

**ANXIETY DISORDER IN *THE PEACH SEASONS* BY DEBRA OSWALD
(2007)**

THESIS

*Submitted as Partial Fulfillment of the Requirement to Obtain
Strata One (S1) Degree*



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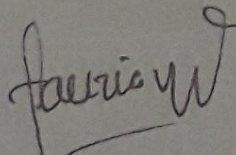
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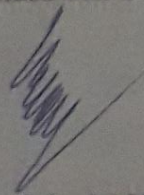
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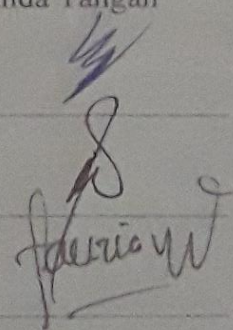
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ABSTRACT

Rejung H L, Ratu. 2021. Anxiety Disorder in The Peach Seasons (2007) by

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This thesis is an analysis of the Drama *The Peach Seasons* (2007) by Debra Oswald. The purpose of this analysis is to expose the issue of anxiety disorder that refers to the protagonist who is a mother toward her daughter. This analysis is also intended to expose how the contribution of fictional elements (character and action/plot) in revealing the form of anxiety disorder. This analysis is done through a text-based and context-based interpretation which are related to the concept of psychoanalysis by Sigmund Freud. The result of this analysis shows the protagonist has anxiety disorder toward her daughter . The two type of behaviour of anxiety disorder can be seen through; negative behaviour and irrational thinking.

Keywords: *Anxiety, disorder, psychoanalysis, behaviour, irrational*

ABSTRAK

Rejung H L, Ratu. 2021. *Gangguan kecemasan dalam The Peach Seasons* (2007) oleh Debra Oswald. Tesis. Universitas Negeri Padang.

Pembimbing: Dra. An Fauzia Rozani Syafei, M.A

Skripsi ini merupakan analisa dari Drama *The Peach Seasons* (2007) oleh Debra Oswald. Permasalahan yang diangkat dalam analisa ini adalah sejauh mana drama ini mengungkap permasalahan gangguan kecemasan dari sang protagonis yang seorang ibu terhadap putrinya. Tujuan dari analisa ini juga dimaksudkan untuk menemukan sejauh mana kontribusi elemen fiksi (karakter dan alur / konflik) membantu untuk mengungkap bentuk gangguan kecemasan. Penganalisaan karya ini berdasarkan *text-based* dan *context-based interpretation* yang berkaitan dengan konsep Sigmund Freud tentang psikoanalisis. Hasil analisa menunjukkan bahwa protagonis memiliki kecemasan terhadap putrinya. Bentuk kecemasan dapat dilihat melalui; perilaku negatif dan pemikiran irasional.

Kata kunci: Kecemasan, gangguan, psikoanalisis, perilaku, irasional

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TABLE OF CONTENTS

ABSTRACT	i
ABSTRAK	ii
ACKNOWLEDGMENTS	iii
TABLE OF CONTENTS	iv
CHAPTER I: INTRODUCTION	
1.1 Background of the Study	1
1.2 Anxiety Disorder	6
1.3 A Brief Description of Author's Biography	7
1.4 The Peach Seasons	7
1.5 Problem of the Study	8
1.6 Purpose of the Study	9
1.7 Previous Study	9
1.8 Theoretical Framework	10
1.9 Methodology	14
CHAPTER II: DISCUSSION	
2.1 Negative Behaviour	15
2.2 Irrational Thinking	20
CHAPTER III: CONCLUSION	26
BIBLIOGRAPHY	28

CHAPTER I

INTRODUCTION

1.1. Background of the Study

The feeling of anxiety is a common experience of any parents during the course of their lives as a result of their love toward their children. This feeling, however, can be a problem when parents cannot release and control it. And it is often not realized by them. If the anxiety is not in normal scale, it can be an excessive feeling of worry that effected to the activity. The excessive feeling of worry will cause parents to act uncontrollably and can be damaging and harmful for their children's personality development.

Parents who have anxiety will usually become aggressive and control their children under their supervision intensively. They even limit their children's activities to make their children safe. They do this because they are afraid to lose their children. But, ironically, the anxiety of the parents cause their children to feel restrained or unable to become independent. Consequently, this restriction could cause rebellion from the children. They will carry out actions that are labeled as resistance to their parents. The children's sense of trust in their parents also decreases so that they behave contradictory to their parent's expectations. The children's loss of self-confidence also make them unable to try a new experience. Reducing children's social interactions in the environment will restrict the children to socialize with their community. Eventually, this kind of

anxiety will become a disorder for the parents who cannot control it.

Intrinsically, anxiety disorder often occurs in a mother, because mother is the closest person who intensively interacts with their child. In the UK, according to Mental Health Foundation (2014), they surveyed amongst the general population of Britain in early April 2014 to get a picture of the extent and causes of anxiety. They commissioned a survey of 2,330 adults. The survey complements upon recent large-scale survey evidence about anxiety, which suggests that although on average, women rate their life satisfaction higher than men, their anxiety levels are significantly higher than men. And then when compared to other age groups, people in their middle years (35 to 59) had the highest levels of anxiety. (Self et al., 2012; the Office for National Statistics (ONS), 2013).

The feeling of overprotecting is easily adopted by the mother that leads her to think that the child is the most precious treasure that must be guarded. It leads her to always keep an eye on her children or overprotects and limit her children's activities. Mother thinks that overprotecting is a common thing in parenting's life. Based on Edwards et al. (2008) define overprotection as a “style of parenting that is overly restrictive when it comes to protecting the child from potential harm or risk”. Such items refer to two related aspects of overprotection. The first is harm minimisation that is the degree to which the mother goes beyond what is required to protect her child, by comforting and showing concern about the emotional state of the child where it is not warranted. And the second is

intrusiveness that is the degree to which the mother restricts the child's autonomy or is inappropriately directive and controlling in her help. Includes both verbal intrusiveness, such as telling the child what to do and making decisions for the child. These two-aspect of overprotection is the proof of anxiety disorder from the mother toward her children.

This anxiety disorder slowly can change the mother's personality, in terms of cognitive, physical, and behavior. In cognitive, it affects a person's thinking, ranging from mild worry to extreme terror. Physically, its effects include heart palpitations or increased heart rate, shallow breathing, trembling or shaking, sweating, dizziness or lightheadedness, shortness of breath, and nausea. And in behavioral, they engage in certain behaviors and refrain from others to protect themselves from anxiety, such as taking self-defense classes or avoiding certain streets after dark.

Additionally, Adler and Rodman (1991:30) say that there are two factors that can cause an anxiety disorder. The first is negative experiences in the past, and the second is irrational thinking. Negative experiences in the past can cause anxiety because this experience that is not considered a good experience makes an impression and overshadows what will happen in the future. Meanwhile, in irrational thinking, the anxiety does not happen because of the situation but the belief about the situation. Irrational thinking means that someone does not think with her logic, she only concerns with emotion.

Moreover, according to Neil A. Rector (2005), anxiety disorder has

some types such as panic disorder, specific phobia, social phobia, obsessive-compulsive disorder (OCD), acute stress disorder, post-traumatic stress disorder (*PTSD*), and generalized anxiety disorder (*GAD*). Each of these anxiety disorders is distinct somehow. Still, they all share the same hallmark features: irrational and excessive fear, apprehensive and tense feelings, and difficulty managing daily tasks or distress related to these tasks.

The issue of anxiety disorder is essential to be discussed. It is because anxiety can be found in real society. One of the examples is Gwyneth Kate Paltrow. She is an American actress and singer. Based on Sarah Menkedict (2020) Paltrow got anxiety that is postpartum depression. She could not control her emotion because of her anxiety. She feels that she is a terrible mother and a terrible person. Moreover, according to Kessler et al (2005) anxiety disorders in adults occur in over a quarter of the general population and are disabling. So, this issue is important to be considered as parenting guidance for mothers, not only for the health of the child but also for the mother itself. The second example is Selena Gomes. According to Health.com (Claire Gillespie:2020) Selena has been open about her mental health struggles. She spoke out about how being officially diagnosed with anxiety and depression and getting the right treatment has been life-changing. This shows how anxiety disorder change someone's mental health. And she has to take rehabilitation to reduce the effects of anxiety disorder

The issue of anxiety disorder is also exposed in many literary works. One of them is the drama *The Peach Season* (2007) by Debra Oswald. In this drama, the protagonist is a mother who overprotects her daughter, so her daughter becomes dependent person. The anxiety that the protagonist has, makes her to avoid everything that she thinks might endanger her child. Her anxiety also makes her often panic or fear to what will happen toward her child, if she lets her to be alone. So she will be a decision maker for what her daughter will do. She even thinks irrationally when her daughter is far away from her, even just going to school. These matters show how dangerous the impact of anxiety disorder that protagonist experiences.

1.2. Anxiety Disorder

There are two keywords used in this analysis: anxiety and disorder. In Cambridge Dictionary (2020), anxiety is defined as an uncomfortable feeling of nervousness or worry about something that might happen in the future. While in Oxford learners's dictionary (2021), anxiety is a mental health problem that causes somebody to worry so much that it has a very negative effect on their daily life. Then, in Merriam Webster dictionary (2020), disorder was defined as an abnormal physical or mental condition. Therefore, it can be concluded that anxiety disorder is a mental illness in which a person is so anxious that later makes their normal life is affected.

In this analysis, an anxiety disorder can be seen from the

protagonist's negative behavior and irrational thinking suffered by Celia, a single mother, that affects her daughter's personality development. Her daughter's personality does not develop well because the protagonist always limits or determines what her child can do. In the absence of the opportunity to act or make her own choices, her daughter feels constrained and finally become rebels and does not even want to listen to what the protagonist says.

1.3. A Brief Description of the Author's Biography

Based on *The Peach Seasons* (2007), Debra Oswald was born on August 30, 1959. She is an Australian writer for movies, television, stage, radio, and children's fiction. Oswald began writing since she was a teenager. Her first play was workshopped in 1977 at Australian National Playwrights Conference when she was 17 and then broadcast on ABC Radio. She studied at the Australian National University and the Australian Film Television and Radio School.

Oswald received numerous awards. Her drama *The Peach Season* was all shortlisted for the NSW Premier's Award and won the 2005 Seaborn Playwright's Prize. And she is a writer for film, television, stage, and radio, as well as publishing many novels for children. Among Debra's television credits are *Bananas in Pyjamas*, *Sweet and Sour*, *Palace of Dreams*, *The Secret Life of Us*, and award-winning episodes of *Police Rescue*. She is also the writer and creator of *Off spring*, and her script for

the telemovie won the 2011 NSW Premier's Award.

1.4. The Peach Seasons

The drama *The Peach Season* (2007) written by Debra Oswald reflects the issue of anxiety disorder. In this analysis, anxiety disorder is shown through the protagonist who overprotects her daughter by limiting her activity. The protagonist is a mother who lost her husband and lives with her daughter. She was afraid that her daughter would get harmed, so she always keeps an eye on her. Her anxiety disorder can be seen through negative behavior and irrational thinking.

Regarding the negative behavior, the protagonist tries to forbid her daughter to go or do something alone and make her daughter depend on her. She sends her daughter to a girl school. The protagonist is always worrying about her daughter and quietly monitoring her daughter's activity due to excessive worry about what might be happening. In terms of irrational thinking, the protagonist is always overthinking on her daughter. She is always anxious about what will happen to her daughter so cannot think rationally. Her worries are always exaggerated. She thinks this world is dangerous for her daughter. She always thinks that her daughter will be hurt by a person who meets or engages with her daughter.

1.5. The problem of the Study

Anxiety disorder is an essential issue in the drama *The Peach*

Season (2007) by Debra Oswald. Thus, there are two research question used to analyze the issue of anxiety disorder, which are formulated as follow:

- How does the protagonist in Debra Oswald's drama entitle *The Peach Season* (2007) expose the issue of anxiety disorder?
- To what extend does action/plot in the drama contribute in revealing the two type of behaviour of anxiety disorder

1.6. Purpose of the Study

This study aims to seek how far the protagonist in the drama *The Peach Season* (2007) by Debra Oswald, exposes anxiety disorder. Furthermore, it is conducted to figure out the action/plot of the drama *The Peach Season* (2007) in revealing the two type of behavior of anxiety disorder.

1.7. Previous Study

The analysis on the drama *The Peach Seasons* (2007) that focuses on anxiety disorder has not been found yet. However, there are two articles that have given contribution and inspiration in analyzing this drama. The first work is *Dr. Leidner's anxiety reflected in Agatha Christie's murder in Mesopotamia* by Fendy Yugo Sarjono (2016) and *Anxiety And Defense Mechanism Of Anne Frank As Depicted In Diary Of A Young Girl* by One Ivonda Riawandono (2018)

In the first study that gives contribution to this analysis is journal by Fendy Yugo Sarjono (2016) entitled *Dr. Leidner's anxiety reflected in Agatha christie's murder in Mesopotamia* by The character's behavior and feeling are closely attached to their psyche condition. The protagonist has a conflict between his ego and superego that always feels worried and threatened.

The second journal is *Anxiety And Defense Mechanism Of Anne Frank As Depicted In Diary Of A Young Girl* by One Ivonda Riawandono (2018). It shows the protagonist Anne Frank as worry, panic, and fear under the circumstances of the life she has to undergo. The protagonist also struggles with the anxiety that she has.

The two studies above give the writer contribution and inspiration in analyzing the issue of anxiety disorder. Both of the previous studies apply Freud's theories in analyzing literary work. This study is also using Freud's theories about Psychoanalysis. Unlike the previous study, this study focus on a mother who has an anxiety disorder. She shows anxiety disorder through negative behavior and irrational thinking.

1.8. Theoretical Framework

The focus of analysis in this drama is an anxiety disorder. The major of the topic is related to the theory of Psychoanalysis by Sigmund Freud. According to Guerin (2005), Freud explains there are three psychic zones in the mental process: the Id, the ego, and the Superego. The Id is

the reservoir of libido, the primary source of all psychic energy. It fulfills the primordial life principle, which Freud considers to be the pleasure principle. It is the source of all our aggressions and desire. The ego is the other psychic agencies to protect the individual and society in a view of the id's dangerous potentialities. This is the rational governing agent of the psyche. And then superego is other regulating agent which primarily functions to protect society. Largely unconscious, the superego is the moral censoring agency, the repository of conscience and pride. The three psychic zones have an important role in shaping the personality of someone. When ego and superego of someone have could not control their id, it will become an anxiety disorder.

According to Hilgard (2009), Freud discovers human personality in three major systems that govern human behavior: the id, the ego, and the Superego. The id is the most primitive part of the personality and the part from which the ego and the Superego later develop. The ego obeys the reality principle: The gratification of impulses must be delayed until the situation is appropriate. Thus, the ego is essentially the executive of the personality: It decides which id impulses will be satisfied and in what manner. The ego mediates among the demands of the id, the realities of the world, and the Superego's demands. The third part of the personality is the Superego, which judges whether actions are right or wrong. More generally, the Superego is the internalized representation of the values and morals of society. It is the individual's conscience and his or her image of

the morally ideal person. Psychoanalysis is a theory about the human mind's complexity, which substantially impacts the human's act. For this analysis, the topic of anxiety is related to the theory of Psychoanalysis. The Id, Ego, and Superego influence the personality of the character.

In his theory about Psychoanalysis, Freud divides the soul into three parts; conscious, preconscious, and unconscious. Freud and his followers believed that there is a portion of the mind, the unconscious, that contains some memories, impulses, and desires that are not accessible to consciousness. Freud believed that some emotionally painful memories and wishes are repressed that is, diverted to the unconscious, where they may continue to influence our actions even though we are not aware of them. Repressed thoughts and impulses cannot enter our consciousness, but they can affect us indirectly or be disguised through dreams, irrational behaviors, mannerisms, and slips of the tongue. Such as someone who has anxiety. They repress their thought and impulse because it cannot enter to consciousness and affect to their daily life.

According to Mary Klages (2006), Freud argues the desires that cannot be fulfilled are packed, or repressed, into a particular place in the mind, which Freud labels the unconscious. In this analysis, the character repressed her excessive fear and worries into unconscious because Freud believed that unconscious desires and impulses cause most mental illnesses such as anxiety disorder. As the basic system of a human's personality, the id demands pleasure. The ego cannot always provide what

the id needs because the ego must face reality, and the Superego is the moral factor. The unfulfilled needs that are unconscious desire and impulses then become anxiety. The feeling creates discomfort and pain.

According to Neil A. Rector (2005), this analysis is related to anxiety disorder, a generalized anxiety disorder. Generalized anxiety disorder (*GAD*) involves "excessive anxiety and worry, occurring more days than not for at least six months, about several events or activities *GAD* is characterized by difficulty in controlling worry.

The analysis of this drama is supported by text and context-based interpretation. According to Guerin (2005), text-based interpretation means the approach that based on the analysis and interpretation of the text itself and context-based interpretation is the approach that based on the circumstances of culture, history, political, and social. It is centered on analyzing the dramatic elements; character and action/plot.

The focus of the analysis reveals through the character. Character is an important element to reveal the meaning of this drama. According to Abrams in his book *A Glossary of Literary Terms* (1999), a character is the name of the literary genre; it is a short, and usually witty, sketch in prose of a distinctive type person. Characters are the person represented in a dramatic or narrative work, who is interpreted by the reader as being endowed with particular moral, intellectual, and emotional qualities by inferences from what the person says and his distinctive ways of saying it – the dialogue- and from what they do – the action. A character is not only

enough to build a story. The way to depict the character to make the story more alive is called characterization. Characterization is the creation of the nature of imaginary persons so that they exist for the reader as real within the limits of the fiction (Holman, 1972:75). The drama *The Peach Seasons* (2007) shows that a woman, especially a mother, has anxiety about his child.

The second element to analyze this drama is action/plot. Action/plot is a structure of a series of events of the drama that builds the story becomes the main framework of the story. The plot is an important basic framework. It regulates how actions should be related to each other, how an event has a connection to another event, and how the characters are portrayed and play a role in this drama. In this analysis, the action/plot happened through the external caused by the internal. The anxiety disorder that the protagonist has made the character has no idea to treat her child well.

1.9. Methodology

The drama *The Peach Season* (2007) analysis by Debra Oswald is done through text and context-based interpretation. The fictional devices such as character and action/plot are important aspects of analyzing. The character has an important role in examining the topic of anxiety disorder. It is used to reveal anxiety disorder by analyzing negative behavior and irrational thinking by giving the meaning from the character's dialogue. Plot/action will be used to recognize the conflict the character faced. Also,

this analysis will use the theory of psychoanalysis by Sigmund Freud. The theory gives a contribution to the process of analyzing the negative behavior and irrational thinking of the protagonist. It is related to the theory of Psychoanalysis by Sigmund Freud.

CHAPTER III

CONCLUSION

Drama *The Peach Seasons* (2007), written by Debra Oswald, reflects the issue of anxiety disorder. The dramatic elements such as character, action/plot contribute in covering the meaning beyond the play. The analysis of this drama also deals with the concept of psychoanalysis by Sigmund Freud. Thus, anxiety disorder refers to the behaviors shown by the protagonist, Celia, a single mother, through her daughter. There are two types of behaviors the protagonist shows as her anxiety disorder; negative behaviour and irrational thinking.

The negative behaviour can be seen from the protagonist's action that forbids her daughter to go or do something without her presence or her control. She is quietly monitoring her daughter's activity due to excessive worry about what might be happening. She also shows her prejudice toward the people who interact with her daughter. This happens, as Sigmund Freud said in his book that some emotionally painful memories and wishes are repressed that is, diverted to the unconscious, where they may continue to influence people's actions, even though they are not aware of them.

The irrational thinking can be seen from the protagonist's thoughts, such as she knows that she is an anxious person but she does not know what to do about her anxiety. It proves that she realizes her anxiety

disorder has been changed the way of her thought. Irrational thinking is also disturbed her sleep, acts panic and worriedly concerning about her daughter. As Sigmund Freud said that repressed thoughts and impulses cannot enter our consciousness, but they can affect us indirectly or disguised through dreams, irrational behaviors, mannerisms, and slips of the tongue, as someone who has anxiety, they repress their thought and impulse because it cannot enter to the consciousness and then affect to their daily life.

The feeling of anxiety is a common experience of any parents during the course of their lives as a result of their love toward their children. This feeling, however, can be a problem when parents cannot release and control it, and unfortunately often not realized by them. To minimalize the effect of the anxiety, parents have to trust their children and let them to make a choice for their life. With knowing the anxiety disorder it can make the relationship between parents and children become better. So, parents have to know the effect of the anxiety disorder on themselves and their children. Parent should guide their children if their children make a wrong way, not limit them and do excessive protection on them. Finally, it proves that having an anxiety disorder, parents will have a changing behavior and thought, and will bring a bad relationship among the family member.

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