

ANXIETY, COPING MECHANISM, AND INTRAPSYCHIC CONFLICT PORTRAYED IN HANYA YANAGIHARA'S A LITTLE LIFE

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Abstract

A Little Life by Hanya Yanagihara is an adult friendship novel that explores the traumatized condition centered on the protagonist during his childhood which left him with a mental disorder called anxiety. This study aims to explore the anxiety disorder as the impact of childhood trauma experienced by the main character. The objective of this study is to examine the cause of anxiety disorder, coping mechanism towards main character's anxiety, as well as the intrapsychic conflict caused by character's neurotic condition by applying Karen Horney's theory of basic hostility and basic anxiety. This study uses descriptive qualitative research methods. The results of this study indicate the main character suffers basic hostility and basic anxiety caused by childhood trauma abuse. The basic anxiety identified due to the main character was sexually abused during his childhood. In a way to cope with his anxiety condition, the main character depicted Detached (Move Away from People) type of neurotic trends as proposed by Karen Horney. Hereafter, the neurotic condition experienced by the main character leave him with an intrapsychic conflict that leads to a self-hatred image which is manifested in the form of self-destructive behaviours including self-harm, being a workaholic, and also suicide thoughts and attempts.

Keywords: Trauma, Anxiety, Child Abuse, Coping Mechanism

INTRODUCTION

A Little Life by Hanya Yanagihara is an adult friendship novel among four people; Jude, Willem, JB, and Malcom. This novel explores the traumatized condition centered on the protagonist; Jude Sr. Francis during his childhood. Jude is a lawyer who was a victim of sexual abuse as a teenager. In addition of being a victim of sexual abuse Jude also had serious accident

that caused him to live with a physical disability. Due to the traumatic events experienced by Jude in the past he struggles with his mental condition living his daily life as an adult.

Severe traumatic experiences can lead to a traumatic condition to individuals and it will affect their mental state. According to Reutter (2019) trauma is an extreme situation that caused to react in unusual ways.

The response of trauma is not typical of a normal behavior that happened within humans and it is more like in an extreme way. This is exactly why humans might feel so “off” during or after a traumatic incident happened to them. Sometimes when a traumatic situation ended it leaves humans with long symptoms and it is called a post traumatic condition. This post traumatic condition may leads to severe mental problems such as Anxiety Disorders, Depression, Bipolar, Post-traumatic Stress Disorder (PTSD), Schizophrenia, Eating Disorder, Disruptive Behavior and Dissocial Disorders, and also Neurodevelopmental Disorders.

One the most common mental disorder happens among people is anxiety disorder. Anxiety disorder manifests disturbance of moods, thinking, behavior and psychological activities (Adwas et al., 2019). Based on APA (2021) disorder that exhibits excessive fear and anxiety as well as associated abnormal behavior are categorized as anxiety disorder. Anxiety disorder is characterized by persistent fear or anxiety that lasts longer than what is considered developmentally normal. A lot of people around us experience this anxiety condition ranging from mild to severe symptoms. In his real life condition we can take an example from a former member of boy group DKZ named Kyung Yoon. In April 2023 his agency announced his hiatus because Kyung Yoon was diagnosed suffer from anxiety disorder and social phobia. Prior the announcement, Kyung Yoon and his family alleged joined the JMS cult which was widely being a controversial topic in South Korea in this early 2024. Kyung Yoon admitted the truth of allegation that his family was indeed part of the cult. That was what made Kyung Yoon start to suffer from anxiety disorder and followed by the news that he was no longer of the member

of DKZ.

Anxiety disorder is caused by some factors including biological, psychological (cognitive theory and behavioral theory), also challenging life experience. Psychological factors especially behavioral theory is the one that supporting the claims that anxiety disorder caused by the reoccur of past traumatic events. Behavioral theory depicted that people might come to identify specific signals, like a place, sound, or emotions, with the anxiety they experienced after going through a difficult traumatic incident. It is spontaneous, beyond of control once the fear and the trigger are collapsing which caused a panic condition. The signals could be from internal or external reasons (Rector et al., 2008).

Based on the background of the study above, the author is interested in analyzing Jude’s character as a traumatized person and how the anxiety disorder condition is identified. In this paper the author proposed Karen Horney’s basic hostility and basic anxiety theory. Horney stated that children’s experiences are very influential in the development of individuals towards adulthood as well as its coping mechanism including *compliant* (move toward people), *aggressive* (move against people), and *detached* (move away from people). Furthermore, the intrapsychic conflict also proposed by Horney as the impact of main character’s neurotic condition.

Several studies have been conducted previously by some authors within the same novel and same theory such as Mujani & Rahmadiasti (2022) who exploring anxiety and self-destructive behaviors on Jude’s character. Munjani and Rahmadiasti (2022) concluded that Jude suffers from anxiety due to some factors such as the loss of someone, triggering events, and fear of abandonment. In addition, Munjani and Rahmadiasti said that the self-destructive

behavior did by Jude is the effect of Jude's trauma as tool to deal with it. The significant difference lies on how the authors explore Jude's condition. Mujani & Rahmadiasti (2022) discussing the problem generally and refer to DSM-V by APA, while this study relies on Horney's personality theory. The other one is a study that was conducted by Latha & Preethi (2022) which exploring the social inequality in *A Little Life*. There are another two of previous study within different novel using Horney's theory. First was conducted by Mirahsani et al. (2023) which analyzing novel *The Darling and Anyuta* using one of Horney's neurotic trend which is compliant (moving toward people). The second one is analyzing the intrapersonal and intrapsychic conflicts between characters in the novel *Panganten* conducted by Nurhuda et al. (2023).

Compared to three previous studies mentioned above the author of this study concluded that this study is using different object and approach. This study discusses three aspect of Horney's theory of basic anxiety and hostility including basic anxiety and hostility condition, the coping mechanism (detached type) and its effect (intrapsychic conflict) more broadly. Meanwhile in the three previous studies above each of them either using different approach or only discussed one or two aspect according to Horney's.

Basic Hostility and Basic Anxiety

Basic anxiety is an increase in all senses of loneliness and powerless in a world of hidden hostility (Horney in Hidayat, 2015, p. 103). In a compact description Horney describes basic anxiety as "*a feeling of being small, insignificant, helpless, deserted, endangered, in a world that is out of abuse, cheat, attack, humiliate, betray, and envy.*" According to Horney in (Aydin et al., 2014) basic

anxiety is caused by hostile impulses, and conversely anxiety can also trigger individuals' hostile feelings.

The main concepts of Horney's theory of basic hostility and basic anxiety show their origins and profound influence on individual development. Horney believes that the core of hostility is related to the core of basic anxiety, both of them cannot be separated and they are influencing each other. When basic feelings of hostility are suppressed it will leads to feelings of generally deep anxiety and it is vice versa (Azharani et al., 2014).

Horney's Neurotic Trends

Dissagreeing with Freud's idea as the pioneer of psychoanalysis approach Horney has her own concept called neurotic trends. Horney proposed three neurotic trends and also called her own idea of tripartite in against basic hostility and basic anxiety called *compliant* (move toward people), *aggressive* (move against people), and *detached* (move away from people). According to Aydin et al. (2014) individual's behavior might change based on those three personality types.

Compliant (Move Toward People)

A compliant type of personality exhibits behaviors and attitudes that reflect a desire to move toward others. This type of personality is persistence in the need for affection and seeking for validation. Compliant personalities have an urge to be loved, desired, and also protected as well as most likely manipulate others, especially their partner (Schultz & Schultz, 2017, p. 143).

It can be said that the type of moving toward people implicates complex strategies. They are willing to be submissive when it comes to other people. Individuals who adopt these types of trends most likely to positioning themselves as loving,

generous, unselfish, humble, and sensitive to other people's feelings.

Aggressive (Move Against People)

Aggressive personalities move against other people, or in other words everyone becomes their enemy. They intend to show superior power, dominating people, and have no respect for others. Aggressive personalities may exude confidence in their abilities and are not limited to being assertive when defending themselves (Hidayat, 2015, p. 107–108). This type always wants to control and exploit others, always wants to be the number one, and always wants to be admired by others. Aggressive personalities are people who are good at arguing, being critical, manipulating, as well as demanding (Fatwakiningsih, 2020, p. 108).

Detached (Move Away From People)

Detached personalities are driven to move away from other people. This type of personality also preserves an emotional desire; not love, hate, even involvement with others in any way. As a result of this detachment behavior they tend to become independent because they rely on their own way (Schultz & Schultz, 2017, p. 144). Detached type may lose interest in a desire of doing activities and feel the urge to disconnect from their surroundings (Yazid & Thohiriyah, 2024). This type of personalities value freedom and self-sufficiency, and most likely like to separate from people and they are unreachable.

Intrapsychic Conflict

Horney in Feist & Feist (2008, p. 182) emphasize that disunity and discord describe the personalities of neurotics, who perceive struggle between incompatible styles of action. They create intrapsychic conflicts called self-idealized image and self-hatred image.

Intrapsychic conflict arises from basic anxiety that associated with intrapersonal conflict between persons (Regita, 2021). According to Horney in Alwisol (2014, p. 137) the intrapsychic process comes from the experience of interpersonal relationships, which after becoming part of the belief system. The intrapsychic process develops its own existence apart from interpersonal conflict.

Self-idealized Image

Neurotic's idealized self-image serves as a blueprint for what they believe they should or can be. Neurotics start to accept the idealized version of them as true as solidifies. They go into direction of actualizing their idealized selves rather than progressing toward self-realization. They got disconnected from their own selves and evaluate themselves according to their ideals (Schultz & Schultz, 2017, p. 145). The idealized image has its importance in giving meaning to individual's lives as purpose and a way to guide. This image is required because neurotic persons are unable of developing early self-confidence due to the negative events that they have endured. They do not feel vulnerable in isolation, but they will in a world where people are willing to humiliate, defeat, cheat, and even enslave them (Hanifah & Rokhman, 2021).

Self-hatred Image

People who have neurotic quest for fame and glory can never be content with themselves. They will despise themselves when they discover that who they really are does not fit the endless expectations of their idealized selves. Individuals with this image tend to destruct themselves because of their condition.

One of the six-hatred images is engaged in self-destructive behaviors and impulses, whether psychological or physical,

conscious or unconscious, and acute or chronic. The common manifestations of physical self-destruction include binge eating, misusing alcohol or drugs, excessive hours work, and suicide attempts (Feist & Feist, 2008, pp. 183–184).

Child Sexual Abuse

Sexual abuse generally defined as a non-comprehend, non-consensual, and undeveloped the mental state of child which involves sexual activity with children. Sexual abuse includes the execution, use, inducement, enticement, severity, and compulsion of any children to engage in and sexually explicit and simulation of such conduction (Conte, 2014, p. 27). According to McCoy & Keen (2022) child sexual abuse takes place when children or teenagers engage in sexual acts they do not completely understand, such as exhibitionism, smothering, oral-genital contact, and penetration. It is very normal for a suspect of sexual abuse case to arrive without any physical symptoms. In such circumstance, it is critical to remember that the adversary is often someone close to the victim, such as relative or even a parent.

Since the novel exploring a story of adult as someone who was a victim of child sexual abuse it caused Jude character suffers from severe trauma. By using Karen Horney's theory, the author tends to figure out what happens regarding to Jude's psychological condition that leave him with disorder called anxiety. The author also tends to analyzing the impacts that caused by Jude's anxiety condition.

METHOD

This study uses a qualitative research method. According to Creswell (2014) descriptive qualitative is a research method technique of searching, collecting, classifying, analyzing the data, interpreting the

data, and finally drawing a conclusion are conducted. Furthermore, Fraenkel et al. (2012) stated that qualitative research has the purpose to understand the quality and the complexity of social experience by closely analyzing the action, interactions, and social context of human life. As the novel is representative of real life, the issues or phenomena that happened within the object of this research need to be studied and understood. In this research, Karen Horney's theory of basic hostility and basic anxiety is applied. Wherein, Horney's stated that children's experiences are very influential in the development of individuals towards adulthood. The condition that experienced by the main character would be analyzed by utterance, dialogue and action from the novel as a symbolic interaction. Since the study was conducted in a descriptive method, the author took the role of the key instrument of the study in collecting and analyzing the data. According to Lincoln and Guba in Elo et al. (2014) the concept of human as an instrument is to accentuate the unique role that qualitative researchers play in their investigation. In the process of collecting and analyzing the data the author proceeded to read the novel thoroughly, note taking, compiling the data, and then reporting the data through a description form. The next step of the study is the process of analyzing the data followed by exposing the data that find in the novel, explaining and interpreting the data to give a clear result about the findings related to the topic, reporting the findings and the results of the data using descriptive qualitative research method, and then the last step of the process is drawing into a conclusion from the data that have been analyzed.

FINDINGS AND DISCUSSION

Basic Anxiety and Basic Hostility in

Novel A Little Life

Basic anxiety is a sense due to fear that increases as a result of noxious situation that perceives from surrounding environment (Fauzi et al., 2022). According to Feist & Feist (2008, p. 171) basic anxiety developed because someone was unable to express his hostile feelings and vice versa. Hostile feelings (basic hostility) also arise as a form of defense against anxiety. There is a scene of Jude and Andy had their very first big fight because of Andy's suggestion that Jude needed to be hospitalized due to his self-destruction behavior. Jude's emotion ranging and he screamed and even threatened Andy. The proof can be seen by this excerpt "...I'm going to commit you." "... I'll sue you," he'd said absurdly, and Andy had yelled back at him." (Yanagihara, 2016, p. 156).

What Andy suggested to Jude an hostile feeling showed and it made Jude's anger grew. Jude always thought that seeing professional helps is useless. Jude's reasoning was based on his traumatic life when in Philadelphia. Little Jude had a sadist psychiatrist by his side named Dr. T aylor who abused him, imprisoned him, and even called him a prostitute. What Dr. T aylor did to Jude affected to the internalized shame and anxiety feeling he carried into his adult self. Jude's hostile impulses grew every time people around him pleaded to him to meet a professional help. One day Jude also had a fight with Willem because of the same reason. "You need to be hospitalized." "Stop trying to fix me, Willem," Jude spit back at him." (Yanagihara, 2016, p. 599). Another Jude's anxiety depiction appeared when Harlod asked Jude to stop from doing his chores. Harlod felt like he really needed to talk to Jude immediately. It can be seen from the excerpt conversation below,

"Leave them, Jude," he said. ...He felt

himself go fluttery with panic. "I should really rinse them off..." he protested, lamely, hearing how stupid he sounded." (Yanagihara, 2016, p. 207).

Harlod felt something was off with the way Jude keeping himself busy with the chores. When Harlod began to call him Jude encountered nervousness and anxiety aroused. It happened because of the fears of having thought what conversation he would have with Harlod. Jude thought of all kinds of unsavory scenarios he might faced, he even reminded himself to accept everything what Harlod said and just pretend that this situation is normal.

Near the day of the adoption, Jude's anxiety grew and getting worse. The fears came back and made him did some destructive behaviors by cutting himself. He by then went to Andy (his friend who is a doctor) and talked to him about his uneasy feeling regarding to Harlod's decision of the adoption.

"I'm worried that if Harlod finds out what I really am, he won't want to—" He stopped. "And I don't know which is worse: him finding out before, which means this definitely won't happen, or him finding out after, and realizing I've deceived him." (Yanagihara, 2015, p. 220)

Jude was afraid that Harlod would find out about his past as a victim of child sexual abuse as well as the fact that he is having an injury caused by accident during his childhood. Jude feared of the possibility that Harlod would be disappointed and cancel the adoption because Jude has deceived him. Jude's feelings of the fears is based on the feelings of helpless and abandoned (Hidayat, 2015) because of Jude's childhood past situation.

"He is suddenly so uncomfortable that he actually does stop, right on the corner of Fifth and Forty-fifth..." "Willem," he pleads, "I'm begging you to stop talking about this." (Yanagihara, 2016, pp. 338–

340).

Jude even had to beg to Willem to stop talking about that matter because Jude felt like he is not in a place to be able in having an affair with people because of how awful his past conditions were that left him with trauma and insecurity. Jude always found himself and always thought that it was so impossible to be in a romantic relationship. However, Jude consciousness realized that he needed someone because of his loneliness. Following this excerpt below,

"...he wants it because he has realized he is lonely. He is so lonely that he sometimes feels it physically, a sodden clump of dirty laundry pressing against his chest. He cannot unlearn the feeling." (Yanagihara, 2016, p. 346).

By that thoughts anxiety once again aroused. The feeling of loneliness which led Jude in craving the needs to have someone by himself was based on the lack of affection and unvalued (Coolidge & Matlock, 2018) from adults in Little Jude's life. As a child who spent his childhood without parents, lived in Montreal with only Brothers who did him dirty and manipulated him throughout the years it resulting within adult Jude craved for affection and love from people.

The show of anxiety continues within the scene between Jude and Caleb. Jude's first attempt of having a proper relationship was with a guy named Caleb. However, the relationship did not work well. There was a scene when Caleb felt upset with the fact that Jude needed to use his wheelchair that day. Caleb's reaction left Jude with ashamed feeling and his anxiety started to grow.

"Why are you in your wheelchair? Caleb demanded. For a moment he couldn't speak, and when he did, he stammered. Caleb sighed, and rubbed his at his eyes, "I thought you didn't

use it." I don't," he said, so ashamed that he could feel himself start to sweat." (Yanagihara, 2016, p. 363).

Caleb's reaction made Jude felt humiliated. However, still, Jude tried to understand him even though on the end of that day he needed to cut himself again as a way to reduce his crappy anxiety. The continuation narrated where Caleb explained the reason of why he cannot be around when Jude use his wheelchair. In this following line,

"I thought I could be okay with it. But I'm not sure I can." He swallowed; he wanted to cry. But he couldn't understand it; *he felt exactly as Caleb did. "I can,"* he said. (Yanagihara, 2016, p. 364).

The thought of being deserted and dumped by Caleb and also his urge yearn of love that he seek from Caleb made him act as an obedient, and a submissive toward Caleb instead of retorted to Caleb's request. Jude's action was based on the fear of being abandoned and it drove him into a feeling of anxiety. It is inclined to Horney's theory that people who suffered from anxiety also caused by the lack of affection from children's caretaker or parents during their childhood life. Jude's anxiety in this scene relate to his childhood past where he was promised with a definition of true love from Brother Luke as long as he is being a good boy and obey what Brother Luke's did say to him. Jude realized that his relationship with Caleb did not meet his expectation. A realization came to Jude's mind that Caleb was an abusive person. Caleb's treatment of Jude caused Jude's anxiety to worsen. In this following excerpt Jude's anxiety emerged accompanied by hallucination,

"...suddenly, he saw Caleb coming toward them, and in his panic, he grabbed Willem, and yanked him into the doorway of a building, startling them both with his strength

and swiftness.” (Yanagihara, 2016, p. 437).

After ended his relationship with Caleb Jude began to remember his past where he spent his days with Brother Luke. When Jude remembered, what Caleb had done to him, the series of scenes of him and Brother Luke in the motel badly reapers in his head and it started to trigger his anxiety and things were getting worse.

“... *he swallows hard* feeling sick, feeling every nerve ending thrumming alive... he hobbles *as fast as he can to the bathroom near the kitchen, where he vomits up everything he’s just gagging over the toilet, until he is coughing up long strands saliva.*” (Yanagihara, 2016, pp. 506–507).

What Caleb did to Jude really left a big impact on his mental condition. The Quotation above is another phase of the arisen of Jude’s anxiety only by reading Caleb’s name on the newspaper. The anxiety made him felt the nervousness and nauseous to the point he threw up his meal that he ate before. According to Jeffrey et al., in Annisa & Ifdil (2016) severe anxiety can caused disturbing feeling such as difficulty swallowing, sensation like being choked or restrained, even stomach ache or nausea. In the end as the result of him unable to control his anxiety Jude needed to cut himself to lessen his anxious and uneasy feeling.

Detached (Move Away From People) as Coping Mechanism.

As a neurotic person, Jude’s coping mechanism more inclined to detached types. Jude showed withdrawal behavior from his surrounding by maintaining the privacy of his life strictly. All Jude’s friends including Malcom, JB, Willem, Harlod, and Julia do not know what Jude had been through, who his parents are, even where Jude spent his childhood in even though they had known Jude for a very long time.

“*Jude with his completely nonexistence parents (a mystery, still weren’t certain when or if there had ever been parents at all,*” (Yanagihara,

2016, p. 19).

“*Harlod wanted to know how he had been raised, and if he had any siblings, and who his friends were and what he did with them: he was greedy for that information* (Yanagihara, 2016, p. 140).

Some of the quotations above are the examples of how people around him did know nothing about Jude. Jude’s mysterious life led them to a curiosity. Regarding of how mysterious Jude’s life was, when Jude was being asked about his life as a response, he kind of made up his answers and answered them in passing. This is a sign of detached type act toward people. As Horney stated, detached type is unreachable. In addition, to achieve his total detachment Jude is also being a self-sufficient. He likes to play pretends that he was fine every time he was in pain and pleaded to someone who happened be with him during his phase to discreet his condition. “*Jude, let me get you some aspirin.*” Jude would say, “I’m fine, Willem, I don’t need anything. I’m fine. Stop worrying.” (Yanagihara, 2016, pp. 21–25).

In trying to hiding the fact that he liked to harm himself and his full scars body, Jude always wear a long sleeve shirt. One day, Willem felt like Jude was disturbed by the sleeves and offered him his t-shirt. However, Jude refused it warningly. “*Don’t you want to borrow one of my T-shirt?*” “I think I can handle it, Willem.” (Yanagihara, 2016, p. 83). Jude’s refusal depicted how detached type act toward people around them. This detached type most likely to refuse people (moving away from them) because they are afraid of exposing their real condition as someone who is a neurotic. If Jude accepting Willem’s offer it means the scars will be exposed and Jude was scared by that thought, he did not want Willem to see his body that covered in cuts. Jude did not want to expose himself because he is afraid if Willem find out his real condition

he would left him.

The characteristics of a neurotic with detached type are also reinforced by how Jude gave responds when someone mentioned and suggested him about getting into a relationship with significant others. Some of the quotes below show how much Jude was trying to pay no attention as a form of responds,

"Jude, don't you want that for yourself?" Harlod asked. He sighed. "No, Harlod, I'm fine"... "We'd like to see you with someone." "You know I want to make you and Julia happy," he said, trying to keep his voice level. "But I'm afraid I'm not going to be able to help you on this front."... "But he knows better: being in a relationship would mean exposing himself to someone, which he has still never done to anyone but Andy; it would mean the confrontation of his own body,..." (Yanagihara, 2016, pp. 344–346).

Jude's responses and thoughts were caused by fears. He was afraid of the various possibilities that would happen both to him or even his partner if they knew Jude's true condition. Jude was afraid to exposing himself to new people, because Jude thought that by having a relationship with someone also need to be transparent to teach other. As stated in Schultz & Schultz (2017, p. 183) detached type suppresses or evades emotional attachment with others as much as possible. Detached type thinks that intimacy will lead them to new problems which are very necessary to avoid. In this case, Jude was trying to suppress his feelings when it came over a relationship. Jude was afraid if he bounded to someone, he will trouble his partner due to his mental and physical condition.

Later after the adoption as Harlod thought he should be able to get closer with Jude because of the change of their status as parent and child, Harlod felt that Jude was hiding something from him about

his past. Harlod's curiosity grew bigger. He always wanted to know what exactly happened to Jude. One day, Harlod openly asked Jude whether he was a victim of sexual abuse as child.

"Were you sexually abused as a child?... "Jesus, Harlod" ...he pushed his face into the pillow. "I'm really tired I need to sleep." (Yanagihara, 2016, p. 415).

As it expected, when Harlod asked him, Jude did not give an answer, instead he tried to avoid it by saying that he needed to sleep which of course it was just a pretend. Inclined to Horney's theory of neurotic trends which is in this case is a detached type, in a way to cope with feeling of anxiety individuals are tend to move away from other people. Jude really tried his best not to let people around him mention his past with the truth that he was a victim of child sexual abuse because Jude did not want his anxiety emerged by remembering those events

After Willem came back from *The Odyssey* he felt something was wrong with Jude. He felt that something must have happened when he went away. *"Tell me, Jude"..."No, I can't Willem. "I want to go to bed" (Yanagihara, 2016, p. 439).* That scene above following the event where Jude was betrayed, deceived, and abused by Caleb. Jude tried to hide his relationship with Caleb and what Caleb had done to him from Willem. Even, Willem needed to threaten Jude by saying he could ask Harlod or even Andy to tell him what was exactly happened when he was away. Since, Jude did not want to tell the true story, he could only apologize to Willem. This excerpt also a sign of detached type act toward people around them. They tend to preserve a desire and choose to be an individual who like to be discreet about their life.

Andy had suggested Jude to look for professional help because Andy thought

that Jude condition was getting worse. Dr. Sam Loehman is a psychiatrist who will handle Jude as Andy's recommendation. Andy was put a hope on Jude to at least to call Dr. Loehman. However, after all, Jude insisted not going to see him.

"Sam Loehman says you haven't called him...you've got to call him. This was part of the deal" Andy said. "Andy, I've told you," Jude said, "I'm not going." (Yanagihara, 2016, p. 491).

Jude's stubbornness was based on feelings of fear because of past incident with Dr. Traylor. Jude tried to avoid seeing a psychiatrist as much as possible and being adamant. As detached type preserve an emotional desire such as hatred feelings. Jude's refusal in seeing psychiatrist was based on feeling of hatred and it led him to be a stubborn person. Jude thought that having Andy who handled him all this time and Willem who always stood by his side was enough already. Jude felt that he did not need a professional help, because detached types tend to become independent and rely on their own way. (Schultz & Schultz, 2017).

Moreover, seeing a professional help would made his anxiety emerged. A picture of seeing a professional help would remind him about the day when he was abused and humiliated by Dr. Traylor during his life in Philadelphia. It is also a sign of Jude's neurotic trend as detached type to reduce himself from anxiety by moving away from other people.

Manifestation of Self-hatred Image as form of Intrapsychic Conflict

Jude's neurotic condition left him with intrapsychic conflict and he generates the self-hatred image. He went and conducted self-destructive behaviors by harmed himself like cutting, burning, indulged himself on work, suicidal thoughts,

and also few attempts of suicide.

The first scene of Jude's in showing his intrapsychic conflict of self-hatred image and then he manifested it in a self-destructive behavior with cutting himself narrated in page 78. Jude, in the middle of the night confronted to Willem that he cut himself *"I cut myself. It was an accident."* (Yanagihara, 2016, p. 78). This is the first evidence from the narration that Jude experienced an intrapsychic conflict. Jude's intrapsychic conflict happened because of an intrapersonal relationship of him with Brother Luke. Brother Luke was the one who taught Jude to release his emotion by cutting himself. Since then, every time Jude's anxiety emerges because of remembering past events he suppressed it through self-destructive behavior. He did that awful behavior many times when he remembered about his traumatic incidents.

Jude self-despised behavior continued as the nights he spent with Caleb in Greene Street. It happened when a scene of Caleb raped him replayed in his head uncontrollably.

"He dreamed of slamming his head against the wall until it split and cracked and the gray meat tumbled out with a wet, bloody thunk. He bought a set of X-ACTO blades and held three of them in his palm and made a fist around them..." (Yanagihara, 2016, p. 441).

The intrapsychic conflict sign above happened due to an interpersonal relationship Jude experienced with Caleb in the past. As the effect of his memory reappearance with Caleb that made Jude anxiety grew, Jude began to destruct himself as a way to reducing his terrible anxiety. Jude's actions were based on a feeling of hatred towards himself which does not fit with *idealize self* as a self-hatred image type considering themselves.

Beside the attempt of cutting him-

self, the condition of intrapsychic conflict that experienced by Jude also made him burned his arm once. It was caused by the forthcoming memory of what Caleb did to him.

“He arranges everything he needs: the olive oil; a long wooden match. He places his left forearm in the sink, as if it’s bird to be plucked, and chooses an area a few inches above where his palm begins...” (Yanagihara, 2016, p. 577).

The excerpt above is a form of response from the feeling of internalize ashamed. Jude began to hear voices in his head about his mental and psychical condition. The voices in his head kept told him that he is a sick person. Although, Jude was trying to convince himself that he is not sick, yet his voices in his head still won. The intrapsychic condition that he carried from past traumatic events led Jude in hurting himself by burned part of his body as a form of destructive behavior.

Another intrapsychic conflict experienced by Jude due to his condition as someone suffered from anxiety as he more hated himself, he began to do another self-despised behavior by the way he started being a workaholic. He began to ask more work from his co-worker and tried to look for some volunteer job from his co-worker’s work place. The workaholic behavior still related to an incident with Caleb. It happened because he was alone only by himself as Willem went away. The memory of Caleb came back aggravated. Jude was really losing himself. Jude thought that he really needs to end this all.

“He asked Lucien for more work and was given it, but it wasn’t enough. He tried to volunteer for more hours at the artists’ non-profit, but he didn’t have any additional shift to give him...” (Yanagihara, 2016, pp. 441–442).

Jude thought, maybe by occupied himself with load of work he would forget his memories with Caleb. However, it

did not work and instead led Jude to severe of intrapsychic conflict in the form of self-hatred image by doing another attempt of scenes where he cut himself. The traumatic events experienced that left him with intrapsychic conflict that caused Jude to suffer from severe anxiety eventually led him to worst self-destructive behavior by having thought to end his life. Jude’s first thought about to ended his life as a form of destructive action was when he was in Philadelphia, after Ana died. And then the thought came back because of Caleb. As Jude felt tired with his life and thought about quitting, he started to think needs to write letters to Willem, Harlod, Julia, Andy, Malcom, and JB.

“He would need to write letter to Willem, a letter to Harlod, a letter to Julia; he would also want to write something to Lucien, to Richard, to Malcom. To Andy. To JB, forgiving him. Then he could go.” (Yanagihara, 2016, p. 443)

His intrapsychic conflict condition led him to a real action. After finished with the letters, his will and a letter of information he left to Richard’s studio manager Jude went to the bathroom to prepared his suicidal action.

“He sat in the shower area with his sleeve pushed up. Three straight vertical lines, as deep and long as he could make them, following the veins up both arms. The blood was vicious, more gelatinous than liquid, and a brilliant, shimmering oil black...” (Yanagihara, 2016, p. 445)

By the time Jude woke up he is already in hospital’s bed. Once again, his suicide attempt failed. He survived and was still given the opportunity to continue his life. To change his life and tried to live a better life. However, in the end Jude really ended his life following Willem’s death. Jude act of hatred towards himself were mostly manifested in the form of self-harm by cutting several parts of his body especially

his arms and feet. Jude's self despised behavior is a form of oneself conflict toward his mental and psychic condition. Jude did that to reduce feeling of discomfort, anxious, and fear due to the reemergence of his past memories about the events he went through with Brother Luke, Dr. Traylor, and Caleb as people who he had an intrapersonal relationship with in the past.

CONCLUSION

A Little Life by Hanya Yanagihara portrayed anxiety and its coping mechanism. By applying Karen Horney's theory basic hostility and basic anxiety, it can be concluded that someone who experienced childhood trauma especially as a sexual abuse victim would lead them to suffer from disorder called *Anxiety*. As a form of defense (coping mechanism) against their anxiety condition, someone could depict a *Detached* (Move Away from People) neurotic trend type where they tend to be discreet about their life by trying as hard as possible not to tell the people around them about what really happened to their past and afraid of exposing themselves. In addition, when someone categorized as a neurotic, they are also would like to experience an intrapsychic conflict of self-hatred image steaming from past events which are then manifested in a form of self-destructive behavior such as attempts of self harm including cutting and burned themselves, doing excessive hours work, even worse are having suicidal thoughts and attempt. The author of this study found that *A Little Life* is a book with a context about how complicated life is, especially if someone grew with severe childhood trauma. It could leave them with severe disorder even made them grow an internalized shame to the point having an urge to destruct their own selves.

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