



THE PORTRAYAL OF AGORAPHOBIA IN UNDER ROSE-TAINTED SKIES' MAIN CHARACTER

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This research discusses a novel written by Louise Gornal entitled *Under Rose-Tainted Skies*. This novel tells the story of Norah the main character who suffers the case of agoraphobia in her life after she got in an accident during the inland tsunami. The impact of that incident made her have a million thoughts and make herself afraid of many things reflected in her social life and society. The author tells the reader about the condition of Norah in the story directly through her daily life and shown by the struggle with her psychological condition as an agoraphobia sufferer.

In this study, the writer uses the descriptive qualitative methodology to describe the phenomena of agoraphobia suffered by the main character in the novel *Under Rose-Tainted Skies* written by Louise Gornal. The data of this research are taken from the novel that was written by Louise Gornal as the primary data source. This thesis applies the theory of psychological literature to support the theory of agoraphobia that will be used to analyze the case faced by the main character Norah in the novel *Under Rose-Tainted Skies*.

In this study, four symptoms exist as proof of the main character suffering agoraphobia in the novel, such as Marked fear or anxiety about two (or more) of the following situations, avoiding certain situations and requiring the presence of a companion, the fear or anxiety is out of proportion, significant distress or impairment in social life. This paper shows the main character Norah in the novel *Under Rose-Tainted Skies* written by Louise Gornal as the person who suffered Agoraphobia from the daily activities of the main character in the novel. The main character shows behaviors that reflect the symptoms of agoraphobia in the novel, and the author gives a portrayal of the main character suffering from this mental issue with her surroundings.

Keywords: agoraphobia, mental disorder, *Under Rose-Tainted Skies*

INTRODUCTION

Literature often portrays the real issue that happens in the real world where we live. The issues that are often portrayed in literature are considered a part of the human experience. A novel is seen as a suitable form of literature that can portray the issue and/or human experience better. It allows novels to provide a wider perspective, understanding, and portrayal of certain issues in the real world.

Under Rose-Tainted Skies is a novel about Agoraphobia. Agoraphobia itself is included as a type of anxiety disorder. With a high rate of agoraphobia, the writer decides to discuss that disorder in this research. According to the Diagnostic Statistical Manual of Mental Disorders (DSM) Fifth Edition, agoraphobia is characterized as a marked fear and avoidance of being alone, or in public places from which escape might be difficult, or help not available in case of sudden incapacitation (American Psychiatric Association, 2013). In agoraphobia, the sufferer may fear and panic to go outside because they think something bad may happen; usually, it is the fear of illness and harm (American Psychiatric Association, 2013). In the explanation of agoraphobia as published by the American Psychiatric Association in the book DSM-5, the sufferer of agoraphobia is having anxiety about being trapped or incapacitated in a situation where the sufferer cannot escape easily (American Psychiatric Association, 2013).

A novel can carry varieties of issues, starting from psychological, social, cultural, religious, gender, and many others. Those can be portrayed in novels. Psychological issues are seen as an issue that has a very strong correlation with literature or novel. To be sure, the existence of psychological issues in a novel will be focused on

this current research. The writer feels the urge to bring mental health problems because of the unsettling cases and impacts of that. Moreover, the negative stigma about the sufferer of mental problems also urges the writer to raise the awareness of society through this research. Thus, the discussion of mental problems is brought into this research. To specify the analysis, the writer focuses on one type of mental problem, which is Agoraphobia.

Under Rose-Tainted Skies is a 336 pages novel that was published by Houghton Mifflin Harcourt Publishing. Written by Louise Gornall, the novel was published on January 9th, 2018. The novel *Under Rose-Tainted Skies* told about Norah, a seventeen-year-old girl, who has accepted the four walls of her house that delineate her life. Norah feared everything and her mind told her that the world is too big and too dangerous. The story told the life of Noah who was afraid to go outside of her house because she always thought that the outside world was a dangerous place. The American Psychiatric Association explained that the sufferer of Agoraphobia thinks that the world is dangerous, so the sufferer fears getting outside (American Psychiatric Association, 2013). Hence, from the synopsis of the novel, the writer assumes that the novel contains material of agoraphobia. Thus, this research focuses on revealing the way the novel portrayed agoraphobia through the behavior of the main character inside the novel, since based on the novel, Norah as the main character is suffering from a mental issue that is called Agoraphobia. This condition was experienced since she was a teenager, because of the inland tsunami that happened in her life. This makes her afraid to see people and public spaces. In the novel, the author described Norah's condition through her reaction when she goes outside, faces a lot of people, avoids meeting with someone new and having a conversation with other people besides her mom. In the novel *Under Rose-Tainted Skies*, the author described Norah as having a psychiatrist to handle herself during therapy to reduce her agoraphobia's condition.

Agoraphobia Disorder

Since one of the focuses of this research is a disorder named agoraphobia, the theory of agoraphobia will also be used as the theory of this research. Agoraphobia refers to the fear of public spaces. First, the term was introduced in 1871 by Westphal to describe the fear and avoidance of public places. The term agoraphobia then widely recognized started in the late 1970s. Based on the definition, Stated by Westphal, agoraphobia is the condition of someone when they have a fear of wide and open places, this is the complication of panic disorder that attacks someone when they face wide and open places (Nardi, 2006).

This theory is more specific after it was written by the Association of Psychiatry in America, In the Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5). According to the book, the term agoraphobia refers to the fearful and anxious feeling of an individual about two or more of the following situations: 1) using public transportation; 2) being in open spaces; 3) being in enclosed places; 4) standing in line or being in a crowd; 5) being outside of the home alone in other situations (American Psychiatric Association, 2013). The fear occurs because the sufferer of agoraphobia has the thoughts that escape could be difficult when they are in the middle of those situations (American Psychiatric Association, 2013). Added, DSM-5 which was published by American Psychiatric Association also explained that the disturbance of agoraphobia can simply be defined as the disturbance that makes the sufferer refuses to leave home because the sufferer worries about his/her ill health and other harm that he/she may get when he/she leaves home (American Psychiatric Association, 2013).

Identify agoraphobia, there are several symptoms or diagnostic criteria according to DSM-5 by American Psychiatric Association (American Psychiatric Association, 2013).

1. Marked fear or anxiety about two (or more) of the following situations; 1) using public transportation (trains, ships, planes, or others); 2) being in open spaces (supermarket, parking lots, bridges, or others); 3) being in enclosed places (shops, theatres, cinemas, or others); 4) standing in line or being in a crowd; 5) being outside of the home alone (American Psychiatric Association, 2013)
2. The thoughts of fear that escape might be difficult or help might not be available if they are in those situations (American Psychiatric Association, 2013). The fear may develop panic-like symptoms or other incapacitating or embarrassing symptoms (fear of death, fear of getting sick, fear of incontinence, or others) (American Psychiatric Association, 2013)
3. Provoke fear of anxiety
4. Avoid certain situations and require the presence of a companion to endure the fear and anxiety
5. The fear or anxiety is out of proportion to the actual danger
6. The fear, anxiety, or avoidance is persistent and usually lasts more than 6 months
7. The fear, anxiety, or avoidance causes clinically significant distress or impairment in important areas of functioning (social, occupational, or others)
8. The sufferer behaves in ways that are intentionally designed to prevent and minimize contact with agoraphobic situations.

Psychological approach

This research focuses on the portrayal of the psychological issue in the novel, especially the portrayal of agoraphobia, this research uses the theory of psychology of literature. To reveal the existence of the psychological issue in this research, the writer needs to see it from the perspective of a psychological lens by analyzing the case of Agoraphobia in this research. As the foundation of this research, this approach helps the writer see literature from a psychological lens (Hasa, 2016). The psychological approach was introduced in the fourth century B.C. when Aristotle used it to define the psychological situation that happened in the literature that could produce catharsis (Guerin, 1966).

Guerin in 1996 also explained that the psychological approach allows the writer to discover profound clues by solving the symbolic and thematic mysteries provided in the literature (Guerin, 1966). This stated that the theory of psychological criticism is influenced by Sigmund Freud and Carl Jung (Hasa, 2016). According to (Hasa, 2016), Sigmund Freud used this approach to see the unconsciousness of the character inside the literary works. It means that this theory can be used to see the behaviour of the characters inside. Meanwhile, Carl Jung used this approach to explore the correlation between literature and unconsciousness in the concept of archetype. Therefore, this theory is important for current research because it helps the writer to understand the psychological problems in films. This theory is useful to see the phenomena inside the literary work through the psychological lens of literature.

METHOD

In this research, the writer used the descriptive qualitative method, because this research is considered a textual analysis. The writer will reveal the portrayal of agoraphobia, thus in discovering that, the writer will describe the symptoms by using words, sentences, and phrases. Thus, descriptive qualitative is used, because the method focused on the content of the analysis and the actions that were done by the characters (Aryangga & Nurmaily, 2017). Additionally, the library research method is also used to collect the data in the form of articles, written sourcebooks, and articles.

To conduct the analysis, the writer sets the data and data source of the research. The data of this research will be in the form of dialogues, sentences, and quotations that are found by the writer in the novel. The quotation will be taken from a novel entitled *Under Rose-Tainted Skies* which was published in 2018 by Louise Gornall. To be more specific, the data that are taken will be limited to the exact data that have a probability of showing the symptoms and/or diagnostic characteristics of agoraphobia. The data that show the eight symptoms of agoraphobia will be taken into this research.

FINDINGS AND DISCUSSION

In this chapter, the writer explained the portrayal of Agoraphobia that was depicted through the main character named Norah in a novel entitled *Under Rose-Tainted Skies* that was written by Louise Gornall. By combining the theory and method of the research, the writer could reveal and present the sufferings of Norah with her mental illness after she got the trauma from the inland tsunami in the past. To reveal that, the writer focuses on the quotation found in the novel as the main data source of the research. From that, the writer could analyze the way the novel portrayed Agoraphobia through Norah. The psychological approach as well as the Agoraphobia theory were used to support the current analysis.

A. The portrayal of Agoraphobia in Under Rose-Tainted Skies' Main Character

In this part, the writer focused on the portrayal of Agoraphobia in *Under-Rose Tainted Skies' Main Character*, Norah, by analyzing the daily activities of the main character Norah that needed to survive her illness after the incident of the Inland tsunami. The writer believed that her daily activities after the trauma showed her psychological disturbance, in the form of Agoraphobia. 5 symptoms are proof of Norah's condition described by the author in the novel. After analyzing the novel, the writer found that Norah showed the symptoms of Agoraphobia based on several quotations as proof. Therefore, the analysis and data findings of this research was presented below.

1. Mark Fear or Anxiety

The first symptom of Agoraphobia according to the Diagnostic and Statistical Manual of Mental Disorder Fifth Edition (DSM-5) is the mark of fear or anxiety. In the DSM-5, APA explained that the sufferer showed fear in at least two (can be more) of the following situations; 1) public transportation; 2) being in open spaces; 3) being in enclosed places; 4) standing in line or being in a crowd; 5) being outside of the home alone (American

Psychiatric Association, 2013). The fear is felt by the sufferer because the sufferer is afraid that when she/he is in the situations above, it will be hard for him/her to escape or save himself/herself. Hence, the sufferer may show a provoked fear (American Psychiatric Association, 2013).

Data 1

"I nod; my mouth won't move. My lips are numb. It's already started and she hasn't even opened the door. 'Ready?' Mom ask. Her voice is warped. Ready a word that should only have two syllables, suddenly has fifty. I nod, not too hard, because I'm sure any second now my head is going to fall off" (Under Rose-tainted Skies, p.5, 2012).

In *Under Rose-Tainted Skies*, the main character, namely Norah, was described as a girl that is very afraid to go out. It could be seen directly through the way Norah lived her daily life as well as from her behaviour and action. In the novel, Norah's mother was fully aware of Norah's condition and tried to help Norah by bringing her to the psychiatric hospital. On page 5, as written in the Data above, Norah's mother tried to bring her to the psychiatric hospital, namely Dr Reeves, at Lea Medical Center. At that time, her mother intended to check her psychological condition with the doctor. However, when they were about to go, Norah felt like her lips were numb and her mouth could not move. Norah also used a parable to define what she felt by saying "Now my head is going to fall off" to refer to a feeling where she felt it hard to even move and hold her head.

The writer interpreted the reaction of Norah as a reaction that showed her anxiety and fear of Norah. It was because of the reaction was felt by Norah when they were in front of the door and got ready to get out and open the door. It could be proven by the way Norah's mother asked whether Norah had been ready to go out or not, and in the Data, it was explained that the conversation happened before her mother opened the door. Even so, Norah already felt the fear of going out, even though she had not seen the outside and the door was still closed. Moreover, when Norah's mother asked "Ready?", Norah felt like it was so hard for her to hear that and Norah felt like that two syllables word felt like a fifty syllables word because she was not ready to go out. Hence, the writer saw the Data above as proof of Norah that had fear and anxiety to be in an open space and outside of the house. APA explained that two out of five situations that included a situation that Agoraphobia may fear are open spaces and outside houses (American Psychiatric Association, 2013). Further, it is explained by APA that parking lot is also considered open space and outside houses (American Psychiatric Association, 2013). In the Data above, Norah feared going outside of the house, even though Norah did not have to walk and only had to sit in the passenger seat beside her mom. Therefore, the writer believed that the Data above showed that Norah fulfilled the first symptom of Agoraphobia.

Data 2

"Everyone's eyes were on me, I could feel fire around my neck and my vision started to wobble", (Under Rose-tainted Skies, p.6, 2012).

Norah's fear and anxiety towards the public and situations outside of the house first happened in the class during her senior high school time. At that time, it was told that Norah was in chemistry class when suddenly she got her first anxiety. Her teacher asked her to go in front of the class to answer the question given when suddenly Norah got panicked and afraid. In the Data above, Norah explained the feeling she felt at that time when her teacher asked her to go to the front of the class. Norah described that at that time she felt like everyone's eyes were on her, and it made her feel as if there was a fire around her neck. Further, she also suddenly felt her vision start to wobble. The writer interpreted that Data as proof that Norah had fear and anxiety about the crowd. Even though when it happened Norah only had to stand in front of her friends, she could not handle it and had bad anxiety and fear. DSM-5 explained that among the five situations that the sufferer of Agoraphobia might fear, two of them included standing in a crowd and being in open spaces (American Psychiatric Association, 2013). The Data above showed that Norah had a fear when she had to stand in front of the class, which the writer interpreted as the fear of Norah to stand in front of a crowd in a public space. Therefore, the Data above proved that Norah fulfilled the first symptom of Agoraphobia.

Data 3

"It was my very first panic attack and I was at school, Of course, back then I didn't know what a panic attack was and just assumed I was dying. Mr. Dawson asked me a question in chemical class and my mind went blank" (Under Rose-tainted Skies, p.6, 2012).

Continuing Data 2, Data 3 above showed clearer proof that Norah previously told about her first experience of panic attacks. As had been explained in Data 2, Norah experienced it for the first time at school. When Norah explained and recalled the memory of when Mr Dawson asked her to go in front of the class and answer a question,

Norah still remembered the way it felt like. In the Data above, it could be seen that Norah described the feeling she felt as if suddenly her mind went blank. She also felt really scared, yet at that time she did not know that she suffered from a certain mental illness and she did not know much about panic attacks, so she just felt so much fear that she thought she was slowly dying at that time. The writer interpreted the word “*dying*” as a parable that was used by Norah to describe her uncontrollable fear. APA in DSM-5 explained that the sufferer may provoke fear and anxiety (American Psychiatric Association, 2013). The writer agreed that the explanation was in line with the Data above, where Norah provokes fear and anxiety in the class. It also explained that the way the sufferer provokes fear is because the sufferer thinks that it would be hard for him/her to save himself when there were many people (American Psychiatric Association, 2013). In the Data above, Norah felt like everyone else was judging and seeing her, even though it might not be true, yet she still feared and felt like she could not help and save herself, which made her feel like she was “*dying*”.

2. Avoid Certain Situations and Require the Presence of a Companion

The second symptom is the sufferer will intentionally avoid certain situations that will make him/her go outside, be in a place where there are many people, or be in certain situations the sufferer does not like (American Psychiatric Association, 2013). If she/he has to, she/he will require the presence of a companion from other people, to endure and reduce his/her fear and anxiety (American Psychiatric Association, 2013). In other words, the fear of the sufferer will make the sufferer try to not be in certain situations that trigger the fear.

Data 4

“I spend the next twenty-five minutes of our journey wrinkled up in my seat, too scared to look out of the window” (Under Rose-tainted Skies, p.7, 2012).

In the novel, it was explained that it was very hard to get Norah to go outside of the house, even though it meant that she just had to be in the crowd, which did not have to make her meet other people. Norah had a worse fear of going outside of her house and met other people other than those people that she had known before. She always tried to avoid going outside, even though she only had to be in the car with her mother. As long as it was outside, she would try to avoid it. The Data above happened when Norah had to go to the psychiatric hospital to see her psychological condition. The Data above was the continuation of Data 1 when her mother wanted to take her to Dr Reeves. After preparing as much energy as possible, Norah finally went outside to go to Dr Reeves by car with her mother. At that time, Norah had no choice and was obliged to go. So even though she did not want to, she had to, because she needed to check her psychological condition with the doctor. However, Norah felt afraid at that time, even though she was just in the passenger seat and her mother was beside her. Through the Data above, it was shown that Norah felt uncomfortable, so she just spent her journey in the car, which was about twenty-five minutes, wrinkled up in her seat and did not look outside at all. She stated that she was even too scared to look out of the window. The way she used the phrase “*wrinkled up*” also proved that she could not move her body to relax because she was too scared. The second symptom of Agoraphobia shows that the sufferer will intentionally avoid certain situations that will make her go outside or be in a place where there are many people (American Psychiatric Association, 2013). If she has to, she will require the presence of a companion from other people, to endure and reduce his/her fear and anxiety (American Psychiatric Association, 2013). It is in line with the Data above, where at first Norah tried to avoid going outside, but since she had to because she needed to see her psychiatrist, she needed to be accompanied by her mother. The writer interpreted the Data above as proof that Norah avoided going outside of the house, but because she needed to, she required the presence of a companion, which was from her mother. Even so, she still felt fear and anxiety which could be seen from the way she did not look outside. Hence, the writer believed that from the Data above, Norah fulfilled the second symptom of Agoraphobia.

Data 5

“I would call tomorrow, but I have patients all day. I could perhaps have a colleague of mine”. “No!” I yell. It comes out with the velocity and surprise of a sneeze. “I mean, no, thank you”, It wasn’t my intention to snap, but if it’s not someone I know, I won’t open the door anyway” (Under Rose-tainted Skies, p.38, 2012).

In the novel, it could be seen that the writer indirectly described Norah as a person that is afraid of many things. Norah also only wanted to be around people that she had known before. Not only outside, but she is also really afraid of strangers and public spaces. The Data above happened on page 38 where Dr. Reeves had a conversation with Norah. At that time, Dr Reeves could not give the therapy session to Norah because Dr Reeves had patients all day and her schedule was so full. However, Dr. Reeves felt guilty if Norah did not get her therapy session that day, hence, in the Data above it could be seen that Dr. Reeves tried to offer her colleague to substitute Dr. Reeves only on that day. It was offered by Dr Reeves so Norah could still get her home-session therapy. However, on the other hand, loudly and quickly, Norah rejected the offer from Dr Reeve. She said that while

yelling as she panicked. The writer interpreted the response of Norah as proof that Norah suddenly panicked when she knew Dr Reeves would be substituted with a stranger. The way Norah said it quickly with yelling showed that she fully did not agree with what Dr Reeves offered. The way Norah said it quickly was defined in the Data using the phrase “*It comes out with the velocity and surprise of a sneeze*”. The writer interpreted the phrase as a parable to refer to how fast Norah said no to the idea of Dr Reeves. Norah felt guilty that she felt like she snapped at Dr Reeves, so she explained that she did not want any stranger because Norah said that if it was not someone she knew, she would not open the door. The writer interpreted the action of rejecting that came from Norah as a way for Norah to avoid meeting a stranger. Based on the theory, the person who suffers from Agoraphobia will reject and avoid some situations that they do not want to face (American Psychiatric Association, 2013). The Data above showed that Norah tried to avoid a situation that might make her uncomfortable. She did not want to meet any stranger, especially when she had no companion from someone she knew to endure the fear and anxiety. Therefore, from the Data above, Norah fulfilled the second symptom of Agoraphobia, which is avoiding certain situations and needing the presence of companions.

Data 6

“Are you Norah?” Can’t talk need oxygen “I’m from helping hands. I’ve got a delivery for Miss Norah Dean. That you?” (Under Rose-tainted Skies, p.18, 2012).

Another proof of Norah intentionally avoiding certain uncomfortable situations related to strangers also could be seen on page 18. At that time, there was a guy came to Norah’s house. The guy was from the helping hand community. In that situation, Norah got a panic attack and need someone to help her reduce the panic. Norah sent a message to the emergency service to ask for a helping hand to help her. The quotation above showed the conversation between Norah and the helping hand guy a moment after the guy arrived to save Norah. At that time, when the guy made sure whether or not she had met the right person who sent the emergency message, Norah suddenly got another panic attack. Norah said that she could not talk because she needed oxygen. The writer interpreted that as a reaction of Norah who got panicked until she could not even talk. It was explained in the novel that the second panic attack Norah happened because the guy was a stranger to Norah. It was very confusing because Norah needed help from the helping hands, yet at the same time, she could not meet a stranger. However, from the Data above, it was clearly shown that Norah needed someone else to reduce her panic attack. That was proof that was believed by the writer that Norah in the novel had the symptom of Agoraphobia, which was that she needed someone else to endure her panic attack. It is supported by the theory of Agoraphobia which explained that the sufferer of Agoraphobia will get panic when they have to face a public area and stranger, but at the same time, the sufferer also needs someone close to reduce the fear (American Psychiatric Association, 2013). Thus, the Data above showed that Norah needed a companion from others.

3. Out of Proportion Fear or Anxiety

The next symptom of Agoraphobia according to the APA in the DSM-5 book is the sufferer has an out-of-proportion fear and/or anxiety about the actual danger (American Psychiatric Association, 2013). Moreover, it is explained by APA, that the feeling usually lasts for six months. This symptom will show that the sufferer has a fear that is not comparable with the actual danger. It means that the sufferer has more severe thoughts and is sometimes very unlikely to happen to the sufferer.

Data 7

“When the panic sets in, the ground transforms into wet cement. My feet feel like they’re sinking into it as we tread our way to the car. I keep my eyes fixed on my boots because seeing the vast space outside will finish me off. I’m Dr. Owing. “Mom.”, I snatch her harm, Hold it tight to my chest like it’s a buoy. “You’re okay honey. We’re almost there” (Under Rose-tainted Skies, p.6, 2012).

Norah had a fear that was sometimes out of proportion or not made sense. In other words, sometimes Norah’s fear was not comparable with the actual danger that might happen. On page 6, Norah got another panic attack that happened during her trip, after she went to Dr. Reeves. She got panic because she was outside of the house, even though it was not crowded and she was only in the parking lot with her mother. The Data above explained their feeling for Norah when she got a panic attack at that time. She explained that suddenly she felt like the ground transformed into wet cement, even if it was not. Furthermore, she also felt like she was sinking when she was on her way to the car, which also did not happen. In the Data above she stated that she only could see her boots because she thought and felt like the outside world could finish her off and she was Dr. Owing. Norah at that time felt so many non-make sense things all at once, which was what she felt and feared was very impossible to happen. The writer interpreted her reaction as a reaction of fear and anxiety because she was outside of the house. Due to her fear and anxiety of public spaces, she emerged an out-of-proportion fear and anxiety that was

not comparable with the actual danger that might happen and is very unlikely to happen. According to the theory of Agoraphobia, the sufferer has proportional fear and/or anxiety to the actual danger (American Psychiatric Association, 2013). It means that the sufferer has more severe thoughts and is sometimes very unlikely to happen to the sufferer (American Psychiatric Association, 2013). Therefore, the writer believed that from the Data above, Norah fulfilled the third symptom of Agoraphobia, because she felt like the world could finish her off and she could Dr.own, even though it was very unlikely to happen.

Data 8

"I'm looking for Norah", he's here to rob me. "Norah Dean", I'm going to die." (Under Rose-tainted Skies, p.18, 2012).

Another proof of Norah's out-of-proportion fear and anxiety also could be seen on page 18. The Data above was the continuation of the previous Data of Data 6, which was about Norah who sent an emergency message to the helping hands community to ask for help. Not very long after she sent the message, the guy from the helping hand community came to Norah's house and looked for Norah. It could be seen from the Data above that the guy said that he was looking for Norah because she wanted to check Norah's condition. However, because of Norah's fear towards strangers, Norah emerged out of proportion fear. When the guy said that he was looking for Norah, Norah suddenly thought that the guy was there because he wanted to rob Norah. The guy talked nicely and politely, and he also asked for permission, but Norah thought that the guy wanted to rob her. The writer interpreted that reaction and response as an out-of-proportion fear because the guy came from the front door and did not come sneaky. Further, the guy also looked for Norah. So, there was not any sign or behaviour that showed that the guy wanted to rob the house or Norah. When the guy clarified that to be more specific, he was looking for Norah Dean, Norah suddenly thought and believed that she was going to die at that time. It felt like Norah forgot that she was the one who asked for help from the helping hands community. She emerged with a worse fear that made her have a negative judgment towards the guy and created an out-of-proportion fear. The third symptom of Agoraphobia will show that the sufferer has a fear that is not comparable with the actual danger (American Psychiatric Association, 2013). It means that the sufferer has more severe thoughts and is sometimes very unlikely to happen to the sufferer (American Psychiatric Association, 2013). It is in line with the Data above because there Norah showed that she had a fear that the guy was going to kill and rob her when it was impossible to happen. After all, the guy came nicely and politely. He was also looking for Norah and he came from the front door, so it was very unlikely for the guy to rob and kill her.

Data 9

"Open the door. He looks so sad, like a kid lost in a crowd. Do not open that door. It could be a ruse. There is no one awake to hear you scream. Open the door. Are those tears in his eyes? Serial killers don't have a sweet smile. Do not open the door. Remember the story of the homicidal maniac who used his not-so-broken leg to lure victims? Better safe than sorry. This argument rages inside my head" (Under Rose-tainted Skies, p.43, 2012).

The quotation in Data 9 above happened when there was a neighbour of Norah that needed help. As a human who had common sense, Norah had the intention to help her neighbour. However, the condition of Norah's psychology made it difficult to directly help her neighbour outside without any consideration. She wanted to help, but at the same time, she had many considerations and thought about many possibilities. In the Data above, it could be seen that Norah fought with herself related to whether should she open the door or not. First of all, she had thought to open the door because she saw that her neighbour looked so sad as if he was a kid lost in the crowd. A second after that, Norah thought that she should not open the door because her neighbour could ruse or trick her. Norah thought that maybe her neighbour was evil and just wanted to fool Norah, and when Norah helped him, he would harm Norah and no one would hear Norah's scream that night. But then, Norah felt like she should open the door because she saw tears in her neighbour's eyes. Furthermore, there was no way a serial killer cried and had that kind of smile. However, Norah had another consideration what if the person was a homicidal maniac or serial killer and his sadness only attracted his victim? From the argument that raged in Norah's mind at that time, it could be seen that even to help her own neighbour, Norah had many considerations and negative thoughts. It showed that Norah had an out-of-proportion fear because she even thought that her neighbour was a serial killer and evil. The third symptom of Agoraphobia explained that the sufferer has an out-of-proportion fear and/or anxiety about the actual danger (American Psychiatric Association, 2013). It was in line with the reaction of Norah that had negative thoughts about her neighbour by thinking that her neighbour was a serial killer, even though actually her neighbour was just sad and cried outside.

Data 10

"My heart pounds against my ribcage; my knees curl in. I need help, I need help, I need stability because the floor is moving and I'm going to collapse" (Under Rose-tainted Skies, p.18, 2012).

The Data above was the continuation of the situation where Norah got panicked and sent a message to the helping hands community as had been explained in Data 6 and 8. The quotation above happened when the guy from the helping hands came to Norah's house. Norah at that time was very panicked, and she described her condition in the Data above. Norah described that she felt like her heart pounded against her ribcage, her knees curled in, and she needed help. Furthermore, she stated that she could not stand properly because the floor was moving and she was going to collapse. The way Norah described her condition was proof that she was not in a good condition and she needed to be helped by someone else to make sure she feels secure. It was because she had out-of-proportion fear and anxiety. At that time, she was very afraid until she thought that she could not stand and she would fall. She also thought that she would collapse, even though it was not because the helping hand guy was there to help her. She also saw it as if the floor was moving when it was not. It proved that Norah emerged from illogical fear and or anxiety, which unlikely happened to her. The symptom of out-of-proportion fear shows that the sufferer has more severe thoughts and is sometimes very unlikely to happen to the sufferer (American Psychiatric Association, 2013). Therefore, the writer interpreted the Data above as proof of Norah fulfilling the third symptom.

Data 11

"I grab the broom from the closet and head back over to the door. Just like fishing, I think as I kneel on the floor and stretch the broom towards the bags" (Under Rose-tainted Skies, p.23, 2012).

Norah always had negative thoughts towards everything. Her mindset told her that the outside world is dangerous and not safe for her. That mindset became worse because it made Norah emerge with illogical fear, that very impossible to happen to her. The Data above happened when Norah wanted to take the food outside. To take her food outside would not take such a long time. Furthermore, no one would recognize her or look at her weirdly because she was just taking her food, which was a very normal thing to do. However, Norah had a big fear to be recognized and seen by others, without any logical reason. Not only that, but she also was very afraid that the people outside of her house would harm her and do something bad to her. Hence, as could be seen in the Data above, only to take food outside, in front of the house, Norah prepared and took a broom from the closet. She then used the broom to get the bag by stretching the broom with her hands. She did that because she did not want to go outside, even if it was only in front of her front door. The food was in front of her door, but Norah did not want to take a step outside, because she was afraid. Norah had a fear that people outside were bad and could harm her, so she made efforts to take her food without having to go outside. The sufferer of Agoraphobia has more severe thoughts which are sometimes very unlikely to happen to the sufferer (American Psychiatric Association, 2013). It was in line with the way Norah had many negative thoughts that were very unlikely to happen.

Data 12

"It was my very first panic attack and I was at school, Of course, back then I didn't know what a panic attack was and just assumed I was dying. Mr. Dawson asked me a question in chemical class and my mind went blank" (Under Rose-tainted Skies, p.6, 2012).

Data 12 happened when Norah told about her first experience of anxiety and panic attacks, as had been explained in Data 2 and 3. At that time, Norah was very afraid that everyone was looking at her weirdly. Further, she also felt like she was dying, only because Mr Dawson asked her to answer a question in front of the class. Norah had illogical fear and anxiety because she assumed that her classmates were negatively looking at her when they were not. Even though Norah knew her friends well, she still emerged out of proportion fear. She thought that she was dying just because she needed to answer a question in front of her classmate. The sufferer of Agoraphobia has proportional fear and/or anxiety to the actual danger (American Psychiatric Association, 2013). Moreover, the Data above showed that the disturbance in Norah had been happening for a long time since it was first felt by Norah during high school. Further, the symptom of Agoraphobia believed that the clinical disturbance should usually be seen in a person for at least 6 months (American Psychiatric Association, 2013). Hence, the writer saw the Data above as proof that Norah fulfilled the third symptom of Agoraphobia.

4. Significant Distress or Impairment in Social Function

The next symptom is the fear, anxiety, and/or avoidance issues that are suffered by the sufferer will cause clinically significant distress (American Psychiatric Association, 2013). The sufferer also can show impairment in social and important areas, such as social, occupational, or other areas (American Psychiatric Association, 2013). In other words, the sufferer will show disturbances in some of the aspects of his/her life.

Data 13

"Moss has started to cover my skin by the time this panic attack is spent. I have to get up. I'm sticky and there's this residual tremor jit-jit-jitter-bugging its way through my muscles, but it's time to stand and retake control of my limbs"(*Under Rose-tainted Skies*, p.31, 2012).

As a girl who suffers from a psychological illness, Norah showed significant distress or impairment, especially in social situations in important areas of her life. The Data above happened when Norah's mother told her that Dr Reeves would come to meet her. Even though Dr Reeves had been Norah's psychiatrist from the beginning, Norah still had a panic attack when she knew that she needed to meet Dr Reeves. The panic attack of Norah could be seen in the Data above. There, Norah explained what she felt after she heard what her mother said. She clearly described that when it happened she felt like the moss started to cover her skin and she could not take control of her body. The writer saw that as proof that Norah panicked and showed the reaction of a panic attack when she heard that Dr Reeves would meet her. The way Norah feared her psychiatric disorder showed that Norah had impairment in social function. It is explained that the sufferer of Agoraphobia can show impairment in social and important areas, such as social, occupational, or other areas (American Psychiatric Association, 2013). The Data above showed that Norah had impairment in her social skills because she could not socialize well. It was proven by the way she feared to meet her psychiatrist, even though it was someone she had known.

Data 14

"I'm dying to open the door and ask him if he's okay, but I can't. I picked idly at a new scab on the top of my leg. Anxiety has created a million reasons why I can't. My heart is fighting back, but failing miserably" (*Under Rose-tainted Skies*, p.43, 2012).

Norah always had a fear towards everything which made her have difficulties maintaining her aspects of life well. It could be seen through what happened in the Data above. On page 43 of the novel, Norah saw her friend, namely Luke, outside of her house. At that time, Luke got mad at someone on his cell phone and screamed at the end of her phone in front of her house. When Norah saw that, she was feeling sorry and intended to give her empathy to Luke. However, Norah felt like she could not fight against her anxiety, because she was so afraid that she decided to not open the door and help her friend. In the Data above, Norah said that she wanted to help Luke, but she could not because she had a million reasons why she could not because of her anxiety. She tried to fight her mind, but in the end, she could not, so she remained inside the house. The Data above showed that Norah showed significant distress as well as impairment in her social area. Norah had difficulties and distress to help people, even though she wanted to, because of her fear. Furthermore, the way she decided to not help her friend proved that she had lost her social function because she could not fight her fear and anxiety. The symptom showed that the fear, anxiety, and/or avoidance issues that are suffered by the sufferer will cause clinically significant distress (American Psychiatric Association, 2013). The sufferer also can show impairment in social and important areas, such as social, occupational, or other areas (American Psychiatric Association, 2013). It is in line with the fact that was shown in the Data above because there Norah showed that her fear made her avoid her friend and made her have disturbance in her social life. Therefore, the Data above showed that Norah fulfilled the fourth symptom of Agoraphobia.

Data 15

"What happened?" she asks, her voice calm and soothing, like ocean waves on a relaxation tape. "Couldn't do it", I can't look her in the eye. "I'm sorry, I just couldn't" (*Under Rose-tainted Skies*, p.7, 2012).

This quotation happened when Norah denied getting attached to or closer to her doctor. At that time, Dr Reeves, Norah, and Norah's mother had dinner together. Initially, the dinner was intended to give therapy to Norah. Dr Reeves and Norah's mother tried to bring Norah to the public, with a companion, to make Norah see that the outside world was not dangerous and would not harm her. However, before the dinner finished, Norah said that she could not do it. Norah suddenly got uncomfortable and it made her mother question her condition. When her mother asked, Norah explained that she could not look Dr Reeves in the eye. The action of Norah was interpreted by the writer as an avoidance response, where Norah could not socialize and had a normal relationship with other people, except her mother. The theory of Agoraphobia believed that the sufferer will avoid some conditions that they do not want in life (American Psychiatric Association, 2013). At that time, Norah tried to talk and socialize with Dr Reeves, but in the end, she realized that she could not. It then showed Norah's behaviour of her impairment in social function. It was hard for Norah to function well in society anymore. Therefore, the writer believed that the Data above showed Norah's impairment and difficulty in the social field.

Data 16

"Nothing happens again for the longest time until I realize I've missed the most basic of social cues. Talking to a boy is much harder than it looks on TV. "Norah" I bark when it finally hits me, "My name is Norah" (Under Rose-tainted Skies, p.25, 2012).

Another proof of Norah's impairment in social aspects was clearly explained in the novel on page 25. At that time, Noah directly stated that he had not been communicating with other people, besides her mother, for a long time. It then made her miss the most basic of social cues. Further, Norah was also fully aware that she could not talk to a boy anymore because of her condition. The Data above was interpreted by the writer as proof that Norah had difficulties in socializing because it had been a long time since she not socialised in society. The sufferer of Agoraphobia can show impairment in social and important areas, such as social, occupational, or other areas (American Psychiatric Association, 2013). In other words, the sufferer will show disturbances in some of the aspects of his/her life. The Data above showed that Norah had a disturbance in her social aspect of life because she had not talked or communicated with other people or strangers for a long time, which made her show disturbance and impairment in her social life.

Data 17

"Hello, anyone home?" My heart splutters to a standstill and I slam my back up against the door jamb" (Under Rose-tainted Skies, p.18, 2012).

Another proof that Norah had difficulty in her social life also could be seen from the situation that happened on page 18, as written in the Data above. It happened when there was a helper guy from the helping hand community that came to Norah's house to try to help Norah and check her condition because previously she send an emergency message, where she asked for help. When the helper guy first arrived at Norah's house, the guy tried to ask permission first and saw whether there was somebody home or not, thus the guy said **"Hello, anyone home?"** When Norah heard that, instead of answering the guest by saying that she was home, she instead panicked until she slammed her back against the door jamb. Norah also felt like her heart suddenly spluttered to a standstill. The writer interpreted the reaction as a response to the fear and anxiety that was shown by Norah. Norah got shocked and afraid at the same time, and that was why she gave that reaction, as written in the Data above. Their reaction to Norah could be interpreted as proof that Norah had avoidance issues as well as significant distress, which made her try to avoid any strangers and had difficulty whenever she had to communicate with a stranger. It also showed that Norah had a disturbance in her social life because she could not socialize normally with strangers. The fourth symptom of Agoraphobia according to the theory is the fear, anxiety, and/or avoidance issues that are suffered by the sufferer will cause clinically significant distress (American Psychiatric Association, 2013). Therefore, the theory is in line with the reaction of Norah who tried to avoid strangers and feared them.

Data 18

"I have to get the bags, I march over to the linen closet. I need clothes, something longer. Something that will cover my legs. Something that will cover me, ide me make me feel less exposed" (Under Rose-tainted Skies, p.23, 2012).

The quotation that was written above happened on page 23 of the novel. At that time, Norah ordered some food from home, and suddenly she got panicked when the driver that would give her the food arrived in front of the house. Norah showed her confusion about the way to deal with a driver, basically a stranger, who just tried to give her the food she ordered. In the Data above, it could be seen that she got panicked and confused at the same time, and she did not know what to do. She tried to get the bag, which she did not need to. Then, she went to her closet, because she thought she needed longer clothes that could cover her legs. Further, she even looked for something that could cover her. The writer saw that action as a reaction of Norah who did not want people to see her. Norah did not want to be seen and exposed by other people, thus when the driver wanted to give her the food, she frantically tried to cover herself, so the driver, or other people, could not see her. The reaction showed that Norah emerged from significant distress as well as a disturbance in her life, as the effect of her fear of the outside world and strangers. The sufferer of Agoraphobia can show impairment in social and important areas, such as social, occupational, or other areas (American Psychiatric Association, 2013).

5. Intentionally Prevent or Minimize Contact with Others

The last symptom is the behaviour of the sufferer, which will show that the sufferer is intentionally designed to prevent and/or minimize contact with agoraphobic situations (American Psychiatric Association, 2013). Briefly,

the sufferer will show the action or behaviour that shows that he/she purposely tries to avoid or minimize contact with others.

Data 19

"I'm dying to open the door and ask him if he's okay, but I can't. I picked idly at a new scab on the top of my leg. Anxiety has created a million reasons why I can't. My heart is fighting back, but failing miserably" (*Under Rose-tainted Skies*, p.43, 2012).

The fear of Norah towards the outside world and strangers also made her intentionally prevent or minimized contact and communication with others. It could be seen from page 43 of the novel. At that time, Norah saw her friend, Luke, had a problem outside of her house. In the novel, it was told that Luke got mad at someone on the cell phone, and he yelled at the end of the phone. Luke was not far from Norah's house, because he was in front of her house, so Norah could hear and see that. When Norah saw that, Norah felt sorry for Luke and wanted to tell Luke that everything is going to be fine. However, that was only Norah's dream, because, in reality, she could not do that due to her anxiety and fear. In the Data above, it could be seen that there was a fight between Norah's heart and mind, where her heart wanted to help Luke, but her mind was too afraid of the outside world. She was really afraid to go outside, and it could be seen from the way she said that her anxiety created so many reasons for her to not go outside. The way her heart lost against her mind in that case showed that Norah intentionally prevented her to go outside and tried to minimize contact with others, especially if the person was outside of the house. The last symptom of Agoraphobia based on the theory is the sufferer intentionally designed to prevent and/or minimize contact with agoraphobic situations (American Psychiatric Association, 2013). In the Data above, it could be seen that Norah intentionally did not want to go outside and help Luke because if she did, it meant that she needed to go outside, and it would trigger her anxiety and panic attacks. It is in line with the theory of the last Agoraphobia symptom, which is that the sufferer will prevent or minimize contact with agoraphobic situations. Hence, the writer believed that Norah fulfilled the last symptom of Agoraphobia.

CONCLUSION

In this part, based on the findings and the discussion of the portrayal of agoraphobia reflected in the main character of the novel *Under Rose-Tainted Skies*. The writer concluded that the main character of the novel *Under Rose-Tainted Skies* is identified as a person who is suffering from agoraphobia. It is strongly shown by the activities of the main character in the novel. There are activities of the main character that are identified as the symptoms of agoraphobia suffered by Norah as the main character in *Under Rose-Tainted Skies* novel. Including Marked fear or anxiety about two (or more) of the following situations, avoiding certain situations and requiring the presence of a companion, the fear or anxiety is out of proportion, significant distress or impairment in social life.

In the novel *Under Rose-Tainted Skies*, the main character Norah showed that she struggles for herself every day because of the thoughts that disturbed her life and made her unable to enjoy her life the same as the common people since she often feels anxiety because of her million thoughts. It is strongly proven by the quotation that was taken from the novel *Under Rose-Tainted Skies* and described by the author inside the novel.

This finding is nearly related to finding number two, A research by Sihombing entitled An Analysis of Agoraphobia through the Leading Character in A.J. Finn's Novel *The Woman in the Window* that was published in 2019 is also used as the previous study of this research. The research by Sihombing aims to analyze the cause of agoraphobia and the effects of agoraphobia that were suffered by the main character in *The Woman in the Window*. Besides this research discusses the same topic as this study, this research uses the same theory and the same approach such as Agoraphobia and the psychological lens of literature to explain the illness that is faced by the main character inside the novel.

In the end, the writer concludes that the novel *Under Rose-Tainted Skies* by Louise Gornal has the case of Agoraphobia suffered by the main character in this novel. and hopefully, this study could be useful for the future writer to conduct the same topic about the case of agoraphobia with the deeper issues and it could give them knowledge about the case of mental health disorder which is Agoraphobia.

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