clap of thunder unaccompanied by lightning, the terrible ferocity that amateurs in the field of suffering might mistake for weakness. (Green, 2012: 121).

Another concern arose when August returned to the hospital, as he was experiencing chest pains. The next day, Hazel visits the hospital to see him, but Augustus is still lying and cannot be visited first. August's mother was also worried about Hazel's condition and told him to go home, but Hazel returned. He was worried and worried that August would not be able to see him anymore, so his heart became heavy. I went home and waited in another waiting room.

She went down the hall, back to where he was. I understood, but I still missed him, still thought maybe I was missing my last chance to see him, to say good-bye or whatever. (Green, 2012: 131)

The next day, everyone was fast asleep. August phoned him in the middle of the night, adding to Hazel's fears and worries. But when August came out in a weakened state, it seemed that his previous habits had become inflammatory after he bought one pack of cigarettes. Then I called Hazel and asked her to come pick me up. Hazel was very worried and immediately left for August. Hazel went to call an ambulance, but was refused by August. Hazel called anyway because the situation was very urgent. and she did not want to lose August. See the following citation:

Hazel Grace, I'm at the gas station. Something's wrong. You gotta help me." "What? Where are you?" "The Speedway at Eighty-sixth and Ditch. I did something wrong with the G-tube and I can't figure it out and—" "I'm calling nine-one-one," I said. "No no no no no, they'll take me to a hospital. Hazel, listen to me. Do not call nine-one-one or my parents I will never forgive you don't please just come please just come and fix my god damned G-tube. I'm just, God, this is the stupidest thing. I don't want my parents to know I'm gone. Please. I have the medicine with me; I just can't get it in. Please." He was crying. I'd never heard him sob like this except from outside his house before Amsterdam. "Okay," I said. "I'm leaving now." (Green, 2012: 136).

Hazel immediately goes to August and panics when he sees him already bleeding profusely from his abdomen and weakening. Hazel was very worried about August's condition. Hazel immediately called an ambulance for help. She did not care if August hated her for calling her ambulance. Good luck, so August can get help. August, like Hazel, wants to do what he wants. I do not need anyone's help because if I try too hard, it will be horrible.

Think something's infected. I can't fix this. Why are you here? Why aren't you at home?" He puked, without even the energy to turn his mouth away from his lap. "Oh, sweetie," I said. "I wanted to buy a pack of cigarettes," he mumbled. "I lost my pack. Or they took it away from me. I don't know. They said they'd get me another one, but I wanted . . . to do it myself. Do one little thing myself." He was staring straight ahead. Quietly, I pulled out my phone and glanced down to dial 911. "I'm sorry," I told him. *Nine-one-one, what is your emergency?* "Hi, I'm at the Speed way at Eighty-sixth and Ditch, and I need an ambulance. The great love of my life has a malfunctioning G-tube" (Green, 2012: 137).

After an ambulance arrived, August was escorted to the hospital by Hazel. Hazel was very worried and scared that today would be the last time she saw August. Hazel notices that August's condition is deteriorating, and she does not want to leave him alone. August saw that Hazel was very worried about her and tried to cheer her up by asking Hazel to write a short story for August. Hazel was panicking about August's condition, which she found odd, but August asked him to read the story, and eventually Hazel read the poem as well. She could not come up with a short story, so she remembered, but she continued to recite poetry. She did not feel her fear of Hazel. She should go away, but Hazel said she would anyway to reassure August a little.

4.2 The Protagonist's Defense Mechanism to Avoid Anxiety

a. Rasionalization

Hazel prefers to spend her time at home reading, which is why she refuses to socialize or participate in support group activities suggested by her doctor. Although she believes that participating in her support group activities will not improve her and will only make her uncomfortable. Hazel's mother believes that Hazel is sociable and willing to make friends. For further explanation, see the quotation below:

And after a few weeks, I grew to be rather kicking-and-screaming about the whole affair. In fact, on the Wednesday I made the acquaintance of Augustus Waters, I tried my level best to get out of Support Group while sitting on the couch with my mom in the third leg of a twelve-hour marathon of the previous season's *America's Next Top Model*, which admittedly I had already seen, but still.

Me: "I refuse to attend Support Group."

Mom: "One of the symptoms of depression is disinterest in activities."

Me: "Please just let me watch *America's Next Top Model*. It's an activity."

Mom: "Television is a passivity."

Me: "Ugh, Mom, please."

Mom: "Hazel, you're a teenager. You're not a little kid anymore. You need to make friends, get out of the house, and live your life."

Me: "If you want me to be a teenager, don't send me to Support Group. Buy me a fake ID so I can go to clubs, drink vodka, and take pot."

Mom: "You don't *take* pot, for starters." (Green, 2012: 6).

After negotiating with her mother, Hazel finally agreed to attend the support group activities because she did not want to make her mother suffer any more besides having a child with cancer.

That shut me up, although I failed to see how attendance at Support Group met the definition of *life*. Still, I agreed to go—after negotiating the right to record the 1.5 episodes of *ANTM* I'd be missing. I went to Support Group for the same reason that I'd once allowed nurses with a mere eighteen months of graduate education to poison me with exotically named chemicals: I wanted to make my parents happy. There is only one thing in this world shittier than biting it from cancer when you're sixteen, and that's having a kid who bites it from cancer. (Green, 2012: 6).

Hazel prefers to spend her time at home reading, which is why she refuses to socialize or participate in support group activities suggested by her doctor. Although she believes that participating in her support group activities will not improve her and will only make her uncomfortable, Hazel's mother believes that Hazel is sociable and willing to make friends. I am afraid she's depressed.

b. Reaction Formation

Anxiety that happens to Hazel can be minimized by avoiding something that she thinks will have a bad impact in the future, like refusing to have a relationship with August Waters because Hazel is worried that Hazel will leave her or that August will leave her.

“Pause,” Isaac said. “This is when Gus always insists on finding the prisoner, even though that keeps you from winning the game, and the only way to *actually free* the prisoner is to win the game.”

“Yeah, he takes video games too seriously,” I said. “He’s a bit too enamored with metaphor.”

“Do you like him?” Isaac asked.

“Of course I like him. He’s great.”

“But you don’t want to hook up with him?”

I shrugged. “It’s complicated.”

“I know what you’re trying to do. You don’t want to give him something he can’t handle. You don’t want him to Monica you,” he said. (Green, 2012: 78)

Hazel's anxiety is temporary; she is only worried about something that will not happen. When they were in Amsterdam and having dinner, Hazel was dating in August. The quotation below is to describe it.

“So it’s your death suit.”

“Correct. Don’t you have a death outfit?”

“Yeah,” I said. “It’s a dress I bought for my fifteenth birthday party.

But I don’t wear it on dates.”

His eyes lit up. “We’re on a date?” he asked.

I looked down, feeling bashful. “Don’t push it.

(Green, 2012: 95).

Hazel's words made August smile, and he was even more convinced that She could have a relationship with Hazel, who accidentally mentioned that word made her blush, and she tried to divert the topic. Hazel had started to reduce her negative thoughts about relationships in the future. She also wanted to feel love from someone who replies besides his parents.

5. Conclusion

After analyzing the anxiety contained in the novel *The Fault in Our Star*, the following are some conclusions that can be presented: Anxiety is a mental condition that raises alertness in sufferers and can affect their social conditions. Anxiety can occur due to biological, environmental, and stress factors. Of the three types of anxiety, only two are experienced by the protagonist, namely moral anxiety and realistic anxiety. Among the five distinct mechanisms proposed by Freud, there are two mechanisms used

by the protagonist in the novel as a form of self-defense from anxiety. Anxiety usually occurs due to biological or negative factors that make a person stressed, which affects their actions in everyday life. Anxiety always shows people who are easily angry, sad, and fed up with this condition or thing. There is a self-defense system to minimize their anxiety, either by facing it or by fighting it.

References

- Ahmadi, A. (2015). Psikologi sastra. *Journal of Unesa University Press*, 12(114), 1-127.
- Andri, A. (2007). Teori kecemasan berdasarkan psikoanalisis klasik dan berbagai mekanisme pertahanan terhadap kecemasan. *Journal of Kristen Krisda Wacana University*, 57(7), 233-238.
- Basri, H. (2014). Using qualitative research in accounting and management studies: Not a new agenda. *Journal of US-China Public Administration*, 11(10), 831-838.
- Febry, F. (2017). *Pendekatan tekstual dalam psikologi sastra*. Retrieved from link: <https://dosenpsikologi.com/pendekatan-tekstual-dalam-psikologi-sastra>.
- Khoerunnisa. (2011). Pengaruh kecerdasan emosional siswa terhadap akhlak siswa. *Journal Pendidikan Universitas Garut*, 5(1): 30-43.
- McCusker, K., & Gunaydin, S. (2015). Research using qualitative, quantitative or mixed methods and choice based on the research. *Perfusion*, 30(7), 537-542.
- Green, J. (2012). *The fault in our stars*. USA: Dutton Books.
- Shaleh, U. (2019). *Anxiety disorder* (Sarjana Thesis, Universitas Hasanuddin, Makassar, Indonesia) Retrieved from http://digilib.unhas.ac.id/uploaded_files/temporary/DigitalCollection/NzIwMmI1YzAwZDUzYWYxZjgyYzRjODE0ZmY0YWVjMzVlM2U5ZGQxYQ==.pdf
- Wijaya. J. K. (2017). *Apa yang dimaksud dengan takut?* Retrieved from link: <https://www.dictio.id/t/apakah-yang-dimaksud-dengan-takut/8383>
- Warkey, E. (2020). Moses's anxiety and deffense mechanism in exodus. *Journal Bahasa, Sastra, Seni, dan Budaya*, 4(1), 93-10