



**EMOTIONAL PAIN OF THE MAIN CHARACTER
IN ALICE MUNRO'S *AMUNDSEN* (2012)**

A FINAL PROJECT

In Partial Fulfillment of Requirement

For S-1 Degree in Literature Studies

In the English Department, Faculty of Humanities

Diponegoro University

Submitted by:

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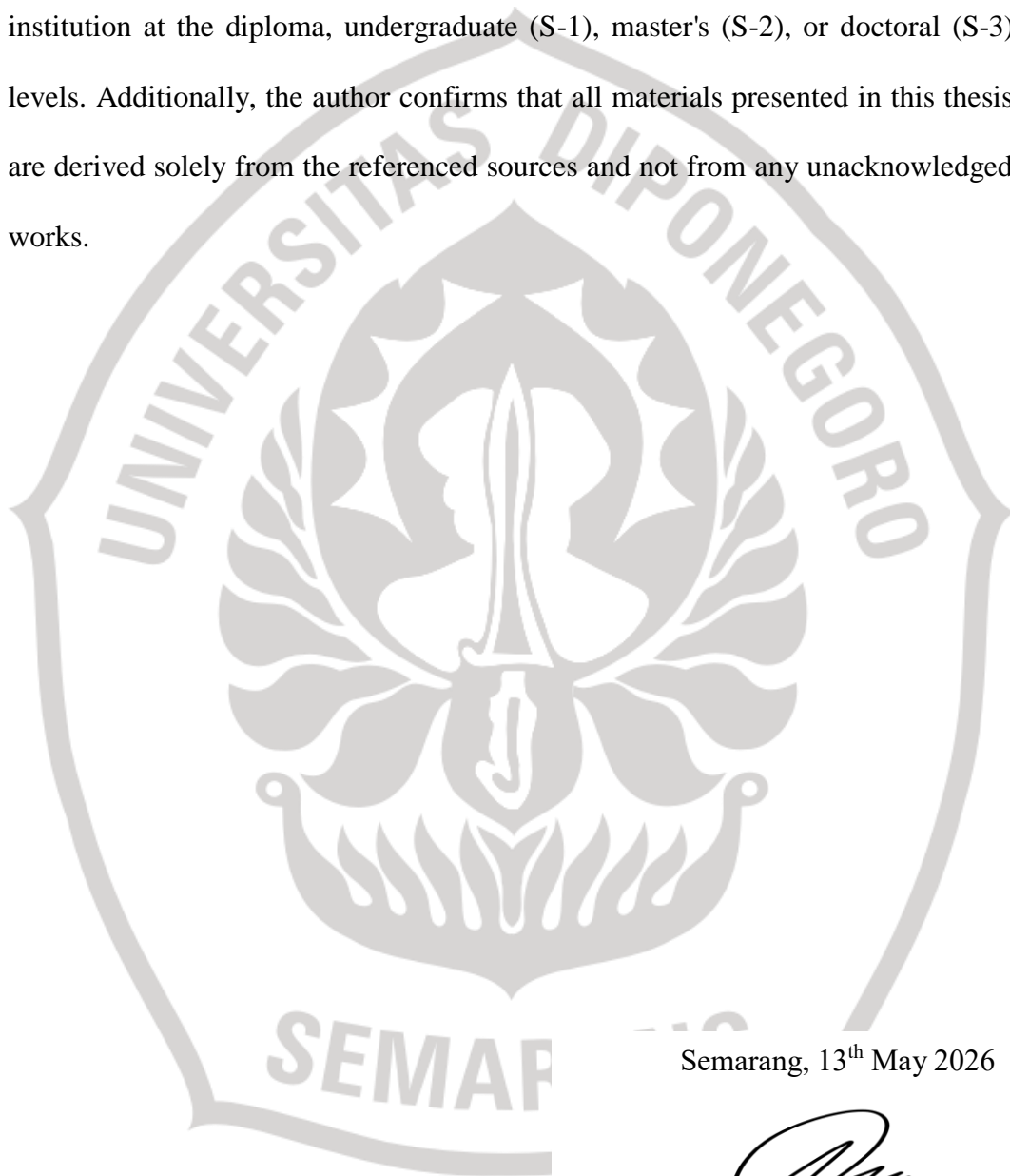
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2026

PRONOUNCEMENT

The author sincerely declares that this thesis is an original work, independently written without using research from any other individual or institution at the diploma, undergraduate (S-1), master's (S-2), or doctoral (S-3) levels. Additionally, the author confirms that all materials presented in this thesis are derived solely from the referenced sources and not from any unacknowledged works.



Semarang, 13th May 2026

A handwritten signature in black ink, appearing to read 'Argya', is positioned below the date.

Argya Fadhil Adyatma

MOTTO AND DEDICATION

Only those who will risk going too far can possibly find out how far one can go.

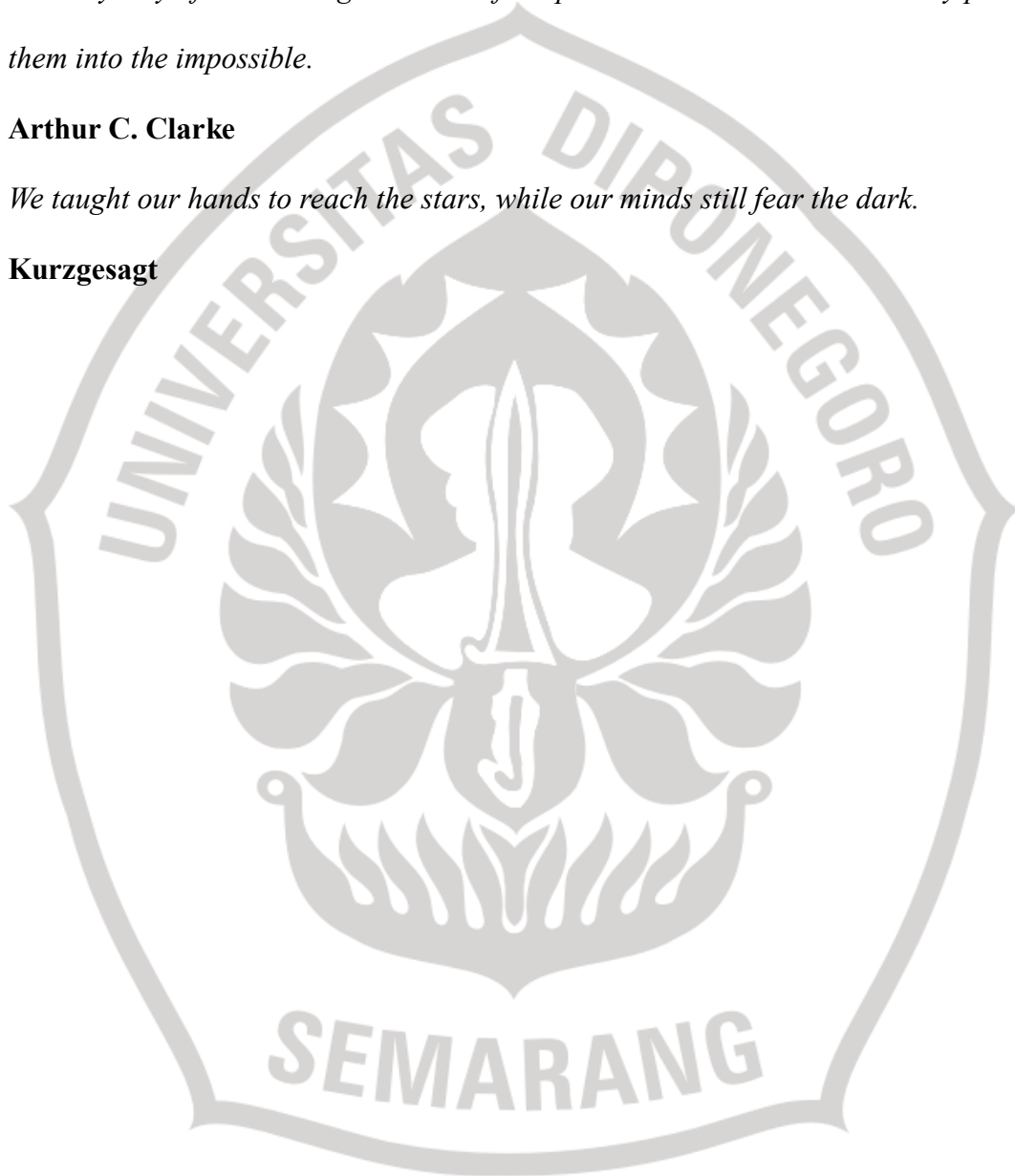
T.S. Eliot

The only way of discovering the limits of the possible is to venture a little way past them into the impossible.

Arthur C. Clarke

We taught our hands to reach the stars, while our minds still fear the dark.

Kurzgesagt



This thesis is dedicated to

My beloved family

and those whom I love the most

APPROVAL

EMOTIONAL PAIN OF THE MAIN CHARACTER IN ALICE MUNRO'S

***AMUNDSEN* (2012)**



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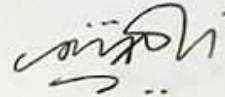
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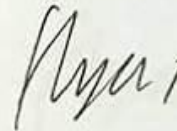
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The writer realizes that this research thesis is still far from perfect. Therefore, any suggestions and constructive criticism will be sincerely appreciated. The writer also hopes that this thesis will provide useful knowledge and contribute to readers who are interested in the topic discussed in this research.

Semarang, 13th May 2026



Argya Fadhil Adyatma

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ABSTRACT

This research examines the symptoms, causes, and effects of emotional pain experienced by Vivien Hyde in Alice Munro's short story Amundsen. The purpose of this study is to analyze how emotional pain is represented through Vivien Hyde's emotional experiences and interpersonal relationships. The writer applies Gross's Process Model of Emotion Regulation and uses a qualitative library research method. The primary data are obtained from Amundsen, while secondary data are collected from books and journal articles. The findings reveal that Vivien experiences symptoms of emotional pain, including social embarrassment, guilt, and emotional discomfort under evaluative judgment. The causes include dismissive communication, emotional rejection, and a lack of emotional connection. The effects include relational withdrawal, persistent difficulty in emotional expression, and psychological vulnerability. This study shows that emotional pain in Amundsen develops as a gradual psychological process shaped by interpersonal interactions, emotional rejection, emotional suppression, and relational distance. The findings also demonstrate that emotional pain is closely connected to emotion regulation, as Vivien frequently manages emotional distress through emotional withdrawal and expressive suppression.

Keywords: symptoms, causes, and effects of emotional pain, character, emotion regulation

CHAPTER I

INTRODUCTION

1.1. Background of the Research

Emotion is an essential aspect of human life because it influences how individuals perceive, interpret, and respond to various experiences. Emotions affect thoughts, behaviors, decision-making processes, and interpersonal relationships. Through emotional responses, individuals evaluate situations, understand their surroundings, and determine appropriate reactions to the challenges they encounter. As a result, emotions play a significant role in shaping both psychological well-being and social interactions.

One emotional experience that frequently affects individuals is emotional pain. Emotional pain refers to psychological distress arising from experiences such as rejection, humiliation, interpersonal conflict, loss, betrayal, and unmet expectations. Unlike physical pain, emotional pain affects an individual's psychological state and may influence self-perception, emotional stability, and relationships with others. Emotional pain often emerges when an individual experiences threats to self-worth, belongingness, or emotional security. Consequently, emotional pain may lead to various psychological responses, including sadness, self-doubt, emotional withdrawal, and difficulties in maintaining interpersonal relationships.

The experience of emotional pain can originate from different aspects of life, including family relationships, friendships, romantic relationships, social interactions, and professional environments. In many cases, emotional pain extends beyond temporary emotional discomfort and may influence an individual's long-term psychological well-being. Therefore, understanding how individuals experience and respond to emotional pain is important for examining the psychological consequences of emotional distress.

One theoretical perspective that explains how individuals manage emotional experiences is Gross's Process Model of Emotion Regulation. Gross (2008: 497) explains emotion regulation as the processes through which individuals influence the emotions they have, when they have them, and how they experience and express those emotions. According to Gross (2008: 498-500), individuals employ various emotion regulation strategies to modify emotional experiences and responses. These strategies may help individuals manage distressing emotions; however, certain forms of emotional suppression may also contribute to prolonged psychological difficulties when emotional experiences remain unresolved.

The representation of emotional pain has become a recurring subject in literary works because literature frequently reflects complex human experiences and psychological struggles. Through literary narratives, authors often portray how individuals experience emotional distress, cope with interpersonal conflicts, and attempt to regulate their emotional responses. As a result, literary works provide

valuable insights into the psychological dimensions of human behavior and emotional experiences.

One literary work that presents the issue of emotional pain is Alice Munro's short story *Amundsen* (2012). The story follows Vivien Hyde, a young teacher who accepts a position at a remote tuberculosis sanatorium. During her stay at the sanatorium, she develops a relationship with Dr. Fox, a physician whose behavior significantly influences her emotional condition. Through a series of interactions with Dr. Fox, Vivien experiences humiliation, disappointment, uncertainty, and emotional rejection. These experiences gradually affect her perception of herself and her understanding of interpersonal relationships.

What makes Vivien Hyde's emotional experience significant is that her emotional pain is not portrayed as the result of a single traumatic event. Instead, it develops gradually through unequal interpersonal interactions, emotional suppression, failed intimacy, and emotional rejection. Throughout the narrative, Vivien attempts to understand and manage her emotional responses while facing disappointment and emotional uncertainty. Her tendency to suppress her feelings and rationalize Dr. Fox's behavior further intensifies her emotional distress. Consequently, the story represents emotional pain as an ongoing psychological process rather than a momentary emotional reaction. Therefore, this study seeks to examine the symptoms, causes, and effects of emotional pain experienced by Vivien Hyde in Alice Munro's *Amundsen* by applying Gross's Process Model of Emotion Regulation. Through this analysis, the study aims not only to identify the

emotional pain represented in the narrative but also to explain how the character regulates, suppresses, and manages emotional distress throughout the story. Furthermore, this study demonstrates how literary narratives can represent emotional pain as a gradual psychological process shaped by interpersonal interactions, emotional rejection, emotional suppression, and relational distance. By combining the analysis of emotional pain and emotion regulation, this research provides a deeper understanding of how emotional experiences influence both interpersonal relationships and psychological well-being in literary works.

1.2. Research Questions

1. What are the symptoms of emotional pain of the main character, Vivien Hyde, in Alice Munro's "*Amundsen*"?
2. What are the causes of emotional pain of the main character, Vivien Hyde, in Alice Munro's "*Amundsen*"?
3. What are the effects of emotional pain of the main character, Vivien Hyde, in Alice Munro's "*Amundsen*"?

1.3. Purpose of the Research

1. To analyze the symptoms of emotional pain of the main character, Vivien Hyde, in Alice Munro's '*Amundsen*'.
2. To analyze the causes of emotional pain of the main character, Vivien Hyde, in Alice Munro's '*Amundsen*'.

3. To analyze the effects of emotional pain of the main character, Vivien Hyde, in Alice Munro's '*Amundsen*'.

1.4. Previous Studies

The writer has reviewed several previous studies related to emotional and psychological distress in literary works. These studies provide valuable insights into the representation of psychological experiences in literature and help establish the position of the present research within existing scholarship.

The first group of studies focuses on trauma and its psychological consequences. Kellermann (2020), in "Witnessing Trauma in Hanya Yanagihara's *A Little Life*," examines the repetition of traumatic experiences and their long-term effects on the psychological well-being of the main character through trauma theory and narrative ethics. Similarly, Mauck (2016), in "The Tragedy of Septimus Smith: Woolf's Recreation of Shell Shock in *Mrs Dalloway*," analyzes the representation of shell shock and psychological trauma through modernist narrative analysis and psychiatric contextualization. Jaeger et al. (2014), in "Trauma Narratives: It's What You Say, Not How You Say It," investigate the relationship between trauma narratives and psychological consequences such as guilt and dissociation. Leys (2000), in "Trauma: A Genealogy," discusses the historical development of trauma theory and its influence on narrative representation, while Brown (1995), in "Not Outside the Range: One Feminist Perspective on Psychic Trauma," examines trauma through a feminist perspective, emphasizing humiliation, betrayal, and

relational suffering. Wyatt (1993), in "Giving Body to the Word: The Maternal Symbolic in Toni Morrison's *Beloved*," explores embodied trauma and memory fragmentation through psychoanalytic literary theory. Collectively, these studies focus on trauma as a major source of psychological distress and examine its effects on literary characters.

The second group of studies discusses shame and humiliation as significant emotional experiences. Walker and Harbus (2020), in "Metaphors of Shame in George Eliot's *Middlemarch*," analyze the representation of shame and humiliation through conceptual metaphor theory and cognitive stylistics. Likewise, Adamson (2009), in "Emotional Rescue: Shame and the Depressive Posture in George Eliot," investigates the formation of shame and depressive emotional responses through Tomkins's theory of shame and psychoanalytic script theory. These studies demonstrate how shame and humiliation influence emotional experiences, interpersonal relationships, and character development.

The third group of studies focuses on psychological disorders and emotional instability experienced by literary characters. Hunt and Carter (2012), in "Seeing through *The Bell Jar*: Investigating Linguistic Patterns of Psychological Disorder," analyze the linguistic representation of psychological disorders through corpus stylistics and narrative medicine. Their study examines how language patterns within the narrative reflect the psychological condition of the main character and contribute to the representation of mental distress. This study highlights the relationship between literary language and psychological experiences, particularly

in portraying emotional instability and psychological suffering. Overall, this group of studies explores the representation of psychological disturbances and their impact on literary characters.

Although previous studies have extensively examined trauma, shame, humiliation, identity crises, psychological disorders, and other forms of emotional suffering in literary works, relatively little attention has been paid to emotional pain as a regulated psychological process. Most of these studies focus on the causes, representations, and consequences of psychological distress, whereas the ways literary characters interpret, manage, suppress, and regulate emotional experiences remain less explored. To address this gap, the present study applies Gross's Process Model of Emotion Regulation to examine emotional pain experienced by Vivien Hyde in Alice Munro's *Amundsen*. Unlike previous studies that primarily analyze emotional suffering as trauma, shame, or psychological disturbance, this research investigates emotional pain as a gradual psychological process that is shaped by interpersonal interactions, regulated through emotional strategies, and reflected in the character's emotional responses, relationships, and psychological condition. By combining the study of emotional pain with the perspective of emotion regulation, this research offers a different approach to understanding psychological experiences in literary works.

1.5. Research Method

1.5.1. Psychology of Literature Approach

Based on the background of the study, which examines the psychological experiences represented in Alice Munro's *Amundsen*, the writer applies a psychology of literature approach. According to Wellek and Warren (1956), psychology of literature is an approach that explores the relationship between literature and psychology, including the psychological aspects of authors, literary characters, and readers. Through this approach, literary texts can be analyzed as representations of human thoughts, emotions, behaviors, and psychological experiences. In this study, the psychology of literature approach is employed to analyze the emotional pain experienced by the main character, Vivien Hyde. To support the analysis, the writer applies Gross's Process Model of Emotion Regulation as the theoretical framework for interpreting how the character responds to and manages emotional distress throughout the narrative.

1.5.2. Method of Collecting Data

This study employs library research as the method of data collection. According to Creswell and Creswell (2018), qualitative research involves collecting and analyzing textual data from various sources to understand and interpret human experiences and social phenomena. Through library research, the writer gathers relevant information from literary texts, books, scholarly journals, previous studies, and other academic sources to support the analysis.

The data used in this study consist of primary and secondary data. The primary data are obtained from Alice Munro's short story *Amundsen*, which serves as the main source of analysis. The secondary data consist of books, journal articles, previous studies, and other academic sources related to psychology of literature, emotional pain, and Gross's Process Model of Emotion Regulation. These sources are used to support and strengthen the analysis of the study. The collected data are then examined and interpreted to identify the symptoms, causes, and effects of emotional pain experienced by Vivien Hyde in the narrative.

1.5.3. Method of Analyzing Data

The data were analyzed using a qualitative descriptive method. First, the writer conducted a close reading of Alice Munro's *Amundsen* to identify passages, dialogue, and narrative descriptions that reflect Vivien Hyde's emotional experiences. Second, the identified data were classified into three analytical categories: symptoms, causes, and effects of emotional pain. These categories function as operational classifications for organizing the findings and are not derived directly from Gross's Process Model of Emotion Regulation. Third, the categorized data were analyzed to determine how emotional pain is represented through the character's experiences and psychological condition. Fourth, Gross's Process Model of Emotion Regulation was applied to interpret Vivien Hyde's emotional responses and regulation strategies. Although Gross proposes five emotion regulation strategies, this study focuses on cognitive change and response modulation because these strategies are the most prominently represented in Vivien Hyde's thoughts, interpretations, and behavioral responses throughout the narrative. Finally, the findings

were interpreted to explain how the narrative represents emotional pain, emotional regulation, emotional suppression, and their psychological consequences throughout the story.

1.6. Scope of the Research

The scope of this research is limited to the analysis of intrinsic elements and the psychological aspects presented in Alice Munro's short story Amundsen. The intrinsic analysis focuses on character, characterization, and setting, while the psychological analysis examines the symptoms, causes, and effects of emotional pain experienced by the main character, Vivien Hyde, through the application of Gross's Process Model of Emotion Regulation.

CHAPTER II

THEORETICAL FRAMEWORK

2.1. Intrinsic Elements

2.1.1. Characters

Characters are defined as persons or figures who experience events and perform actions within a narrative (Abrams & Harpham, 2015:42). Characters constitute one of the most important elements of literary works because their actions, interactions, and thoughts drive the development of the narrative. Through characters, readers can understand the motivations, conflicts, and emotional experiences represented in a story. Based on narrative analysis, characters can be divided into two categories: main characters and supporting characters. The main character functions as the central figure whose actions, thoughts, and experiences significantly influence the development of the narrative (Abbott, 2021:75). Supporting characters contribute to the progression of the plot by interacting with the main character and providing different perspectives within the story (Herman *et al.*, 2010:69). In the present study, the discussion of character is important because Vivien Hyde, as the main character of *Amundsen*, becomes the primary focus for examining the symptoms, causes, and effects of emotional pain represented throughout the narrative.

2.1.2. Characterization

Characterization refers to the methods through which an author presents and develops the personality, traits, and psychological qualities of characters in a narrative (Baldick, 2015:37). Through characterization, readers gain insight into a character's thoughts, behaviors, motivations, and emotional responses to various situations. Characterization can be divided into direct characterization and indirect characterization. Direct characterization occurs when the narrator explicitly describes a character's traits and characteristics (Cuddon, 2013:120). Indirect characterization, on the other hand, is revealed through a character's actions, dialogue, thoughts, and interactions with other characters, allowing readers to infer personality traits and psychological qualities rather than receiving direct descriptions from the author (Abrams & Harpham, 2015:48). These techniques enable readers to understand the psychological development of characters throughout the story. In this study, characterization is particularly significant because Vivien Hyde's emotional pain is revealed through her thoughts, reactions, behaviors, and interactions with other characters, especially Dr. Fox. Therefore, characterization serves as an important element for identifying the psychological experiences analyzed in this research.

2.1.3. Setting

Setting refers to the time, place, and social environment in which the events of a narrative occur (Gill, 2014:92). In addition to physical locations, setting also

encompasses cultural, historical, and social contexts that influence the actions and experiences of the characters. Setting helps readers understand the background of a story and contributes to the development of plot, theme, and characterization. Furthermore, environmental and social conditions often affect how characters behave, interact, and respond to particular situations. In *Amundsen*, the setting of the remote tuberculosis sanatorium plays an important role in shaping Vivien Hyde's experiences and relationships. The isolated environment, social dynamics, and interpersonal interactions within the setting contribute to the emergence and development of emotional pain experienced by the main character. Therefore, the analysis of setting supports a deeper understanding of the psychological conditions represented in the story.

2.2. Psychological Approach

2.2.1. Gross's Process Model of Emotion Regulation

Emotion regulation is defined as the processes by which individuals influence which emotions they have, when they have them, and how these emotions are experienced and expressed (Gross, 2008:497). Emotion regulation occurs throughout the development of an emotional response and allows individuals to manage their reactions to emotionally significant situations. Gross explains that emotional responses are not fixed reactions but dynamic processes that can be modified at several stages of emotion generation. Within the Process Model of Emotion Regulation, five main strategies are identified: situation selection,

situation modification, attentional deployment, cognitive change, and response modulation. Situation selection refers to approaching or avoiding certain situations in order to influence the emotions that may arise. Situation modification involves efforts to change aspects of a situation to alter its emotional impact. Attentional deployment refers to directing attention toward or away from emotional stimuli. Cognitive change involves reinterpreting the meaning of a situation in order to modify emotional responses. Response modulation occurs after the emotion has already been generated and involves regulating the behavioral or expressive aspects of the emotion.

In this study, the symptoms, causes, and effects of emotional pain are used as operational categories to organize and analyze the findings obtained from the textual analysis of Alice Munro's *Amundsen*. These categories are not adopted directly from Gross's Process Model of Emotion Regulation. Instead, they are employed as analytical classifications to identify the emotional experiences represented in the narrative. Gross's Process Model of Emotion Regulation is subsequently used to explain how the main character responds to, manages, and regulates emotional distress throughout the story.

The categories of symptoms, causes, and effects of emotional pain function as analytical tools for organizing the findings of this study. The indicators within these categories, such as humiliation, guilt, self-doubt, emotional rejection, emotional withdrawal, and psychological vulnerability, are identified from the narrative representation of Vivien Hyde's experiences and interpreted through relevant

psychological concepts associated with emotional distress and emotion regulation. Therefore, these indicators are employed as operational categories for textual analysis rather than as fixed classifications derived from a single psychological theory.

2.2.1.1. The Symptoms of Emotional Pain

2.2.1.1.1. Humiliation

Humiliation is one of the indicators of emotional pain identified in this study. It refers to an emotional experience that occurs when individuals perceive that their dignity, self-worth, or social status has been threatened or diminished in a social situation, resulting in feelings of embarrassment, distress, and emotional discomfort. From the perspective of emotion regulation, emotional responses emerge through a series of processes involving the evaluation of situations, the direction of attention, the interpretation of events, and the resulting emotional reactions. When an individual interprets an experience as humiliating, the emotional response may become more intense because the situation is perceived as a threat to personal identity or social standing. Such evaluations may generate strong emotional reactions that are difficult to regulate, particularly when negative interpretations dominate the individual's perception of the experience.

2.2.1.1.2. Guilt

Guilt is associated with emotional pain when individuals perceive that they have acted in ways that conflict with their personal values, moral beliefs, or social

expectations. This emotional experience is often characterized by feelings of responsibility, regret, and psychological discomfort. Individuals experiencing guilt tend to evaluate their actions negatively and may perceive themselves as having caused harm or made inappropriate decisions. As a result, guilt often encourages self-reflection and may influence subsequent emotional and behavioral responses.

2.2.1.1.3. Self-doubt

Self-doubt refers to a state of uncertainty in which individuals question their abilities, judgments, or sense of self-worth. This emotional condition commonly develops following experiences of failure, disappointment, criticism, or perceived inadequacy. Persistent self-doubt may affect self-confidence and contribute to negative interpretations of future situations. Consequently, individuals may experience increased emotional vulnerability when confronted with challenges or difficult circumstances.

2.2.1.2 The Causes of Emotional Pain

2.2.1.2.1. Interpersonal Conflict

Interpersonal conflict can contribute to emotional pain when disagreements or tensions arise between individuals. Differences in expectations, values, opinions, or interests frequently generate conflict and emotional discomfort. When such conflicts remain unresolved, they may produce frustration, disappointment, and psychological distress. These experiences often influence the way individuals perceive social interactions and manage their emotional responses.

2.2.1.2.2. Rejection

Rejection occurs when individuals perceive themselves as excluded, ignored, unaccepted, or unwanted by others. Such experiences may threaten a person's sense of belonging and emotional security, resulting in feelings of sadness, disappointment, and distress. Repeated experiences of rejection can increase emotional sensitivity and influence future social interactions by creating negative expectations regarding interpersonal relationships.

2.2.1.2.3. Unmet Social Need

Unmet social needs arise when individuals are unable to obtain the social connection, recognition, support, or acceptance they desire. This condition may lead to feelings of loneliness, frustration, disappointment, and emotional dissatisfaction. When social needs remain unfulfilled for an extended period, emotional distress may intensify and negatively affect interpersonal relationships and overall well-being.

2.2.1.3. Effects of Emotional Pain

2.2.1.3.1. Behavioral Effects

Emotional pain may influence behavior in various ways. Individuals experiencing emotional distress often avoid situations that trigger discomfort, reduce social interaction, or withdraw from communication with others. These behavioral responses may function as coping mechanisms intended to minimize

emotional discomfort. However, prolonged avoidance and withdrawal can limit opportunities for social support and emotional recovery.

2.2.1.3.2. Effect on Relationships

Emotional pain may also affect interpersonal relationships. Persistent emotional distress can create misunderstandings, communication difficulties, and emotional distance between individuals. When negative emotions remain unresolved, relationships may become strained and less supportive. Consequently, emotional pain may alter how individuals perceive others and influence the quality of their social interactions.

2.2.1.3.3. Impact on Overall Health

Prolonged emotional pain may affect both psychological and physical well-being. Continuous emotional distress can contribute to stress, emotional exhaustion, fatigue, and reduced psychological resilience. In addition, persistent negative emotional experiences may interfere with daily functioning and overall quality of life. Therefore, unmanaged emotional pain can become a significant factor affecting an individual's general health and well-being.

The categories of behavioral effect, effect on relationships, and impact on overall health function as broad analytical classifications in this study. The findings presented in Chapter III, namely relational withdrawal, emotional suppression, and psychological vulnerability, are interpreted as specific manifestations of these

broader effects identified in Vivien Hyde's emotional experiences throughout the narrative.



CHAPTER III

DISCUSSION

EMOTIONAL PAIN OF THE MAIN CHARACTER IN ALICE MUNRO'S *AMUNDSEN* (2012)

3.1. Intrinsic Elements

3.1.1. Characters

3.1.1.1. Vivien Hyde as the Main Character

The main character in Alice Munro's *Amundsen* is Vivien Hyde. This identification is based on her central role in the narrative, as most events, descriptions, and experiences are presented through her perspective. Through Vivien's observations and inner thoughts, readers are able to understand the setting of the sanatorium, the characteristics of other characters, and the emotional situations that develop throughout the story. Since the narrative primarily follows her experiences, thoughts, and emotional responses, Vivien functions as the character who drives the progression of the story.

The evidence of Vivien's role as the main character can be found from the beginning of the story. When she first arrives at the sanatorium, she describes her impression of the environment, stating, "I said that I had stopped because it was so beautiful" (Munro, 2012:3). This statement demonstrates Vivien's admiration for the scenery and her sensitivity toward her surroundings. Through her observation, readers are introduced to the setting from her perspective, emphasizing her central position within the narrative. Furthermore, the story focuses on the development of

Vivien's emotional experiences, particularly her changing feelings toward the sanatorium and her relationship with Dr. Fox. By following her emotional journey from the beginning to the end of the narrative, readers gain a deeper understanding of the conflicts and emotional pain that shape the story. Therefore, Vivien Hyde can be identified as the main character because the narrative centers on her experiences, perceptions, and psychological development throughout the story.

3.1.1.2. Dr. Fox as Supporting Character

Based on the story, Dr. Fox is identified as a supporting character. This identification is based on his role in influencing Vivien Hyde's experiences and emotional development throughout the narrative. As the physician responsible for managing the sanatorium, Dr. Fox contributes significantly to the atmosphere of the institution through his authority, knowledge, and interactions with other characters. Although he is not the central focus of the story, his actions and attitudes play an important role in shaping the conflicts and emotional experiences experienced by Vivien. Therefore, Dr. Fox functions as a supporting character whose presence contributes to the development of the narrative.

The role of Dr. Fox is first introduced when Vivien arrives at the sanatorium and shares her impression of the surrounding environment. Responding to her admiration of the scenery, Dr. Fox remarks, “Well, it's only the peace we've got here, I'd say” (Munro, 2012:7). This statement reflects Dr. Fox's practical perspective toward the environment. Unlike Vivien, who views the setting with

appreciation and emotional sensitivity, Dr. Fox responds in a direct and matter-of-fact manner. His reaction suggests that he is more concerned with the realities of life in the sanatorium than with its aesthetic qualities.

Furthermore, Dr. Fox's interactions with Vivien and other characters reveal additional aspects of his character. Throughout the story, he appears confident, authoritative, and at times teasing in his communication. These characteristics influence the dynamics of his relationship with Vivien and contribute to the emotional tension that develops within the narrative. As a result, Dr. Fox serves as an important supporting character whose actions and attitudes significantly affect the experiences of the main character.

3.1.2. Characterization

3.1.2.1. Characterization of Vivien Hyde

3.1.2.1.1. Direct Characterization of Vivien Hyde

The direct characterization of Vivien Hyde is presented through the narrative description of her background and situation. Munro introduces Vivien as a teacher who accepts a position at a sanatorium after losing her previous job. This characterization is revealed through Vivien's statement, "I had been teaching in a small town school, but the school had closed and I needed another position" (Munro, 2012:2). This quotation provides readers with clear information about Vivien's personal circumstances and explains the reason for her arrival at the sanatorium.

The description of Vivien's background also contributes to the understanding of her character. Her decision to accept a teaching position in an unfamiliar and remote environment demonstrates her adaptability and willingness to face new challenges. Despite the uncertainty of working in a tuberculosis sanatorium, she chooses to continue her profession rather than remain unemployed. This decision reflects her determination and ability to adjust to changing circumstances. Through this direct characterization, Munro establishes Vivien as a resilient character whose experiences in the sanatorium become central to the development of the narrative and the emotional conflicts she later encounters.

3.1.2.1.2. Indirect Characterization of Vivien Hyde

Vivien Hyde's indirect characterization is revealed through her actions, observations, and responses to her surroundings. One example can be seen when she describes her first impression of the sanatorium, stating, "I said that I had stopped because it was so beautiful" (Munro, 2012:3). This statement reflects Vivien's tendency to pay close attention to her environment and demonstrates her observant nature.

The quotation shows that Vivien is sensitive to the atmosphere around her. Rather than focusing on the limitations of the sanatorium as a remote tuberculosis institution, she notices and appreciates its beauty. Her reaction suggests that she approaches new experiences with reflection and openness rather than immediate judgment. Through her observation of the landscape, readers can infer that Vivien

possesses a thoughtful personality and an awareness of the emotional qualities of her surroundings.

Munro develops Vivien's characterization indirectly through these responses and observations. By presenting her perspective on the environment, the author allows readers to understand Vivien as an observant, reflective, and emotionally sensitive character whose perceptions play an important role in shaping the narrative.

3.1.2.2. Characterization of Dr. Fox

3.1.2.2.1. Direct Characterization of Dr. Fox

The direct characterization of Dr. Fox is presented through the narrative description of his role and position within the sanatorium. Dr. Fox is introduced as the head doctor who supervises the patients and manages the daily activities of the institution. His position establishes him as a figure of authority and responsibility within the sanatorium. As the leading medical professional, he represents the authority of the institution and plays an important role in influencing the experiences of other characters, particularly Vivien Hyde.

Dr. Fox's characterization is further reflected in his interaction with Vivien when she comments on the beauty and quietness of the sanatorium. Responding to her observation, he states, "Well, it's only the peace we've got here, I'd say" (Munro, 2012:7). This statement suggests that Dr. Fox possesses a practical and composed perspective toward the environment. Unlike Vivien, who views the surroundings with admiration and emotional sensitivity, Dr. Fox responds in a calm and matter-

of-fact manner. His familiarity with the sanatorium and his position as its head doctor also reflect confidence and self-assurance.

Through the description of his role and his interactions with Vivien, Munro portrays Dr. Fox as an authoritative, composed, and confident individual. These characteristics contribute to the social atmosphere of the sanatorium and significantly influence Vivien's emotional experiences throughout the story.

3.1.2.2.2. Indirect Characterization of Dr. Fox

The indirect characterization of Dr. Fox is revealed through his dialogue and interactions with other characters, particularly Vivien Hyde. One example can be seen during their early conversation when Dr. Fox asks Vivien, “Are you engaged?” (Munro, 2012:9). This question demonstrates his confidence in initiating personal conversations and his willingness to discuss matters beyond ordinary social interaction.

The quotation also reveals several aspects of Dr. Fox's personality. By asking such a personal question directly, Dr. Fox appears self-assured and comfortable directing the conversation according to his interests. In contrast, Vivien responds with discomfort, indicating a difference in their social attitudes. Dr. Fox's willingness to cross personal boundaries suggests that he possesses an intrusive tendency in his interactions with others. Furthermore, the direct nature of his question reflects his confidence and authority, characteristics that are consistent with his position as the head doctor of the sanatorium.

Through his dialogue and interactions, Munro indirectly portrays Dr. Fox as a confident, self-assured, and occasionally intrusive character. These traits influence his relationship with Vivien and contribute to the emotional tension that develops throughout the story.

3.1.3. Setting of Place

3.1.3.1. The Sanatorium

The primary setting of place in *Amundsen* is the sanatorium, where most of the events in the story take place. As a tuberculosis treatment facility for children, the sanatorium differs significantly from ordinary social environments. Its isolated location, restricted atmosphere, and limited social interaction create a distinctive setting that influences both the narrative and the psychological experiences of the characters. This condition is reflected when Vivien first arrives at the sanatorium and observes, “It was very quiet there” (Munro, 2012:4).

The quotation illustrates the calm and isolated atmosphere of the sanatorium. The word “quiet” not only describes the physical environment but also suggests emotional restraint and separation from ordinary social life. The sanatorium is presented as a controlled environment where daily activities revolve around treatment and recovery rather than social interaction. As a result, the setting creates a sense of distance from the outside world and contributes to an atmosphere of isolation throughout the narrative.

The social characteristics of the sanatorium are further revealed through Vivien's observation of the children. She states, “They were not really like ordinary

schoolchildren” (Munro, 2012:6). This statement indicates that the children living in the sanatorium experience a different social reality from that of children in ordinary schools. Their lives are shaped by illness, medical supervision, and limited contact with the outside world. Consequently, their interactions reflect the unique circumstances of the environment in which they live.

The sanatorium functions not only as a physical setting but also as a psychological environment that influences Vivien Hyde's emotional experiences. The isolated atmosphere limits opportunities for emotional support and meaningful social connection. As a newcomer to an unfamiliar environment, Vivien experiences a sense of emotional distance that increases her vulnerability throughout the story. Because the sanatorium offers few opportunities for close interpersonal relationships, Vivien becomes emotionally invested in her interactions with Dr. Fox and increasingly relies on those interactions as a source of emotional recognition and connection. Consequently, when those interactions result in misunderstanding, disappointment, and rejection, the emotional impact becomes more significant. Therefore, the sanatorium contributes not only to the background of the narrative but also to the development of Vivien Hyde's emotional pain by reinforcing feelings of loneliness, isolation, and emotional disconnection.

3.2. Vivien Hyde's Emotional Pain

3.2.1. Symptoms of Emotional Pain Experienced by Vivien Hyde

3.2.1.1. Vivien Hyde's Social Embarrassment in Unequal Interaction

The first symptom of emotional pain experienced by Vivien Hyde is social embarrassment resulting from an unequal interaction with Dr. Fox. This symptom can be observed during their conversation when Dr. Fox challenges and questions Vivien's statement, placing her in a disadvantaged position within the interaction. Vivien expresses her emotional reaction by stating, "I was angry and humiliated, because I had not really been showing off. Or not only showing off. I had wanted to explain what a wonderful effect this scenery had on me" (Munro, 2012:7). This statement demonstrates that Vivien feels humiliated because her sincere attempt to express admiration for the scenery is misinterpreted by Dr. Fox.

The quotation reveals that Vivien perceives Dr. Fox's response as a negative judgment of her intentions. The words "angry and humiliated" indicate that she feels misunderstood and emotionally exposed. Rather than receiving appreciation for her observation, she becomes the object of criticism, which causes embarrassment and emotional discomfort. Furthermore, the interaction reflects an imbalance of power because Dr. Fox controls the direction of the conversation while Vivien is forced to defend and justify herself. As a result, she experiences social embarrassment arising from the unequal nature of the interaction.

The experience of humiliation also influences the way Vivien responds to her emotions. After feeling misunderstood, she attempts to interpret and manage the

situation rather than openly confronting Dr. Fox. This tendency can be seen when she explains, “I had not really been showing off. Or not only showing off. I had wanted to explain what a wonderful effect this scenery had on me” (Munro, 2012:7). Through this statement, Vivien attempts to justify her behavior and clarify her original intention. Instead of accepting Dr. Fox's judgment completely, she reinterprets the situation by emphasizing that her comment was motivated by genuine admiration rather than a desire to impress him. According to Gross's Process Model of Emotion Regulation, this response can be associated with cognitive change because Vivien modifies the meaning of the situation through her own interpretation.

At the same time, Vivien does not openly challenge Dr. Fox or express the full extent of her anger and humiliation. Rather than confronting him directly, she internalizes her emotional response and continues the interaction without direct opposition. This behavior reflects response modulation, a strategy that occurs after an emotional response has already been generated. By controlling the outward expression of her frustration, Vivien attempts to maintain composure and avoid further embarrassment. Therefore, the scene demonstrates not only the symptom of social embarrassment but also Vivien's efforts to regulate emotional distress through both cognitive change and response modulation.

3.2.1.2. Vivien Hyde's Guilt Arising from Moral Rationalization

The second symptom of emotional pain experienced by Vivien Hyde is guilt arising from self-judgment and moral rationalization. This condition can be observed when she discovers a bag of food and contemplates taking some of it for herself. As quoted by Munro (2012:4), Vivien reflects, "I considered the ethics of stealing from a thief. But the figs would catch in my teeth and betray me."

The quotation reveals that Vivien does not simply consider taking the food but immediately evaluates the moral implications of her desire. The phrase "considered the ethics" indicates that she engages in self-monitoring and moral reflection before taking any action. At the same time, the word "betray" suggests an awareness of wrongdoing and a fear of exposure. Rather than dismissing the idea, Vivien attempts to justify it by questioning whether stealing from someone who has already stolen can be considered acceptable. This process demonstrates moral rationalization, in which she tries to reduce the psychological discomfort associated with her desire.

The scene also reveals a broader pattern in Vivien's personality. She frequently evaluates her own thoughts and actions through self-judgment, which contributes to emotional tension and inner conflict. According to Gross's Process Model of Emotion Regulation, this reaction can be interpreted as cognitive change because Vivien attempts to reinterpret the situation in order to lessen the emotional discomfort created by her moral concerns. Therefore, the quotation illustrates guilt

not merely as a response to a questionable action but as a symptom of emotional pain reflected through self-judgment, moral awareness, and rationalization.

3.2.1.3. Vivien Hyde's Emotional Discomfort Under Evaluative Judgment

The third symptom of emotional pain experienced by Vivien Hyde is emotional discomfort resulting from intellectual pressure during her interaction with Dr. Fox. This condition can be observed when Dr. Fox responds critically to Vivien's comparison of the scenery to a Russian novel. The narrator describes the interaction as follows: "He looked at me attentively for the first time. 'Is it really? Which Russian novel?' His eyes were a bright grayish blue. One eyebrow had risen, like a little peaked cap" (Munro, 2012:7).

The quotation illustrates how Dr. Fox places Vivien in a position where she feels compelled to defend her statement. His question challenges the validity of her opinion, while his facial expression creates the impression that he is evaluating her knowledge. The description of "one eyebrow had risen" suggests skepticism and encourages an atmosphere of judgment rather than casual conversation. As a result, Vivien experiences emotional discomfort because she becomes the subject of intellectual evaluation.

The interaction also contributes to the unequal nature of their relationship. Rather than engaging in a mutual exchange of ideas, Dr. Fox assumes a position of authority while Vivien is placed in a defensive role. This situation generates pressure and emotional tension, which contribute to her emotional pain. According

to Gross's Process Model of Emotion Regulation, such experiences influence how individuals interpret emotionally significant situations. In this case, Vivien perceives the interaction as evaluative and uncomfortable, which increases the emotional impact of the encounter. Instead of challenging Dr. Fox's attitude directly, she internalizes her discomfort and continues the conversation. This response can be interpreted as a form of response modulation because Vivien restrains the outward expression of her emotional reaction in order to maintain the interaction. Therefore, the scene illustrates not only emotional discomfort as a symptom of emotional pain but also Vivien's attempt to regulate the emotional tension created by intellectual pressure.

3.2.2. Triggers of Emotional Pain

3.2.2.1. Vivien Hyde's Emotional Conflict Caused by Dismissive Communication

The first cause of emotional pain experienced by Vivien Hyde is dismissive communication. Dismissive communication refers to verbal or nonverbal responses that minimize, question, or devalue another person's thoughts, feelings, or expressions. In *Amundsen*, this condition can be observed in Vivien's interaction with Dr. Fox. When Vivien expresses her thoughts, Dr. Fox responds by saying, "Well, it's only the peace we've got here, I'd say. But if it was the war you were hankering after I suppose you would have joined one of those women's outfits and got yourself overseas" (Munro, 2012:7).

The quotation demonstrates how Dr. Fox responds to Vivien's statement in a manner that minimizes her perspective rather than acknowledging it. Instead of engaging with her appreciation of the scenery, he redirects the discussion toward an ironic comparison with war. The phrase “if it was the war you were hankering after” suggests skepticism toward Vivien's remark and shifts attention away from the meaning she intended to convey. As a result, her attempt to express admiration is not taken seriously.

This interaction contributes to Vivien's emotional pain because she feels that her thoughts are being questioned rather than understood. Dr. Fox's response places her in a defensive position and creates an imbalance within the conversation. Rather than receiving validation or recognition, she experiences criticism and emotional discomfort. According to Gross's Process Model of Emotion Regulation, emotionally significant interactions are influenced by the way individuals interpret and evaluate situations. In this case, Vivien perceives Dr. Fox's response as dismissive and unsupportive, which intensifies the emotional impact of the interaction. Instead of confronting him directly, she internalizes her discomfort and continues the conversation. This reaction reflects response modulation because she restrains the outward expression of her negative emotions while maintaining social composure. Therefore, the quotation is categorized as dismissive communication because the primary issue lies in the way Dr. Fox communicates with Vivien by minimizing and devaluing her expression, while also illustrating Vivien's attempt to regulate the emotional distress caused by the interaction.

3.2.2.2. Vivien Hyde's Emotional Rejection through Detachment and Indifference

The second cause of emotional pain experienced by Vivien Hyde is emotional rejection. Emotional rejection refers to the absence of emotional recognition, understanding, care, or reciprocity within an interpersonal interaction. Unlike dismissive communication, which concerns the manner in which a person responds, emotional rejection occurs when an individual expects emotional acknowledgment but instead encounters emotional distance or indifference. In *Amundsen*, Vivien experiences emotional rejection when Dr. Fox responds to their uncomfortable interaction by saying, "All right, all right. You're off the hook now. Didn't discourage you, did I?" (Munro, 2012:8).

The quotation demonstrates Dr. Fox's failure to recognize the emotional impact that the conversation has on Vivien. His statement, "You're off the hook now," suggests that he views the incident as insignificant and easily resolved. Furthermore, the question "Didn't discourage you, did I?" is delivered in a casual manner that minimizes the emotional discomfort Vivien has experienced. Rather than acknowledging her embarrassment or attempting to understand her feelings, Dr. Fox treats the situation lightly and moves on from the conversation.

The interaction affects Vivien and Dr. Fox differently. For Dr. Fox, the exchange appears to be a minor incident. For Vivien, however, it becomes a meaningful emotional experience that contributes to her discomfort and insecurity. The absence of emotional recognition creates a sense of distance between them and

leaves Vivien feeling misunderstood. According to Gross's Process Model of Emotion Regulation, the emotional impact of an interaction is influenced by the way individuals interpret and evaluate the situation. In this case, Vivien interprets Dr. Fox's response as a sign of emotional indifference rather than understanding or support. This interpretation intensifies her feelings of rejection and emotional disconnection. Rather than expressing her disappointment openly, she internalizes the emotional response and allows the interaction to continue without confrontation. This reaction reflects response modulation because she suppresses the outward expression of her emotional discomfort. Therefore, this quotation is categorized as emotional rejection because the primary issue is not the way Dr. Fox communicates but his failure to provide the emotional acknowledgment and understanding that Vivien implicitly expects. As a result, the interaction contributes to her emotional pain while also illustrating her attempt to regulate feelings of rejection through emotional restraint.

3.2.2.3. Vivien Hyde's Lack of Emotional Connection in an Isolated Environment

The third cause of emotional pain experienced by Vivien Hyde is the lack of emotional connection within an isolated environment. Emotional connection refers to a sense of understanding, warmth, support, and meaningful interpersonal interaction between individuals. In *Amundsen*, Vivien's emotional experiences are influenced not only by her relationship with Dr. Fox but also by the environment of the sanatorium itself. As an isolated institution separated from ordinary social life,

the sanatorium creates conditions that limit emotional intimacy and meaningful social support. This atmosphere is reflected in the narrative: “Then there was silence, the air like ice... Everything austere and northerly, black-and-white under the high dome of clouds” (Munro, 2012:2).

The quotation portrays the sanatorium as a cold and isolated environment. The expressions “silence” and “the air like ice” symbolize more than physical conditions. They suggest an atmosphere characterized by emotional distance, restraint, and limited interpersonal warmth. Likewise, the description of the landscape as “austere and northerly” reinforces a sense of separation from ordinary social life. Through these images, Munro presents the sanatorium as an environment where emotional connection is difficult to establish and maintain.

The setting contributes significantly to Vivien's emotional pain because it restricts opportunities for meaningful social interaction and emotional support. As a newcomer to an unfamiliar and isolated environment, Vivien experiences feelings of loneliness and emotional detachment. The absence of close interpersonal relationships increases her emotional dependence on interactions with Dr. Fox. Consequently, when those interactions result in misunderstanding, disappointment, or rejection, the emotional impact becomes more severe. The isolation of the sanatorium limits alternative sources of emotional recognition and support, causing Vivien to invest greater emotional significance in her relationship with Dr. Fox. According to Gross's Process Model of Emotion Regulation, emotional experiences are influenced by the way individuals interpret and respond to their circumstances.

In Vivien's case, the isolated atmosphere of the sanatorium contributes to her perception of emotional distance and lack of support. This interpretation intensifies her sense of loneliness and psychological discomfort. Rather than actively seeking alternative sources of emotional connection, Vivien remains emotionally invested in her interactions with Dr. Fox, making her more vulnerable to disappointment and emotional rejection. Therefore, the lack of emotional connection within the isolated environment of the sanatorium functions as an important cause of Vivien Hyde's emotional pain by intensifying feelings of loneliness, emotional distance, and psychological discomfort.

3.2.3. Emotion Regulation Strategies

3.2.3.1. Vivien Hyde's Emotional Withdrawal as Coping Response

After experiencing humiliation and disappointment in her interaction with Dr. Fox, Vivien begins to regulate her emotional reactions by withdrawing from direct engagement. This response can be seen when Dr. Fox questions her remark about Russian novels and responds in a way that makes her feel embarrassed. Vivien admits, "I was angry and humiliated" (Munro, 2012:7). Instead of expressing her feelings openly, she gradually reduces her participation in the interaction.

This emotional withdrawal becomes more visible when Dr. Fox asks whether he has discouraged her. Rather than confronting him about her discomfort, Vivien avoids further communication. The narrator states, "I had turned my head away" before answering briefly, "No" (Munro, 2012:8). Her response indicates an

attempt to distance herself emotionally from the situation and avoid further discussion of the incident.

According to Gross's Process Model of Emotion Regulation, this reaction can be interpreted as response modulation because the emotional response has already been generated and Vivien attempts to regulate its outward expression. Rather than communicating her anger and humiliation directly, she withdraws from the interaction and limits her verbal response. By turning her head away and responding only briefly, she reduces the visible expression of her emotional distress while maintaining social composure. Emotional withdrawal therefore functions as a coping response that allows her to avoid further emotional exposure while maintaining control over her emotional expression.

3.2.3.2. Vivien Hyde's Expressive Suppression as Response Modulation

Another emotion regulation strategy employed by Vivien Hyde is expressive suppression. According to Gross's Process Model of Emotion Regulation, expressive suppression occurs when an individual consciously restrains the outward expression of emotions that have already been generated. Throughout the story, Vivien frequently avoids expressing emotional discomfort directly, particularly during her interactions with Dr. Fox.

This strategy can be observed near the end of their relationship when Vivien experiences disappointment and emotional discomfort. Instead of expressing her feelings openly, she states, "I said I had to get my coat" (Munro, 2012:31). This

response functions as a practical excuse that allows her to withdraw from the conversation without revealing her true emotional state.

The quotation indicates that Vivien chooses indirect action rather than emotional confrontation. Rather than communicating her disappointment, she redirects the interaction and conceals her feelings. Her behavior demonstrates an effort to maintain composure and avoid showing vulnerability in front of Dr. Fox.

According to Gross's Process Model of Emotion Regulation, this behavior can be categorized as response modulation, specifically expressive suppression. The emotional response has already occurred, yet Vivien attempts to regulate it by controlling its outward expression. Instead of displaying her disappointment directly, she suppresses her emotions and limits their visibility during the interaction. By choosing emotional restraint rather than open communication, Vivien avoids exposing her vulnerability to Dr. Fox. However, although this strategy helps her maintain composure in the moment, it does not resolve the emotional distress she experiences. As a result, suppression becomes one of the strategies she uses to manage emotional pain throughout the story while simultaneously contributing to the persistence of her emotional discomfort.

The emotion regulation strategies discussed above illustrate how Vivien Hyde attempts to manage emotional distress when emotionally significant situations occur. Through emotional withdrawal and expressive suppression, she regulates the outward expression of disappointment, humiliation, and emotional discomfort. However, these strategies do not fully resolve the emotional pain she

experiences. As the emotional distress continues and remains largely unaddressed, it gradually affects her relationships, emotional communication, and psychological condition. Therefore, the following section discusses the effects of emotional pain that emerge as longer-term consequences of Vivien Hyde's emotional experiences throughout the narrative.

3.2.4. Effects of Emotional Pain

3.2.4.1. Vivien Hyde's Relational Withdrawal

The first effect of emotional pain experienced by Vivien Hyde is relational withdrawal. Relational withdrawal refers to a condition in which an individual distances themselves emotionally and socially from a relationship after experiencing disappointment, rejection, or emotional discomfort. In *Amundsen*, this condition becomes evident after Vivien's relationship with Dr. Fox deteriorates near the end of the story. As quoted, "I did not ask him anything. I did not say goodbye" (Munro, 2012:32).

The quotation demonstrates Vivien's decision to disengage from further interaction with Dr. Fox. Her refusal to ask questions or offer a farewell indicates that she no longer seeks emotional closeness or communication with him. Rather than attempting to repair the relationship, she chooses silence and distance. This response reflects the breakdown of emotional intimacy that once existed between them.

Relational withdrawal is further reinforced when Vivien states, “I walked away” (Munro, 2012:32). This action symbolizes both physical and emotional separation. Instead of maintaining engagement with Dr. Fox, she deliberately creates distance between herself and the source of her disappointment. According to Gross's Process Model of Emotion Regulation, this behavior reflects the continuation of response modulation, as Vivien manages her emotional distress by limiting emotional expression and avoiding further interaction. Rather than confronting the emotional pain directly, she withdraws from the relationship altogether. Therefore, emotional pain contributes to relational withdrawal by weakening emotional intimacy, increasing emotional distance, and encouraging disengagement from interpersonal relationships.

3.2.4.2. Vivien Hyde’s Persistent Difficulty in Emotional Expression

The second effect of emotional pain experienced by Vivien Hyde is a persistent difficulty in emotional expression. This condition refers to an increased tendency to conceal emotions and avoid open emotional communication after experiencing disappointment and emotional distress. In Vivien's case, this pattern develops as a result of repeated emotional discomfort in her interactions with Dr. Fox. Rather than expressing her feelings directly, she increasingly relies on emotional restraint and indirect responses. This condition can be observed when she states, “I said I had to get my coat” (Munro, 2012:31).

The quotation indicates that Vivien avoids expressing her true emotional state during a painful moment. Instead of discussing her disappointment, she redirects the conversation toward a practical action. Her statement functions as an indirect strategy for leaving the interaction without exposing her emotions. As a result, her disappointment remains unspoken and unresolved.

This behavior demonstrates how emotional pain influences Vivien's ability to communicate her emotions openly. Rather than expressing emotional distress directly, she increasingly relies on avoidance and emotional restraint when confronted with emotionally difficult situations. According to Gross's Process Model of Emotion Regulation, this behavior reflects response modulation because Vivien attempts to control the outward expression of emotions that have already been generated. Although this strategy helps her maintain composure during the interaction, it also prevents her disappointment from being openly addressed. Consequently, emotional pain contributes to a persistent difficulty in emotional expression, as Vivien becomes increasingly reluctant to communicate her feelings directly, resulting in unresolved emotional discomfort.

3.2.4.3. Vivien Hyde's Psychological Vulnerability

The third effect of emotional pain experienced by Vivien Hyde is psychological vulnerability. Psychological vulnerability refers to a weakened emotional condition in which an individual becomes more susceptible to disappointment, emotional pressure, and psychological distress. In Vivien's case,

this vulnerability develops gradually as the emotional consequences of her relationship with Dr. Fox continue to affect her. This condition can be seen in the statement, “I felt as if I had been emptied out” (Munro, 2012:36).

The quotation illustrates the emotional exhaustion experienced by Vivien after the collapse of her expectations and emotional attachment. The phrase “emptied out” suggests a loss of emotional energy and inner stability. Her disappointment no longer affects only a specific interaction but begins to influence her overall psychological condition.

This vulnerability becomes even more apparent when Vivien reflects, “I felt as if something had cracked inside me” (Munro, 2012:37). The expression symbolizes emotional damage and psychological fragility resulting from her painful experiences. The quotation indicates that the effects of emotional pain extend beyond temporary sadness and develop into a deeper sense of emotional instability. The accumulation of disappointment, emotional suppression, and relational withdrawal gradually weakens Vivien's emotional resilience and sense of security. As a result, emotional pain contributes to psychological vulnerability by increasing her susceptibility to psychological distress and reducing her ability to cope effectively with further emotional challenges.

CHAPTER IV

CONCLUSION

This research discusses the symptoms, causes, and effects of emotional pain experienced by Vivien Hyde, the main character in Alice Munro's *Amundsen*. The story portrays Vivien's experiences as a teacher at a tuberculosis sanatorium, where she encounters various emotional challenges that affect both her psychological condition and her relationship with Dr. Fox. Through experiences of misunderstanding, rejection, disappointment, and emotional distance, Vivien gradually develops emotional pain that influences her thoughts, feelings, and behavior throughout the narrative.

The analysis of the intrinsic elements reveals that Vivien Hyde functions as the main character, while Dr. Fox serves as an important supporting character whose actions significantly influence the development of the story. The characterization of Vivien is presented through both direct and indirect characterization, revealing her as a thoughtful and emotionally sensitive individual who struggles to adapt to a new environment. Dr. Fox is characterized as confident, authoritative, and emotionally detached, qualities that contribute to the emotional tension between the two characters. The primary setting of the story is the sanatorium, which functions not only as a physical location but also as a psychological environment characterized by isolation, emotional distance, and limited opportunities for meaningful social connection.

The application of Gross's Process Model of Emotion Regulation helps explain how Vivien Hyde responds to emotional distress throughout the story. The findings indicate that her emotional pain develops through experiences of embarrassment, guilt, emotional discomfort, dismissive communication, emotional rejection, and the lack of meaningful emotional connection within the isolated environment of the sanatorium. In response to these experiences, Vivien frequently regulates her emotions through emotional withdrawal and expressive suppression. However, these strategies do not fully resolve her emotional distress and gradually contribute to relational withdrawal, persistent difficulty in emotional expression, and psychological vulnerability.

Based on the findings of this research, emotional pain in Amundsen is represented not as a single emotional event but as a gradual psychological process shaped by interpersonal interaction, emotional rejection, emotional suppression, and relational distance. The study also demonstrates that emotional pain is closely connected to emotion regulation, as Vivien repeatedly attempts to manage emotional distress through withdrawal and expressive suppression. Through Gross's Process Model of Emotion Regulation, her responses can be understood not merely as reactions to emotional pain but also as efforts to regulate emotional experiences that remain unresolved. Therefore, Amundsen portrays emotional pain as a continuing psychological process that affects emotional expression, interpersonal relationships, and psychological vulnerability throughout the narrative. Furthermore, the story illustrates how literary works can represent

complex psychological experiences and provide insight into the emotional challenges that individuals may encounter in real life.



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