

**JACK'S ANXIETY IN TOM CLANCY'S NOVEL
THE SUM OF ALL FEARS
(PSYCHOLOGICAL APPROACH)**

UNDERGRADUATE THESIS

BY

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**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF LANGUAGE AND LITERATURE
FLORES UNIVERSITY
ENDE
2023**

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UNDERGRADUATE THESIS

**Presented to Flores University in Partial Fulfillment of the Requirements
for the Degree of *Sarjana Sastra***

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2023**

APPROVAL PAGE

This is to certify that Undergraduate Thesis of Silvianus Ratu has been approved by the Thesis Advisors for further approval by the Board of Examiners.


Ende, February 2023

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ABSTRAK

Ratu, Silvanus. 2023. *Kecemasan Jack Ryan dalam Tom Clancy novel The Sum of All Fears: Study perbandingan. Skripsi. Program Studi Sastra Inggris. Fakultas Bahasa dan Sastra. Universitas Flores. Pembimbing: Febe F. Irawati Wanggai, S.S.,M.Hum. & Marianus Woda Liru, S.S.,M.A.,*

Tujuan dari penelitian ini adalah untuk menemukan tipe – tipe kecemasan yang dialami oleh karakter utama dan untuk menemukan strategi mengatasi kecemasan yang dialami tokoh utama dalam novel. Desain penelitian adalah metode penelitian kualitatif. Penelitian ini menggunakan teori kecemasan Barlow dan Durand dan teori Studi Bandingan dari Greenberger dan Padesky. Data tersebut diambil dari *novel The SumOF All Fears* dalam bentuk frasa dan kutipan.

Hasil penelitian menunjukkan bahwa ada empat tipe kecemasan yang dialami Jack Ryan dalam *novel The Sum of All Fears*. Berdasarkan teori tipe tipe kecemasan yang dikemukakan oleh Barlow dan Durand penulis hanya temukan empat tipe kecemasan yang dialami Jack, yakni, : Phobias, Social Anxiety, Panic Disorder, Health Worries. Sementara itu, terdapat empat strategi untuk mengatasi kecemasan menurut teori dari Greenberger dan Padesky diantaranya adalah mindfulness and acceptance, breathing, progressive muscle relaxation, and imagery.

Kata Kunci: Kecemasan, Tipe-tipe kecemasan, dan strategi mengatasi kecemasan.

ABSTRACT

Ratu, Silvianus. 2023. *Jack's Anxiety in Tom Clancy Novel The Sum of All Fears. Comparative Study. Undergraduate Thesis. English Literature Study Program. Faculty of Language and Literature. Flores University. Advisors: Febe F. Irawati Wanggai, S.S.,M.Hum. & Marianus Woda Liru, S.S.,M.A.,*

The purpose of this study is to find the types of anxiety experienced by the main character and to find strategies to overcome anxiety experienced by the main character in the novel. The research design is a qualitative research method. This research uses Barlow and Durand's anxiety theory and Greenberger's and Padesky's Comparative Study theory. The data is taken from the *novel The Sum of All Fears* in the form of phrases and quotes.

The results of the study show that there are four types of anxiety experienced by Jack Ryan in *The Sum of All Fears*. Based on the theory of the types of anxiety put forward by Barlow and Durand, the authors only found four types of anxiety experienced by Jack, namely: Phobias, Social Anxiety, Panic Disorder, Health Worries. Meanwhile, according to Greenberger and Padesky's theory, there are four strategies to deal with anxiety, including mindfulness and acceptance, breathing, progressive muscle relaxation, and imagery.

Key Words: Anxiety, types of anxiety, and strategies to reduce anxiety.

**STATEMENT OF ORIGINALITY
OF UNDERGRADUATE THESIS**

The undersigned,

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declares that the present Undergraduate Thesis describes original research undertaken for the English Literature Study Program, Faculty of Language and Literature, Flores University of Ende. Any theories, findings and research techniques not my own have been acknowledged in the text. Theoretical contributions and findings in the thesis are my own original work and have not been submitted for any degree in this or any other universities. If later it can be revealed that this Undergraduate Thesis contains partly or wholly plagiarized pieces of other's intellectual work of any kind, I will readily accept the sanction established by the University of the matter.

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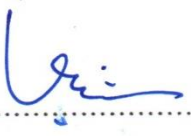


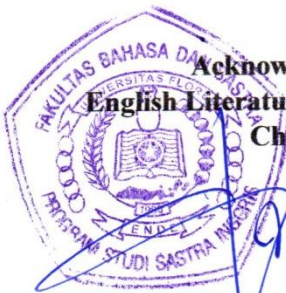

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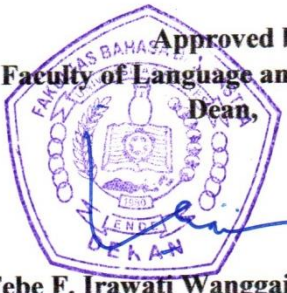

THESIS LEGITIMATION

This is to certify that the Undergraduate Thesis of Silvanus Ratu has been approved by the Board of Examiners as the requirement for the Degree of *Sarjana Sastra*.

Ende, February 2023
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MOTTO

BE YOURSELF

“Never crack under pressure”

DEDICATED TO:

- * MY PARENTS**
- * MY BEAUTIFUL SISTER**
- * MY BROTHERS**
- * MY PARENTS IN LAW**

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This undergraduate thesis is far from the word 'perfect', especially in its contents and performance. Hence, the constructive criticisms and suggestions are needed for better results in the future.

Ende, February 10th 2023

Silvianus Ratu

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