



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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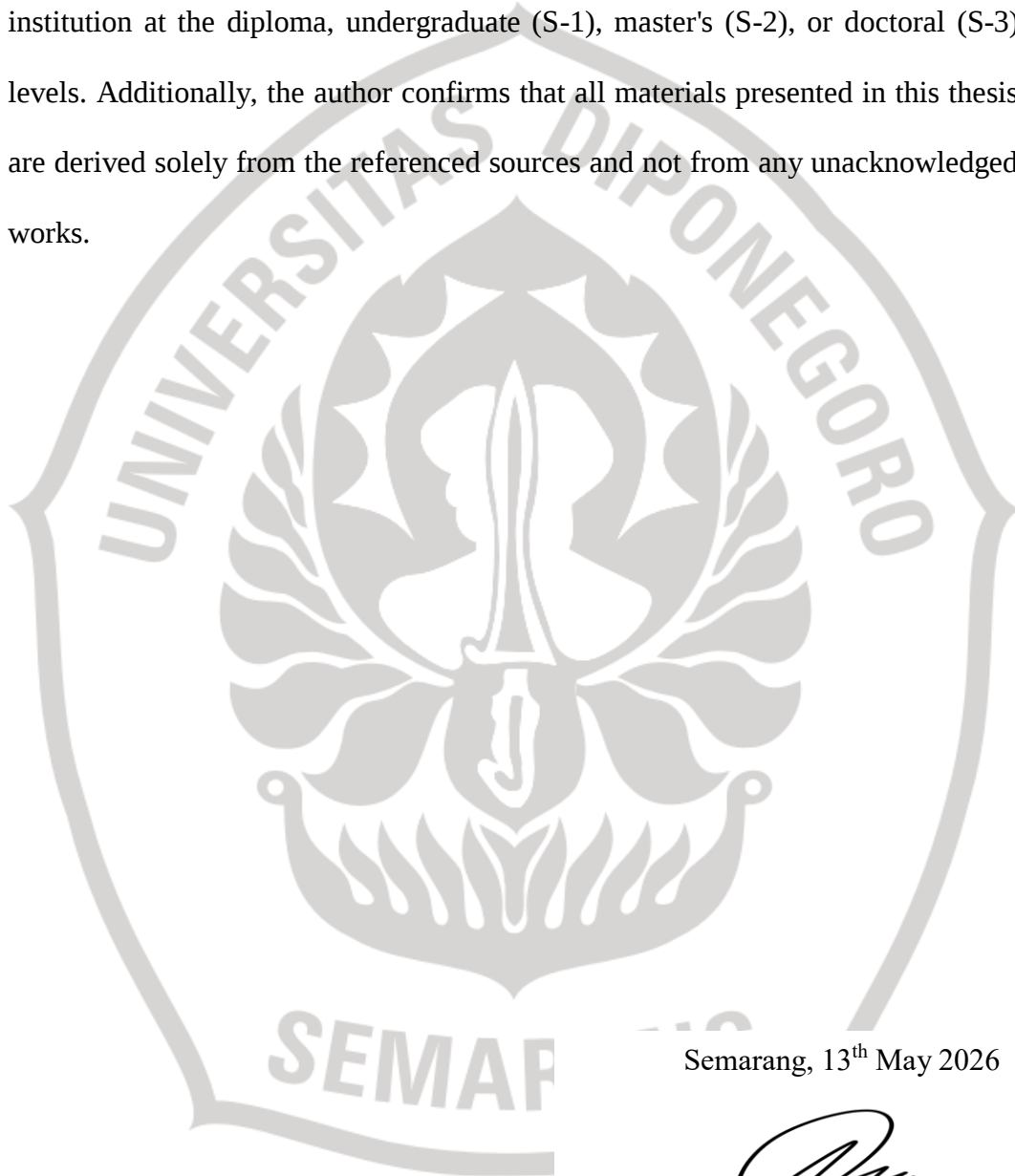
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SEMARANG

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 above the author's name.

Argya Fadhil Adyatma

MOTTO AND DEDICATION

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

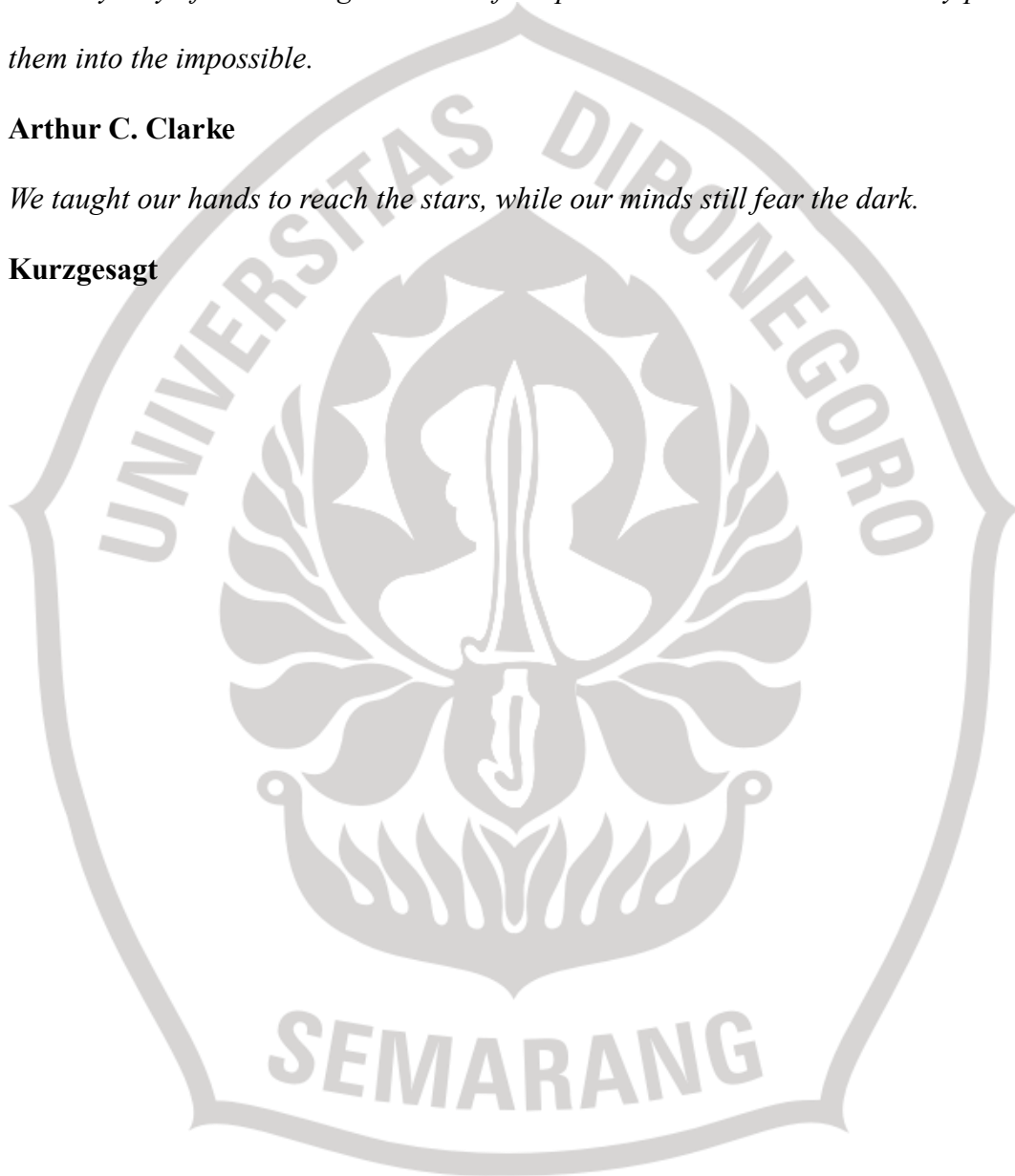
T.S. Eliot

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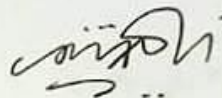
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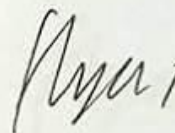
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The writer realizes that this research thesis is still far from perfect. Therefore, any suggestions and constructive criticism will be sincerely appreciated. The writer also hopes that this thesis will provide useful knowledge and contribute to readers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