

Lara Jean's Anxiety in *To All the Boys I've Loved Before*

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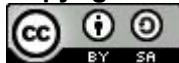
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DOI: <https://doi.org/10.18860/lilics.v3i2.6878>

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How to Cite: APA Style 7th edition

Submission**Track:**

Received:

20-03-2023

Available online:

31-10-2024

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ABSTRACT

The research explores the theme of anxiety in the novel To All the Boys I've Loved Before by Jenny Han, focusing on the main character, Lara Jean. Anxiety has a significant impact on adolescents during the transition from childhood to adulthood. This study investigates Lara Jean's condition of experiencing anxiety and aims to answer questions about the types and causes of her anxiety experiences. This research used a literary criticism approach by applying Sigmund Freud's anxiety theory to analyze the novel To All The Boys I've Loved Before by Jenny Han. It explored the types of anxiety and their causes experienced by the main character, Lara Jean. Data collection includes close reading, recording relevant information, and sorting data to answer research questions. The findings in this research are Lara Jean's experiences of reality anxiety, neurotic anxiety, and moral anxiety. Reality angst sets in when her secret box disappears, and her secret is discovered, leading to tension with her sister Margot and attempts to avoid Josh. Neurotic anxiety revolves around fear of punishment for impulsive actions, including concerns about Josh revealing love letters and potential bullying from Peter's ex, Genevieve. Moral anxiety is related to the violation of decency norms triggered by Lara Jean's controversial video and the conflict with family values. This study identified threat, conflict, and frustration as essential factors contributing to Lara Jean's anxiety, providing insight into the complex interactions between external pressures and internal conflict in her life.

Keywords: anxiety, moral anxiety, neurotic anxiety, realistic anxiety

INTRODUCTION

The research discusses the prevalence of anxiety, particularly in adolescents, and its impact on mental health. It highlights a study indicating an increase in anxiety and depression among young adults in the United States, attributing it to factors such as

academic, psychological, and social pressures, with social media possibly playing a role. The focus then shifts to Sigmund Freud's perspectives on anxiety, emphasizing its connection to external threats and instinctual dangers. Anxiety is described as a source of clinical problems when it significantly affects a person's social life. The text also mentions the novel *To All the Boys I've Loved Before* by Jenny Han, depicting the main character Lara Jean's struggle with internal anxiety.

Several previous studies related to the research object are presented, analyzing different aspects of characters and linguistic features in the context of anxiety in various literary works. These studies provide a foundation for the current research, which explores the nature and causes of anxiety experienced by the main character, Lara Jean, in Jenny Han's novel. The text introduces various research studies on anxiety in different literary works, utilizing Sigmund Freud's psychoanalytic approach. These studies investigate characters' experiences of realistic, neurotic, and moral anxiety, employing qualitative methods to analyze the psychological aspects of the characters. The theoretical framework draws on Freud's psychoanalytic theory, emphasizing the human personality structure's id, ego, and superego components. The researchers aim to build upon existing studies by delving into Lara Jean's anxiety experiences, employing a psychoanalytic approach to understand the psychological aspects of the character.

Sigmund Freud's conceptualization of anxiety emphasizes its nature as a felt, affective discomfort stemming from the ego's reactions toward danger (1940), influenced by the id, superego, and external factors. Freud categorized anxiety into three types: neurotic anxiety, moral anxiety, and realistic anxiety. Neurotic Anxiety is a type of anxiety that originates from the conflict between the id's impulsive desires and external reality. It is often rooted in childhood experiences where impulsive behavior leads to punishment. Neurotic anxiety is characterized by fear of punishment, and it develops based on childhood threats and punishments (Freud, 1933). Moral Anxiety stems from the development of the superego, moral anxiety arises when an individual violates moral standards. It is associated with feelings of guilt and is triggered by conflicts such as jealousy, hatred, lies, and other moral dilemmas that deviate from societal norms (Freud, 1933). Realistic Anxiety is the type that occurs due to uncomfortable situations related to the ego and is a response to external threats or dangers. Realistic anxiety is characterized by feelings of insecurity and the need for protection, prompting physiological reactions like increased heart rate and sweating. It is triggered by threats or situations perceived as dangerous (Freud, 2006).

The causes of anxiety involve conflicts between the id, ego, and superego, as well as external factors. Freud identified five complex factors influencing anxiety: threat, frustration, environment, conflict, and repression. Threat, anxiety arises from feelings of unease related to perceived threats, whether internal or external. Internal threats stem from an individual's mental condition. In contrast, external threats involve factors like other people or the environment (Freud, 1933). Frustration, the constant demands on the ego from the id, superego, and external world can lead to frustration. Failure to reconcile these demands can result in realistic anxiety about the external world, moral anxiety about superego standards, and neurotic anxiety about id desires (Freud, 1933). Environment, anxiety disorders can be triggered or exacerbated by environmental factors such as work, home, school, or social situations. Stressful or unsupportive environments can contribute to anxiety disorders, especially those related to realistic anxiety (Freud, 1933). Conflict,

identified by Freud as a major cause of anxiety, involves clashes between the id, ego, and superego. Conflict can arise between the ego and the id, the ego and the superego, and between the id, ego, and external reality (Freud, 1933). Repression is a condition of Anxiety that can result from the ego's realization that fulfilling the id's desires may lead to dangerous situations. Repression involves suppressing instinctual drives, and when unsuccessful, it can lead to anxiety and discomfort (Freud, 1933).

RESEARCH METHOD

Classifying this research as literary criticism involves applying literary theory to analyze novels. This research could be categorized as literary criticism because first, this research is based on a critical attitude and objectivity, which are scientific aspects of literary criticism. Second, this research is the result of in-depth reflection on a literary work after careful reading. Third, in this research, an effort was made to describe various aspects contained in literary works, including structural, social, linguistic and other aspects. Fourth, this research seeks to interpret and interpret the meaning contained in the literary work which is the focus of the analysis. Fifth, this research has reached the evaluation or assessment stage of the quality of the literary works being studied, assessing whether they are good or bad. So, by paying attention to these characteristics, it can be concluded that this research meets the criteria for literary criticism (Didipu, 2021). The research utilized Sigmund Freud's theory of anxiety, chosen for its suitability in addressing research questions concerning the anxiety conditions experienced by Lara Jean in the novel *To All The Boys I've Loved Before*. This theory explores the kinds of anxiety that Lara Jean experienced and the causes of her anxiety.

The data source in this study is a novel entitled *To All The Boys I've Loved Before* by Jenny Han, an electronic edition with 259 pages. Simon & Schuster published this novel in the United States in 2014. The data from these sources are in the form of quotes, dialogues, and sentence snippets that contain the necessary elements to support compatibility with the theory applied. Supporting data in this research are obtained through research journals, books or theses related to the formulation of the problem

The data collection used in this research was a reading and note-taking technique, where the researchers divided data collection into three parts. First, the researchers carefully read the data source in the form of the novel *To All The Boys I've Loved Before* several times to gain an in-depth understanding of the story idea. Second, the researchers recorded data from the novel related to the topic raised in the form of sentences, dialogue, phrases and quotations. Finally, the researchers sorted and classified the data based on research questions prepared according to the applied theoretical explanation, namely Sigmund Freud's theory of anxiety.

After gathering pertinent data, the researchers analyze information about the research question. This analysis unfolded through several stages: First, the researchers identify of data associated with the main character's kinds of anxiety and the underlying causes of anxiety, viewed through the lens of Sigmund Freud's perspective. Second, Categorization of the identified kinds of anxiety and their respective causes in the main character. Third, drawing conclusions and elucidating the discovered data, including insights into the kinds of anxiety and the causes of anxiety experienced by Lara Jean.

FINDINGS & DISCUSSION

Kinds of Anxiety

The data found that Lara Jean experienced three kinds of anxiety by Sigmund Freud. There are neurotic anxiety, realistic anxiety and moral anxiety.

Realistic Anxiety

Realistic anxiety is anxiety that arises from the outside and is related to the ego. According to Freud (1940), the ego develops realistic anxiety from real dangers in the surrounding environment. Excessive feelings of fear and nervousness cause most cases of realistic anxiety. This condition triggers feelings of anxiety and insecurity, then leads sufferers to seek protection immediately. Spontaneous things like this will trigger adrenaline to survive and avoid threats (Freud, 2006). Below is data showing the realistic anxiety experienced by Lara Jean.

As soon as I get home, I dash upstairs and go into my closet for my hatbox. It's not sitting on the top shelf where it usually sits. It's not on the floor, or behind my stack of board games. It's not anywhere.

I get on my hands and knees and start rifling through piles of sweaters, shoe boxes, craft supplies. I look in places it could not possibly be, because it's a hatbox and it's big, but I look anyway. My hatbox is nowhere. (p. 55)

Lara Jean's realistic anxiety begins when she finds out that a secret box containing letters to the men she has loved has disappeared. According to Freud (2006), realistic anxiety is a condition where a person feels anxious and insecure because of certain situations. Lara Jean feels anxious about losing the box, which triggers feelings of fear and excessive nervousness. It makes Lara Jean's ego insecure because this incident creates uncertainty and insecurity.

According to Freud (1933), the id is in the subconscious and has no contact with reality. Its function is related to the pleasure principle, namely, always seeking satisfaction and avoiding discomfort. Here are some quotes from letters written by Lara Jean:

Did you know that when you kissed me, I would come to love you? Sometimes I think yes. Definitely yes. You know why? Because you think EVERYONE loves you, Peter. That's what I hate about you. Because everyone does love you. Including me. I did. Not anymore. (p. 50)
So, thank you. Also, you're a really amazing swimmer and I like your laugh. I wish it had been me you kissed at the bonfire last night and not Blaire H. Take care, Kenny.
Have a really good rest of the summer and a really good life.
Love, Lara Jean

I clutch the letter to my chest. This is the first love letter I ever wrote. (p.68)

The letters written by Lara Jean predominantly describe the experience of her first kiss and her attraction to the men who are the object of her attention. The contents reflect Lara Jean's deepest desires, which are difficult to express directly. These letters function as a medium to express hidden desires or represent aspects of the id that are difficult to express directly in everyday life.

"I had letters inside, letters I wrote to the boys I loved. They were supposed to be private, they were never supposed to be sent, but then somebody did, and everything turned into a mess. Josh got one, and Peter got one, and I was just so humiliated..." (p. 248)

Lara Jean's statement reinforces the quote above, emphasizing that no one else should read the letters in the secret box. Lara Jean's keeping these letters reflects the ego's existence, which limits the expression of the id's desires. When someone experiences anxiety, especially reality anxiety, they tend to avoid the source of stress and seek protection. This statement is by Freud's (2006) view of reality anxiety, which states that it is a spontaneous reaction that arises from discomfort, dangerous situations, or suffering, in which there is a tendency to release adrenaline to survive and stay away from potential threats or something dangerous for them. Here are some data that reflect Lara Jean's efforts to avoid threats in response to reality anxiety:

"There is so a guy! It's Josh Sanderson." "Doesn't he go out with your sister?" I nod. I'm surprised he even knows this. I didn't think Josh and Margot would be on his radar. "They're broken up now. But I don't want him to know I have feelings for him ... for obvious reasons. So ... I told him you were my boyfriend." (p. 64)

The quote above says that Josh is one of Lara Jean's crushes, but he is not supposed to receive the letter because he is her sister's boyfriend. As a result, Lara Jean's ego steps in to prevent conflict with Josh or any potential problems within her family.

Peter and I decided to pretend to date so I could save face in front of Josh and he could make his ex-girlfriend jealous, and the whole thing just spun out of control." (p. 248)

In the quote above, Lara Jean explains how she and Peter entered a contractual relationship to avoid Josh and get revenge on Peter's ex-girlfriend. This collaboration is considered mutually beneficial and is a protective mechanism for Lara Jean in dealing with her anxiety.

After analyzing this data, the findings conclude that Lara Jean's letters manifest the id's desire for her romantic interest, a desire she cannot express directly. Lara Jean's ego guards these letters by placing them in a private box, hoping no one will read them. However, when the box mysteriously disappears and the letters reach their intended recipients, primarily her crush, Lara Jean, experiences anxiety during their interactions. The statement aligns with Freud's concept of reality anxiety, where anxiety arises from uncomfortable situations related to the ego. (Freud, 2006).

Neurotic Anxiety

Someone who experiences neurotic anxiety will feel afraid and anxious about something unknown and unrealistic. The id dominates the emergence of fear of being punished for impulsive behavior (Freud, 2013). This type of fear resembles a person's sensation when feeling nervous, unable to control themselves, their behavior, reasoning, and even their thoughts. Lara Jean feels afraid and anxious about something unknown and realistic due to the emergence of fear of being punished for impulsive behavior, which is a sign she experiences neurotic anxiety. The data analysis of neurotic anxiety is presented below.

What if Peter is just the beginning? What if ... what if my other letters somehow got sent too? To John Ambrose McLaren. Kenny from camp. Lucas Krapf.

Josh.

Oh my God, Josh. (p. 54)

"I was really confused when I wrote this; I don't even know how it got sent out. Honestly, it's not worth talking about. So please, please don't say anything to Margot about it." He nods, but that's not good enough.

I need a verbal commitment. I need to hear the words come out of his mouth.

So I add, "Do you swear? On your life?" If Margot was to ever find out ... I would want to die. "All right, I swear. I mean, we haven't even spoken since she left." I let out a huge breath. "Great. Thanks." I'm about to walk away, but then Josh stops me. (p. 61)

These two quotes elucidate Lara Jean's anxiety upon discovering that her letters have been sent to her crushes. The anxiety arises because the id's desires are revealed, placing a significant burden on the ego, which struggles to meet the superego's standards. The ego's failure to meet the superego's standards, in turn, causes anxiety for her. Lara Jean endeavors to avoid potential consequences or punishment stemming from these letters. Hence, she agrees with Josh not to discuss this matter with her sister, Margot. According to Freud, neurotic anxiety is caused by the emergence of fear of punishment for impulsive behavior dominated by the id (Freud, 2013). Additional data indicating that Lara Jean experiences neurotic anxiety is presented in the following data:

So far, she's been eerily, disturbingly quiet. She's hardly ever in the cafeteria during lunch because she and Emily Nussbaum have been eating off campus, and when I see her in the hallways, she smiles at me without showing her teeth, which is somehow more menacing. When is she going to strike back against me? When will I have my Jamila Singh moment? Chris says Genevieve's too obsessed with her college boyfriend to care about me and Peter, but I don't believe it. I've seen the way she looks at him. Like he's hers. (p. 120)

The quote portrays Lara Jean's fear regarding Peter's ex-girlfriend, Genevieve, following her involvement in a contractual relationship with Peter. Lara Jean mentions that whenever Peter gets a new girlfriend, Genevieve tends to engage in bullying, with Jamila being one of the previous victims. Given this context, Lara Jean experiences uneasiness whenever encountering Genevieve, fearing that she might face a situation similar to Jamila's. Lara Jean's ego perceives a threat and wonders when she will become Genevieve's target.

The conclusion follows Freud's theory that neurotic anxiety is caused by the emergence of fear of punishment for impulsive behavior dominated by the id (Freud, 2013). From the data, Lara Jean's neurotic anxiety stems from two primary factors. Firstly, her love letter to Josh, who happens to be her sister's boyfriend, prompts Lara Jean's ego to make significant efforts to avoid family conflicts. Secondly, the neurotic anxiety is triggered by the presence of Genevieve, Peter's ex-girlfriend, creating a sense of threat to Lara Jean's ego. Lara Jean is concerned that her proximity to Peter might lead to an unfortunate outcome similar to Jamila's.

Morals Anxiety

Moral anxiety is a function of the development of the superego, which states violations of right and wrong (Freud, 1933). Moral anxiety is fear and worry that arises in someone because of feelings of guilt and sin when they are about to or carrying out actions

that are contrary to the norms that apply in society. A person with good superego development tends to feel guilty if they do or even think about actions that do not follow moral norms (Freud, 2013). This moral anxiety is related to the norms that apply in society, where sufferers think that acting will violate established norms. People were often punished for violating these norms in the past, and there was fear that similar actions would result in punishment again. Below are the results of the data analysis of the moral anxiety experience by Lara Jean:

It makes my soul feel dirty. Margot's been gone less than a week and look at me, how fast I cave. How fast I covet. I'm a betrayer of the worst kind, because I'm betraying my own sister, and there's no greater betrayal than that. I suppose there's only one thing I can do. I'll write him another letter. A postscript with as many pages as it takes to X away whatever feelings I have left for him. I'll put this whole thing to rest, once and for all. (p. 43)

"Josh and I only kissed one time. Once. And it was a huge mistake, and I didn't even want to do it in the first place! You're the one he loves, not me." She says, "How can I believe anything you ever say to me now?"

"Because it's the truth." Trembling, I tell her, "You have no idea the power you have over me. How much your opinion means to me. How much I look up to you." (p. 246)

The quote indicates that Lara Jean has a strong superego; she respects Margot as her older sister. When her letter was received by Josh, Lara Jean's superego acted immediately creating anxiety in the form of feelings of guilt and sin because she had feelings for her sister's boyfriend. This statement follows Freud's theory, which states that individuals with a strong superego tend to feel guilty if they do or even think about actions that violate societal norms (Freud, 1933).

The conclusion from these two data is that the moral anxiety experienced by Lara Jean is caused by the development of her superego, following Freud's statement which states that moral anxiety is the result of the development of the superego, which emphasizes violations of right and wrong (Freud, 2013). Her respect for Margot and awareness of Josh's status as Margot's lover gives rise to feelings of guilt and sin within Lara Jean. She tries to avoid conflict within her family.

The Cause of Anxiety by Lara Jean

Anxiety is caused by the uncertainty individuals display due to a problem they face, making them worry and anxious. Anxiety is excessive worry which causes symptoms such as insomnia, always having bad thoughts, symptoms of digestive disorders such as stomach ache or vomiting, fast heart rate, excessive sweating, trembling, shortness of breath, and excessive muscle tension (Freud, 1933). The following data outlines the factors contributing to Lara Jean's anxiety, which stem from threats, conflicts, and frustration:

Threat

According to Freud (1933), anxiety is a feeling of unease, such as worry or fear, which is often related to a perceived threat or danger. The feelings of being under pressure and fear caused by the threat indeed triggered anxiety. There are two factors, namely internal and external. The mental condition of the person most likely causes internal threats. In contrast, external threats are caused by outside factors, such as another person or an environment (Freud, 1933:70). The data provided illustrates that Lara Jean's Anxiety is attributed to threats directed towards her.

I'm pondering this when my eyes meet Genevieve's. There's this very brief moment of recognition between us like I know you. Then she looks away and whispers something to Emily. Genevieve is looking at me like I am a tasty morsel and she is going to eat me alive and then spit out my bones. And then, just as quickly, the look is gone and she's smiling. I shiver. The truth is, Genevieve scared me even when we were kids. (p. 95)

Kavinsky of Gen and Kavinsky. It doesn't matter that they're broken up. They're an institution at this institution. I spend the rest of the day hiding out. I even eat my lunch in the girls' bathroom. (p. 63)

"But you know Gen's gonna come after you, right? They may be broken up, but she still thinks she owns his ass." My stomach lurches. "Yeah. I know. I'm scared, Chris." (p. 65)

The quote explains that Lara Jean's anxiety arises due to her closeness to Peter. The cause of her anxiety was traced back to Peter's ex-girlfriend, Genevieve. Lara Jean has felt threatened several times and tries to avoid meeting Genevieve. Lara Jean's friend Chris often warns her about Genevieve, given Genevieve's history of bullying women who show interest in Peter by spreading negative rumors at school. In conclusion, following Freud's belief that external threats, such as another person or an environment, can cause anxiety (Freud, 1933), the perception of threat towards Lara Jean in the three data above comes from external factors, namely Genevieve, who is Peter's ex-girlfriend. Genevieve's previous actions towards Peter's ex put pressure on Lara Jean's ego. To deal with her anxiety, Lara Jean avoids or runs away when she meets Genevieve. Another external threat arises when Lara Jean and Margot get into an argument, which triggers Lara Jean's anxiety.

Wiping my eyes, I say, "You can be mad at me all you want, but you have no right to go to Daddy behind my back." Her voice is piano-string tight as she says, "I didn't do that as revenge. I did it because you clearly have no idea what you're doing, and if you're not careful, you're going to end up some sad teenage statistic." Coldly, as if she is speaking to a stranger, Margot continues. "You've changed, Lara Jean. I honestly don't even know who you are anymore."

"No, you definitely don't know me anymore, if you think for one second that I would have sex on a school trip! In a hot tub, in plain view of anybody who might happen to walk by? You must not know me at all!" And then I lay it down, the card I've been holding against her. "Just because you had sex with Josh, that doesn't mean I'm going to have sex with Peter."

Margot sucks in her breath. "Lower your voice." I feel happy that I've wounded her too. I yell, "Now that Daddy's already disappointed in me, he can't be disappointed in you, too, right?" (p. 245)

The explanation related to the data above describes Lara Jean's involvement in the immoral video controversy with Peter during a school trip. The information in the video stated that they were having sex, even though they were kissing. Unfortunately, Margot was fooled by the false information and discussed it with her father. Lara Jean feels betrayed by Margot, leading to a fight between them.

Currently, Lara Jean's id position is when she and Peter kiss, but someone records it and spreads false information. The pressure on Lara Jean's ego reaches its peak when the video goes viral and spreads to everyone at school. Even though Lara Jean tries not to discuss the video with anyone, Margot's revelation to her father strains Lara Jean's ego. Lara Jean's superego signals guilt as a form of regret and sin for fear of disappointing her father. In the end, as a form of defense against anxiety, Lara Jean threatens Margot back by mentioning that Margot had had sex with Josh.

The following conclusion from Freud states that anxiety can also arise when someone feels under pressure and fear caused by threat indeed triggered anxiety (Freud, 1933). The quote above reflects Lara Jean's ego attempt to maintain a balance between id and superego by hiding the news about her video from her family which almost succeeded. However, external factors, namely Margot, who told her father the news, disturbed the balance Lara Jean had built between id and superego. In the end, anxiety emerged within Lara Jean because the superego's goals were not achieved.

Conflict

Sigmund Freud, a renowned figure in psychoanalysis, saw anxiety as the result of a clash between three major personality components: the id, ego, and superego. Following the concept of anxiety conflict according to Freud (1933), there are three kinds of conflicts, namely conflict between Id and Ego, conflict between ego and superego, and conflict between id, ego and external reality. Freud stated that anxiety caused by the conflict between the id, ego and external reality can also arise when the ego tries to balance the id's demands, the superego's moral standards, and the demands of external reality. Failing to deal with this conflict can result in realistic anxiety about the outside world. At this point, Lara Jean experiences the type of conflict between id and ego and external reality shown in the data below:

"What are you talking about?"

She laughs, and it's chilling how happy she sounds.

"I'm talking about how you and Peter had full-on sex in the hot tub last night." My mind goes completely blank. I might even black out for a second. I can feel myself sway on my feet. Somebody comes quick with the smelling salts; I'm about to faint.

My head is swimming. "Who told you that?" I choke out. "Who said that?"

Genevieve tilts her head to the side. "Everybody?"

"But—but we didn't—"

"I'm sorry, but I think it's absolutely disgusting. I mean, sex in a hot tub—a public hot tub—is just ..." She shudders.

"God only knows what kind of stuff is floating around in there now. Families use that hot tub, Lara Jean. There could be a family in there right now."

Tears are spiking in my eyes. "All we did was kiss. I don't know why people would even say that."

"Um, because Peter's telling them you did?" My whole body goes cold. It's not true. There's no way that's true.

"All the guys think he's a god 'cause he got sweet little Lara Jean Covey to give it up in the hot tub. Just so you know, the only reason Peter even dated you was to make me jealous. His ego couldn't take the fact that I dumped him for an older guy. He was using you. If he got free sex out of it, all the better. But he still came running whenever I called. That's because he loves me. He will never love another girl as much as he loves me." Whatever she sees in my face must please her, because she smiles.

"Now that Blake and I are done ... well, I guess we'll see, won't we?" I stand there mute and numb as she fluffs her hair in the mirror.

"But don't worry. Now that you're a slut, I'm sure you'll have plenty of guys who'll want to date you. For a night." I flee. I run out of the ladies' room and out the doors, back onto the bus, and I cry. (p. 227)

The data above shows that there is external pressure on Lara Jean. This pressure was intimidating, caused by her immoral video with Peter on a school trip. This

intimidation causes anxiety in Lara Jean, indicated by the symbolic sentence that her mind is blacking out, she will faint, and her body is shaking and cold.

This data concludes that Lara Jean and Peter's private moment was recorded without her knowledge, leading to the video containing misleading information. The video incident burdens Lara Jean's ego because she cannot reach the superego's standards in real life. From here, Lara Jean is already experiencing anxiety, plus intimidation from Peter's ex-girlfriend Genevieve as an external conflict makes the burden on her ego explode into anxiety.

Frustration

The human ego consistently faces three demands: moral expectations from the superego, impulsive drives from the Id, and external pressures from the surrounding world. Balancing these demands poses a significant challenge for the ego, which often grapples with reconciling conflicting demands. The ego perceives these guidelines as potential threats, sometimes leading to its failure to fulfill its responsibilities. The ego relies on rationality to resolve the conflict between desire and reality. At the same time, the superego sets clear standards, and any failure to meet these standards can result in punishment, such as feelings of guilt or shame. When the burden on the ego becomes heavy and recognition is unavoidable, the ego may experience an explosion, manifesting as realistic anxiety. This anxiety includes worry about the outside world, moral anxiety related to superego standards, and neurotic anxiety related to Id desires (Freud, 1933). The data below shows the pressure on Lara Jean's ego, which makes her frustrated.

"Everything's a mess. You don't trust me anymore; Peter and I are broken up; Margot hates me." (p. 244)

This quote reflects how Lara Jean's ego experiences enormous pressure from the demands of the superego and external reality. First, Lara Jean's father was affected by misleading information towards her controversial video. Second, the video causes intimidation from the surrounding environment, prompting Lara Jean to end her relationship with Peter. Third, Margot is disappointed after discovering that Lara Jean and Josh had kissed without her knowledge. The combination of these three factors frustrates Lara Jean. She felt guilty and ashamed, forcing her to confront realistic and moral anxieties.

The conclusion from the information above is that the three main kinds of anxiety, namely realistic, neurotic, and moral anxiety, can easily be related to the three ego dependencies, namely dependence on external reality, dependence on the id, and dependence on the superego (Freud, 1933). Father and Margot are superego figures for Lara Jean, whom she respects, and when Lara Jean's ego cannot fulfill the superego's expectations, feelings of fear arise within her. Fear of the superego generally never stops, especially in the form of moral anxiety, which is considered very important in the context of social relations (Freud, 1933).

CONCLUSION & SUGGESTION

The conclusion of this study revealed that Lara Jean experiences several kinds of anxiety, including reality, neurotic, and moral anxiety. Reality anxiety arises from the potential for real danger surrounding Lara Jean. It develops in the context of someone taking her secret box, resulting in the sending of her love letters to all her crushes.

Additionally, Josh's involvement as the recipient of love letters creates tension between Lara Jean and her older sister, Margot, triggering anxiety and attempts to avoid interactions with Josh.

Lara Jean's neurotic anxiety stems from fear of possible punishment resulting from impulsive behavior dominated by her id. Lara Jean worries that Josh might spill the beans on his love letter to Margot. Additionally, neurotic anxiety also includes a fear of bullying from Peter's ex-girlfriend, Genevieve, who has a history of bullying women who approach Peter.

Moral anxiety arises due to the development of the superego, which asserts violations of the values of right and wrong. The leaking and spread of Lara Jean's controversial video caused her to feel moral anxiety, especially as she felt inferior and guilty towards her parents for disappointing her father. In addition, the impulsive behavior dominated by the id, especially by Lara Jean and Josh, is known to Margot, causing the moral conflict and anxiety that Lara Jean feels towards her brother.

Three main factors, namely threat, conflict, and frustration, can be traced as the causes of Lara Jean's anxiety. The threat arises from pressure and fear due to external threats, especially from Peter's ex-girlfriend. In addition, conflict arises from Lara Jean's ego's inability to live up to her superego's standards and concerns of bullying by Peter's ex-girlfriend. Frustration relates to the heavy burden that Lara Jean's ego continually receives, which eventually explodes into anxiety.

Through this thesis, the researchers hope that readers can understand various kinds of anxiety and the factors that cause them. Anxiety is considered a condition that someone cannot always be identified directly because of its hidden nature. However, anxiety is an experience that every individual must experience throughout their life. Acknowledging that this thesis has yet to reach perfect research is essential. Therefore, other researchers can complete and continue this research if deemed necessary. This reference can also be a source of inspiration for other researchers in carrying out their studies or research. In addition, other researchers have the possibility to conduct research focusing on the same anxiety and defense mechanisms, as well as using similar study objects such as novels or other related topics.

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