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## THE FORM AND AFFECT OF AGORAPHOBIA TO ADOPT TO THE ENVIRONMENT IN THE NOVEL *THE WOMAN IN THE WINDOW* BY A. J. FINN

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| Abstract  | Article Information  |
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| <p><i>This thesis explores disability and the effect of Agoraphobia in the novel "The Woman in the Window". There are two objectives of this research: 1) to identify disability of Agoraphobia of Anna Foxx in the novel "The Woman in the Window" and 2) to identify the effect of Agoraphobia to adopt to the environment in the novel "The Woman in the Window". The theory used in this research is the Psychoanalysis using Sigmund Freud theory; the methodology employed is qualitative research in which researcher tried to present the issues descriptively. As for the data, they were collected from books, journal and internet. The novel were taken out as the primary data. This result of the research, the researchers finds that disability of Agoraphobia is nervous, panic attack and losing control and the effect of Agoraphobia to adopt to the environment are fear of going out, surrounding and lose.</i></p> <p><b>Keywords: Agoraphobia, Disability, The effect, Psychoanalysis</b></p> | <p>Received:<br/>05/01/2024</p> <p>Revised:<br/>23/02/2024</p> <p>Accepted:<br/>24/02/2024</p> |

### INTRODUCTION

Literary work as a form and result of a creative work, in essence is a media that utilizes language to express about human life. Therefore, a literary work, in general, contains the problems surrounding human life. The emergence of literature was born against the background of a basic human urge to express his existence.

Novel is one form of a literary work. Novels are fictional stories in the form of writing or words and have intrinsic and extrinsic elements. A novel usually tells about human life in interacting with the environment and each other.

Literary works (novels) are able to present the development of one character, complicated social situations, relationships that involve a lot or a few characters, and various complicated events that occurred some time ago in more detail. (Stanton, 2007: p.90)

The novel is a literary work that can present the development of character, social, and various relationships from simple to complex. In a novel, the author makes every effort to direct the reader to the images of the reality of life through the stories contained in the novel. On this occasion researcher tried to examine one form of literature, this novel discusses someone who has personality disorder, namely Agoraphobia.

Every human being must have a past story, whether good or bad. As humans cannot measure and compare the bitter experiences that have been experienced with other people's experiences. Maybe for someone, an experience can be a painful experience. However, for others, it is just an ordinary experience. In the end, only ourselves who can determine whether or not a story has passed.

## **LITERATURE REVIEW**

In this research, researcher uses psychoanalysis theory that connect with some of phenomenon in novel. There are several approaches used by researcher to analyze problems in a work of literature, especially novels. From a variety of approaches, the researcher used a psychoanalysis to discuss the problems found in this novel. Psychoanalysis is a branch of science developed by Sigmund Freud and his followers as a study of the functions and psychological behavior of humans. Psychoanalysis has three applications of a research method of mind, a systematic science of human behavior and a method of treating psychological or emotional illness. The theory used by researchers is based on the discovery of the problem of human past is dominant place in the life of society.

### **Psychoanalysis**

Psychoanalysis was first conceived by Sigmund Freud, a researcher and doctor from Vienna, Austria. Historically, psychoanalysis arose because of a phenomenon in response to medical challenges about hysteria so that psychoanalysis developed into a new scientific discipline.

### **Phobia**

One of the dynamics of the soul in psychoanalysis which has been described in the previous sub-chapter, Phobia. Phobia is a very and inaccurate fear, by Freud analyzed as the impact of diverted anxiety, anxiety bias associated with sexual impulses or anxiety due to traumatic events.

### **Social phobia**

Social anxiety disorder, also known as social phobia, is a feeling of extreme fear in social situations or that involves certain performance, especially a completely foreign situation or where someone feels that they will be monitored or evaluated by someone

else. The basis of social anxiety disorder or social phobia is fear of being observed, judged by the public eye, or embarrassing yourself in public.

### **Agoraphobia**

Agoraphobia is an extreme or irrational fear of entering open or crowded places, of leaving one's own home, or of being in places from which escape is difficult. Persons with agoraphobia frequently also have panic disorder. People with mild agoraphobia often live normal lives by avoiding anxiety-provoking situations. In the most severe agoraphobia, the victims may be incapacitated and homebound. The onset may appear to be triggered by a traumatic event.

#### a. Form Intellectuals

Intellectual ability is the ability needed to perform various mental activities—think, reason, and solve problems.

#### b. Form of Mental

Mental health is affected by events in life that leave a large impact on a person's personality and behavior. In this research, researchers found events related to Anna Foxx's mental health, namely past trauma and loss of loved ones. Mental health is both personal and individual. It determines how a person can relate to others, deal with stress and make choices. Mental health is how someone think, feel and act.

Mental health problems are a series of conditions that have an impact on mental health. Hence, it is a condition that disturbs one's mood, behavior, thoughts or the way a person interacts with other people. This condition can be mild, moderate, and severe and is determined based on how far it affects a person's daily functioning. Examples are depression, anxiety, hallucinations, alcoholics and so on.

#### 1. Hallucination

Hallucinations are a disturbance in the perception of sensation in the senses. A person experiencing their hallucinations can hear sounds or see things that are not there. Hallucinations are wrong impressions, responses and sensory experiences (Stuart, 2007 p. 186) hallucinations are disturbances in perception. Perception is a sensory sensation that has been processed and understood in the brain. So hallucinations can be in the form of hallucinations of hearing, seeing, taste or smell (according to the five senses).

#### 2. Alcoholic

Alcohol addiction occurs when alcohol changes brain chemistry. These changes increase the sensation of satisfaction when the sufferer drinks alcohol, thereby triggering them to drink more frequently and lead to addiction. The feeling of satisfaction that is felt will disappear, therefore addicts will continue to drink alcohol to prevent withdrawal symptoms.

### 3. Panic Attack

In panic disorder, the worst problem is the fear of panic attacks themselves. This fear often causes agoraphobia, a condition where the patient is too frightened to go outside. Anna Foxx, as the main character in the novel, was severely disturbed by her panic attacks. At first, she couldn't imagine what was happening to him. Once she was armed with information about his condition, however, she was able to accept treatment, medication, and psychotherapy then she is free from panic attacks and is enjoying his life to the fullest.

A panic attack is a discrete episode of anxiety. It may be accompanied by a racing or pounding heart, sweating, trembling or shaking, sensations of shortness of breath, choking feelings, chest pain or discomfort, nausea, stomach ache, dizziness or faintness, derealization, depersonalization, a feeling of losing control or of going crazy, overwhelming fear of death, tingling, chills or "hot flushes."

If someone isn't worried about panic attacks, that humans don't have panic disorder. Panic attack patients are always concerned about the possibility of another attack even when they have been panic attack-free for some time.

## **RESEARCH METHODOLOGY**

Collect research data activity is a very delicate, precision and preparation of a detailed program. It has the intention that the obtained data is totally relevant to the purposes of research. Basically, research is divided into two parts, there is qualitative research and quantitative research. This type of research is used by researcher to examine today is a qualitative research.

From the combination of various methods, empirical data, perspectives and observers in one study should be understood as breadth into the type of investigation. Qualitative research utilizes semiotics, narrative analysis, content, discourse even statistics. Qualitative research also uses and utilizes approaches, methods and some techniques such as psychoanalysis, cultural studies, survey research and others. In addition to qualitative research used by researcher in the research, there is also a descriptive research methods and psychological approach to literature that describes the psychology phenomenon that occurs in the community is about the anxiety and the affect in environment in psychology. With descriptive methods will be described.

Primary data is data that is collected by a researcher from first-hand sources, using methods such as surveys, interviews, or experiments. It is collected with the research project in mind, directly from primary sources. in this research, researcher used Novel as the primary data.

One of the most important parts of research is technique. Researcher uses research techniques because they consider it more appropriate besides wanting to avoid using research methods because in fact the description is not merely a method. As for the part in question is the source of data.

In collecting the data, researcher used secondary data is data obtained or collected and put together by previous studies or published by other agencies. Secondary data derived from books, journals, internet and other else that supports this research.

In collecting the data, the researcher starts of the reading process, find a problem, then the researcher obtained data. Data derived from books, journals and other else that supports this research. Data collection procedures have some function, in this research it will use for basic research and for solve the problem. Those problems were collected and classified according to the group and then analyzed the problem and interpreted.

## **FINDINGS AND DISCUSSIONS**

The researcher will discuss the finding using psychoanalysis theory from Sigmund Freud. In this part, the researcher gives explanation of discussion based on the research questions disability of Agoraphobia and effect of environment that found in novel.

### **Disability**

In this discussion part explain and describe the findings. The researcher will discuss the finding using psychoanalysis theory from Sigmund Freud about form disability of Agoraphobia.

#### **A. Unfocused of Intellectual**

There are several characteristics that also indicate that a person has impaired concentration, such as other symptoms that often occur are anxiety, mental stress, hyperionism, feelings of depression, a sense of chaos in himself and also other more significant characteristics. There are some quotes that researchers got from this study that relate to someone who cannot focus.

“Remember, you’ve got your secret weapon,” Dr. Fielding calls.

It’s not a secret, I want to cry; it’s a fucking umbrella, wielded in broad daylight. (p.38)

From the quote above, Dr. Fielding reminds Anna that she has a secret weapon. the secret weapon in question is his weakness which others should not know. Anna Foxx, who couldn't focus, actually showed her weakness to others.

Often feeling worried is also one of the characteristics of people who have trouble concentrating, this feeling of worry is actually almost the same as the anxiety that often occurs. People who have trouble concentrating also tend to get angry more quickly and have more difficulty controlling their emotions. It is seen in the quote above that Anna is starting to have trouble holding back her emotions.

“That’s unbelievable,” he says after a pause.

“Yet it happened.”

He pauses again. “I’m not saying it didn’t. But”—I brace myself—“you’ve been really heavily medicated lately. So—”

“So you don’t believe me, either.”

A sigh. “No, it’s not that I don’t believe you. Only—”

“Do you know how frustrating this is?” I shout. (p.213)

From the above quote Anna yells at Ed because Ed doesn't believe what Anna has said and tries to corner Anna. Ed also said that Anna was taking too many drugs lately. Anna doesn't remember the last time she took excessive drugs. Anna said that she felt frustrated with all the pressure about the events that had happened recently.

Long-term depression can cause inflammation, damage brain tissue, and inhibit the brain's ability to repair damaged brain tissue and cells. This can cause the brain to age faster. Therefore, if allowed to continue, depression can increase the risk of having trouble concentrating and being unable to focus.

## B. Unable to be at Work

Agoraphobia is a destructive disorder in which a person feels fear, and avoids places or situations that can create panic, trapping, helplessness, and embarrassment. This condition makes a person experience significant difficulties or problems with social situations, work, or other areas of life because of fear, or avoidance.

I need work. I had a down-home appeal once, according to some, according to Ed. “I thought of you as the girl next door,” he said sadly, toward the end.

I look down at my toes rippling against the tile- long and fine, one (or ten) of my better features, but a bit small-predator right now. I rummage through my medicine cabinet, pill bottles stacked atop one another like tote poles, and excavate a nail clipper. At last, a problem I can fix. (p.23)

From above quotation, Anna still remember what Ed’s talking about. Anna try to think about how about her future if she only can do all activities inside home only, but her phobia to going out force to stay. She also looks nervous to think about that and get her medicine. She thinks that she can fix all the problem by drink some medicine. Anna try to have positive think from her nervous.

Agoraphobia can severely limit the quality of a person's life activities. If someone's agoraphobia has reached a severe stage, the person may not be able to leave the house. Without treatment, some people remain home for years. The person may not be able to visit with family and friends, go to school or work, carry out errands, or take part in other normal daily activities. So, need someone else to get help.

According to research, agoraphobia is also associated with depression and other mental health disorders, namely anxiety disorders. The anxiety and fear experienced by people with agoraphobia is different from the feeling of anxiety in general. Agoraphobia sufferers

also experience signs and symptoms of panic attacks, namely rapid heartbeat, excessive sweating and feeling out of control.

### C. Hallucination

Hallucinations are sensations created by a person's mind without any real source. This disorder can affect all five senses. A person is called hallucinating when he sees, hears, feels, or smells an aroma that is not there.

I swivel the umbrella ahead of me—my secret weapon; my sword and my shield—and lean over to press my hand to the knob. I turn it. (p.163)

From this quotation, Anna try to overcome all the fear that she feels because there is an accident near her house and force her to pay attention on everything. Anna feels that something will come on her and she is ready to make herself safe to protect her from everything.

Anna is hallucinating when she sees, hears, feels, or smells a scent that is not there. These things were only in his mind. People with hallucinations often have a strong belief that what they are experiencing is a real perception, so it often causes problems in their daily lives. People who have hallucinations may also have deviant behavior. In Anna's case he became an alcoholic and became an Agoraphobia.

He's almost as isolated as I am.

I sit back in the chair, sip. Set the glass down. Watch the noonday light crawl over the windowsill. The computer pings. I move a knight, hook him around the chessboard. Await another move. (p.303)

From the quotation above, Anna felt Ed starting to like her. Anna thought as she sat and drank. looked around her and thought what steps she would take next. Thinking of the worst would make matters worse, it felt wrong to have this kind of understanding. Thinking about the worst is the same as thinking about the risks th at will come your way. Without affecting the mind to be negative. By looking at the future risks, someone can prepare solutions and avoid the nervousness that will hit because they don't have a solution.

From this study, the researchers concluded that there are severe conditions in which hallucinations often persist, there are also temporary hallucinations that are not chronic in nature. as Anna faced, her hallucinations are chronic and really need help from experts because of the hallucinations she experienced when her husband and child died. he heard the person's voice for a moment or at a glance saw him tend to continue to watch the people around him. This type of hallucination will usually disappear when the sorrow of loss slowly fades.

For an instant I fear that a stranger will open the door, explain sleepily that David's due back in a little while and would you mind if I went back to bed, thanks so much. Nothing. (p.127)

Anna looked very uncomfortable with the person in charge. Anna also said that she was not alone and David would soon come and leave the owner alone and return to her bedroom.

From the excerpt above, researchers can say that Anna also experienced auditory hallucinations. Auditory hallucinations are the most common type of hallucination, which causes a person to hear sounds that others don't. someone may overhear someone talking to him or telling him to do certain things. These voices can be angry voices, neutral voices, intimate voices, sounds of music, conversations, laughter, even someone's footsteps. Like Anna, it was as if she heard someone opening her door, even though no one was there. This condition is a common symptom of schizophrenia, bipolar disorder, or dementia. Anna, who is an Agoraphobia, also experiences it because of the intense pressure inside her.

“That’s when your troubles started. Your problems going outside. Posttraumatic stress. Which I—I mean, I can’t imagine.”

God, how I cowered beneath the hospital fluorescents; how I panicked in the squad car. How I collapsed, those first times leaving the house, once and twice and twice more, until at last I dragged myself back inside.

And locked my doors.

And shut my windows.

And swore I’d keep myself hidden. (p.330)

Anna is currently consulting Dr Fielding about the therapy she is currently undergoing. Anna realizes all problems begin when she experiences post-trauma due to losing people she loves died. Anna remembers all these events and then closes all access from the porn house, namely the doors and windows so that no one can enter her house and apartment from other people.

People with depression are often described as sad and aloof, but that is not always the case. Some people with depression may also experience psychosis, which makes it very difficult for them to tell what is real and what is not. A person who has psychotic depression still experiences typical symptoms of depression, but also accompanied by the appearance of psychotic symptoms such as hallucinations. hallucinations are changes in the sensations we feel when the senses experience things that are not real. such as hearing mysterious sounds or seeing things that aren't there, or feeling someone touching their body.

Sometimes, when the skies are low, I imagine myself overhead, in a plane or on a cloud, surveying the island below. It’s been so long since I felt the rain. Or wind It’s true, though. And snow too, but snow I never want to feel again. (p.41)

From the above quote, Anna really longs to come out. She imagined herself leaving the house, it seemed so long ago that Anna couldn't remember the last time he left the house. Anna really wants to get out but remembers what will happen and what if her Agoraphobia will appear then she will still be in detention.



Hallucinations are sensations that seem real, even though they are just illusions created by your own mind. Hallucinations can affect all five senses. Like what happened to Anna, she could see or hear something that wasn't there. A person sees or hears something as a result of drinking too much alcohol or taking too high a dose of drugs. Not getting enough sleep can lead to hallucinations. A person becomes more prone to hallucinations if they haven't slept for several days or are not restful.

I can feel the outside trying to get in—isn't that how Lizzie put it? It's swelling against the door, bulging its muscles, battering the wood; I hear its breath, its nostrils steaming, its teeth grinding. It will trample me; it will tear me; it will devour me. (p.164)

From the quote above, Anna tries to follow Lizzie's advice by trying to get out and get back into the house as soon as possible to practice coping with her Agoraphobia. However, when he came out, he felt that it would threaten his life and tried to kill him. In fact, thinking that outside the home is something that really doesn't apply.

The cause of hallucinations is mental disorders. However, hallucinations are a symptom that is also quite often reported in people with very severe mental stress. Auditory hallucinations are the most common type of hallucinations. With this condition, Anna will hear a voice that comes from inside or outside her mind. These voices could be like talking to each other or telling them to do something.

It's dark and dreamless, a little oblivion, and when the buzzer brays downstairs, I awake exhausted. (p.203)

Anna woke up from her sleep and had a nightmare when she heard the bell ring, maybe someone was coming. She continues to feel anxious and afraid until he is carried into her bed, as a result when she wakes up, he is very dangerous.

Lack of sleep also has a higher risk of hallucinations. However, dreams and nightmares are manifestations of our thoughts, and in fact, the whole brain is active when we dream. If a person accepts the fact that dreams are produced by the subconscious, or are directly related to thoughts, then he will understand how emotions are. , strong feelings and desires can create a hope set forth in a dream. Some nightmares can also come from traumatic elements of the past. Unresolved trauma or pain from childhood memories can trigger depression and produce recurring nightmares.

And I stand there in the dark: cold, utterly alone, full of fear and something that feels like longing. (p.338)

From the quote above, Anna, who is very afraid of her surroundings, has to stand up to the darkness of the night. he felt very cold and afraid, something so terrifying the longing he felt the fear.

Anna feels that there are many people around you even though they don't exist, then it's like being in her own world that has its own life story too. People who experience this usually have difficulty assessing reality which is usually marked by feelings of confusion, auditory hallucinations and also false beliefs about themselves and the environment. This

condition is usually preceded or motivated by a closed personality condition and past trauma. Anxiety like that experienced by Anna can happen to someone with this condition.

#### D. Alcoholic

A person with depression always thinks that his life is always filled with guilt and other negative things. Whatever is done is always interpreted as a mistake and cannot be repeated. As a result, someone will be more withdrawn from their environment and spend themselves doing things alone. Generally, people with depression are not at all interested in their life. Various activities that are usually carried out are no longer interesting and make them bored. Pleasure with something such as a hobby will just disappear, even though before that hobby was always done almost all the time. Instead of doing lots of useless things and meeting lots of people. Solitude is preferable to be done.

Someone has severe depression; they will find it difficult to cope. Because it is difficult to overcome depression, some people use alcohol a lot. By consuming alcohol, they will feel much more energetic and excited. The fear and anxiety that triggers depression will decrease so that this alcoholic drink is considered a cure.

“Overweight?” I say. “Prematurely gray?” I really am soused.

She sips her wine. “Agoraphobic.”

“Well...” If we’re trading confidences, then I suppose: “Trauma. Same as anyone.” I fidget. “It got me depressed. Severely depressed. It isn’t something I like to remember.” (p.102)

From the quote above, there is a conversation between Anna and Dr. Fox. Anna looks like she is not in her conscious mind and starts talking about what she's been dealing with so far. Anna admits that she is agoraphobic with all the depression she faces. Anna also said that she was depressed by all the traumas she had faced and some that she did not want to remember.

The mistake of consuming alcohol with the intention of curing depression makes the mood worse. The opportunity to experience addiction and make things worse is inevitable. The physical condition has also deteriorated so that the problems that arise have multiplied. Anna drank alcohol more and more often even though she didn't need it. Drinking alcohol becomes part of daily activities, every night or when the mood is not friendly and he begins to become addicted to alcohol.

### **Adaptation of Environment**

#### A. Panic Attack

A panic attack is a discrete episode of anxiety. It may be accompanied by a racing or pounding heart, sweating, trembling or shaking, sensations of shortness of breath etc.

I'm not as quick as you! PTSD is a beast. But I'm tough. (p.37)

From the quotation above, Anna a bit screamed when she talks about PTSD (Post-Traumatic stress disorder) she keep believe that she is tough. Feeling afraid is a common symptom of post-traumatic stress disorder (PTSD). Having intense fear that comes on suddenly could mean someone having a panic attack. This sudden fear may come without warning or without any obvious reason. Or a panic attack may happen when something reminds someone of the trauma.

One of them points at me, laughs. Winds his arm like a pitcher. Looses another egg. I knock harder on the glass, hard enough to dislodge a pane. That's my door. This is my home. (p.61)

From the quotation above Anna look a bit panic by laugh by herself and knock on her glass. Anna also talks by herself that this is her house so please do not make me feel uncomfortable. She looks everyone who came to her house is looking at her and she does not enjoy it because her Agoraphobia.

Panic attack has the same cause. However, panic attacks often have an unknown trigger that appears suddenly. Triggers that cause and panic attacks can be physical or emotional triggers. Physical triggers can be taking certain drugs, experiencing certain physical pain, and so on. Meanwhile, emotional triggers can be due to stress at work, phobias, past trauma, and so on. In the above quote, Anna looks panicked by the arrival of several people at her house which triggers her emotions because of the Agoraphobia she has been having all this time.

## B. Uncomfortable to be in Crowded place

Crowd phobia is a type of anxiety disorder. Symptoms of agoraphobia can arise when the sufferer is in a situation where it is difficult for him to find a way out or get help when he feels trapped. Not only phobia or the fear of being in a crowd, people who suffer from agoraphobia can also feel scared or anxious when they have to talk or move in front of many people.

"I want all of you out of my house. You think I'm delusional." He flinches. "And you think I'm lying." Norelli doesn't react. "And he's saying I never met a woman I met twice." (p.196)

Anna starts to get emotional when Norelli recedes the living room and pul the phone from the pocket to call the police. Anna spoke in a high voice for Norelli to get out of the house. He also told Norelli if he was lying when he stated that he did not see anything.

Crowd phobia is caused by a combination of factors, such as psychological problems, past trauma, heredity, and personality disorders. One of the factors that influenced Anna to become an Agoraphobia was the trauma from her past being abandoned by her husband and children. crowd phobia can also appear in people with panic attacks. However, there are people with crowd phobia who have no previous history of panic attacks or trauma. When you feel anxious or panicked, your body releases the hormone adrenaline. This hormone can have

several effects, such as an increase in breath rate and heart rate. This is a natural mechanism for preparing the body for dangerous situations.

My finger is wobbling on the intercom button. “Get away from my house!”  
(p.60)

Anna is in danger of being threatened by all the actions that are carried out in her house. Anna orders to call the police, but instead threatens to kill her. Anna, who looked very panicked and threatened with disaster, began to lose control over herself so she screamed very loudly with the intention of Ed to get out of the house.

When people with crowd phobia feel they are in a stressful situation, they will experience several physical symptoms, such as racing heart or chest palpitations, shortness of breath, feeling hot or cold sweats, nausea, dizziness, and feeling like fainting. In addition to physical symptoms, people with crowd phobia may also experience psychological symptoms, such as panic attacks or feeling helpless in public, blaming themselves, or feeling embarrassed in front of a crowd.

### C. Ability to Adapt

Adaptability is not just about changing something or adjusting to a new situation. Adaptability includes all the abilities needed to make changes in both actions and speech in a subtle, precise and consistent manner.

I know, but I’m too weak. And I want to be honest with Ed. He deserves that. He’s displeased. “You can’t do that, Anna. Not on medication.” “I know.”  
Already I regret having said anything. (p.114)

From the quote above, there is a conversation between Anna and Ed where Ed asks Anna whether Anna is sick or not and Anna says that she is really sick. Anna admits that she is too weak and Anna feels that she doesn't deserve anything in her life. Ed said that Anna was still on the drug and Anna said that she was sorry that she told Ed everything.

Since knowing Edd at least Anna had a strong mentality to deal with him. Preparing in advance also makes him better prepared for the attitudes and characteristics of people he may never have known before.

Two and a half hours. When did I last speak to someone, anyone, for two and a half hours? I cast my mind back, like a fishing line, across months, across seasons. Nothing. No one. Not since my first meeting with Dr. Fielding, long ago in midwinter—and even then I could only talk for so long; my windpipe was still damaged. (p.104)

Anna does not remember exactly the last time she left the house during the changing seasons because she had locked herself in the house for several months due to the loss of her husband and child. Going out of the house is a threat to Anna because she may become very anxious and lose control.

Anna, who slowly began to open herself up to people she thought she could trust, was one of the abilities that Anna obtained after months of closing herself from meeting even talking to other people. Not all Agoraphobia can feel comfortable talking and even sharing information with others. Other people who are usually seen as something that could endanger themselves are actually someone to talk to.

## CONCLUSION

The result of this research starting from the general issue of Agoraphobia then focused on disability and effect of environment. Agoraphobia is an anxiety disorder characterized by symptoms of anxiety in situations where the person perceives their environment to be unsafe with no easy way to escape. This research has two problems to solved that exist on the research question. First is the disability of Agoraphobia to the novel *The Woman in the Window* and the second is the effect of the environment to Agoraphobia in the novel *The Woman in the Window*. To discuss the problem in the research, the researcher used psychological of literature as a theoretical review. Psychological of literature can be defined as taken over some of the issues in a mostly literary works have discussed the events of human life. Psychology literature has also attracted the public about some of the literature that is poured into a novel, poem or other literary works. Social anxiety disorder is a type of complex phobia. This type of phobia has a damaging, to paralyzing effect on the life of someone who has it. This disorder can affect a person's self-esteem and self-esteem, disrupt relationships and performance at work or school. Social anxiety disorder, also known as social phobia, is a feeling of extreme fear in social situations or that involves certain performance, especially a completely foreign situation or where someone feels that they will be monitored or evaluated by someone else. Agoraphobia is a social anxiety disorder and past trauma is one of the reasons why someone has disability of it. Agoraphobia's person really needs to have a treatment from psychologist and support from people around her. Environment also has a big effect for Agoraphobia to life after past trauma. Environment that provide positive support will healing effect to Agoraphobia.

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