

**SOCIAL ANXIETY DISORDER OF CHARLIE IN *THE PERKS
OF BEING A WALLFLOWER* FILM**

UNDERGRADUATE THESIS

BY

REINELDIS SENSА TЕМE

NIM: 2017511015



**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF LAW AND SOCIAL HUMANITIES
FLORES UNIVERSITY**

ENDE

2024

**SOCIAL ANXIETY DISORDER OF CHARLIE IN *THE PERKS
OF BEING A WALLFLOWER* FILM**

UNDERGRADUATE THESIS

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

**BY
REINELDIS SENSА TЕМE
NIM: 2017511015**

**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF LAW AND SOCIAL HUMANITIES
FLORES UNIVERSITY**

**ENDE
2024**

APPROVAL PAGE

This is certify that Undergraduate Thesis of Reineldis Sensa Teme has been approved by the Undergraduate Thesis Advisor for further approval by the Board Examiners

Ende, February 2024

Advisor I



Marianus Woda Liru, S.S., M.A.
NIDN: 0812056101

Advisor II



Fransiskus M. Separ, S.S., M.Pd.
NIDN: 0825097601

ABSTRAK

Teme, Reineldis Sensa. 2024. Gangguan Kecemasan Sosial dari Charlie Dalam Film *the Perks of Being a Wallflower*. Skripsi. Program Studi Sastra Inggris. Fakultas Hukum dan Sosial Humaniora. Universitas Flores. Pembimbing 1: Marianus WodaLiru,S.S.,M.A. Pembimbing 2: Fransiskus M. Separ, S.S., M.Pd.

Ada dua tujuan dari penelitian ini, yang pertama adalah penyebab dari gangguan kecemasan sosial, dan yang kedua adalah untuk mengetahui pengobatan gangguan kecemasan sosial. Dalam penelitian ini, metode deskriptif kualitatif digunakan menggambarkan ucapan dan tindakan karakter-karakter. Pendekatan psikologi ditetapkan untuk menganalisis penyebab dan pengobatan kecemasan sosial. Teori-teori yang digunakan untuk menganalisis penyebab di usulkan oleh Ranta and La Grace(2015) dan untuk menganalisis pengobatan gangguan kecemasan sosial diusulkan oleh Antony and Swinson (2017).

Hasil penelitian menunjukkan bahwa ada empat penyebab sosial anxiety disorder di film the perks of being a wallflower yaitu temperament,faktor orang tua , faktor peristiwa langsung dan pengalaman teman sebaya. Pengobatan dari sosial anxiety disorder adalah pengobatan seperti terapi kongnitif,pemaparan, pelatihan keterampilan sosial.

Kata kunci : *Social Anxiety, Causes, Treatment, Film.*

ABSTRACT

Teme, Reineldis Sensa. 2024. Social Anxiety Disorder of Charlie in *the Perks of Being a Wallflower Film*. Undergraduate Thesis. English Literature Study Program. Faculty of Law and Social Humanities . Flores University. Advisor: Marianus Woda Liru, S.S., M.A. and FransiskusM. Separ, S.S., M.Pd.

There are two aims of this research, the first is the causes of social anxiety disorder, and the second is to find out the treatment of social anxiety disorder. In this research, Qualitative descriptive methods are used to describe the words and actions of the characters. A psychological approach is established to analyze causes and treatment of social anxiety disorder. The theories used to analyze the causes proposed by Ranta and La Grace (2015) and to analyze the treatment of social anxiety disorder were proposed by Antony and Swinson (2017).

The research results show that there are four causes of social anxiety disorder in the perks of being a wallflower, namely temperament, parent factors, life events, and peer experiences. Treatment for social anxiety disorder is treatment such as cognitive therapy, exposure and social skill training.

Key words: *Social anxiety, Causes, Treatment, Film.*

STATEMENT OF ORIGINALITY

The undersigned,

Name : Reineldis Sensa Teme
Nim : 2017511015
Study Program : English Literature
Faculty : Language and Literature

Declares that the present Undergraduate Thesis describes original research undertaken for the English Literature Study Program, Faculty of Law and social Humanities , Flores University of Ende. Any theories, finding, and research techniques not my own have been acknowledged in the text. Theoretical contribution and findings in the thesis are my original work and have not been submitted for any degree at this or any other university. If later it can be revealed that this Undergraduate thesis consists of partly or wholly plagiarized pieces of others' intellectual work of any kind, I will readily accept the sanction established by the university on the matter.

Signature :



Name : Reineldis Sense Teme

Date : Ende, February 2024

THESIS LEGITIMATION

This is to certify that the Undergraduate thesis of Reineldis Sensa Teme has been approved by the board of Examiners as the requirement for the Degree of *Sarjana Sastra*.

Ende, February 2024

The Board of Examiners

Febe F. Irawati Wanggai, S.S., M.Hum.
(Chairman/Examiner)


.....
22/03/2024
.....

Maksimilianus Doi, S.S., M.Pd.
(Secretary/Examiner)


.....
22/03/2024
.....


Gratiana Sama, S.Pd., M.Hum.
(Member/Examiner)


.....
22/03/2024
.....

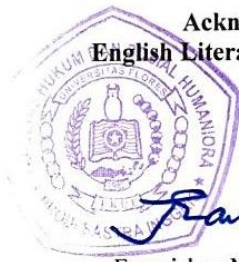
Fransiskus M. Separ, S.S., M.Pd.
(Advisor II/Examiner)


.....
22/03/2024
.....

Marianus Woda Liru, S.S., MA.
(Advisor I/Examiner)


.....
22/03/2024
.....

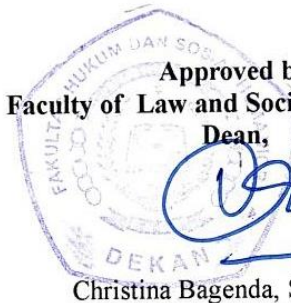
Acknowledged by
English Literature Study Program
Chair,





Fransiskus M. Separ, S.S., M.Pd.
NIDN.0825097601

Approved by
Faculty of Law and Social Humanities
Dean,




Christina Bagenda, S.H., M.H.
NIDN. 0823036701

MOTTO

**THEY HAVE IT ON TIME,
I LOVE IT ON TIME**

(By: Sensa Reynee)

ACKNOWLEDGEMENTS

First of all, I would like to thank to my savior Jesus Christ, for all blessings, love, grace and protection and power hence I can finish this undergraduate thesis.

I would like to my express my sincere gratitude to Mr. Marianus Woda Liru, S.S., M.A. and Mr. Fransiskus Maria Separ, S.S.,M.Pd, as my advisor and co-advisor for their kindness, knowledge, patience, motivation and guidance for me to write and finish this undergraduate thesis proposal. I present my big appreciation to the Dean of Faculty, the head of study program, all beloved lecturers and staff in Faculty Of Law And Social Humanities who has wholeheartedly helped me in administrative matters.

My special gratitude is for my beloved parents, my father Mr. Rovinus Rani, who is the best man that I ever had and always care for me, motivate me; and also my mother Mrs. Fabiana Lawas, who is the best woman that I ever had and always pray for me, give her supportive advice in facing the problem and doing this undergraduate thesis. I do grateful to God, holly trinity for having both of you as my dearest parents. You are the precious person that I have my inspiration and the biggest spirit in my life. Moreover, I do thank to my beloved partner Apong who always support me in everything and also to my little brothers that always support me even just with their jokes or their attentions that make me can finish this undergraduate thesis. I love you to the moon and back.

Moreover, I would like to thank some close friends and lovely partners. They are Ivy who always being my sister and advisor and Novi si black (thank you for being my partner laughing and crazy together, you both know me so well, love you so much). Falcons17and 18 team, thank you for your support. I am grateful to have everyone supporting me in process of writing this undergraduate thesis. Thank you so much for being my power and motivator. Finally, may this undergraduate thesis be advantageous for the readers, may the grace and love of God be with us all forever.

Ende, Februari 2024

The Writer

TABLE OF CONTENTS

TITLE	i
APPROVAL PAGE	ii
ABSTRAK	iii
ABSTRACT	iv
STATEMENT OF ORIGINALITY	v
THESIS LEGITIMATION	vi
MOTTO	vii
ACKNOWLEDGEMENTS	viii
TABLE OF CONTENTS	ix

CHAPTER I INTRODUCTION

1.1 Background of the Study.....	1
1.2 Problems of the Study	4
1.3 Purposes of the Study.....	5
1.4 Significances of the Study.....	5
1.5 Scope and Limitation	6
1.6 Definition of Key Terms	6
1.7 Organization of the Study	7

CHAPTER II REVIEW OF RELATED LITERATURE

2.1 Theoretical Review	8
2.1.1 Psychology of Literature	8
2.1.2 Social Anxiety Disorder.....	10
2.1.3 Causes of Social Anxiety Disorder	12
2.1.4 Treatment of Social Anxiety Disorder	17
2.1.5 Film	18
2.1.6 Character	21
2.2 Previous Studies	23

CHAPTER III RESEARCH METHODS

3.1 Research Design.....	26
3.2 Source of Data.....	26
3.3 Data Collection.....	27
3.4 Data Analysis	27

CHAPTER IV ANALYSIS

4.1 Causes of Social Anxiety Disorder	29
A. Temperament	30

B. Parent factor.....	34
C. Live Events	36
D. Peer Experiences.....	50
4.2 Treatment for Social Anxiety Disorder.....	55
1. Cognitive Behavioral Therapy.....	55
A. Cognitive Therapy	55
B. Exposure	59
C. Social Skill Training.....	62

CHAPTER V CONCLUSION AND SUGGESTION

5.1 Conclusion	67
5.2 Implication of The Study	68
5.3 Limitation of The Study	69
5.4 Suggestion.....	69

REFERENCES

APPENDICES

CURRICULLUM VITAE