

## 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.