

AGORAPHOBIA ANALYSIS EXPERIENCED BY THE MAIN CHARACTER IN MARIA SEMPLE'S *WHERE'D YOU GO, BERNADETTE* NOVEL

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Abstract

This research is entitled agoraphobia analysis experienced by the main character in Maria Semple's *where'd you go, Bernadette* novel. This research aims to discuss the portrayal of Agoraphobia that was experienced by the character Bernadette in Maria Semple's novel entitled *where'd you go, Bernadette*. Bernadette is the main character in this novel that is assumed to suffer from agoraphobia due to some things in the past that made her very disappointed and traumatized. Therefore, the objectives of this research are to find out what symptoms are experienced by Bernadette; the writers also describes the agoraphobia seen in the main character in the novel whether she is suffering from agoraphobia or not in the novel *Where'd you Go, Bernadette*.

This research also used a descriptive qualitative method to describe and explain the data. The writers collected the data in the form of dialogues, words, and sentences from the main data resource, which is the novel *where'd you go, Bernadette*. To support the data, supporting data from articles and journals are also used. This research used psychology literature as the approach. To find the result, the writers used a theory from the American Psychiatric Association (2013) in Barlow, David H (2014), and supported by the theory from American Psychiatric Association (2013); which explains the symptoms of agoraphobia.

The theory helps the writers to find the causes and symptoms of Agoraphobia experienced by characters. Where the cause of Agoraphobia she suffers is due to the trauma she went through and bad experiences in her past. The results of this research show that Bernadette in the novel *where'd you go, Bernadette* suffered from Agoraphobia because she showed the symptoms of Agoraphobia.

Keyword: *Agoraphobia, Bernadette Fox, symptoms of agoraphobia*

INTRODUCTION

One of the psychological disorders that are assumed suffered by Bernadette as the main character in the novel *where'd you go, Bernadette* is agoraphobia. Agoraphobia is a type of anxiety disorder, which is characterized by a tremendous fear when the sufferer is in unfamiliar situations, crowded places, and alone, such as in recreation areas, airports, markets, cinemas, traveling by bus, etc. People with agoraphobia as much as possible will avoid crowded places and not be alone. Therefore, sufferers usually need to be accompanied to feel safer in a crowded place. "Agoraphobia usually refers to avoidance or resistance with fear of situations where escape may be difficult or help is not available in the event of symptoms such as panic (including but not limited to panic attacks) or other disabling symptoms, such as loss of bowel control or vomiting, disorientation (especially in children) or feelings of falling (especially in older adults)" (American Psychiatric Association, 2013 in Barlow, David H, 2014).

Agoraphobia is also divided into three parts, which are mild agoraphobia, moderate agoraphobia, and severe agoraphobia. "Mild" agoraphobia occurs in people who are hesitant to drive long distances alone but manage to drive to and from work, prefer to sit in the aisle at the cinema but still go to the cinema that they are used to, and avoid crowded places. "Moderate" agoraphobia occurs in people who drive limited to a 10 mile radius from home and only want to drive if accompanied, who shop outside of peak hours, avoid large supermarkets, and

avoid flying or traveling by train. "Severe" agoraphobia refers to very limited mobility, sometimes even reaching one's own home.

The novel *where'd you go Bernadette* is the second book of a former television writer who worked on shows such as *Mad about You* and *Arrested Development*, Maria Semple. This novel was the best-selling novel at that time. *Where'd you Go, Bernadette* is a fast-paced comic novel with a complex narrative structure. This book follows a letter format (e-mail, transcripts, memos and other documents). The events in this novel are told from various points of view by a large number of characters. Set in contemporary Seattle and incorporating real places and personalities both in and around Seattle. *Where'd you go, Bernadette* is an ingenious and shamelessly entertaining novel about a family realizing who they are and the power of a daughter's love for her mother.

This novel tells the story of Bernadette Fox, a former architect who lives in Seattle with her husband, Elginn Branch, an engineer at Microsoft and host of a TED Talk about artificial intelligence, and their teenage daughter, Bee. The story begins when her daughter, Bee, claims a family trip to Antarctica as a reward for her perfect report card scores. Bernadette is a quiet mother, who is genius, she is already preparing for the family trip, but she feels tired from years of trying to live the Seattle life that she never wanted.

Bernadette was also an award-winning architect, and she was an inspiration to many people at the time as a woman in a male-dominated business. However, when one of the houses she designed that is famous and stunning is purchased, only to be torn down and used as a parking lot, Bernadette loses her creativity, ambition and, ultimately, her mental stability. As life continued to present challenges to her, including fertility problems, miscarriage, and an ill child, Bernadette's mental health took a turn for the worse. She is assumed to have anxiety and agoraphobia. And she decided to go missing so as not to go to Antarctica.

With the narrative in the form of documents, Bee establishes a network of emails, invoices and school memos that reveal the secrets of his family's past. This includes a letter her father wrote to Dr. Janelle Kurtz, which describes the psychological disorders suffered by Bernadette, and one of the psychological disorders portrayed that is assumed by Bernadette is agoraphobia. With this issue, therefore the writers decided to analyze more deeply about agoraphobia on the main character in *where'd you go, Bernadette novel*. In this research the writers focuses in two things, which are: the symptoms of agoraphobia experienced by the main character in *where'd you go Bernadette novel*, and the agoraphobia that seen in the main character in this novel.

METHOD

In this chapter, the research aims to find out how agoraphobia occurs in the main character in the novel *where'd you go Bernadette* using current research methods. This method will help to guide researchers in obtaining data and information related to the topic. According to Yunara and Kardiansyah (2017), the purpose of the methodology is to provide an explanation of research methods and designs that form the practical side of this research. This research method allows the writers to explore dialogue and narrative in the work and get meaning, feeling, or to describe a certain situation (Amelia, 2021). This research focuses on the object of analysis as the main source of data (Kuswoyo and Siregar, 2019). This chapter is divided into several sections, including research design, data and data sources, data collection and data analysis techniques.

125 This study, the writers decided to use a qualitative descriptive method. "Qualitative descriptive method is a research method in the social sciences by collecting and analyzing certain data in oral or written form, human actions and researchers do not need to try to calculate or quantify qualitative data that has been obtained and thus do not analyze numbers or some other form of calculation" (Afriзал, M.A., 2014). The qualitative method will be used because this research aims to focus on the understanding and description (Heaverly & EWK, 2020). Library research method is used to collect the data of written sourcebooks and articles (Nababan & Nurmaily, 2021). Books, journals, and articles are including as texts (Afrianto, 2018 in Made Yulianti and Setiawan, 2022). It is also supported by Rido (2015) that descriptive qualitative method is not focus in number. According to Cenita and Nurmaily (2020), descriptive research is data that is collected in the form of written or spoken words, or pictures, and does not use numbers. Qualitative descriptive method is a research method that describes and qualifies scientific data that are interrelated with one another so that they can be compiled into a scientific and objective conclusion (Samanik, 2021). This method also aims to accurately describe or explain the facts being investigated

(Oktavia & Suprayogi, 2021). By using this method, the writers can collect and analyze data relevant to the topic of the study taken by the writers, which are regarding the symptoms of agoraphobia and the agoraphobia seen in the main character in *where'd you go, Bernadette* novel.

In analyzing this novel, the writers use several data, journals, or books that are relevant to the topic of study. The writers reads the novel *where'd you go, Bernadette* to get an idea of the whole story in it and related to the depiction and the symptoms of agoraphobia that happened to Bernadette. Then the writers also search for and select some relevant data to support the symptoms cases of agoraphobia. The writers use the psychological theory of *American Psychiatric Association, 2013 in Barlow, David H., ed. (2014)*. Then finally the writers conclude the research using this qualitative descriptive method.

FINDINGS AND DISCUSSION

In presenting and analyzing the data, the writers use the theory of agoraphobia from the American Psychiatric Association, 2013 in Barlow, David H, 2014, which says "Agoraphobia usually refers to the avoidance or resistance to fear of situations in which escape may be difficult or help is not available if symptoms occur such as panic (including but not limited to panic attacks) or other disabling symptoms such as loss of bowel control or vomiting, disorientation (especially in children) or a feeling of falling (especially in older adults.)"

The writers also use the theory of American Psychiatric Association, 2013 which explains that "Individuals with agoraphobia are afraid and anxious about two or more of the following situations: being in open spaces, being outside the house, or being in crowded situations." Individuals are concerned about this situation because they think that escape may be difficult or that help may not be available if symptoms of agoraphobia occur in them. This situation almost always causes anxiety and is often avoided; sufferers also need the presence of a companion from the closest and trusted person. This theory is used as a supporting theory to analyze the agoraphobia symptoms that occur in the main character in this novel.

The symptoms of agoraphobia experienced by the main character in *where'd you go, Bernadette* novel

At this point, the writers analyses some of the symptoms of agoraphobia experienced by the main character in the novel *where'd you go Bernadette*. Based on the Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (2013) which was written by the writers in chapter two previously explained that there are 3 kinds of symptoms of agoraphobia, including: anxiety, anxiety of being outside the house, and anxiety of being in open spaces.

- **Anxiety**

Anxiety is a term that describes a psychological disorder in a person. Anxiety is usually characterized by several characteristics such as the emergence of fear, prolonged worry, concern about something that will come or the future, sleep disturbances, and nervousness. According to Adwas, Almokhtar, Jbireal, j, etc. (2019) "Subjective stress experiences with sleep, concentration, social and/or occupational dysfunction are common symptoms of many anxiety disorders." This anxiety can be experienced by many people, but this anxiety will become a psychological disorder if the anxiety itself has reached the stage of disturbing or preventing someone from carrying out their daily activities. Like the anxiety experienced by Bernadette in *where'd you Go, Bernadette* novel.

"I'm curious about the medicine they wouldn't fill for you at the pharmacy."
"I know!" she said. "A doctor wrote me a prescription, and it turned out to be Haldol."
"Is it your insomnia?" I asked. "Haven't you been sleeping?"
"Sleep?" she asked. "What's that?"
"What was the prescription for?"
"Anxiety," she said.
(Semple, 2012: 74)

This conversation is taken from the contents of a letter written by Elgin Branch, Bernadette's husband, to be given to Dr. Janelle Kurtz, a psychiatrist on Madrona Hill; because Elgin senses that his wife is hiding something

from him. From the conversation between Elgin and Bernadette above, it appears that Bernadette has a sleep disorder, which keeps her awake all night. Sleep disorders are also one of the characteristics experienced by someone who has an **anxiety**, such as Bernadette's. Especially considering the fact that she had to accompany her daughter Bee to Antarctica, it made Bernadette even more sleep-deprived and anxious about what was to come.

- **Anxiety of Being outside the House**

Home is the safest place for people with agoraphobia. People with agoraphobia will usually feel anxious when leaving the house. Feeling anxious when someone is out of the house is one of the symptoms of agoraphobia. The word outside the house has the context that the situation is still not far from the yard, and is still reflected in neighboring circumstances, such as on the terrace, garage, front or back yard, etc. They will feel threatened when someone steps into their home environment.

Of the million reasons I don't want to go to Antarctica, the main one is that **it will require me to leave the house**. You might figure it out by now that's something I don't much like to do. But I can't argue with Bee. She is a good kid. (Semple, 2012: 4)

This narrative is quoted from an email that Bernadette wrote to Manjula Kapoor, her virtual friend; which she uses as a place to complain, and tells whatever happened to her. Bernadette wrote this email right after Bee asked for a family vacation gift to Antarctica. The narrative proves Bernadette's anxiety when she wants to leave the house. It was clearly stated that the main reason Bernadette didn't want to go to Antarctica was because it required her to get out of the house, and it is become one of the symptoms of agoraphobia. Bernadette would do anything to keep herself at home. Unless it's a very urgent situation, requires her to leave the house, and involves the only daughter she has, Bee.

- **Anxiety of Being in Open Spaces**

Unlike the case with anxiety being outside the house, anxiety being in an open space here has the meaning that the room or place has a greater distance than just being in the yard or around the house. Such as airports, ports, ships, parking lots, supermarkets, etc.

The only way to get to **Antarctica** is by **cruise ship**. Even the smallest one of ship has 150 passengers, which translates into me being trapped with 149 other people who will uniquely annoy the hell out of me with their rudeness, waste, idiotic questions, incessant yammering, creepy food request, boring small talks, etc. Or worse, they may turn their curiosity toward me, and expect pleasantries in return. (Semple, 2012: 5).

What is the highlight in this narration is traveling to **Antarctica** by **cruise ship** and the travel situation that she has to go through before she reaches Antarctica where she feels that she will not be able to escape if she is in that situation and she cannot get help, which makes her feel very worried and thought deeply about it. Traveling to Antarctica is included in the open space category. All the more, Bernadette also has to wait at the port before she departs if she goes to Antarctica with her family. But just hearing the word Antarctica Bernadette had already thought about things she shouldn't have thought too deeply about and she had taken it that far. The anxiety she experienced greatly affected her daily activities during this time. Excessive anxiety like that makes her think and feel that being outside, being open, and dealing with many people is a threats that endangers her and should be avoided as much as possible.

It was the first time I had been downtown in a year. I remembered why: the pay-to-park meters.

Parking in Seattle is an eight-step process. Step one, find a place to park. Step two, back to the angled parking space. Step three; find the ticket dispenser that isn't menacingly encircled by a stinky mosaic of beggars/bums/junkies/runaways. This requires step four, crossing the street. Oh, plus you've forgotten your umbrella (there goes your hair, which you stop worrying about toward the end of the last century, so that's a freebie). Step five; slide your credit card into the machine

(small miracle if you've found one that hasn't been filled with epoxy by some misguided malcontent). Step six, return to your car (passing the aforementioned putrid gauntlet, who heckle you because you didn't give them money on the way there-oh, and did I mention, they all have shivering dogs?). Step seven; affix the ticket to the proper window. Step eight, pray to the God you don't believe in that you have the mental where with all to remember what hell it was you came down for in the first place. (Semple, 2012: 45-46).

This is the content of Bernadette's email that she wrote to Manjula Kapoor telling how she managed to park her car at the hospital pharmacy when she wanted to pick up a doctor's prescribed medication. This trip was the first time Bernadette hadn't been downtown in a year. She is very **anxious** about the situation where she has to park her own **car in the parking lot** which is one of the places that fall into the open space category of agoraphobia symptoms. She is always thinking, what if she can't park her car properly; what if many people see a horrendous incident that she can't park his car properly, and so on. Therefore, Bernadette had thought about it carefully and sorted out as well as possible how to park her car neatly before entering the parking area. So that what she was worried about didn't really happen to her.

"I'm just **anxious** about the trip." She said,

"What specifically are you so **anxious** about?"

"**The Drake Passage**, people. You know how it is."

"Actually," I said, "I don't."

"There's going to be a lot of people. I'm not good when exposed to people." (Semple, 2012: 75)

The Drake Passage is the name of a strait located in South America, connecting the Atlantic and Pacific oceans between Cape Horn, and the southern Shetland Islands in Antarctica. The strait has a height of 10 meters and a width of 600 miles (1,000 km) and that includes **open space**. Spending 3 hours researching the Drake Passage on the internet made Bernadette feel very anxious. She thought that she would get seasick, lose her balance, vomit, heart palpitations, etc. These symptoms are in accordance with the theory explained by the American Psychiatric Association, 2013 in Barlow, David H, 2014, which says "Agoraphobia usually refers to the avoidance or resistance to **fear of situations in which escape may be difficult or help is not available** if symptoms occur such as panic (including but not limited to panic attacks) or other disabling symptoms such as **loss of bowel control or vomiting, disorientation** (especially in children) or **a feeling of falling** (especially in older adults)." Make her want to avoid Antarctica even more.

The agoraphobia seen in the main character in *where'd you go, Bernadette* novel

Agoraphobia is one type of anxiety disorder that can make sufferers feel anxious and afraid when in a situation that makes the sufferer think it is difficult to run away and get help. People with agoraphobia usually experience symptoms such as heartbeat beating faster than normal, excessive anxiety, panic attacks, nausea, vomiting, shaking, dizziness, loss of bowel control, etc. American Psychiatric Association, 2013 in Barlow, David H, 2014, says Agoraphobia usually refers to the avoidance or resistance with fear of situations in which escape may be difficult or help is not available such as panic (including but not limited to panic attacks) or other disabling symptoms such as, loss of bowel control, or vomiting, disorientation (especially in children) or a feeling of falling (especially in older adults).

Agoraphobia is not known for certain. However, there are several factors that can increase the risk of agoraphobia, such as having had another phobia before, trauma in the past (abandoned by a loved one, loss of a very valuable item, sexual assault, etc.), family members having the same phobia, and basically It's easy to feel excessive anxiety.

As experienced by Bernadette in this novel. The factor that caused Bernadette to develop agoraphobia was a trauma in her past. Events in her past that came back repeatedly made Bernadette stressed and almost gave up. Some of them are: one of the famous buildings she designed was destroyed, miscarriage, her daughter was born prematurely with hypoplastic left heart syndrome, Manjula Kapoor as her virtual friend turned out to be a criminal, and her husband had an affair with her secretary, Soo Lin.

This second point is different from the first point which explains specifically in the section on the symptoms of agoraphobia experienced by the main character. While in the second point, here is more explained how the main character in this novel suffers from agoraphobia that happened to her. Judging from how she behaves everyday, to find out if he suffers or not with the agoraphobia she has. And it's all explained based on the definition of agoraphobia itself. On this second point, the writers first analyze a few factors that cause Bernadette to experience agoraphobia so that the writers can find out whether Bernadette is suffering or not.

From Bernadette's point of view, "just last night, I woke up to pee. I was half asleep, with no concept of myself, a blank, and the data started reloading –**Bernadette Fox-Twenty Mile House destroyed**–I deserved it–I am a failure. Failure has got its teeth in me, and it won't stop shaking." (Semple, 2012: 103)

The Twenty Miles House is a beautiful home building that took three years to complete. Shiny glass case with clear, and clean lines, not an inch of drywall or paint. The floors are concrete, and the walls and ceilings are wood, with exposed aggregate with broken glass for translucent color. It makes the eyes of anyone who sees it mesmerized. After winning the genius award, Bernadette gets word from her business manager that the building wants to be sold, but Bernadette replies that she doesn't want to sell it, she hasn't thought about it.

Because it was Bernadette's happy day after getting an award for her twenty miles house, Elgin, Bernadette's husband invited her to eat together. Elgin gave a gift to Bernadette, it is Saint Bernadette, and she has her vision with Beeber Bifocal and twenty miles house. That afternoon Bernadette and her husband decided to go to Europe to see Lourdes, the home of Saint Bernadette. After a while in Europe, Bernadette got the news that her twenty miles house had been sold. The house was sold by her business manager to his client, Nigel Miles-Murray. The Twenty Miles House that she had built for three years was destroyed in the space of just a day. Bernadette was devastated by the news, she was disappointed and distraught, and she blamed herself. Bernadette finally decided to sell the Beeber Bifocal and left the city and moved to Seattle. Bernadette also never built a house again after the incident. She disappeared from the world of architecture.

This story begins with Bernadette's daughter, Bee who gets a perfect final score and she collects a promise of a gift from her parents, she asks to go on a family vacation to Antarctica. Bee expressed her desire to go on a family vacation to Antarctica to her parents while having dinner in the dining room while showing an Antarctic vacation brochure. Then Bernadette started looking for reasons for her daughter to change her mind not to go to Antarctica, but Bee remained in her stance to go to Antarctica even though there was no "yes" from her mother and father, she assumed their silence meant "yes" to do it, family trip.

Since then, Bernadette immediately contacted her virtual friend, Manjula Kapoor and she told Manjula about everything that happened. Bernadette says that actually she doesn't want to go to Antarctica because she doesn't like things that require her to get out of the house, but the request comes from the mouth of Bee, Bernadette's one and only child who she loves very much and she can't refuse when it comes to Bee.

Of the million reasons I don't want to go to Antarctica, **the main one is that it will require me to leave the house.** You might have figured out by now that's something I don't much like to do. But I can't argue with Bee. She's a good kid. (Semple, 2012: 4)

It was from Bee's request to go on a family trip to Antarctica that the symptoms of Bernadette's agoraphobia began to become apparent. One of the symptoms is anxiety about being outside the house. Her anxiety is increasing day by day just by remembering one word, it is "Antarctica". Insomnia that she has been experiencing is getting more and more difficult to overcome by the day. It was evident when she fell asleep in the pharmacy waiting room while waiting for the scopolamine patch for motion sickness and Xanax for anxiety that the doctor had prescribed for her.

I open my eyes. I had fallen asleep. **This is the problem with never sleeping.** Sometimes you actually do, at the worst time like this time, in public. (Semple, 2012: 48)

The narration “**this is the problem with never sleeping**” shows that the insomnia she is experiencing has greatly interfered with his daily life. Bernadette woke up when her husband, who was passing by with a coworker, accidentally saw her through the pharmacy glass, sleeping on the sofa in the room while waiting for the medicine to wake her up. Elgin saw Bernadette dressed strangely in a fishing vest, scarf, and sunglasses that almost covered her face. She uses it all as a way for her to feel safe from threats when she is outside the house.

She wouldn't have left the house if it weren't for something urgent. Like dropping off and picking up school Bee, because there is no one she can rely on anymore but herself. Even then, Bernadette didn't get out of her car to take Bee to her class and greet the other parents, and just waited in her car. After she saw Bee enter her school from her car, she would immediately return home and another important thing that made Bernadette have to leave the house is take the medicine that the doctor had prescribed. Because she didn't want other people to know what he was feeling until the end, Elgin felt that Bernadette's behavior was getting weirder by the day. Elgin also found a lot of medicines that had written prescriptions from doctors for Bernadette.

Elgin point of view: While Bernadette slept, I opened her medicine cabinet. It was crammed with prescription bottles written by an array of doctors for **Xanax, Klonopin, Ambien, Halcion, trazodone, and others**. All the bottles were empty. (Semple, 2012: 75-76)

All of these medications are Bernadette's prescription pain and anxiety medications. And that proves how tormented Bernadette is by the excessive anxiety she experiences. Elgin was worried about Bernadette's current state. He seemed to see a different figure from Bernadette. Elgin looked at the photo of the two of them, he felt like there was a terrible gulf between the woman he loved and the naughty woman sitting across from him. He immediately emailed Dr. Kurtz, a psychiatrist at Madrona Hill, to ask what really happened to Bernadette and upon learning of the results Elgin immediately decided to send Bernadette to Madrona Hill for further treatment from experts.

Mr. Branch's description of his wife suggested **agoraphobia**, medication-seeking behavior, social anxiety, poor impulse control, and untreated postpartum depression. (Semple, 2012: 149)

Of the many disorders mentioned by Dr. Kurtz based on the symptoms and drugs that Bernadette has, one of which is agoraphobia. After getting an email reply from Dr. Kurtz, Elgin immediately made an appointment with Dr. Kurtz, a police, a detective, and an FBI agent to tell Bernadette that her virtual friend Manjula Kapoor is a criminal. Elgin also invites Soo-Lin to come with him. Elgin asked all of them including Bernadette to gather in the living room. How surprised Bernadette was when she saw some strangers in her room. What's more is Soo Lin, Bernadette's neighbor, her husband's secretary who she doesn't like. Bernadette felt insecure, threatened, and anxious. They all wanted to take Bernadette to Madrona Hill. Bernadette was very disappointed with her husband's decision.

Fox: **Then who are these people?**

Dr. Kurtz: My name is Dr. Janelle Kurtz.

Branch: You're supposed to be at the dentist, Bernadette.

Fox: **How did you know that?**

Dr. Kurtz: Let's have a seat

Fox: **Why? Who are you? Elgie---**

Branch: Shall we do it here, doctor?

Dr. Kurtz: I suppose---

Fox: **Do what here? I don't like this. I'm leaving.**

Dr. Kurtz: I am a psychiatrist at Madrona Hill.

Fox: **Madrona Hill? The loony bin? Jesus Christ! You're shipping me off to a loony bin? Elgie! You're not!**

Branch: Bernadette, you need help.

Fox: **So you're to take Bee to Antarctica and lock me up at Madrona Hill? You can't do that, Elgie!**

(Semple, 2012: 172)

Bernadette shows how disappointed she is with Elgin, saying "**Madrona Hill? The loony bin? Jesus Christ! You're shipping me off to a loony bin? Elgie! You're not!**" "**So you're to take Bee to Antarctica and lock me up at Madrona Hill? You can't do that, Elgie!**" In that state Bernadette felt very depressed like everyone was cornering her, she felt there was no one she could turn to for help. Then Bernadette racked her brains, thinking hard, trying to figure out how she could get out of this tense situation. This situation was very frustrating. And finally, Bernadette decided to go to the bathroom and escape through the window, running from them all. Bernadette disappeared.

From this incident, Bernadette decided to escape through the bathroom window. She disappeared from her family and the people around her. "*Fox: Elgin, look at me. I am in the weeds. I can get myself out. We can get out of this together. For us, for Bee. But I won't work with these invaders. I am sorry, but I have had to pee since I got here. Or do I need a doctor's approval?*" (Semple, 2012: 172) She went to Antarctica alone by herself. Trying to heal her, nourish herself and her mind, find and regain her identity, trying to realize that her life can't be stuck, and she must keep going. She thinks and does what things can make herself-feel alive again. Bernadette started wanting to build again. She found people who could help her continue her dreams with development. Than finally, she found herself back.

CONCLUSION

In this chapter, the author draws conclusions based on the analysis described earlier. From this analysis, the author analyzes the agoraphobia that occurs in the main character in the novel where'd you go Bernadette by Maria Semple. The author also focuses on this analysis to only discuss two things in it, namely the symptoms of agoraphobia experienced by the main character and how agoraphobia occurs in the main character according to the definition of agoraphobia itself. This study was analyzed based on data and theory from the American Psychiatric Association (2013) in Barlow David H (2014) which was also supported by the theory of agoraphobia symptoms from the American Psychiatric Association (2013). After analyzing the data in the analysis chapter and the previous findings, and also relating them to the psychological theory and approach of Wellek and Warren (1956) in the study. The author concludes that in the novel where'd you go, Bernadette presents agoraphobia that appears and is experienced by Bernadette as the main character in this novel.

In this study, there are three symptoms of Agoraphobia in Bernadette's personality. First is anxiety. She has excessive anxiety even when she is at home and doing nothing. It is proven by dialogues and narrations that describe that Bernadette has sleep disturbances, nervousness, prolonged worries, etc. which are all characteristics of people who have symptoms of anxiety. The second symptom is Bernadette in this novel has anxiety about being outside the house. She feels threatened and anxious when she is outside her house. It has been proven that Bernadette has this symptom because every time she wants to leave her house she will wear closed clothes, dark glasses, and a scarf to cover herself, and that way she will feel a little safer if someone requires her to get out of her house. The last symptom found in a person suffering from agoraphobia is that he will feel anxious when he is in an open room. Bernadette has shown this phenomenon through the narrative and dialogue written in the novel. She shows that she feels very anxious when going on a boat, going to a parking lot somewhere, going to her daughter's school, etc. Because if she was in that situation she thought that she would not be able to get past it, there was no help for her and all eyes would be on her. She would do everything she could to not be in that situation just as she thought of ways not to go to Antarctica, without hurting and disappointing her daughter.

Bernadette has Agoraphobia in her due to the trauma she went through, due to bad experiences in her past. The building she built wholeheartedly for approximately 3 years was sold by her business manager to Nigel Miles-Murray without her knowledge and simply destroyed. She felt that she was the cause of the destruction of the building, and felt that everyone was blaming her, until she miscarried many times thinking about it. In the end he decided not to leave her house for a while, preferring to have a virtual assistant to help her take care of all her needs.

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