

*Fighting Against Agoraphobia in the Highly Illogical Behavior Novel by John
Corey Whaley (2016)*

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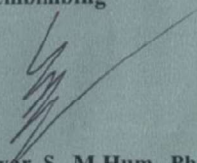
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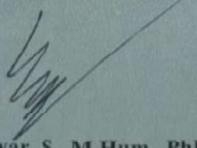
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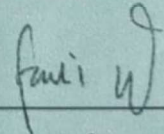
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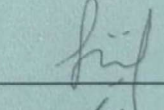
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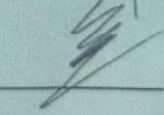
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ABSTRACT

Abel Hasan. 2023. *Fighting Against Agoraphobia in the Highly Illogical Behavior Novel by John Corey Whaley (2016)*

Advisor: Desvalini Anwar, S.S., M.Hum, Ph.d.

This research purpose is to describe the main character who experiences agoraphobia, type of anxiety disorder in the novel *Highly Illogical Behavior* by John Corey Whaley. The psychoanalysis behaviorism theory by John B Watson is used to determine the stimuli and responses that result in changes in the behavior of the main character. The analysis of the novel also shows the symptoms that occur in the characters and what the efforts of the characters in the novel are to cure or overcome agoraphobia. The result of this study is that the main character can overcome the agoraphobia he suffers with the help of the environment such as family and friends. this research includes; 1) The impact of agoraphobia (stimulus and response) 2) Symptoms Suffered 3) Main character's attempts to overcome the agoraphobia.

Keyword: Anxiety, Agoraphobia, Behavior, Overcome

ABSTRACT

Abel Hasan. 2023. *Fighting Against Highly Illogical Behavior by John Corey Whaley (2016)*

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Tujuan penelitian ini adalah untuk mendeskripsikan tokoh utama yang mengalami agoraphobia, jenis dari gangguan kecemasan didalam novel *Highly Illogical Behavior* karya John Corey Whaley. Teori psikoanalisis behaviorisme oleh John B Watson digunakan untuk mengetahui stimulus dan respon yang mengakibatkan perubahan perilaku tokoh utama. Analisis novel juga menunjukkan gejala-gejala yang terjadi pada tokoh dan apa saja usaha tokoh dalam novel tersebut untuk menyembuhkan atau mengatasi agoraphobia. Hasil dari penelitian ini adalah tokoh utama dapat mengatasi agoraphobia yang dideritanya dengan bantuan dari lingkungan sekitar seperti keluarga dan teman. penelitian ini meliputi; 1) Dampak Agoraphobia (stimulus dan respon) 2) Gejala-gejala yang diderita 3) Usaha tokoh utama dalam mengatasi agoraphobia.

Keyword: Anxiety, Agoraphobia, Behavior, Overcome

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CHAPTER I

INTRODUCTION

1.1 Background of Research

Agoraphobia is a prevalent mental health issue that affects a significant proportion of the population worldwide. Agoraphobia is a type of anxiety disorder that makes people afraid of being in crowded places. Agoraphobia was reconceptualized as a prevalent complicating characteristic of panic, according to the Book of Diagnostic and Statistical Manual of Mental Disorders IV (2000), relegating agoraphobia to the rank of a panic disorder subtype. Panic disorder is frequently linked to agoraphobia. Agoraphobia is quite common in mental health problems. However, it is more complex condition than what most people assume. Agoraphobia is not simply a fear of open spaces. Someone with Agoraphobia may be scared of traveling on public transport, visiting a shopping center, station, theaters, or leaving home. Although it can start in childhood, agoraphobia often manifests in late adolescence or early adulthood, typically before the age of 35. According to the National Health Service Organization (2018), agoraphobia can include chest discomfort, abrupt shivers, a quick heartbeat, intense perspiration, unsettled diarrhea, and a sense of being out of control.

Many mental illnesses such Agoraphobia occur in society, especially in young people, one of which is anxiety disorder. In this modern era, everything becomes instantaneous, people have many choices for life, and they rarely socialize with family, friends, or people around them, instead of using social media .

When someone has early symptoms of mental illness, they prefer to seek entertainment such as watching movies without stopping or using social media, but instead of sharing their problems with the people closest to them, they look for other ways to release their anxiety, this will make things worse, because people who experience anxiety disorder really need a support system from close people such as family or friends. As a result, many of them suffer from anxiety, even more acute anxiety. This anxiety is evident when they react to certain things or situations with fear.

According to the National Institutes of Mental Health there are five major types of anxiety disorder; generalized anxiety, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD), and agoraphobia. Anxiety disorder is a serious problem and cannot be ignored. It can happen to anyone, including family, and friends. People who are affected by anxiety disorder will have an impact on their behavior in carrying out daily activities, in the worst case, it can be fatal to them. Some causes of an anxiety disorder include bullying, family treatment, accidents, loss of a loved one, and so on.

According to the National Health Service Organization (2018) people with anxiety disorders experience physical symptoms like shortness of breath, racing heart, sweating, and even headaches or high blood pressure. Anxiety can affect psychology and thus influence human behaviors. The term behavior refers to an organism's overall response to its surroundings and its internal tension as manifested in a series of motions that are noteworthy in their direction (Gabriela, 2013).

There are some cases of agoraphobia that happen to people which attract massive attention, one of them is Cecil Jackson. According to CBS News with the headline; “*Agoraphobia is a Prison*” Cecil Jackson is one of an estimated 2 million adults in the United States who suffer from the anxiety disorder that keeps them at home to avoid situations that could trigger a panic attack, such as traveling or going too far from home. Cecil Jackson's life has been restricted to living one mile from his home because of his agoraphobia. Cecil Jackson has agoraphobia and was diagnosed when he was 19 years old, he never attends important family events including weddings and funerals since he got agoraphobia. The man told the CBS media that agoraphobia is a prison for himself. In 2016, Jackson met with Dr. Karen Cassiday, the founder of the Anxiety Treatment Center of Greater Chicago, and connected him with a nearby therapist to provide him with online therapy. Later, CBS News set up a face-to-face meeting between Jackson and Cassiday for exposure treatment, which involved going to the grocery store and using an escalator, activities he had not done in years.

Agoraphobia not only affect people in the real world, this anxiety disorders is also brought up in literary works such novels. The title of the novel analyzed in this research is *Highly Illogical Behavior (2016)* written by John Corey Whaley. The story follows of Solomon who has not left his house for three years because of his agoraphobia. as time goes by agoraphobia slowly changes the behavior of Solomon. Solomon’s parents have tried to cure their son of anxiety but because Solomon’s willingness and desire at that time did not exist to be cured, the program did not go well. Lisa who wants to enter psychology school needs to learn more

about what happened to Solomon and tries to cure Solomon. then they become friends. Lisa sees the impact caused by agoraphobia on Solomon, Solomon stays away from social life and is no longer interested in women. then they became friends. Lisa saw the impact caused by agoraphobia on Solomon, Solomon stayed away from social life and was no longer interested in women. then Lisa and her boyfriend encouraged Solomon, as well as Solomon's grandmother who always insisted that Solomon recover, from there Solomon's desire to rise up and recover from agoraphobia arose. then from there Solomon began to overcome his agoraphobia so that his life could run normally.

This topic is chosen because it is an interesting issue that also happens in real life. Many people these days still struggle with anxiety disorder and only a few can handle the situation. This is important to research because we want people who suffer like that to be able to finally solve problems and live a normal life, and also people around can also be aware of this. Psychoanalysis approach is used to analyze the main character in the novel and is used to find out what the main character is struggling with in his life and how he can get out of that situation.

1.2 Focus of Research

This research in these novel focuses on the characters, the plot (conflict) and the setting. Also, what will be analyzed is the impact of agoraphobia on the main character, the symptoms depicted by the character, and the efforts and actions to overcome agoraphobia in the novel *Highly Illogical Behavior* (2016) by John Corey Whaley.

1.3 Research Question

Here are the research questions to be answered:

1. How does Agoraphobia affect the behavior of the main character in the novel *Highly Illogical Behavior*?
2. How does the main character overcome the Agoraphobia that he suffers from in the novel *Highly Illogical Behavior*?

1.4 Purpose of the Research

1. To find out how the main characters behaviors in the novel *Highly Illogical Behavior* by John Corey Whaley affect by Agoraphobia.
2. To find out the main character's form of action or effort in overcomes agoraphobia in the novel *Highly Illogical Behavior*.