

FEMINISM AND PSYCHOANALYSIS IN A. J FINN'S THE WOMAN IN THE WINDOW

*Aqlimia Farhad, **Muhammad Adnan, ***Haafza Sonia Akhtar

*PhD Scholar in English Literature, Gift University Gujranwala

**Lecturer, Department of English Language and Literature, University of Lahore, Chenab Campus

***Lecturer in English, University of Sialkot

ABSTRACT

Fear and stress that Anna Fox, a lady, experiences. She worked as a child psychologist before going through this fright and stress, but she was forced to leave her position as a result of the factors causing her to stay at home. The novel The Woman in the Window by A. J. Finn served as the research's data source. This book is a work of fiction that was motivated by reading a book that employed psychology as its central issue. The goal of this study is to examine the reasons behind the main character's experiences with stress and anxiety. Anna experiences these things because of the trauma of losing her family. The consequences of Anna's stress and worry are felt on a physical, emotional, and social level. In this study, the author applies Jacquelyn E Kern's theory by analyzing data using a descriptive qualitative approach. The authors also used library research to gather the data they needed for this project and chose quotes from The Woman in the Window.

Introduction

Background of the Study

Nowadays, lots of novel use psychology as the problem in the novel especially psychological disorder. One of those novels is *The Woman in the Window*. A.J. Finn is a New York Times bestselling author and the author of the book *The Woman in the Window*. The heroine of "The Woman in the Window," Dr. Anna Fox, was once a well-known child psychiatrist but is now an agoraphobic recluse who lives in a charming small house in Harlem with only her cat *Punch* and a handsome neighbor named Dan who resides in the basement flat. Anna spends all her time using her Nikon spying on her neighbors since she is too terrified to leave her house. Anna usually engages in one of three activities when she is not monitoring on her neighbors. She is either sipping merlot, playing chess online, or doing her best to counsel others while under pressure and fear. Speaking of which, she approaches a woman known only by the nickname "Grannie Lizzie" since she is very curious to learn about stress and terror.

Because of her affair with her business partner in her psychotherapy firm, Anna has marital issues. After learning about the affair, her husband Ed approached her. After the Foxes' final ski trip, Anna managed to persuade him to reconsider his plan to divorce him. In the end, that's exactly what the vacation turns out to be the end of her family. Olivia, the daughter of Ed and Anna, begins to suspect her parents discussing the separation and demands to be taken back home. Despite being the one driving the car back, Anna smashes it off the side of a cliff after becoming preoccupied with a call from her lover. When the cops show up 33 hours later to try and save at least Anna, both Ed and Olivia have already passed away. After all, Anna made up all those evening conversations she believed she had with her husband and daughter while she was having hallucinations during their deaths.

Dr. Anna Fox regularly begs her husband to bring their daughter back home during their evening conversations, but to no apparent benefit. Every week when her psychiatrist visits, he gives her more prescriptions while warning her not to talk to her husband or her child or mix her pills with merlot. These two recommendations, at least one of them, are more than sound. Anna continually disobeys the latter and pays attention to neither.

Ethan Russell, a 17-year-old lad whose family had recently moved in across from Anna's home, pays her a visit one day. Ethan visit Anna's house to give a candle that he said that it is his mother's order. Ethan is a nice boy who speaks politely. After seeing him several times, Anna senses something peculiar about him, and the child psychiatrist within her awake; she thinks Ethan is too terrified of his father, Alistair. Ethan admitted to her that he was afraid of his father because he easily becomes furious. When Jane, Ethan's mother, pays her a visit one day and they spend the evening playing chess and drinking wine together, her

assumptions are verified. Jane told Anna if Alistair comes to Anna's house and ask her about if Jane visit her house, Jane told Anna to not tell Alistair about her visiting Anna's house. Her worries seem to materialize into an awful reality over the course of the next few days. She first hears screaming coming from the Russell's residence before spotting Jane with a hilt protruding from her blouse. The police don't believe Anna's version of events because she is an alcoholic, anorexic, and medicated reclusive. Nobody in the Russell family, not even Ethan, disputes the fact that Jane Russell is still alive and well. The police are almost positive that she made up the stab in order to attract attention. Dr. Anna Fox is told by one of the officers, "Call me whenever." When she does, Anna discovers that this is not the first time she has had a delusion.

The authors find that stress and fear is a fear of fear to experience panic attack in public area that the sufferer feels insecure and embarrassed. It is an anxiety disorder, according to Jacquelyn Ekern, MS, LPC (April 15th, 2013), that makes the person afraid of being alone, being in crowded places, and/or travelling. The inability to flee or seek assistance in an emergency is what causes the terror. People who experience this kind of worry and tension typically don't relocate to areas where they would find it difficult to flee or receive aid in an emergency. Panic attacks are frequently the specific emergency that they fear. Person who experience panic attack at public area and became afraid to go out without someone trusted who can help when she/he experiencing a panic attack at public area called agoraphobia.

On April 15, 2013, Jacquelyn Ekern, MS, LPC, said although the exact origins of stress and dread are unknown, it is thought that they may be accompanied by other anxiety disorders, a traumatic incident, drug usage, or stressful circumstances. Anna fox experience stress and fear because post-traumatic stress disorder. The panic attack occurred because of the sadness she experienced, after she lost her family which caused trauma with the public area. Anna who scared to experience panic attack in public area being scared to go out and choose to avoid that situation and prefer to stay at home. And it makes her experience Fear and stress. People who experience such feelings usually experience the effects of stress and fear. Living with stress and dread is very challenging, according to Jacquelyn Ekern, MS, LPC (April 15, 2013). This mental illness can rule a person's life and prevent them from leaving their safe haven. If it is not addressed, living a regular life is all but impossible. When a person experiencing fear or stress is aware of the physical, emotional, and social impacts, they are more likely to seek treatment quickly and avoid the expected outcomes.

In this study, the authors would like to discuss one of A. J Finn's Novel *The Woman In The Window* through stress and fear. Because the author concentrates on the idea of psychology displayed by the character Anna Fox in this book, the authors chose anxiety and stress as the main themes for analysis. The character expresses panic disorder; she was hallucinating and can only stay at her house. The study has used Jacquelyn Ekern, MS, LPC (April 15th, 2013) theory to analyze the problems found in the proposition. The authors chose this subject because, after reading Novi Yanti Hutaean's dissertation papers an analysis of psychological problem through the main character in Alice Sebold's novel *The Lovely Bones*, she became interested in talking about psychological approaches. The authors got the idea to look moreover about mental illness and found A. J Finn's novel *The Woman In The Window* and in the novel the story about stress and fear. The authors also found an agoraphobic from the internet. His name is Marcel Proust. He is an author. Proust was a French author whose famous work, *In Quest of Lost Time*, or *Recollection of Things Past*, was a seven-part, 3,000-page novel on ageing, art, society, and love. However, he completed practically all of his work in her chamber. A good rate for any author, he completed it in 13 years while producing 230 pages per year on average. Although Proust's writings are fairly well known, the circumstances that led to their creation are much less so. The writer only used one room at 102 Boulevard Haussmann for writing, which he tried to soundproof by cork-lining. In order to further isolate himself, he used heavy curtains to block out light and outside air. He also wrote primarily at night while in bed. Proust is reported to have spent the majority of his life in bed. This closely relates to the need for control, which is one of the hallmarks of stress and fear. People with the illness frequently need a lot of regularity in their lives as well as control over their surroundings and situations. Stress and Fear are known by public but it is a disease that may be experienced by many people without being aware of the symptoms. And based on the mentioned-above information, the authors will use psychological theory by Jacquelyn Ekern, MS, LPC. This theory is suitable since fear and stress are expressed as one of the diseases that occur and cause many side effects that interfere someone daily life. The easiest way for the reader to learn about and comprehend psychological cases is through the novel. Psychology is the scientific study of behavior, including both internal and externally perceptible activity. The study of the behavior and mental processes is called psychology dealing with individual in mind. Character is who we are. Gill (1985: 90) claims that the

character in the research is the product of the author's imagination based on an examination of psychological realities in the society. Literature and psychology are hence closely related. Human beings are the subjects of psychology as well as literature. They research the character, conduct, and development of people. Characters' attitudes, actions, and morality are all an aspect of their psychology. While literature investigates fictional characters that are imitative of real people, psychology explores people from real life. The novel is the finest form of literature, and it is the most well-liked since, through its characters and setting, it depicts everyday human pursuits. According to John Peck and Martin Coyle (1984:103), novels are lengthy works with a lot of information on each page. Thus, they give all the conflicting information that must be considered before we can render any type of verdict. Novel illustrates a transition from a primarily religious perspective of existence to a fresh interest in the nuances of everyday life.

Research Questions

1. What is the cause of stress and fear on the leading character?
2. What are the effects of fear and stress on the leading character?

Objective of the Study

1. To find out the cause of stress and fear on the leading character
2. To find out the effects of stress and fear on the leading character

REVIEW OF RELATED LITERATURE

The science of psychology also aims to comprehend, foresee, and regulate the mental conduct of people. Personality refers to a person's unique set of emotional, attitudinal, and behavioral reaction patterns. In their book *The Theory of Literature*, Wellek and Warren (1977: 139) show how psychology can be included into literature by looking at the psychology of the author, psychology of the character, and psychology of the reader. Because the author incorporates his feelings and emotions into his work, as is the case in a novel, psychology can be found in literature.

The goal of literary psychology is not to address psychological issues. But according to the definition given above, the aim of literature psychology is to comprehend psychological elements that are present in literary works. The human mind is the subject of psychology study because it is the subject for which psychology was created. Literature studies known as psychology of literature consider literary creation to be a cognitive process. In the work, the author employs a concept, sense, and creation. Character has a crucial role in literary works like novels, plays, and even short stories. A character is a plausible representation of a human being, complete with all the positive and negative aspects of being human.

According to Richard Taylor (1981), before its entire significance can be understood, a character must be viewed in connection to other features of composition, such as action and context. Characters are merely constructions of words meant to communicate an idea or view of experience. Anxiety is experienced in three domains: cognitive, physical, and behavioral. In the cognitive realm, anxiety is experienced as worry or repetitive fearful catastrophic thoughts. Other cognitive manifestations are difficulty concentrating, trouble with recall, difficulty retraining new information, the mind going blank, and racing thought.

Traumatized individuals often express negative feelings about themselves, self-blame, and negative feelings about their community. They suffer from feelings of anxiety and depression (Foa, Davidson & Francess. 1999).

The person with PTSD is in a fragile state. These traumatized patients lose their feeling of being safe in the world and within themselves. Psychological losses experienced are the ability to modulate or temper strong feelings, maintain connections with other, and maintain a positive self-identity (Matsakis, 1994).

Trauma victims with PTSD have difficulty healing. They lack one of the basic healing mechanisms of the mind, reverie (defined as abstracted musing, daydreaming) (Davies, American Heritage Dictionary 1976). One of the principal components of PTSD therapy is to assist in the integration of the trauma into normal experience, so that the person can then move on with life (van der Kolk, 1994).

Research Methodology

The author used the descriptive qualitative method. According to Prof. Dr. Afrizal, M.A. (2014:13), qualitative research methods are those used in the social sciences to gather and analyze data in the form of words (oral or written) and human actions without making any attempt to quantify or calculate the qualitative data already gathered. As a result, quantitative research methods do not analyze the numbers. By examining the data that are pertinent to the topic of the study concerning the causes of stress and fear

and the treatments for this illness found in the psychological growth of the main character of the novel *The Woman in the Window*, the author uses the qualitative technique. By using some books that are pertinent to the topic of the proposition, the authors conducted library research while studying the novel *The Woman in the Window*. The authors read the book and became familiar with the plot as a first step. The authors read *The Woman In the Window* by A. J. Finn to get ideas of the whole story and related to the causes of stress and fear and their treatment of the leading character's Anna Fox. Then the authors found and selected some data that will support the case of the cause and effects of stress and fear. The authors have used the quotations from the novel to get the relevant theory; psychological theory by *Jacquelyn Ekern, MS, LPC*. The authors have used descriptive qualitative method to analyzing and concluding the research.

Source Data

The novel *The Woman In the Window*, written by A. J. Finn, is the primary source of the information. This book, whose main heroine is named Anna Fox, was released by Harper Collins Publisher. The author primarily focuses on the information that shows how tension and fear experienced by the main character are caused and treated. The researcher also employed books from the library, online journals, and his or her dissertation to verify the topic of the study as additional data sources.

Data Collection

As the primary source of inspiration for this research, the authors read the book several times. In order to gather data for the paper, they analyzed how the characters' speech in the book reflected their personalities, actions, and other connected aspects of their communication. After reading the novel, the majority of the information offered in this dissertation is intended to support the analysis of the sentences that was used to compile it. Books on literature and some other closely connected works, including Rene Wellek and Austin Warren's *The Theory of Literature*, provide further valuable information.

Considering that Renne Wellek and Austin's work discussed psychology from an external perspective, this is an idea for addressing conflict in the novel. Since this book was related to the discussion of psychology regards to an external approach by Rene Wellek and Austin Warren, I chose it because I believed that the narrative of literature by Rene Wellek and Austin Warren might encourage any idea in scenario of discussing dispute on the novel.

Data Analysis

The authors employ a descriptive method while examining data. Data analysis involves the following steps:

1. Information is gathered through conversations or comments that reveal specific traits of the causes and effects of stress and fear. The authors then acquire some specific traits through a few quotes from "The Woman in the Window."
2. Those quotations were studied to provide an interpretation of tension and dread through the novel's main character. The interpretation is reinforced by quotes from several other books on stress and terror as well as several online documents. The analysis's conclusion is the last step.

Results and Discussion

Stress and fear in Anna's case takes place because of post-traumatic stress disorder. Post-trauma is caused by feeling guilty. The guilt that Anna could not overcome and it became worse to be the cause of fear and stress.

Guilty feeling is the cause of post-traumatic disorder. She had never stop thinking about the trip. Anna blamed herself for what had happened to her family. She always imagined that if she has not suggested to Ed to go on vacation with the family, the accident would never happened. She hope that the vacation was Ed's idea not her.

–‘I keep wishing it wasn’t. Weren’t. I keep wishing it had been Ed’s idea or no one’s. That we’d never gone. I knot my fingers.
–Obviously. Gently: –But you did go. –You arranged a family vacation. No one should feel ashamed of that. –In New England, in *winter*. –Many people go to New England in winter. –It was stupid. –It was thoughtful. –It was incredibly stupid, I insist. Dr. Fielding doesn’t respond. –If I hadn’t done it, we’d still be together. He shrugs. –Maybe. –Definitely.
(A.J Finn, 2018:60).

Anna feels guilty continually, it shows in the quotation above that Anna keeps saying, she wish that it is not her idea. She tells to Dr.Fielding she feels guilty to take her family to New England in winter. The guilty feeling makes her experience post-traumatic stress disorder because she always blame herself about what happened in New England and how she lost her family.

The accident that makes Anna become an agoraphobic is because the trauma that make her get depressed, really depressed which make her experience panic attack and it is getting worse when it becomes stress and fear. Stress and fear that Anna experienced made her afraid of the wide sky.

—It was a shock to see it so pristine; my husband was bleeding, my daughter was injured, my body was damaged, our SUV was destroyed—but the phone had survived unmarked. A relic from another era, another earth. 10:27 p.m., it read. We’d been off the road for almost a half hour. (A.J Finn, 2018:232)

From the quotation above shows that everything is damaged. The accident experienced by Anna, Ed and Olivia left them outdoors for hours. Her car was upside down because they fall in to the cliff. She feels that she is on another earth because she feels something different than usual. The cause of the accident is Anna having an affair with someone in her office before the accident happen Anna tried to check her phone which causes the accident. Unfortunately the phone is not destroyed like Anna’s life. On the other hand, Anna tried to save her family by putting all the clothes above Ed and Olivia.

—I yanked them out, laid them across Livvy and Ed. Looked up at the sky. It was impossibly huge. Above us stretched the sky, unbroken, unending, a deep sea of clouds. Snow sifted down in dandelion flakes, burst against my skin. I checked the phone. 7:28 a.m. 5 percent power. (A.J Finn, 2018:234)

From the quotation above it shows the reason why Anna cannot go outside. In that accident she can only look at the sky, the sky that was extraordinary wide. The wide sky is only the sight when she is lying with her injured family. The sky becomes a bad memory of her and makes her feeling afraid to see the sky after the accident. They have been trapped in a ravine for hours, do not have any help, cannot ask for help, cannot do anything; they just have to wait for a miracle that will come to help them.

Furthermore, because of the accident, that takes her family away becomes the reason why she suffered stress and fear.

—She takes a breath, holds it. Expels. —Dr. Fielding told me the story. —And by that point you’d spent two nights outside. In a snowstorm. In the middle of winter. Thirty-three hours. —He said that Olivia was still alive when they got down to you. —But your husband was already gone. That’s when your troubles started. Your problems going outside. Posttraumatic stress. Which I—I mean, I can’t imagine. (A.J Finn, 2018:263-264)

From the quotation above show that Anna cannot get over the stress because she is losing her family while she is the one who drive the car in that accident. The truth is that she is the one who arranged the family vacation, when Ed caught Anna cheating with her friend in the office. Because everything she has done wrong and caused the accident that make them trapped at the bottom of the cliff. She witnessed how her husband and child died slowly because of the accident she caused, their body getting cold in the snow, because of internal damage.

—That’s when your troubles started, Little said. Your problems going outside. At the hospital, they told me I was in shock. Then shock became fear. Fear mutated, became panic. And by the time Dr. Fielding arrived on agoraphobia. I need the familiar confines of my home—because I spent two nights in that alien wilderness, beneath those huge skies. I need an environment I can control—because I watched my family as they slowly died. (A.J Finn, 2018:269)

From the quotation above, it is explained that how Anna become an agoraphobic after the accident. The accident she experience makes her in a shock, the shock after losing her family right in front of her eyes. The shock becomes fear, fear become panic. The panic caused because she had trapped under the cliff for hours. It ends up becoming stress and fear. She only feels safe if she is staying inside house. Guilt buried in Anna's heart. It makes Anna feel very stress. She cannot stop regretting what she had done. Every time she remembers about Ed and Olivia, she continues to feel guilty. The feeling of guilty causes the post-traumatic stress disorder become acute.

The guilty feeling in her heart make her thinks she needs someone to talk. She feels that she has to be honest to one of her online patient about what really happened to her family, what makes her become an agoraphobic, what make her stop working as a child psychologist. Before she close her account, she want to tell her patient the truth, that patient named was Grannielizzie. She tells her the truth to say goodbye.

"-THEDOCTORISIN: I need to be honest with you. GRANNYLIZZIE: ??

THEDOCTORISIN: My family died last December. The cursor blinks.

THEDOCTORISIN: In a car accident.

THEDOCTORISIN: I had an affair. My husband and I were fighting about it and we drove off the road.

THEDOCTORISIN: I drove off the road.

THEDOCTORISIN: I see a psychiatrist to help me deal with the guilt as well as the agoraphobia."

(A.J Finn, 2018:283)

From the quotation above she explained what caused her became an agoraphobic. She ventured to tell her patients about what makes her to be become like that.

Based on the analysis above, this study results a finding that there are causes and effect of stress and fear experienced by Anna Fox the leading character. The cause stress and fear are because feeling regret and guilt that make the sufferer become stress, post trauma stress disorder make it became stress and fear. The effect of stress and fear experienced are panic attack and depression. In the novel, the authors also find that the effects that experienced by Anna are shown by the symptoms that occur when Anna tries to go out of her house.

Conclusions

After doing the analysis, there are several conclusions. They are:

1. The cause of stress and fear experienced by Anna Fox in the novel *The Woman in the Window* is because of Post-traumatic stress disorder.
2. Effects of stress and fear experienced by Anna Fox are the physical, emotional and social effects. A few of the emotional effects include: Fear of a panic attack, Fear of people noticing a panic attack, Fear of humiliation, Depression, Low self-esteem, Feeling of loss of control, Fear they cannot function or survive without others, Fear of being left alone, Isolation, Hopelessness, Fear of embarrassment, Fear their heart might stop during a panic attack, Fear they cannot breathe. A few of the physical results are: Hyperventilating, Trembling, Breaking out in a sweat, Accelerated heartbeat, Dizziness, flushing, feel like fainting. Negative social consequences: Person becomes reclusive, Substance abuse addiction can be developed, Family relationships are hurt or lost, Job can be terminated, and Self-worth is negatively impacted.

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