



KATNISS EVERDEEN'S ANXIETIES IN *THE HUNGER GAMES* NOVEL (2008)

A THESIS

In Partial Fulfillment of the Requirements for The Bachelor Degree Majoring in American Studies in English Department Faculty of Humanities Diponegoro University

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PRONOUNCEMENT

I honestly state that this thesis is written by myself without taking any works from other researchers in any university, in diploma degree, S-1, S-2, and S-3 degree. I also ascertain that I do not take any material from other works except from the references mentioned.

Semarang, Februari 2023

Vania Tara Wimala

MOTTO AND DEDICATION

In the small matters trust the mind, in the large ones the heart.

Sigmund Freud

Life is a balance between holding on and letting go

Rumi

*This thesis is dedicated to
My beloved dad, mom, sister's
and those who I love the most.*

APPROVAL

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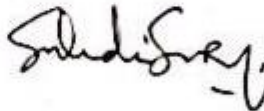


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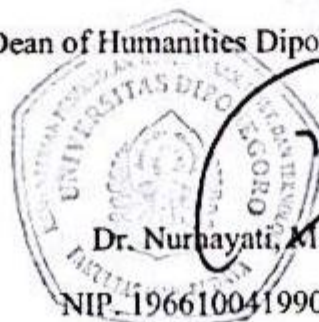
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This thesis, still absolutely need to be improved since I realize that this is far from being perfect. Thus, any recommendation and constructive suggestion would always be welcomed and appreciated. Finally, I hope that this thesis would be helpful for those who want to learn about anxiety or any related field in general.

Semarang, February 2023



Vania Tara Wimala

TABLE OF CONTENTS

| | |
|-----------------------------------|------|
| PRONOUNCEMENT | ii |
| MOTTO AND DEDICATION | iii |
| APPROVAL..... | iv |
| VALIDATION | v |
| ACKNOWLEDGEMENT | vi |
| TABLE OF CONTENT | viii |
| ABSTRACT | x |
| CHAPTER 1 INTRODUCTION | 1 |
| 1.1 Background of the study | 1 |
| 1.2 Research Problems | 3 |
| 1.3 Objectives of the Study | 3 |
| 1.4 Scope of the Study | 4 |
| 1.5 Previous Study | 4 |
| 1.6 Writing Organization | 6 |
| CHAPTER 2 THEORY AND METHOD..... | 8 |
| 2.1 Theoretical Frameworks | 8 |
| 2.1.1 Intrinsic Elements | 8 |
| 2.1.1.1 Theme..... | 8 |
| 2.1.1.2 Character | 8 |
| 2.1.1.3 Plot | 8 |
| 2.1.1.4 Setting | 10 |
| 2.1.1.5 Conflict..... | 10 |

| | |
|---|----|
| 2.1.2 Extrinsic Elements | 10 |
| 2.1.2.1 Sigmund Freud Theory of Anxiety | 10 |
| 2.1.2.2 Type of Anxiety | 13 |
| 2.2 Methods..... | 14 |
| 2.2.1 Method of Data Collection..... | 14 |
| 2.2.2 Method of Approach | 14 |
| CHAPTER 3 DISCUSSION | 15 |
| 3.1 Intrinsic Aspects..... | 15 |
| 3.1.1 Theme..... | 15 |
| 3.1.2 Character | 17 |
| 3.1.2.1 Katniss Everdeen..... | 17 |
| 3.1.3 Plot | 20 |
| 3.1.4 Setting | 23 |
| 3.1.4.1 Setting of Place | 23 |
| 3.1.1.4.2 Setting of Time..... | 27 |
| 3.1.1.4.3 Setting of Environment | 28 |
| 3.1.5 Conflict..... | 31 |
| 3.2 Extrinsic Aspects..... | 32 |
| 3.2.1 The Anxiety of Katniss Everdeen | 32 |
| 3.2.1.1 Neurotic Anxiety | 33 |
| 3.2.1.2 Moral Anxiety | 36 |
| 3.2.1.3 Realistic Anxiety | 39 |
| CHAPTER 4 CONCLUSION | 42 |
| REFERENCES..... | 43 |

ABSTRACT

This thesis analyzed about the anxieties that experienced by the main character of Katniss Everdeen in *The Hunger Games* novel by Suzanne Collins. Anxiety is a feeling that arises from depression, memories, desires, and experiences that arise in the human consciousness. Anxiety can cause pain, and uncomfortable feelings to people. *The Hunger Games* (2008) is first trilogy of the novel written by Suzanne Collins. The novel is about Katniss Everdeen's life as a "tributes" that forced to join the Hunger Games. The objectives of writing this thesis are to examine how Katniss's personalities being described in the Hunger Games novel and what anxieties that Katniss experienced. The writer analyzes all of the intrinsic elements of the novel to reveal how Katniss's personalities in the novel. Furthermore, using Sigmund Freud's theory of anxiety the writer attempts to reveal how the main character dealing with her anxieties. For the research method the writer uses descriptive method. For accumulating data the writer uses literature study method. The results of data analysis showed that Katniss Everdeen experienced neurotic anxiety, moral anxiety, and realistic anxiety. The initial cause of Katniss anxiety appears because of her past memory of the mine accident that killed her father. This bitter reality traumatized her then she start to hallucinate that she could save her father. The accidents also caused her mother to fall into a deep depression and sadness. Katniss dominant psychological problem is her anxiety about Rue's death which Katniss thinks that Rue looks like her sister Prim. When Katniss felt anxious about not being able to protect Rue her anxiety appears and and for a moment Katniss lost her consciousness.

Keywords : *The Hunger Games, Novel, Character, Katniss Everdeen, Anxiety*

ABSTRAK

Skripsi ini menganalisis tentang kecemasan yang dialami oleh tokoh utama Katniss Everdeen dalam novel *The Hunger Games* oleh Suzanne Collins. Kecemasan adalah perasaan yang muncul dari depresi, ingatan, keinginan, dan pengalaman yang muncul dalam kesadaran manusia. Kecemasan dapat menyebabkan rasa sakit, dan perasaan tidak nyaman bagi orang-orang. *The Hunger Games* (2008) adalah trilogi pertama dari novel yang ditulis oleh Suzanne Collins. Novel ini tentang kehidupan Katniss Everdeen sebagai seorang "tribute" ia terpaksa untuk bergabung dengan Hunger Games. Tujuan penulisan skripsi ini adalah untuk mendeskripsikan bagaimana kepribadian Katniss dideskripsikan dalam novel Hunger Games dan apa saja kecemasan Katniss. Penulis menganalisis semua elemen intrinsik pada novel untuk mengungkap bagaimana kepribadian Katniss dalam novel. Selain itu, penulis menggunakan teori kecemasan Sigmund Freud untuk mengungkapkan bagaimana tokoh utama menghadapi kecemasannya. Adapun metode penelitian yang penulis gunakan yaitu metode deskriptif. Untuk pengumpulan data penulis menggunakan metode studi kepustakaan. Hasil analisis data menunjukkan bahwa Katniss Everdeen mengalami kecemasan neurotik, kecemasan moral, dan kecemasan realistik. Penyebab awal kecemasan Katniss muncul karena ingatan masa lalunya yang kelam tentang kecelakaan tambang yang menewaskan ayahnya. Kenangan kelamnya ini membuat Katniss trauma kemudian dia mulai berhalusinasi bahwa dia bisa menyelamatkan ayahnya. Kecelakaan tersebut juga menyebabkan ibunya mengalami depresi dan kesedihan yang mendalam. Masalah psikologi Katniss yang dominan adalah kecemasannya terhadap kematian Rue yang menurut Katniss bahwa Rue tampak seperti saudara perempuannya, Prim. Saat Katniss merasa cemas karena tidak bisa melindungi Rue, dan untuk sesaat Katniss kehilangan kesadarannya.

Kata Kunci : Hunger Games, Novel, Karakter, Katniss Everdeen, Kecemasan

CHAPTER 1

INTRODUCTION

1.1 Background of the Study

Literature psychology contains visible phenomena through the behavior of the characters. Thus, literary works can be studied using a psychoanalysis approach. Literature and psychology are closely related, although authors are rarely think psychologically, their works can still have psychological sense. Psychology and literature have a functional relationship, both of them equally useful as a means of studying the psychiatric of others. The difference is that the psychiatric symptoms in literary works are the psychology symptoms of imaginary people (character), while in psychology they are real people. Literature is a form of beautiful fiction that can touch the reader heart. As a result of one's imagination, literary works can be function as entertainment for the readers. Furthermore, Wellek and Warren describe literature, as a form of creativity and productivity in producing a work that has a sense of value and reflects social reality (Wellek, 2009: 3).

Throughout the time, literary works especially novels becomes more and more interesting to discuss. Novel is art to express a feeling and imagination of a story. Usually, the writer created a novel to represent what they have in their mind completely, either by the imagination or based on reality (fact). Because it dealing with feelings so a writer also using their psychology to write a novel. In psychology there are three main cores: Psychoanalysis, Behavior, and Humanistic. In this thesis uses psychoanalysis approach because it supported the author's study. Freud psychoanalysis theory deals with the unconscious mind and human behavior. The basic parts of the human mind consist of Id, Ego, and Super ego. Every part of the mind has their own function and they can shape and influence one's behavior and personality. Meanwhile, the events in our childhood have a

great influence on our adult lives, shaping our personality such as, anxiety originating from traumatic experiences in a person's past is hidden from consciousness, and may cause problems during adulthood. The conflict between the Id and the Ego created a condition called anxiety. If anxiety arises, then human body needed an ego. According to Freud, anxiety is a signal to the ego that the danger is coming (Hall, 1970: 47). It warns the ego to do something to prevent the id. An anxiety caused pain, and uncomfortable feelings to people.

In *The Hunger Games* novel the main character named Katniss, in her process to joining the hunger she has to deal with her anxiety. *The Hunger Games* novel was written by an American writer Suzanne Collins. The novel became very popular and received a number of awards, including the California Young Reader Medal, and was titled "Book of the Year" by Publishers Weekly in 2008. The Hunger Games is the first novel of *The Hunger Games* trilogy, which was followed by the other two novels that published in 2009 (*Catching Fire*) and (*Mockingjay*) in 2010. In 2012 *The Hunger Games* novel was adapted into a film with the same titled.

In the novel Panem is the country that in the past before it turns to ashes was named North America (Collins: 2008, p. 9). The hunger games, is an annual event held by the Capitol as a punishment, where each of the twelve districts must send a boy and a girl as a "tributes" to participate. The tributes were selected by lottery during the reaping day. For couple of weeks, each of the tributes must kill each other in order to survive. For the last tribute stand will become the winner. As a present, the Capitol will give a free will to send them back to their home and showered their district with big prize like food (grain, sugar, and oil). In this novel, the main character was a girl named Katniss Everdeen, five years ago she lost her father this accident affected her life. After her father died, Katniss's mother become depressed and this condition forces Katniss to become the head of her family. Katniss have a big burden which is she have to protect her sister Prim and her mother. During the lottery, Prim was chosen to be a tribute, then to save her sister Katniss volunteering herself become a tribute. Katniss anxieties started

to getting worse when she joining the hunger games. The majoring part of the story is the process of Katniss joining the hunger games competition, where along with it she has to deal with her anxieties which forced her to survive the hunger games.

After reading the novel, the writer noticed that Katniss experienced various anxieties. This makes the writer interested in examining the anxieties experienced by the character of Katniss Everdeen. In addition, the writer also includes analysis of intrinsic and extrinsic elements to help researchers to complete her research. Related to that the writer hopes that this thesis can reveal how the main characters deal with her anxieties, by using the Sigmund Freud theory of anxiety.

1.2 Research Problems

1. What is the intrinsic aspects in *The Hunger Games* novel ?
2. How Katniss Everdeen anxieties reflected in the “Hunger Games” novel written by Suzanne Collins ?
3. What is the main anxiety that Katniss Everdeen dealing with ?
4. What is the factor that caused Katniss anxieties ?

1.3 Objective of the Study

The object of the study is *The Hunger Games* novel. The objective of this research is to analysis the anxieties of the main character in *The Hunger Games* novel named Katniss Everdeen, specially this study tries to know what:

1. to identify the intrinsic element in the novel
2. to identify the anxieties of the main character Katniss Everdeen in the novel.
3. to identify the main anxiety that Katniss Everdeen dealing with
4. to identify the factors that caused Katniss anxieties

1.4 Scope of the Study

The study will analyze the anxieties that character of Katniss Everdeen experienced in *The Hunger Games* novel. For analyzing Katniss anxieties the writer used Freud's theory of anxiety. The writer analyzed Katniss Everdeen dealing with several anxieties such as: neurotic anxiety, moral anxiety, and realistic anxiety. Murphy and Freytag theory is used to help the writer analyzing the intrinsic. The intrinsic elements to be identified such as character, theme, plot and setting, it helps to analyze the factor that caused Katniss anxieties.

1.5 Previous Studies

To understand more about *The Hunger Games* and to expand knowledge about the learning context the previous studies is provided. The first under graduated thesis reviewed study is entitled "*An analysis of The Hunger Games Movie Focusing on the Character Katniss Everdeen Using Freud's Psychoanalytic Theory Level of Awareness and Components of Personality*" by Ronny Aditya Tampake (2014) from University of Sanata Dharma Yogyakarta. Ronny observes more focus about the main character levels awareness and the components of personality. The difference between this thesis and Ronny study is object, Rony using film as an object "The writer chose the main character in The Hunger Games movie named Katniss Everdeen to analyze the movie" (Ronny, 2014: 14). And the other differences is this study more focusing on Katniss anxiety.

The second undergraduate thesis review was written by Zulfikar Yusuf A from Universitas Muhammadiyah Surakarta entitled "*Personal Independence in The Hunger Games Novel by Suzanne Collins (2008): An Individual Psychological Approach*". According Zulfikar's research, individual psychology shows that all the main characters have the same vision to win the competition to qualify for the next stage. His research analyzed that almost all the Hunger Games tributes have the same ambition and they look for weak points from others. In his

research there are conflicts, which can be found in the three of the major character, Katniss, Peeta and Haymitch. The main result of his research shows the problem faced by the main character is her own psychology condition to decide the appropriate ways for his life. Meanwhile, the difference is that this thesis the writer more focused on analyzing the main character Katniss Everdeen, how her anxieties reflected in the novel and what factor that causing her anxieties.

The third article is from Ni Made Mega Martyarini (2015) from University of Udayana, her research entitled "*Analysis of Katniss Everdeen as The Main Character In The Hunger Games: Catching Fire By Suzanne Collins*". In her research she analyzed the intrinsic element in the novel. The setting take place in the Nation of District 12 called Panem, and the Quarter Quell arena. Catching Fire main themes include survival, and the conflict between dependence and independence. In her research she also described Katniss as being an independent strong survivalist, lethal, she can thinking outside the box. The difference with her thesis is that her thesis analyzed about the basic structure of character Katniss; psychological aspect, psychology, sociological (extrinsic element). Meanwhile, this thesis more focused on analyzing the psychoanalysis problem which is the anxieties of Katniss Everdeen.

The fourth undergraduate research done by Yulia Rahmawati (2015) from University of Sanata Dharma Yogyakarta, her thesis entitled "*The Influence of Katnis Everdeen's Characteristics on the Existence of Her Struggle as Seen in Suzanne Collins: The Hunger Games*". Her study focused on how is Katnis Everdeen influence. In her thesis she point out that Katnis Everdeen character was brave, unyielding, loving, smart and responsible. Meanwhile, in this thesis describe the character of Katniss Everdeen, as an independent, strong and brave girl who really loved her sister. Where to safe her sister she sacrificed herself becomes the tribute of the hunger games. And along with she has to deals with her anxieties. The other difference is that in Yulia's thesis analyzed about the struggle of Katniss and how she makes decision to solve the problem. Meanwhile, in this

thesis more focused on analyzing how Katniss anxieties reflected in the novel and what caused her anxieties.

The fifth article is from Ardian Setianto ungraduate thesis entitled “*Okonwo’s Anxieties and Defense Mechanism in Chinua Achebe’s Things Fall Apart*” from University of Sanata Dharma Yogyakarta. His study focused on the character of Okonwo and his anxiety and defense mechanism. The difference between this thesis and Setianto works is the object which is this study analyzed the main character of Katniss Everdeen in *The Hunger Games* novel. Moreover, the other difference is in this thesis the writer using the psychoanalysis approach through Sigmund Freud theory of anxieties to analyze Katniss anxieties which concludes neurotic anxiety, moral, and realistic.

1.6 Writing Organization

This study is formed into five chapters in the following order:

CHAPTER 1 : INTRODUCTION

Contain the explanation of the study background, problem statement, research problem, objectives of the study, previous studies, the scope of the study, and the writing organization.

CHAPTER 2 : THEORETICAL FRAMEWORKS

This part consists of theories, definition, concepts, and terms used to scrutinize both intrinsic and extrinsic aspects of the novel as well as the methods in analyzing and collecting the data for this study.

CHAPTER 3 : DATA ANALYSIS

This chapter consists of types of methods this research carries out to explain the method by collecting data.

CHAPTER 4 : CONCLUSION

This chapter consists of a summary and conclusion from the overall discussion throughout the previous chapters.

REFERENCES

CHAPTER 2

THEORY AND METHOD

2.1 Theoretical Frameworks

2.1.1 Intrinsic Elements

In this sub chapter the writer will analyze character, plot, setting, theme and conflict in *The Hunger Games* novel.

2.1.1.1 Theme

Theme can be defined as the main idea that forms a novel. According to Nurgiyantoro (1995: 179) he defines, theme as the basic idea that forms a literary work it raised through implicit motifs. Therefore, to find a theme in a novel the reader must conclude the whole of the story not just several part of it. In the Hunger Games novel the writer found there are two main themes. The first theme is poor against wealthy people and the second is violence.

2.1.1.2 Character

According to Murphy, a writer describes the character through the outward appearance, by the way, they dress, walk, look, gesture, and so on (Murphy, 1972: 161). Readers can understand the character more deeply through, character behavior, reactions, events, situations, and even through the past (Murphy, 1972: 161-173).

2.1.1.3 Plot

In literature, plot is the sequence of events that create a story whether it is told, written, filmed, or sung. Plot is the story or more specifically reveals how the story develops, unfolds, and moves through time. According to Freytag (1984), he divided plot into several part that is Exposition, Rising Action, Climax, Falling Action, and Denouement.

1) Exposition

In this phase start with introducing characters especially the main character. It shows how the characters relate to other characters, their goals and motivations.

2) Rising Action

An escalating action begins with a conflict. In this phase, the protagonist understands the goal and starts working towards it.

3) Climax

Climax is the highest point of the story. The protagonist makes a big decision that defines not only the proceeds of the story, but also who they are as a person.

4) Fall Action

Consist of events leading to the end of the story. In this phase the conflict is decreases where is the main character finds a solution to solve the problem.

5) Denouement / Resolution

In this phase the protagonist and antagonist have solved their problem and either the protagonist or the antagonist wins the conflict. The conflict is officially over.

2.1.1.4 Setting

Setting is included in the intrinsic elements of literature. According to Nurgiyantoro (2007: 216), explaining that the setting or setting is the base, suggesting the notion of place, time relationship, and social environment. Each novel has a different setting.

2.1.1.5 Conflict

According to Wellek and Warren (1989: 285) in Nurgiyantoro book entitled '*Teori Pengkajian Sastra*', conflict is something dramatic, referring to fighting between two equal powers and implies action and counter action (revenge). So, it can be conclude that conflict is a dramatic problem that happens between two different characters. In a novel, the readers can feel the conflict through characters dialogue, feelings and actions. A conflict may attract the readers, because it will give the impression that touches the reader's heart. Moreover, a novel contains what is called the main conflict. According to Nurgiyantoro (1995: 183) says, that main conflict is usually closely related to the main theme of the story.

2.1.2 Extrinsic Elements

In this subchapter, using theory of anxiety by Sigmund Freud the writer will describes the anxiety that experience by the character of Katniss Everdeen, which is neurotic anxiety, moral anxiety or reality anxiety. Moreover, using theory of characterization the writer described the symptoms and evidence of the anxiety through character behavior, reactions, events, situations, and even through the past.

2.1.2.1 Sigmund Freud Theory of Anxiety

Sigmund Freud was the founding father of psychoanalysis, a method for treating mental illness and also a theory which explain human behavior. Based on Freud's theory system of personality the basic parts of the human mind consist of Id, Ego, and Super ego. Every part of the mind has their own function and they can shape and influence one's behavior and personality. Freud says, that events in our childhood have a great influence on our adult lives, shaping our personality such as anxiety originating from traumatic experiences in a person's past is hidden from consciousness, and may cause problems during adulthood. The conflict between the Id and the Ego created a condition called anxiety. If anxiety arises, then human body needed an ego.

1) Id (Pleasure Principle)

According to Freud (Freud, 1923), the id is the source of all psychic energy, so that it becomes the main component of personality. According to Freud (1954: 45) Id has no relation with the external world. Moreover, Freud says, that this function of the Id fulfills the pleasure principle. If this desire is not immediately satisfied or carried out, it will cause anxiety. This means that the id is a person's instinctive thoughts or desires which if not carried out will cause anxiety. The id is mostly in the unconscious mind. The id can be controlled by the ego to relieve tension and satisfy desires.

2) Ego (Reality Principle)

According to Freud (1954: 49), the ego is governed by the reality principle. The purpose of this principle is to suspend the release of energy until an

actual object that can satisfy a need has been found or produced. Ego has a responsibility to balancing the Id and Superego. The ego is also a connection bridge between the human mind and reality or the outside world. The ego is in the conscious mind.

3) Superego (Moral Principle)

It could say that the superego is the opposite of the Id, but it also acts as the police for the Id. The id only wants pleasure and happiness without regard or minding to the rules. Meanwhile, the Superego is more concerned with rules and moral values than the Id. The conflict between the Id and the Ego created a condition called anxiety. If anxiety arises, then human body needed an ego.

According to Freud, anxiety is a signal to ego that the danger is coming (Hall, 1970: 47). It warns the ego to act and to prevent the id. Furthermore, Freud (Corey, 2009:63) says that anxiety is bad instincts as a result from depressed, memories, desires, and experiences that arise in the human consciousness. Anxiety can cause pain, and uncomfortable feelings to people. Anxiety triggered by a traumatic situation, which the ego is overwhelmed then ego activated a signals in response to a dangerous situation. Moreover, Calvin S. Hall in "*A Primer of Freudian Psychology*", he defines that anxiety is a painful experience which is produced by excitations result from internal or external stimulation. For example, when a person feeling in a danger situation her heart beats faster, her mouth becomes dry and her palm of her hand is sweats. Based on Freud's theory, there are three types of anxiety. First is neurotic anxiety, next is moral anxiety, and the last is reality anxiety.

2.1.2.2 Type of Anxiety

According to Freud (Hall, 1909: 48), the definition of each anxiety is:

1) Neurotic Anxiety

Basically, neurotic anxiety is a conflict between our instinct and reality. It is an apprehension about an unknown danger. The feeling itself exist in the ego, but it originates from id impulse. In this anxiety, a person is afraid of being overwhelmed by an uncontrollable urge to commit some act or think. For example: when someone cheating, then the respond will be, he feeling afraid if he gets caught and punished.

2) Morality Anxiety

Generally, moral anxiety results from the fear of violating moral (social codes) and appears as feeling of guilt or shame. The others meaning of moral anxiety are the fear of negative self-evaluation from the conscience or superego. The anxiety may be felt as guilt, and those with strong superego may feel guilty or anxiety when they do or even overthink of doing something. They are raised to believe is wrong.

3) Reality Anxiety

It closely related to fear, unpleasant feeling that involving the possibility of danger situation (actual events). Reality anxiety is a feeling of anxiety that based on the presence of a threatening object from the external world. For example: Someone is afraid to rides a roller coaster, is because he is afraid of height.

In conclusion, only the ego can produce feel of anxiety, but the id, superego, and external world each are involved in one of the three kinds of anxiety, neurotic, moral, and realistic. The ego dependence on the id the results was neurotic anxiety, the ego dependence on superego produces moral anxiety, and the ego dependence on the other world leads to realistic anxiety.

2.2 Methods

2.2.1 Method of Data Collection

In writing this thesis, the writer uses library research in completing her work. According to Zeid (2004) “Library research is a research used library sources to collect the data”. The writer also draws and integrates her ideas to make the conclusion. In this thesis the writer uses some sources and books as references. The primary data are taken from novel entitled *The Hunger Games*. In the other hand, the supporting data are taken from some materials book which consists of approach book and theories book, several sources such as journal, internet, and the other significant data. This method really helps the writer finishes the analysis because the writer gets lots of significant information needed.

2.2.2 Method of Approach

In analyzing the data the writer using psychoanalysis approaches theory through Sigmund Freud theory of anxiety. Furthermore, the writer also using the objective approaches theory. The writer will analyze intrinsic and extrinsic element of *The Hunger Games* novel. On the other hand, in writing her thesis the writer also used objective approach. Objective approach deals with a work of literature as something that stands free extrinsic relations to the writer, or to the audience, or to the envioning world. According to Wellek & Warren (1990) objective approach focuses on the intrinsic elements of literary works which are seen as having coincidence, coherence and truth itself. The intrinsic elements include the characters and characterizations, plot, setting, theme and conflict. In this thesis more focuses on analyzing the character. Because through analyzing the character, it leads to the symptoms of Katniss’s anxieties.

CHAPTER 3

DISCUSSION

3.1 Intrinsic Aspects

3.1.1 Theme

1. Social Discrepancy

In *The Hunger Games* novel, there is a gap between poor against wealthy people, in Panem the rich people live in the Capitol city, on the other hand the twelve districts, is force to work with the Capitol. The city has power to rule the twelve districts, to prevent rebellion they create the hunger games competition. The reaping system is unfair, because it set up by the Capitol and makes the poor even more powerless. It is shown on page 6

“The reaping system was unfair, with the poor getting worst of it. You become eligible for the reaping day you turn twelve. That year, your name is entered once. At thirteen, twice. And so on and so on until you reach the age of eighteen, the final years of eligibility, when your name goes into the pool seven times” (Collins: 2008, p.6).

“But here’s the catch. Say you are poor and starving as we are. You can opt to add your name more times in exchange for tesserae. Each tesserae is worth a meager year’s supply of grain and oil for one person. You may do this for each of your family members as well. So, at the age of twelve, I had my name entered four times. Once, because I had to, and three times for tesserae for grain and oil for myself, Prim, and my mother. In fact, every year I have needed to do this. And the entries are cumulative. So now, at the edge of sixteen, my name will be in the reaping twenty times” (Collins: 2008, p. 6).

On the other hand, the rich people and have important positions for the Capitol (such as Mayor) will gains more benefit, because the Capitol protected them. It is shown on page 6-7

“You can see why someone like Medge, who has never been at risk of needing a tesserae, can set him off. The change of her name being drawn is very slim compared to those of us who live in the Seam. Not

impossible, but slim. And even though the rules were set up by the Capitol, not the districts, certainly not Medge's family, it's hard not to resent those who don't have to sign up" (Collins: 2008, p. 6-7).

Medge, she is a daughter of the Mayor. Which means her family is protected by the Capitol because of her father position. Of course she does not need tesserae, it's because her family is rich and has all things they need to live. During the reaping day, there is very little change of her name. Meanwhile, the other people like Katniss, who is just a poor person, who is supposed to work to live, even their death means nothing for the Capitol. *"It's to the Capitol's advantage to have us divided among ourselves"* (Collins: 2008, p.7) Katniss feels very sick of this situation, then during joining the hunger games competition her ambition is to rise which is she wants the Capitol to stop their ruthlessness. In addition, it seems that the Capitol is abusing their power and the character of Katniss Everdeen she has her ambition is about to stop the Capitol and relieve her suffering from them.

2. Violence

The Capitol creates an annual event called the hunger games. Each of the twelve districts must send a boy and a girl as a "tribute" to participate. All of the twenty-four tributes are put in a deadly battle, they are forced to kill each other in order to survive and become the winner. The Capitol has hidden cameras in the arena, they put them on tree trunks, on caves and other places. So, the people of all over Panem can watch the battle live on their TV. Surprisingly, the broadcast becomes a mass entertainment for people of the Capitol city. The more tributes suffer, the more they entertain them to watch. During the hunger games the audience can send a sponsor to help their favorite tributes. The tributes take advantages by demonstrating their capacity and skill to attract the sponsors. It is shown in page 24

"I'm glad for the cameras now, I want sponsors to see I can hunt, that I'm a good bet because I won't be lured into traps as easily as the others will by hunger" (Collins: 2008, p. 94).

Katniss shows off her hunting skills to attract the audience and get sponsors. Fortunately, she gets her first sponsor because Haymitch help her from behind. It is shown on page 106

“In the faint light of the Careers touches, I inch back down to my fork to find the best surprise I’ve ever had. Sitting on my sleeping bag is a small plastic pot attached to a silver parachute. My first gift from a sponsor!” “Oh, Haymitch” “Thank you” (Collins: 2008, p. 106)

Katniss knew that Haymitch cares about her, he will not let Katniss suffers during the games. The sponsor contains jar of balm, it’s a high-tech medicine brewed up by the Capitol. The balm helps to heal Katniss calf.

3.1.2 Characters

3.1.2.1 Katniss Everdeen

A character in a novel can represent the whole story. Characters in a novel have their own behavior (see page 11). A novel also has a character that frequently appears and more stands out than the others it is called the main character. The main character is the most important role and appears constantly it seems to dominate the story.

In the novel, Katniss Everdeen is the main character and she is also the protagonist. Katniss Everdeen is a girl with black braided hair, olive skin, and has grey eyes. Her district is far away from city of Capitol (the city who rule a country called Panem), it makes the situation getting worse, the district becomes left behind from the others that closer to the Capitol. The rules there are very strict, where the Capitol sends soldiers called ‘Peacekeepers’ to maintain security in each district. Anyone who goes against the rules and is caught by the Peacekeepers will be immediately executed in front of the residents of the district. Katniss lives with her mother and sister named Prim, while her father died five years ago due to a mine accident (Collins: 2008, 2). After her father passed away, her mother fell into sadness and it she seems doesn’t care about Katniss and Prim. From that Katniss became an independent and courageous child because at the age

of eleven she decided to take over the head of family (Collins: 2008, 14). Their house was located at the edge of the district close to the forest where Katniss hunted animals and berries. (Collins: 2008, 2) Before her father died, she taught Katniss how to shoot archery in the forest and made her a bow.

Katniss was volunteering to replace her sister Prim as a tribute of the 74th hunger games competition. As an older sister she really loves her sister and willing to do anything for her sister's safety even though she herself is also afraid and feel worried about what she will face in about her decision.

“One time, when I was in a blind tree, waiting motionless for game to wander by, I dozed off and fell to the ground, landing on my back. It was as if the impact had knocked every wisp of air from my lungs, and I lay there struggling to inhale, to exhale, to do anything” and “That’s how I feel now, trying to remember how to breath, unable to speak, totally stunned as the name bounces around the inside of my skull, and I think maybe I started to fall” (Collins: 2008, 11).

Katniss prioritizes is about her sister safety more than herself. Her love for her sister makes Katniss dare to do anything for the safety of Prim. Even though Katniss actually feeling scared and worried.

As a tribute she has a partner, a boy from District 12, named Peeta Mellark. He was the one who had saved Katniss who was on the verge of starvation by throwing a piece of bread.

“To this day, I can never shake the connection between this boy, Peeta Mellark, and the bread that gave me hope, and the dandelion that reminded me that I was not doomed. I feel like I owe him something, and I hate owing people, Maybe if I had thanked him at that point, I’d be feeling less conflict now, I thought about it a couple of times, and now it never will, because we’re going to be thrown into an arena fight to death, exactly how am I supposed to work in a thank-you in there? Somehow it just won’t seem sincere if I’m trying to slit his throat” (Collins: 2008, 17).

Besides, Katniss begins to have an inner conflict because she remembers that she and Peeta will meet in the arena and Katniss imagines that she killed Peeta.

All of her anger and fear rises, when she meets Prim and her mother before leaving for the Capitol. Katniss was worried about her sister's safety because of her leaving. All that's left is her mother and Gale, so she yells at her mother to protect and always there for Prim.

“Well, you have to help it this time, You can't clock out and leave Prim on her own. There's no now to keep you both alive, It doesn't matter what happens, whatever you see on the screen, you have to promise me you'll fight through it!” (Collins: 2008, 19) Katniss feels afraid, she was worries that her mother would leave Prim just like what happened in the past when they lost her father and mother as well. Furthermore, during that conditions her mother seems doesn't care about Katniss and Prim. Even though Katniss feels not confidence that she could win the Hunger Games, she encouraged herself by saying *“Besides, it isn't my nature to go down without a fight, even when things seem insurmountable”* (Collins: 2008, 19).

Gale was noticed about Katniss incredible archery skills. Then give her advises to use her skills during the match. It shown in page 20-21 *“Listen, getting a knife should be pretty easy, but you've got to get your hands on a bow, That's your best chance”* and *“Katniss, it's just hunting, You're the best hunter I know”* (Collins: 2008, 20-21).

During the games Katniss made an alliance with a girl from district eleven, her name is Rue. After Katniss found Rue death body, her anxiety starts to appear. Katniss anxiety towards Rue death is force Katniss to take revenge on those who have killed Rue. That is the Careers and at the same time to the Capitol for the cruelty and injustice they have done. It shown in page 135.

“I'm not afraid, not even watchful, which makes me an easy target, except I'd kill anyone I met on sight, without emotion or the slightest tremor in my hands, my hated of the Capitol has not lessened my hated of my competitors in the least, especially the careers, they at least can be made pay for Rue's death” (Collins: 2008, 135).

It shown from the dialogue that Katniss seems hated Capitol and the careers because of their action. The Capitol is the one who made the Hunger

Games and has thinking that they can own everything. The other hand is the careers, the one who killed Rue, and haunting Katniss.

So in addition, the character of Katniss Everdeen describes as eleven years old girl from district twelve. She has a younger sister named Prim, a mother, and a father who had passed away. She is an independent and brave girl, at her young age she become the head of her family. She has archery skill that she used to hunting an animal. Katniss really loves her sister, this can be seen when she was volunteering to replace Prim's position as a tribute. Mean that Katniss sacrificed herself in order to save Prim's life. After becomes a tribute, the condition of Katniss's anxiety start to get worse.

3.1.3 Plot

In literature, plot is the sequence of events that create a story. Plot is the story or more specifically reveals how the story develops, unfolds, and moves through time. Freytag (1984) divided plot into: Exposition, Rising Action, Climax, Falling Action, and Denouement/Resolution. The following is the plot analysis of the Hunger Games novel.

1) Exposition

Katniss Everdeen is a young girl who has black hair, olive skin, and has a gray eye. She comes from a poor family from district twelve. She lives with her younger sister Prim and her mother. Katniss father had died five years ago when Katniss was eleven and Prim was seven. Panem is a country that rose from the ashes of North America. Then there was a disaster, the encroachment of the sea that swallowed so much land followed by a brutal war. The result of all that happened was Panem, the shining Capitol that ruled the thirteen districts. Where one day the 'Day of Darkness' came it is a war between the rebellious district and the Capitol.

It ended with the Capitol victory and the thirteenth district obliterated. And for punishment and as a reminder of rebellion, the Hunger Games were created. The rule for this game is that each of the twelve districts must provide a girl and a boy to participate. And in the arena they will be imprisoned for several weeks, all of the tribute must fight to death until the last one survives and become the winner (Collins: 2008, 9).

2) Rising Action

During the Reaping Day her sister Prim is selected and Katniss was volunteering to replace her sister as a tribute in order to save her life and hoping that she can winning the game and back home (Collins, 2008, p. 10-11). Making alliance with Rue a girl from district 11 (Collins, 2008, p. 113) and Peeta (Collins, 2008, p. 140). Then Rue and Katniss made a plan to blown up the food supplies (Collins, 2008, p. 118). The food supplies protected by four tributes; the boy from District 1, Cato and the girl from District 2, and a boy from District 3 (Collins, 2008, p. 122). And they made it, they blown the food supplies. *“For a moment, everything seems frozen in time. Then the apples spill to the ground and I’m blown into the air”* (Collins, 2008, p. 125) On her way to find Rue, Rue was killed by a boy from district one (Collins, 2008, p. 131-133).

3) Climax

After blowing up the food supplies Katniss went back to the place where Katniss and Rue agreed to have the third fire (place where they gather). When Katniss get there, she cannot find Rue. Katniss start to feeling worried that something happened to Rue *“I have to remind myself she’s still alive”* (Collins: 2008, 131). After that Katniss begins looking for Rue, when suddenly she heard a child scream that calling her name and found out it is Rue who trapped in a net *“Katniss! Katniss!”* (Collins: 2008, 131). Katniss cannot save Rue (Collins, 2008, p. 132). A boy from district 1 appear and he throw a spear to Rue and at the same time Katniss

shoot him with her bow right on his neck and kills him. Suddenly Rue falling to the ground with a spear stuck in her stomach. During that time Katniss realized that she could not do anything to heal Rue. As Rue last wishes, she asked Katniss to sing for her “*Sing, Rue say*” (Collins: 2008, 132). Katniss then sang the song her father used to sing often. As soon as she finished singing the song, Rue closed her eyes and died.

“Rue’s eyes have fluttered shut, her neck chest moves but only slightly, my throat releases the tears and the slide down my cheeks, but I have to finish the song for her” (Collins: 2008, 133).

Katniss was drowning in sadness along with her anger feeling, she wants revenge to the person who killed Rue. Rue death makes Katniss remember Peeta words. “*Only I keep wishing I could think of a way to show the Capitol they don’t own me, that I’m more than just a piece in their Games*” (Collins: 2008, 134). Katniss wanted to do something to make the Capitol know that whatever they did and that the tributes were not something they could own. That Rue and Katniss were more than that and at least Katniss wanted to make them pay for Rue death.

4) Climax leading to Falling Action

In the middle of the game the Game makers announce that if the tributes are from the same district both of them can be the winner (Collins, 2008, p. 138). Hearing that Katniss and Peeta spirits is back and they are determined to win the game. On their way they find Thresh body, he is the one who saved Katniss from Clove attack and let Katniss go because he know Katniss made an alliance with Rue (Collins, 2008, p. 176). After that Katniss and Peeta realized that there was only one tribute left is Cato “*Two against one, should be a piece of cake*” (Collins, 2008, p.188). The tension of the game increased after Game makers was subsided the lake, pond and sent mutts to the arena. This situation forces Katniss and Peeta to run towards the Cornucopia. Unexpectedly, Cato was also there unavoidable duel between them against Cato. Cato is strong body made difficult for

them to fight him. Cato pulls Peeta to the edge of the Cornucopia. Then Peeta cleverly codes Katniss to shoot an arrow at Cato back arm. This makes Cato in pain and release Peeta from his grip, Peeta used this situation to fight back and make Cato fall from the top of the Cornucopia (Collins, 2008, p. 192-193). Underneath the Cornucopia the mutts was tearing Cato's body apart, could not stand to see Cato suffering in pain Katniss shot her last arrow to Cato head and end his suffer (Collins, 2008, p. 194-195). After Katniss and Peeta killed Cato they become the last two tributes. The Game makers change the rules, that only one of them can win (Collins, 2008, p. 196). Katniss defies and forced Peeta to eat the poisonous berries to commit suicide (Collins, 2008, p. 197). The Game makers stop them and crown them both victors (Collins, 2008, p. 197-198).

5) Denouement

After their last interview with Caesar, Katniss, Peeta, and Haymitch board train to return to District 12. Katniss removes all of her clothes given from Capitol, then dresses more like herself again. She and Peeta return home as Victors. Her district will receive more food and gift *“It’s both a time for repentance and a time for thanks”* (Collins, 2008, p. 9), but a rebellion is brewing and President Snow has watching them in his sight.

3.1.4 Setting

Setting in *The Hunger Games* novel is divided into three parts there are seventeen setting of place, four setting of time, and three setting of environment.

3.1.4.1 Setting of Place

Setting of place is a setting that shows where the location of the event that is being told. The place element can be a place with a specific location name. The setting in the novel *The Hunger Games* includes:

1) Everdeen's Family House

Where Katniss, Prim, her mother and her deceased father lived

“Our part of District 12, nicknamed the Seam, is usually crawling with coal miners heading out to the morning shift at this hour. Our house is almost at the edge of the Seam”(Collins: 2008, 1-2)

2) The Meadow

Is the forest or woods near Katniss house, where Katniss and Gale hunting an animal and berries. *“I only have to pass a few gates to reach the scuffy field called the Meadow, In the woods I waits to Gale”* (Collins: 2008, 2).

3) Bakery

“It's real bakery bread, not the flat, dense loaves we make from our grain rations. Fine bread like this is for special occasions, say Katniss” (Collins: 2008, 3) Gale trades his prey (a squirrel) for bread in the bakery and giving it to Katniss. In her district bread like that only comes from bakery. It's because not everyone in their district has grain and of course they not capable to buy it.

4) The Hob

“Once it's in the soup, I'll catch it beef”, Greasy says with a wink (Collins: 2008, 5). It is a Black market that operates in an abandoned storehouse. There Katniss traded her greens for a bowl of soup from a merchant named Greasy Sae.

5) Mayor House

Is the place where Katniss sells strawberries and meets her friend Madge, she is mayor's daughter. Katniss and Gale had a small talk to Madge (Collins: 2008, 6).

6) The Square

The field is surrounded by shops where the public market is located. It is also where the residents of District 12 gather to watch The Reaping Day.

“At one o'clock, we had for the square, attendance is mandatory unless you are on death's door”

“The square's surrounded by shops, and on public market days, especially if there's good weather, it has a holiday feel to it. But today, despite the bright banners hanging on the buildings, there's an air of grimness. The camera crews, perched like buzzards on rooftops, only add to the effect.” (Collins: 2008, 8)

7) Justice Building

“It's the richest place I've ever been in, with thick, deep carpets and a velvet couch and chairs” (Collins: 2008, 18) The building where the Peacekeepers take Katniss.

8) Train

Katniss and Peeta are taken on a high-speed train to the Capitol. Inside the luxury train there are chambers that have a bedroom, a dressing area, and a private bathroom with hot and cold running water.

“It's a short ride from the Justice Building to the train station, I've never been in a car before. It's one of the high-speed Capitol models that average 250 miles per hour” (Collins: 2008, 21-22)

9) Capitol City

“The result was Panem, a shining Capitol ringed by thirteen districts, which brought peace and prosperity to the citizens” (Collins: 2008, 9). It is a city that ruled where the richest people live, the people in this city created the Hunger Games. They watched the hunger games as show that entertained them.

10) Sitting Room

“Pulling on my robe, I follow him through a door into a sitting room. Two red coches face off over low table. Three walls are blank, the fourth is entirely glass, providing a window to the city” (Collins: 2008, 35).

11) City Circle

Is where the opening ceremony located. A pair of tribute is being loaded into chariots pulled by teams of four horses, they wearing a beautiful dress that represents their district. Since Katniss district is providing coal mine China giving Katniss a coal black dress that set a fire (Collins: 2008, 37).

12) Training Center

It is a place where all the tributes can practice and showing their skill in front of Capitol judges and getting sponsor as a gift if the tribute can attract the judges.

“The Training Center has a tower designed exclusively for the tributes and their teams. This will be our home until the actual Games begin. Each district has an entire floor. You simply step onto an elevator and press the number of your district” (Collins: 2008, 40).

13) The interviews

The interviews take place on a stage constructed in front of the Training Center “*So, all ready for the interviews then?*”, say Cinna (Collins: 2008, 68)

14) Inside a Hovercraft (a plane own by Capitol)

“*A hovercraft appears out of thin air, just like the one did in the woods the day I saw the redhaded Avox girl captured, and a ladder drops down*” (Collins: 2008, 81) A hovercraft in *The Hunger Games* novel is a plane or air transportation own by the Capitol City.

15) Launch Room

It is a chamber for the tributes to preparing their self before entering the Hunger Games arena.

“The cylinder begins to rise. For maybe fifteen seconds, I’m in darkness and then I can feel the metal plate pushing me out of the cylinder, into the open air” (Collins: 2008, 81).

3.1.4.2 Setting of Time

Time setting is a setting that shows when the events that are being told in a work of fiction occur. The example of time settings such as; in the morning, afternoon, evening or anything that related to time. Time setting in the novel *The Hunger Games* includes:

1) Morning

“Tomorrow morning is the first training session, meet me for breakfast and I’ll tell you exactly how I want you to play it” (Collins: 2008, 43) Haymitch tells Katniss to prepare for next morning. It is her first training day with Haymitch.

2) Afternoon

“At one o’clock, we had for the square, attendance is mandatory unless you are on death’s door” (Collins: 2008, 8) When all the citizens of district 12 head to the Square for The Reaping Day.

3) Evening

During the evening Katniss and Gale usually going to the forest, in there Katniss uses her archery skill to hunting an animal such as squirrel and if she was lucky she can shoot a deer.

“Separating the Meadow from the woods, in fact enclosing all of District 12, is a high chain link fence topped with barbed wire loops. In theory, it’s supposed to be electrified 24 hours a day as a deterrent to the predators that live in the woods that used threaten our streets. But since we’re lucky to get two or three hours of

electricity in the evenings, it usually safe to touch” (Collins: 2008, 2)

4) Night

“*Now go get some sleep while the grown-ups talk*” (Collins: 2008, 43) After Haymitch gives Katniss and Peeta about their first training schedule with him, Haymitch forced them to sleep and prepare for next morning

3.1.4.3 Setting of Environment

The setting of the atmosphere in a work of fiction is closely related to the setting of place and time. It is including the physical and social emotions. *The Hunger Games* novel has the following setting:

1) Sad

With she leaving, this makes Katniss worry about the safety of her family so she asked Gale for help to take care and protect her sister and mother and leaves her family with Gale “*Up you go, Catnip*”, say Gale (Collins, 2008, p. 12)

She was also worried that her mother would leave Prim alone, so Katniss made her mother promise to always be there for Prim and take care of her. “*You can’t leave again. Well, you have to help this time. You can’t clock out and leave Prim on her own. Whatever you see me on screen. You have to promise me you’ll fight through it*” (Collins, 2008, p. 19). Katniss pretend to keep her tears in front of her little sister Prim, because it is been televised and Katniss did not want everyone make note for her tears and marked her as an easy target, which is mean Katniss did not want to anyone see her as a weak person.

After blowing up the food supplies Katniss back to the place where they agreed to have the third fire. But when Katniss get there she cannot finds Rue, Katniss feeling worried about Rue safety Katniss start thinking

that something might be happened to Rue. After that Katniss begins looking for Rue, when suddenly she heard a child's scream that calling her name and found out it was Rue who trapped in a net "*Katniss! Katniss!*" (Collins: 2008, 131). Katniss cannot save Rue (Collins, 2008, p. 132). A boy from district 1 appear from the tree and throw a spear to Rue and a long with Katniss shoots right in his neck. Suddenly Rue falling to the ground because there was a spear on her stomach. During that time Katniss relized that she could not do anything to save Rue. As her last wishes Rue ask Katniss to sing a song for her "*Sing, Rue say*" (Collins: 2008, 132). After that Katniss remember a song that her father usually sings for her, Katniss start to sing for Rue. A moment later after Katniss finish the song, Rue eyes start to close

"Rue's eyes have fluttered shut, her neck chest moves but only slightly, my throat releases the tears and the slide down my cheeks, but I have to finish the song for her" (Collins: 2008, 133). Katniss falling into deep sadness, beside it she also has a desire for revenge.

2) Tense

During the judging day for the tributes, the judges ignored Katniss and didn't pay any attention to Katniss. "*I was shooting at the apple because I was so angry at being ignored*" (Collins: 2008, 58) Katniss was angry because of no one was paying attention to her actions. So, to get their attention Katniss shoot her arrow to the apple in the mouth of pig where located on the table right in the middle of the judges. She shot right on the target, then Katniss say, "*Thank you for your consideration*" (Collins: 2008, 56) and the judges looked shocked and did not say a word.

Katniss feels that she has lost Rue, and she intends to take revenge on the person who killed Rue. "*Only I keep wishing I could think of way to... to show the Capitol they don't own me. That I'm more than just a piece in their Games*" (Collins: 2008, 134) After Rue's death, Katniss

became increasingly aware of the Capitol unfair and arbitrary action. Katniss remembers Peeta words. His words forcing Katniss spirit to do something that made Capitol aware.

“I want to do something, right here, right now, to shame them, to make them accountable, to show the Capitol that whatever they do or force us to do there is a part of every tribute they can’t own. That Rue was more than a piece in their Games. And so I am” (Collins: 2008, 134).

Katniss entered the cylinder inside the Launch Room where the tributes were supposed to getting ready before she entered the hunger games arena. When an officer injects a tracker into Katniss body, she feels even more tense and anxious about what she about to face.

“Nervousness seeps into terror as I anticipate what is to come. I could be dead, flat-out dead, in an hour. Not even. My fingers obsessively trace the hard little lump on my forearm where the woman injected the tracking device. I press on it, even though it hurts, I press on it so hard a small bruise begins to form” (Collins: 2008, 82).

When Katniss had entered the hunger games arena, immediately the sign of the Hunger Games had started all the tributes were fighting for each other to take the pack. Likewise Katniss, she tries to take the pack which contains tools that can help her survive. *“I’ve seen her throw in training. She never misses. And I’m her next target. All the general fear I’ve been feeling condenses into an immediate fear of this girl, this predator who might kill me in seconds. Adrenaline shoots through me and I sling the pack over one shoulder and run full-speed for the woods”* (Collins: 2008, 85) In her way she has to deal with a girl from district two, she’s the one who chases Katniss and throw her knives to kill Katniss.

3) Fear

“I volunteer as a tribute!” say Katniss (Collins: 2008, p. 11) Katniss feeling of fear, worry, and anxiety was expressed when she heard

her sister name was chosen as a tribute, she immediately volunteered to take her sister place as a tribute.

When the train enters a dark tunnel, memories of her dark past return, which is the memory when her father died in mine explosion. *“The tunnel goes on and I think of the tons of rocks separating me from the sky, and my chest tightens. I hate being encased in stone this way. It reminds me of the mines and my father, trapped, unable to reach sunlight, buried forever in the darkness”* (Collins: 2008, 32) This condition also triggers Katniss anxiety appears.

Katniss must leaving her sister because she is now become the tribute of the hunger games. Her anxieties arise because she thinks of what might happened to her sister and her mother without her appearance. *“Who cares what they do to me? What really scares me is what they might do to my mother and Prim, how my family might suffer now because of my impulsiveness”* (Collins: 2008, 58). Katniss feels worried and scared of what might be happened to Prim and her mother what if they suffered because of the Katniss impulsive action.

3.1.5 Conflict

In a novel, a conflict can attract the reader to read. Conflict is a form of a dramatic triggered by problems. In *The Hunger Games* novel, the story tells that the main character of Katniss Everdeen is dealing with many unpleasant accidents in her life. Which of course this triggers a conflict to happen. A conflict happens between two or more characters, in *The Hunger Games* novel the main conflict happens in the character of Katniss Everdeen. In the novel, she is faced with the social gap between poor people (including her district) against the wealthy people (the Capitol). Katniss fels angry and hates the Capitol because of their actions. It because the Capitol is the one that makes the hunger games and forced the people of the twelve districts to treat it like a festival. It is shown on page 9

“The Capitol requires us to treat the Hunger Games as a festivity, a supporting event pitting every district against others” (Collins: 2008, 9)

“Look how we take your children and sacrifice them and there’s nothing you can do. If you lift a finger, we will destroy every last one of you. Just we did in District Thirteen” (Collins: 2008, 9)

From the Capitol actions it seems they want to show their power that they can control all of the twelve districts. The Capitol also took other actions to prove they have the power. That is by makes all of the twelve districts to send their children to participate in the Hunger Games. The people with poor conditions stand silent, because they are powerless against the Capitol.

3.2 Extrinsic Aspects

The first analysis aims to reveal Katniss anxiety in the novel. The basic parts of the human mind consist of Id, Ego, and Super ego. Every part of the mind has their own function and they can shape and influence one’s behavior and personality. The conflict between the Id, Ego, and Superego is Anxiety. Anxiety can cause pain, and uncomfortable feelings to people. Anxiety triggered by a traumatic situation, which the ego is overwhelmed then ego activated a signals in response to a dangerous situation.

3.2.1 The Anxiety of Katniss Everdeen

There are three types of anxiety: neurotic anxiety, moral anxiety and the last is reality anxiety (see page 14). Calvin S. Hall, he defines that the feeling of anxiety can be seen through several symptoms for example, when a person encounters a dangerous situation, his heart beats faster, he breathes faster, his mouth becomes dry and his dry hands sweat. From the explanation, the writer simplifies the symptoms of constant worry, muscle tension and sweating. Using M.J. Murphy characterization theory, it helps the writer to reveal the evidence and symptoms of anxiety. This theory can be used to make characters understandable

through character behavior, reaction events, situations, and past lives. Therefore, the writer describes the childhood experiences of Katniss Everdeen which is portrayed in the Hunger Games novel. Based on the data, the writer analyze the character apprehension of Katniss Everdeen and find there is evidence that the character experiences neurotic, moral, and reality anxiety.

3.2.1.1 Neurotic Anxiety

Neurotic anxiety is an apprehension of unknown danger. This anxiety can be produced from unconscious mind. Based on Hall statement in *A Primer of Freudian Psychology*, neurotic anxiety has three forms. The first form is the kind of person who has bad thoughts about the environment that something bad will happen. The second form is phobia (is an extensive fear of an object), the fear of the object is superior compares to the actual danger that the object. The third form is panic or near-panic situation, this can be functioned to channel the excessive painful neurotic anxiety by doing what Id demands and ignoring the Ego and Superego. It something that is out of someone's usual character. Based on the analysis of the main character Katniss Everdeen, it shows that Katniss is an independent, strong, and brave girl who really loves her family especially her sister Prim. But she has dark memories that trigger her anxieties to appear.

Psychoanalysts believe that a person childhood experiences with a family such as parents shaped the person personality. It was shown in the page 14

“It was during the worst time. My father had been killed in the mine accident three months earlier in the bitterest January anyone could remember. The numbness of his loss had passed, and the pain would hit me out of nowhere, doubling me over, racking my body with sobs” (Collins: 2008, 14).

When she was child she lost her father, she had to live only with her mother and her sister not with a father figure. This condition affected her adult life. Everdeen anxiety will appear every time she remembers the memory of her father's dead. The anxiety appeared because Katniss body feels the traumatic

situation. During reaping day, when she was volunteering to replace her sister position as tribute of the hunger games, triggered Katniss anxieties appears for the first time. When she volunteers on behalf of her sister, she suddenly remembers the tragic memory of how her father has been killed in the mine accident. Katniss is haunted by neurotic anxiety over the death of her father and the heavy burden of responsibility she had to endure after his death. Katniss think that the situation in the reaping day might risk the safety of her sister and she will lost Prim like she lost her father. Both Prim and her father have the same position as Katniss's family. Thus, triggers the past memory of her who lost her father. We can see that Katniss have hard time and pain which shows her feeling of imagined fear and worry. Based on Calvin S. Hall theory of anxiety, he also mentions that feeling of worry is a symptom of anxiety. Katniss Ego failed to make balance between the Id and the Superego, Katniss Id has control of her body.

Her anxiety continues when Katniss stands in silence in the train. The scene when the train goes through the tunnel to the Capitol. The way tunnel rocks separating her from the outside view reminds her to the mine rocks of the mine accident. It is shown in page 32

“Peeta Mellark and I stand in silence as the train speeds along. The tunnel goes on and on and I think of the tons of rock separating me from the sky, and my chest tightens. I hate being encased in stone this way. It reminds me of the mines and my father, trapped, unable to reach sunlight, buried forever in the darkness” (Collins, 2008, p. 32).

The dialogue above shows that Katniss has not been able to forget her past memories when she lost her father. Until Katniss getting older, she was haunted by her past memory. Until she fantasized that she could save her father before the incident happened. It shown in page 2

“My father knew and he thought me some before he was blown to bits in a mine explosion. There was nothing to bury. I was eleven then. Five years later, I still wake up screaming for him to run” (Collins: 2008, 2).

During that time Katniss imagine if she would able to help her father. By “*screaming for him to run*” this dialog shown that Katniss imagine that she could save her father before the tragedy happened and not losing him. Katniss feels

afraid if she might losing her family like she losing her father. The memory of her father's death triggers her anxieties to appear. Katniss feeling in here can be concludes that Katniss has experienced neurotic anxiety because her trauma about the memory of her father death.

The death of her father also effected Katniss mother health. Katniss mother stay silence and seems does not care about her daughter conditions after losing her husband. She just sat silence on chair, sometimes she stands and take a couple of walk, but after that she falling sick. This condition makes Katniss worried and terrified that she have to replace her father and mother positions as a head of family. It was a huge responsibility that Katniss must burden. It was shown in page 14

“I was terrified. I suppose now that my mother was locked in some dark world of sadness, but at the time, all I knew was that I had lost not only a father, but a mother as well. At eleven years old, with Prim just seven, I took over as head of the family. There was no choice” (Collins, 2008, p.14).

Both her mother and her sister Prim were in a vulnerable position. Katniss is the oldest child and she is the only person who can lead her family. This conditions force Katniss to take over her father positions as the head of the family. The anxiety about Katniss past about how her mother weakness can have an effect on her family is shown directly through Katniss statement. We can recognize it using characterization theory of past life. “*I was terrified*” The feeling of terrified here is similar as the feeling of worry. Furthermore, Calvin S. Hall theory of anxiety mentions that feeling of worry is a symptom of anxiety. We can see that Katniss has to replace her father and mother place for Prim. Meanwhile, the truth is Katniss feels worried and afraid about her duty, which is she have to replace her father and her mother also becomes the head of the family. Katniss feels afraid if she becomes a weak person as her mother. Her big burden to replace her father and mother because of her mother weakness triggers her anxieties to appear. In here Katniss Id has control Katniss body.

Furthermore, childhood experience also affected on someone life. It shown on page 30

“The realization that I’d have nothing to take home had finally sunk in. My knees buckled and I slid down the tree trunk to its roots. It was too much. I was too sick and weak and tired oh, so tired. Let me die right here in the rain” (Collins, 2008: 30).

The dialogue shows the evidence about Katniss childhood experiences also affected her condition. The dialogue shows that Katniss does not want other people looked her as a weak person. More specifically here, Katniss does not want to look weak like her mother. Otherwise she wants to everybody looked her as a brave and strong woman. By hunting Katniss helps her family to survive. The realization that *“I’d have nothing to take home had finally sunk in”* and *“I was too sick and weak and tired oh, so tired. Let me die right here in the rain”* Apart from being the eldest son Katniss is also the backbone of her family. She had to pretend to be a strong and brave in front of her sister and others. The feelings of weakness, pain, and fatigue that she experiences have the same meaning as constant worrying and muscle tightness which are symptoms of anxiety.

So in addition, Katniss inner conflict happens between she feels worried of become the backbone of the family but on the other hand she have to protect her family. She afraid if she might lose her family like she losing her sister, moreover she also afraid that she will become weak like her mother. Then, as a respond to those situations her anxieties toward her memory of her father’s death and her mother weakness start to appear. In here the Ego fail to make balance between Katniss Id and Superego, Katniss Id has control of her body.

3.2.1.2 Moral Anxiety

In this sub chapter the writer analysis is to understand and described how Katniss moral anxiety. Moral anxiety is the anxiety which results from fear of violating moral or moral codes (see page 17). Moral anxiety can also be interpreted as a fear of inner voice. So, if these opinions are combined, it can be

concluded that the notion of moral anxiety is a condition where people will feel uncomfortable and guilty if they do other things outside their conscience (superego). People with a developed conscience feel guilty if they do something that goes against their moral code.

Katniss experiences of moral anxiety when she was afraid and worried about her sister safety, because Prim was chosen to become a tribute. This conditions force Katniss to protect Prim, so she was volunteering to replace her beloved sister as a tribute. Which mean she has to leaving her sister and mother. This makes Katniss think about Prim safety and it triggered her anxiety to appear. It shown in the page 18

“I don’t bother suggesting Prim learn to hunt. I tried to teach her a couple of times and it was disastrous. The woods terrified her, and whenever I shot something, she’d get teary and talk about how we might be able to heal it if we got it home soon enough” (Collins, 2008, p. 18).

Katniss teaches Prim to hunt in the forest because she is worried about Prim safety. On the other hand, Katniss feels morally insecure with her doing hunting alongside with Prim because her sister gets teary everytime Katniss shots her prey. Katniss is panicked when a peace keeper takes Prim and Gale away, then they takes Katniss on a train to the Capitol. It shown on page 21

“The peace keepers are back too soon and Gale asks for more time, but they're taking him away and I start to panic. Don't let them starve!” (Collins, 2008, p. 21).

Katniss reaction “*Prim, let go*”, *Katniss say harshly, because this is upsetting me and I don't want to cry*” (Collins: 2008, 12). Based on the theory of characterization using reactions, we can see that Katniss is feeling upset after knowing the fact that her sister Prim is chosen to be a tribute. Then Katniss takes an action to save her sister Prim, an act that can be called reckless. Katniss sacrifice herself volunteering to be a tribute to saving her sister life. Even though Katniss actually feeling deeply sad and about to cry but she still listens what her heart wants and doing it. That we can now from sentence “*I don't want to cry*” and “*Now I am truly in danger of crying*” (Collins: 2008, 12). From the sentence

it shows indirectly that Katniss conscience not allowing her body to cry, because it will show her weakness. The word “danger” can be indicated the situation of anxiety that Katniss encounters. It was Katniss anxiety that if she cried the people in Panem would notice her, and as a result she would be labeled as a weak person. In Calvin S. Hall’s theory of anxiety also mention that feeling of worry is a symptoms of anxiety. We can see that Katniss wants to protect her sister Prim no matter what it cost, even though she is truly feeling is sad and afraid of what will comes. It showed that Katniss as moral anxiety toward her sister safety. In here Katniss Superego have control of Katniss body.

During the competition Katniss meets the representative from District 11, a girl named Rue. When Katniss being chased by the careers she was forced to climb a tree to avoid them, then Rue from across the tree give Katniss a code “*She points up to the nest again*” (Collins: 2008, 107) Rue plan is to drop a beehive nearby to repel the careers who was guarding below. The plan worked well, but unfortunately Katniss experienced several hallucinations from being stung by tracker jackers (a mutant of bee made by the Game makers) then she fainted. Luckily Rue found her and saved her. Finally, in her return Katniss and Rue made an alliance. However, Katniss think that Rue looks like her sister Prim and she wants to protect her. After Katniss blowing up the food supplies, Katniss cannot find Rue then she starts to think that something happened to Rue, that Rue might be killed by the enemy. In a hurry Katniss looking for Rue, suddenly she hears a child screaming “*Katniss! Katniss!*” (Collins: 2008, 131) and she found out it is Rue who trapped in a nest and screaming Katniss name. A boy from district 1 found them and he throw his spear towards Rue. A long with it Katniss shoot him in his neck and killed him. Sadly, Katniss finds Rue fall with a spear in stomach then catch her. It shown on page 132-133

“There's no point in comforting words, in telling her she'll be all right. She's no fool. Her hand reaches out and I clutch it like a lifeline. As of it's me who's dying instead of Rue. My father pulled me on with that remarkable voice - but I haven't sing much since he died. Except when Prim is very sick. Then I sing her the samesing she likes as a baby. Sing. My throat is tight with tears, hoarse from smoke and a fatigue. But if this is

Prim's, I mean, Rue's last request, I have to at least try. I give a small cough, swallow hard, and begin" (Collins, 2008, p. 132-133).

"Rue's eyes have fluttered shut. Her chest moves but only slightly. My throat releases the tears and they slide down my cheeks. But I have to finish the song for her. For a moment, I sit there, watching my tears drip down on her face. I lean forward and press my lips against her temple. I can't stop looking at Rue, smaller than ever, a baby animal curled up on a nest of netting. I can't bring myself to leave her like this. Last harm, but seeming utterly defenseless. To hate the boy from District 1, who also appears so vulnerable on death, seems inadequate. It's the Capitol I hate, for doing this to all of us" (Collins, 2008: 133-134).

From the dialog Katniss was mourning Rue death. In the moment when Rue's death, Katniss felt in Rue position as of me who's dying instead of Rue. Katniss tries to calm Rue down by singing the song that her father usually sings for her. Then Katniss anxiety increased as Rue eyes slowly started to close. She feels like she losing her sister and fail to protect her. According to Calvin S. Hall, Katniss feelings of throat tighten, swallow hard have the same meaning muscle tightness which are include a symptoms of anxiety. We can see that Katniss has moral anxiety toward Rue safety. Katniss loved Rue very much, because Rue reminds of her sister Prim. Katniss afraid to losing Rue so she wants to protect Rue, but unfortunately she failed. In here Katniss Superego have control of Katniss body.

3.2.1.3 Realistic Anxiety

(see Page 17) Reality anxiety is a feeling of anxiety that based on the presence of a threatening object from the external world (real world), for example a motorcyclist will be anxious if crossing alone on a lonely road. This is because lately there has been a lot of news about robbery cases.

Katniss reality anxiety appears when she entered the training room and saw tributes from other districts and when the hunger games started they will be the opponents of Katniss. Before entering the hunger game arena, Katniss feel

worries about what will happen, if in any case she might lose her life. She begins to anticipate the threats she might encounter. It shown on page 146

“Nervousness seeps into terror as I anticipate what is to come. I could be dead, flat out dead, in an hour. Not even. My fingers obsessively trace the hard little lump on my fore arm where the woman injected the tracking device” (Collins, 2008: 146).

“Nervousness seeps into terror” That is what Katniss feels at the first moment she enters the hunger games. Her nervousness is followed by the imagination of her that she could be dead at any time. Her feeling at the moment has the same feeling as constant worriedness. Then, when it comes to the hunger games arena twenty fourth tributes will circle together. Katniss can see all the tributes and the girl from district 2 are being highlighted by Katniss. Katniss feel nervous when she meets the other tributes. It shown on page 93

“Anger temporarily blocked out my nervousness about meeting the other tributes, but now I can feel my anxiety rising again” (Collins, 2008: 93).

There are occasions that Katniss and the other tributes meet to each other, in the training ground and on the interview. In the training ground Katniss sees the ability of the other tributes. As in here, after meet the other tributes Katniss anger has arises *“anger temporarily blocked out my nervousness about meeting the other tributes”*. The anger that happens in Katniss can be assumed that it gives her muscle tightness in the procession. Then, there is also occasion in the interview that Katniss has to encounter with the other tribute. It shown on page 125-126

“I spotted Cinna as soon as he took his place, but even his presence cannot relax me. 8, 9, 10. The crippled boy from 10 is very quiet. My Palms are sweating like crazy” (Collins, 2008: 125-126).

Based on the theory of characterization using reactions from M J. Murphy, it’s described that Katniss responses on every possible threats that she encounters as stated above *“anger temporarily blocked out my nervousness about meeting the other tributes”* and *“My Palms are sweating like crazy”*. In the interview she competes with another tributes based on each of their background. As she feels the threat from the tributes, she has her Palms sweating. From the evidence that

the writer finds, there are some symptoms that can be founded based on the reality anxiety. There are muscle tightness and sweating. As can be seen in the theory by Calvin S. Hall, those symptoms are included in the anxiety of reality. We can see that Katniss feeling of worry and anger about to the other tributes. Based on Freud theory we can see that Katniss experienced reality anxiety toward the other tributes. In here, Katniss Ego has control of her body.

CHAPTER 4

CONCLUSION

The writer analyzed the intrinsic elements of *The Hunger Games* novel which consist of fifteen settings of place, four settings of time and three settings of environment in the novel. Moreover, the main theme of this novel is social discrepancy and violence. The character of Katniss, she has a dark memories, it is about her memory of her father's death. This makes Katniss traumatized and it's also becoming the initial trigger for the emergence of Katniss's anxieties. These past memories always haunt Katniss and her anxieties gets worse after she becomes the hunger games tributes.

Based on the writer's analysis, it can be concluded that the character of Katniss Everdeen was experiences neurotic, moral, and realistic anxiety. Katniss experiences neurotic anxiety toward the memory of her father, and her mother's weakness. She experiences moral anxiety, when she thinks that she cannot protect her sister Prim and Rue. Then, she also experiences realistic anxiety toward the tributes.

In the end, the writer analyzed there are Katniss's anxieties which is dominant, it is the anxiety toward Rue's dead body. The anxiety is affected by the situation of her relation with Rue, which is she treats Rue like her own sister. She gets herself down by the anxiety of not be able to protect Rue. Thus, she lost her consciousness for a moment by feeling helpless. It is seen when she gets over-fatigue and gets her throat tight with tears.

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