

## **A STUDY OF NORMA JEANE'S ANXIETY DISORDER IN JOYCE CAROL OATES' *BLONDE***

**Johan Alif Eksanusdin**

**Risma Kartika Dewi**

*English Literature Departement*

*Universitas Gresik*

[johanalif100@gmail.com](mailto:johanalif100@gmail.com), [rismakartika88@gmail.com](mailto:rismakartika88@gmail.com)

### ***Abstract***

*The purpose of this study to find the causes about Anxiety Disorder suffered by Norma Jeane in Blonde by Joyce Carol Oates and the impacts about Anxiety Disorder suffered by Norma Jeane in Blonde by Joyce Carol Oates. This study used qualitative study as translated from any data. This research used qualitative materials inside the description form. It was found that the results of the discussion based on Norma Jeane in the novel entitled Blonde written by Joyce Carol Oates on the problems related to the anxiety symptoms she suffered. Norma Jeane's personality influences how anxiety symptoms can provide solutions to various problems according to her own condition in several solutions given below. In this case there has been similar research related to Anxiety Disorder but did not examine the story in the novel.*

**Keywords:** *Anxiety Disorder, Norma Jeane*

### **INTRODUCTION**

Novel can explain any sentence that would happen with the way imagination itself. That sentence is based on humans with some characters that bring from that novel. Some kind of Novel would be shared by genre and style. For example, picaresque, epistolary, gothic, romantic, realistic, and historical. This Novel often meaning is fiction because the author always makes imagination as art through words that would be developed (Olawale et al., 2019).

Joyce Carol Oates makes a sentence that explores structural aspects of linguistics. The Author used words with way nature essay for more side reality in nature and also cannot bring about human because it is not give intellectual inside mehanisms (Soares, 2022). However, the works of Joyce Carol Oates add effects in each story that can explain from the contents about sexuality, masculinity, hierarchy, and racial discrimination that rule the space in different stories. (Chen et al., 2022). This novel brings the name's character Norma Jeane in Blonde because that name was the reality before Marilyn Monroe became a good actress. Norma

Jeane feels life is complicated with her mother, Glady's some problems with feeling anxiety about Jeane, like Mental Health that brings by Glady.

Anxiety Disorders can have an impact on the characteristics in humans every problem cannot be solved by itself. So this disorder will be solved by a psychiatrist from several problems such as the aging process is a socio-vital, multifaceted, irreversible process and is the destiny of everyone who experiences and completes adulthood (Alves et al., 2023). A psychiatrist must solve this disorder because that matter can give motivation or a solution to any problem itself. But psychiatrist give an instruction mental very great for human. Not only that, actually can help with believing to God for the more establishment as religion for human.

There are many kinds of several studies about Anxiety Disorder. First, Sunil Sagar and Maysoon Shehadah (2021) had analyses Post-Traumatic Stress Disorder in the *Yellow Birds: A Case-Study in the Light of Psychoanalytical Theories*. Second, Oleksandr Avramchuk (2022) had analyses *The Role of Introversion, Behavioral Inhibition, and Shyness in the Pathogenesis of Social Anxiety Disorder: a Review of the Literature*. Third, Armyati Siregar, Dahlia D. Moelier, and Asyrafunnisa (2022) had analyses *Axiety and Depressive Disorder Toward The Main Character in Paula Hawkins' Novel The Girl On The Train*. Fourth, Chun Yin (2019) had analyses *Marilyn Monroe's Star Canon: American Consumerism and the Semiotics of Stardom*. Finally, Barbara Miceli (2020) had analyses *Black Water and Mudwomanby Joyce Carol Oates: Twodrownings In Comparison*. The reason chose this study is about parents who have experienced mental illness to the point of being deeply traumatized by Norma Jeane until her death. Nevertheless, The researcher has not found a study about Analysis of Norma Jeane's Anxiety Disorder in *Blonde* by Joyce Carol Oates. So the writer is interested to analyze about that.

The purpose of this study to find the causes about Anxiety Disorder suffered by Norma Jeane in *Blonde* by Joyce Carol Oates and the impacts about Anxiety Disorder suffered by Norma Jeane in *Blonde* by Joyce Carol Oates.

## **RESEARCH METHODOLOGY**

This study used qualitative study as translated from any data. Design from this study finding of any various data to collect from sentences with the purpose understands inside the problem of this research with solving that used by systematically. That matter which ensures from data mentioned would be some materials to be questions from sentences should answer. This research used qualitative materials inside the description form.

This study involves literature published mainly by the study through archives of public libraries from the side of the material discussion. The researcher collected some data from the reference itself. Afterwards, the researcher classified and clarified the data to be discussed inside the related topic. In this study, the researcher would explain some accepted descriptive data collected in any sentence as objects based on reality in the novel *Blonde* by Joyce Carol Oates.



Figure 1.1  
Data Collection Techniques  
Source: (Creswell & Creswell, 2018)

The author provides a way to obtain the data that has been collected. the first way is that the researcher starts reading the novel from the beginning. then, the researcher can understand the contents in the novel. then, the researcher gets identification of each sentence obtained in the contents of the novel. finally, the researcher is going to clarify each sentence in the form of a quote taken from the contents of the novel. thus, the data that has been collected is in the form of sentences containing quotes contained in the contents of the novel. (Tracy, 2020)

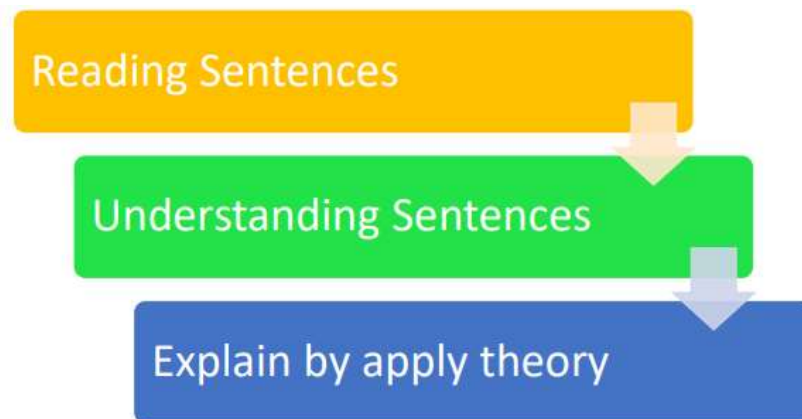


Figure 1.2  
Data Analysis Techniques  
Source: (Creswell & Creswell, 2018)

Researchers have various kinds of data obtained, such as sentences in each quote obtained from the content contained in the novel. First, researchers can read the contents of the quotations obtained in the novel. Next, researchers begin to understand the contents of the quotations in the form of sentences obtained from the novel. Finally, researchers can provide explanations in accordance with the application in various theories and also previous research (Okoko et al., 2023).

## FINDING AND DISCUSSION

### The Causes of Norma Jeane's Anxiety Disorder

Here by finding some of the personality of a Norma Jeane that makes Anxiety Disorders. Here are the causes of Norma Jeane affected by anxiety disorders below.

1. Norma Jeane's Anxiety Disorder of Panic Disorder

In this analysis, the writer will explain about the description of Norma Jeane in the novel by Joyce Carol Oates. The writer finds that Norma Jeane experiences anxiety symptoms that she suffers from because her childhood was not happy. In addition, the cause of Norma Jeane's problems is the effect of her mother's mental illness. The love of both parents can be felt by their children, but it is different from the life of Norma Jeane who

only has a mother and her father left Norma Jeane when her mother after giving birth to her own biological child.

The writer finds that there is identification through Norma Jeane's expression when feeling symptoms of anxiety. This identification is a result of the problems that befell her parents makes Norma Jeane feel unhappy because she still hasn't found her father.

Based on the description of Norma Jeane's life who only has a mother who has a mental illness suffered by her. The condition of Norma Jeane's mother, Gladys before being affected by mental symptoms can provide clarification in a condition where she does not care about the environment that is not conducive. The writer found that there was evidence of Norma Jeane's mother's cause before her mental illness which resulted in the anxiety symptoms experienced by Norma Jeane.

Norma Jeane feels helplessly weak because of her mother's worsening condition. Stress that can be experienced by Norma Jeane because of worries by a mother who treats Norma Jeane harshly. The panic disorder that Norma Jeane can feel can naturally cause by being traumatized by various conditions and situations that do not get happiness, but rather ugliness (Koenigsberg, 2021).

## 2. Norma Jeane's Anxiety Disorder of Social Phobia

In this analysis, the writer will explain about the description of Norma Jeane in the novel written by Joyce Carol Oates. The writer finds that there is one incident of Norma Jeane where the symptoms of anxiety she suffers from which have an impact on social phobia because they are identified from the problems of her parents to her schoolmates that arise which cause the loss of everything. Norma Jeane's mother Gladys was taken to a mental hospital until Norma Jeane's grandmother Della passed away. Therefore, Norma Jeane had to live in an orphanage because no one took care of her. The writer found that Norma Jeane felt nervous when the orphanage children approached her and welcomed her arrival.

## **The Effect of Norma Jeane's Anxiety Disorder**

Here by finding some of the personality of a Norma Jeane that makes Anxiety Disorders. Here are the effect of Norma Jeane affected by anxiety disorders below.

### **1. Norma Jeane's Anxiety Disorder of Obsessive-Compulsive Disorder**

In this analysis, the writer will explain about Norma Jeane's personality in the novel written by Joyce Carol Oates. The writer finds that the symptoms of anxiety experienced by Norma Jeane bring adverse effects such as Obsessive-Compulsive Disorder. Norma Jeane's behavior is characterized by unreasonable thoughts such as the desire to have a close relationship with more than one person, self-confidence in nude photos, to blasphemy from people around making her more anxious. The writer finds that the relationship between Norma Jeane and her two best friends, Cass and Eddy has a child in the womb. But anxiety makes it feel obsessed with a relationship of more than two people, namely a father and mother.

### **2. Norma Jeane's Anxiety Disorder of Body Dysmorphic Disorder**

In this analysis, the writer will explain the personality of Norma Jeane in the novel written by Joyce Carol Oates. The writer finds that the anxiety symptoms experienced by Norma Jeane have a bad impact such as body dysmorphic disorder. Norma Jeane's behavior feels that she is beautiful to the body that can be accepted by anyone until a pregnancy arises that has not yet given birth until a miscarriage condition arises. Norma Jeane's situation is that she often has miscarriages due to the effects of being an artist.

### **3. Norma Jeane's Anxiety Disorder of Posttraumatic Stress Disorder**

In this analysis, the writer will explain Norma Jeane's personality in the novel written by Joyce Carol Oates. The writer finds that the anxiety symptoms experienced by Norma Jeane have adverse effects such as post-traumatic stress disorder. Norma Jeane's behavior that feels stressed due to behavior that makes her carried over from her past to the

present. Norma Jeane's condition which often experiences stress due to problems from childhood such as child abuse to miscarriage.

## **CONCLUSION**

The author found that the results of the discussion based on Norma Jeane's character in the novel entitled *Blonde* written by Joyce Carol Oates on problems related to the anxiety symptoms she suffered. The first conclusion is obtained in terms of the form of panic in which Norma Jeane feels panic when her mother is affected by mental disorders after being left by Norma Jeane's biological father, Baker. The second conclusion is that Norma Jeane is affected by social phobia where she feels like being alone and does not like to hang out with orphanage friends. The third conclusion is that Norma Jeane has agoraphobia so she feels embarrassed when posing naked. The fourth conclusion is the result of Norma Jeane's expression of obsessive impulsive disorder where she uses her body as the most important career. The fifth conclusion is that Norma Jeane is affected by body dysmorphic disorder where she feels her body is weak due to post miscarriage and changing her husband. The last conclusion is that Norma Jeane is affected by Posttraumatic Stress disorder where she has experienced stress due to her best friend, Cass has passed away and she feels empty.

## **REFERENCES**

- Alves, E. B. M., Fernandes, I. T. G. (2023). Quality Of Life Of Geriatric Patients With Generalized Anxiety Disorder. *International Journal of Health Science*, 3(3), 1–4. <https://doi.org/10.5948/upo9781614441052.015>
- Avramchuk, O. (2022). the Role of Introversions, Behavioral Inhibition, and Shyness in the Pathogenesis of Social Anxiety Disorder: a Review of the Literature. *Scientific Bulletin of Kherson State University. Series Psychological Sciences*, 1, 84–93. <https://doi.org/10.32999/ksu2312-3206/2022-1-11>

- Chen, M., Awang, M. E. (2022). Exploring Joyce Carol Oates's Work By Using Foucault's Heterotopia. *Journal of Language and Communication*, 9(2), 231–242
- Creswell, W. J., & Creswell, J. D. (2018). *Research Design: Qualitative, Quantitative and Mixed Methods Approaches*. In Sage Publication.
- Koenigsberg, J. Z. (2021). *Anxiety disorders: integrated psychotherapy approaches*. Routledge. <https://ebookcentral.proquest.com/lib/AUT/detail.action?docID=6227965#>
- Okoko, J. M., Walker, K. D. (2023). *Varieties of Qualitative Research In Qualitative Market Research*. Springer Text in Education. <https://doi.org/10.4135/9781412985529.n16>
- Olawale, O., Aduragbemi, O. (2019). *Understanding the Literature Review*. 2018, 1–5. <https://doi.org/10.28933/GJAI>
- Sagar, S., & Shehadah, M. (2021). Post-Traumatic Stress Disorder in the Yellow Birds: A Case-Study in the Light of Psychoanalytical Theories. *Psychology and Education Journal*, 57(9), 6662–6673. <https://doi.org/10.17762/pae.v57i9.3639>
- Soares, I. M. (2022). Against Nature de Joyce Carol Oates: Para (re)pensar o nature essay. *Revista X*, 17(3), 1054. <https://doi.org/10.5380/rvx.v17i3.85105>
- Tracy, S. J. (2020). *Qualitative Research Methods Collecting Evidence, Crafting Analysis, Communicating Impact Second Edition*. Wiley Blackwell.