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Kiko's Anxiety in Akemi Dawn Bowman's Starfish

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ABSTRACT

This article aims to discuss the issue of anxiety in Akemi Dawn Bowman's *Starfish*. The objectives of this study are to find the causes, effects, and types of anxiety experienced by the main character in the story. This study uses the psychoanalysis theory by Sigmund Freud to analyze Kiko's anxiety. The research method applied in this study is qualitative, with a psychology of literature approach. From the results of the analysis, there are four causes of the anxiety experienced by Kiko. The first is an experience that happens to Kiko in the past, caused by her uncle. The second is the conflict between Kiko and her mother. The third is Kiko's environment, and the last is frustration. The effects of Kiko's anxiety are emotional effect and social anxiety. This can be seen from her feelings of anger because of the dispute that occurs between Kiko and her mother. Therefore, it can be concluded that Kiko's anxiety is categorized as neurotic and realistic anxiety. Neurotic anxiety comes from the id, which is an unconscious feeling so that it often loses its emotions such as sadness, anger, panic, and so on. Realistic anxiety occurs when there is a sense of fear of approaching danger.

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Introduction

This article tries to reveal the anxiety disorders portrayed in *Starfish*, a novel written by Akemi Dawn Bowman. It explores the causes, effects, and types of anxiety. The writers analyze anxiety through Kiko, the main character of this novel using Sigmund Freud's theory. The problems to answer are: 1) What causes Kiko's anxiety in Akemi Dawn Bowman's *Starfish*? 2) What are the effects of Kiko's anxiety on *Starfish*? and 3) What types of anxiety are reflected in the character of Kiko in the novel? The writers make use of psychological concepts to discover the answers to the problems.

Starfish tells the story of a half-Japanese teen named Kiko Himura who experiences an anxiety disorder. Kiko lives with her two brothers and mother, who only cares about herself and belittles everything Japanese. It causes a dispute between Kiko and her mother. Kiko dreams of entering an art school, Prism, which is her ticket to being free from her suffocating life. Then Kiko does not enter Prism, and at the same time, Kiko's mother allows Uncle Max to move back into their house and live with them, even though she knows that her brother abuses Kiko as a child. When she receives an invitation from her childhood friend to leave her small town and visit an art school on the west coast, Kiko jumps at the opportunity to escape the anxiety and fear holding her back.

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Anxiety, according to Freud in *Collected Papers* (Vol.1), is "something felt," a particular unpleasant emotional state or condition that includes tension, worry, and physiological arousal (Spielberger & Reheiser, 2009: 273). Freud divides anxiety into three types, realistic or objective anxiety, neurotic anxiety, and moral anxiety (Corey, 2009: 61). Freud states that neurotic anxiety arises because of a feeling of danger from instinct. This anxiety occurs when feelings of fear arise, and the outgoing id instincts take over the ego, and this causes the ego to make mistakes and be afraid of possible punishments (Amelia & Daud, 2020). Intense, unreasonable fear is another prominent manifestation of neurotic anxiety. Additionally, bad thoughts or a panic attack might be used to identify neurotic anxiety. Realistic or objective anxiety occurs when there is a sense of fear when danger approaches in the real world, and the intensity of that sensation is inversely correlated with the severity of the actual threat. Realistic anxiety is also a painful emotion brought on by the perception of risk in the outside world. Moral anxiety is a fear that comes from conscience. People with a good conscience tend to feel guilty when they do something contrary to or not following moral standards. Moreover, Freud argues that anxiety is a sense of dread brought on by suppressed emotions, memories, desires, and experiences that come to the forefront of consciousness. It can be considered a condition of tension that drives us to act. The struggle for control of the available psychological energy between the id, ego, and superego leads to its development. Anxiety serves as a warning sign of impending danger.

Meanwhile, Schwartz (2000: 139) states that Anxiety is a negative emotional state marked by foreboding and somatic signs of tension, such as a racing heart, sweating, and often difficulty breathing (anxiety comes from the Latin word *anxious*, which means constriction or strangulation). Anxiety is similar to fear but with a less specific focus. Whereas fear is usually a response to some immediate threat, anxiety is characterized by apprehension about unpredictable dangers that lie in the future. Anxiety can occur in a variety of situations. Sometimes anxiety appears mildly and occurs quickly, but sometimes it can last longer and become so severe that it disrupts the body and mental condition. In the medical industry, patients are more likely to experience anxiety as a result of their illness, which occasionally affects the effectiveness of their therapy (Xi, 2020: 9). People often live with anxiety disorders for years before they are diagnosed and treated (Rector et al., 2016: 1-2).

Human response to fear or danger appears in anxiety. Each anxiety experienced includes a sense of impending danger, thoughts of harm, and a psychological alert and activation process. Fear and anxiety are universal human experiences that come and go throughout life. An anxiety disorder involves a crippling and lingering process that disrupts the normal course of life (Moss, 2002: 1-2).

While Adler and Rodman (1991: 30) state that two factors can cause anxiety. The first factor is negative experiences in the past. This experience is not good. These experiences give rise to unpleasant feelings about past events that will be repeated in the future, which will cause a person to feel uncomfortable. The second is irrational thinking. Psychologists argue that anxiety is not a reaction to the situation. It appears as a result of the perception of the circumstances.

According to Freud (1964), the conflict between the ego and superego is the basis for the classification of anxiety, although external factors also play a significant role in its occurrence.

Several aspects are major in generating anxiety, such as fear, conflict, environment, and frustration. Freud stated (in Myers, 1983: 100) that anxiety can arise from fear of things like breaking the rules, failing the exam, etc. In addition, feeling fear without reason will cause acute anxiety.

Conflict results from the creation of different behavioral disputes and the occurrence of incompatible aims, whether for individuals or communities (Hakim & Marsih, 2022). This condition may interfere with and obstruct accomplishing personal or group objectives. It may also lead to emotional strain and disputes between people or individuals and groups. The environment can impact an individual, and the individual's attitude will depend on the environment in which they live. A person is more likely to have the correct attitude and vice versa if they are in a pleasant environment. Environmental factors may also influence a person's anxiety. Anxiety can be decreased if the person is given support and attention; conversely, if their surroundings seem to care little about and ignore them, their anxiety will rise. Every human being lives to fulfill his desires. The desire can be a good desire or a wrong desire. Satisfaction will be felt when someone can have what they want. Conversely, disappointment and sadness will arise when these desires are not fulfilled. This sadness can lead to frustration. This condition will be experienced from the time a person is a child until adulthood. Acute anxiety will experience if this condition is not treated immediately. (Myers, 1983: 190)

Anxiety can have several effects on people who experience it. According to Barker (2003) there are three effects of anxiety. The first is the behavioral effect of anxiety, which is a person's withdrawal from situations that have in the past triggered anxiety or other negative feelings. Changes in routines and sleep patterns may also result, and routines can affect how much food is consumed and how much strain is put on the body's muscles, like tapping the foot. The second effect is emotional effects. They can include "difficulty concentrating," "feeling tense or jumpy," "anticipating the worst," "irritability," "restlessness," "watching and waiting" for signs and occurrences of danger," and "feeling like your mind's gone blank." The third effect of anxiety is the cognitive effect, which causes people to think about their worries about dying as danger. People might be worried that a fatal heart attack is to blame for your chest pains or that a tumor or aneurysm is to blame for the sharp headaches (Mulia & Pramesti, 2023). When people consider death, they either experience extreme terror, think about it more frequently than usual, or cannot stop thinking about it.

In addition, another effect of anxiety disorders is social anxiety disorder. Social Anxiety Disorder (SAD) is a fear of social situations because it avoids negative judgment from others. People with SAD may show symptoms under certain conditions, such as performing in front of an audience or in any social setting. The symptoms of social anxiety are quivering, embarrassment, or feeling flushed, heart pounding or palpitations, feeling dizzy or about to faint, sweating or diaphoresis, diarrhea, nausea, or stomachache, and having the urge to urinate (Alomari et al., 2022).

Moreover, Freud divided anxiety into three types, reality or objective, neurotic, and moral anxiety (Corey, 2009: 61). Freud states that neurotic anxiety arises because of a feeling of

danger from instinct. This anxiety occurs when feelings of fear arise, and the outgoing id instincts take over the ego, and this causes the ego to make mistakes and be afraid of possible punishments. Intense, unreasonable fear is another prominent manifestation of neurotic anxiety. Additionally, bad thoughts or a panic attack might be used to identify neurotic anxiety.

Realistic or objective anxiety occurs when there is a sense of fear when danger approaches in the real world, and the intensity of that sensation is inversely correlated with the severity of the actual threat. Realistic anxiety is also a painful emotion brought on by the perception of risk in the outside world. Any environmental factor that has the potential to endanger a person is considered a threat. Inherent in the sense that one inherits a propensity to become anxious in the presence of particular things or environmental situations, or acquired throughout a person's lifetime. This anxiety is a fear that comes from conscience. People with a good conscience tend to feel guilty when they do something contrary to or not following moral standards.

There are several previous studies that discuss anxiety. For example, research on the novel *Fangirl* by Rainbow Rowell (2023), *Life of Pi* by Yann Martel (2023), and *School of Fear: The Final Exam* by Gitty Daneshvari (2022). The difference between the previous and current studies is the source of data. The current study uses *Starfish* by Akemi Dawn Bowman as the data source. Apart from that, another difference lies in the second previous study, where the approach used was both extrinsic and psychological, while in the current study, the writer only used a psychology of literature approach. In contrast to previous studies, this study directly addresses the causes of anxiety experienced by Kiko in the novel without including symptoms, and there is no treatment for anxiety experienced by Kiko, whereas in other studies there is treatment for anxiety by applying the theory of defense mechanisms.

Method

This study is qualitative research. Qualitative research is concerned with developing explanations of social phenomena, which means that this research aims to help us understand the social world in which we live and why things happen. It is concerned with the social aspect of life, including people's behavior, opinions, attitudes, and social activity (Hancock, B. 2006: 7). Furthermore, according to Creswell (2009: 3), qualitative studies employ research plans and procedures to gather and analyze specific data. The purpose of choosing a qualitative approach is that the writer will describe the data taken from Akemi Dawn Bowman's novel *Starfish* which contains 340 pages with 60 chapters and was published in 2017. In addition, secondary data sources are taken from journals, research, and books related to research topics. The data from this study is taken from several narrations and dialogues in the novel that describes Kiko's character's anxiety

In this study, the writers used a psychology of literature approach. The psychology of literature studies the types and principles of psychology applied to literary works. It means that this study looks at how topics and cases in psychology are applied to the characters of literary works. The instrument of this research is the writer herself because the writer reads and understands the story from the novel *Starfish* and collects and analyzes data by herself without using equipment such as questionnaires, recordings, or other devices. In collecting

the data, the writer uses reading and note-taking techniques using several procedures, as follows: 1) Reading each chapter carefully, 2) Specifying the character to be analyzed, 3) Finding the right problem and theory, 4) Identifying incidents and dialogues that indicate anxiety and 5) Gathering some resources to support the study from other references related to the topic. After collecting the data, the writer analysis the data in several steps. First, the writer reads and reviews the data that has been collected. Next, the writer analyzes the data that has been selected based on the cause, effect, and type of anxiety experienced by Kiko. In the last step, the writer provides conclusions from the analysis results

Results and Discussion

Results

The findings of the causes of Kiko's anxiety can be stated as Kiko's negative experiences in the past, Kiko's conflict with her mother, Kiko's environment, and Kiko's frustration. The findings for problem statement number 2 are manifesting in Kiko's emotional attitude and Kiko's social life. The findings of the type of anxiety are Neurotic Anxiety and realistic or objective anxiety.

Discussion

The Causes of Kiko's Anxiety

Kiko is the main character who experiences anxiety in Starfish. In the novel Starfish, there are three important factors that play a big role in causing Kiko's anxiety, negative experiences in the past, conflict, the environment, and frustration.

Kiko's Negative Experience in the Past

Negative experiences in the past give rise to unpleasant feelings about the past that may be repeated in the future. Kiko's bad experiences in the past are caused by her uncle, her mother's brother. When Kiko is seven years old, she experiences bad treatment from her uncle, Kiko is used as a sexual stimulus. Kiko, who is still very young, does not understand this. She only feels that what her uncle does is confusing and embarrassing. She pretends to be asleep so her uncle will not know that Kiko is watching him. After doing that to Kiko, her uncle watched her for a while and then left. Kiko explains that the harassment that has occurred to her by her uncle has occurred repeatedly. This indicates that Kiko has not taken any action to respond to this, such as reporting her uncle to her parents. Like victims of sexual abuse in general, Kiko, who is still underage, allows this to happen due to psychological barriers such as fear, shame, and Kiko's lack of knowledge about it. Therefore, whenever that happens again, Kiko only pretends to be asleep. However, along with trauma, Kiko realizes it is not true, especially since her uncle did it. This incident makes Kiko traumatize and trigger her anxiety whenever she is near her uncle. Her bad experiences in the past gives a bad emotional response to Kiko. This incident triggers anxiety to appear every time she is near someone who reminds her of her experience.

"Uncle Max is coming over tonight."

The first thing I think of is my stuffed rabbit. The second is the feeling that something heavy and painful in the pit of my stomach is making me want to vomit.

"Oh." My hands fall into my lap. "What time?"

Shoji shrugs. I'm not sure if he knows why I don't like being around Uncle Max, but he's not stupid. Neither is Taro, even though he acts like it sometimes. When Uncle Max and I are in the same room together, the tension is suffocating. (Bowman, 2017: 17)

The quote above shows how Kiko does not like her uncle coming to her house. "The first thing I think of is my stuffed rabbit" this quote shows that after hearing the upcoming uncle max, Kiko immediately remembers her past. Her stuffed bunny becomes one of the reminders of what Uncle Max has done to her. The presence of her uncle seems to burden Kiko much. She feels pain and further she reacts badly through her expression that "she want to vomit". Kiko feels uncomfortable whenever she is around her uncle. Kiko's anxiety arises when she finds out that everyone in her house knows about her uncle's arrival except herself. Furthermore, Kiko's anxiety shows strong. It can be read as follows:

My heart starts to race. My head throbs. I feel like I can't breathe. If Shoji knew Uncle Max was coming over, it means Mom did too. Why wouldn't she tell me herself? I get out of the car because I feel like it's eighty thousand degrees and I need the fresh air to stop my head from spinning. (Bowman, 2017: 17)

The quotation above explains that Kiko is experiencing anxiety. It has been explained that anxiety is a negative emotional state marked by foreboding and somatic signs of tension, such as racing heart, sweating, and often difficulty breathing. It is clear that Kiko is experiencing anxiety, which is characterized by her racing heart, throbbing head, and difficulty breathing, indicating how uncomfortable she is with the coming of her uncle. In addition, bad experiences in the past can lead to feelings of discomfort. Kiko also experiences a change in emotion, "because I feel like it's eighty thousand degrees," eighty thousand degrees describes the atmosphere that Kiko feels at that time that Kiko feels an extraordinary heat indicating that she is so angry at her mother for not telling her about uncle max who wants to come to their house.

Kiko experiences unpleasant things when Uncle Max moves into their house. While she is asleep, Uncle Max comes into her room and reaches out to where Kiko is sleeping. It causes Kiko's anxiety to appear. Kiko's fear arises because she feels that her uncle will do bad things to her, like what happened to her in the past.

The footsteps pad away, and the door closes silently. Beneath the door, I watch as the light vanishes and the house goes still.

Alone, I sit up, choking on my own fear. I don't think – I grab my bag, my phone, and my keys and slip through the house, and before I know it, I'm driving down the road with panic in my throat and no idea where I'm going. (Bowman, 2017: 141).

From the quotation above, it can also be seen that Kiko's fear and panic make her feel anxious. Kiko is panic after Uncle Max comes out of her room. This panic takes her out of her house

without her knowing it. In her panic, she drives to the house of her best friend and the person she loves, Jamie. Kiko cannot explain what happens to her because she is not injured and just has a panic attack. Kiko's panic gradually subsided after Jamie spreads her out in his house and calmed her down. It can be concluded that Kiko's mental state is mixed. She immediately feels scared, panicked, and worried simultaneously, which triggers her anxiety.

Kiko's Conflict with Her Mother

Apart from the negative experiences that have happened to Kiko in the past, her anxiety is also caused by the conflict between Kiko and her mother. Kiko's mother is a selfish person and never cares about the feelings of her children, which causes a bad relationship between Kiko and her mother. Kiko feels that it is "like swimming in poison", to be around her mother. It hurts and even kill her "slowly bit by bit" (Bowman, 2017: 130).

Kiko's mother knows that Kiko does not like Uncle Max, but she does not care about that and allows Uncle Max to live with them. Problems arise when Kiko loses her money and finds out that it is Uncle Max who has entered her room and stolen her money. The illustrations can be seen below:

"Can't you see I'm trying to have a conversation about somebody stealing my money?" I feel like a vein is going to burst from my neck. It's not easy for me to say what I'm thinking, but I'm trying anyway because it's important. I need her to know how uncomfortable I am with Uncle Max being in my room. I need her to understand. Why can't she see that? Why doesn't she care?

"God, Kiko!" Mom marches to the living room and shoves her hand into her oversized purse. She comes back with her wallet. "Here." She flings a twenty-dollar bill at me, which I ignore and let fall to the floor.

"I don't want your money." I dig my hands into my ribs.

"What is it you want from me, then?" Her voice is shrill and sharp. (Bowman, 2017: 133-134).

The quote above shows a serious dispute or argument. As stated by Freud, conflict causes emotional tension and disputes between individuals or groups. Kiko wants her mother to put a lock on her room door, but her mother does not approve of it, "I feel like a vein is going to burst from my neck" The quote shows Kiko feels very angry, and "Her voice is shrill and sharp" which indicates the emergence of emotional tension. Kiko is disappointed with her mother's decision and her indifference to her feelings. This conflict triggers Kiko's anxiety. This anxiety occurs because of emotional feelings towards her own family.

Kiko's Environment

Apart from the two causes above, environmental factors are also a factor in Kiko's anxiety. The environment can affect how a person behaves in their life. Anxiety can be caused by unpleasant experiences that individuals have with friends, family, or co-workers. This novel shows that the main character experiences anxiety because of her closest environment. Kiko, who was born biracial (half white, half Japanese), grew up in a small-town environment and experienced racist acts. The quotation below shows it:

We weren't fitting in at school because we were consistently one of the token minority kids. It was something the teachers seemed to appreciate when casting pilgrims and Native Americans in the school Thanksgiving plays, but it came in a lot less handy when we were trying to make friends. We thought we were just like all the other white kids, but how a person feels on the inside apparently has nothing to do with how they look on the outside. (Bowman, 2017: 15).

The quote above explains that since childhood, Kiko feels that she does not fit in at school because she is one of the minority children, and she also has difficulty making friends. Kiko feels that she will not look attractive to the people around her because she is Asian. Kiko grows into a teenager who lacks self-confidence, which makes it difficult for her to socialize.

Kiko's Frustration

Another cause of Kiko's anxiety is frustration. Kiko enrolls herself in Prism, an art school that had been her dream for a long time. Kiko is feeling anxious, which is marked by her pounding heart, when she gets an envelope from Prism containing a statement stating whether she is accepted or not at the school. It can be seen in the quotation below:

My heart thuds. And thuds. And thuds.
 Oh my God. Oh my God. I look back at the envelope. It's so thin. How can it be so thin if it's a "yes"?
 I start to pull the letter out. I need to see the words. I need to —
 "You didn't get in," Mom blurts out before I get the chance to read anything at all.
 My heart implodes inside my chest.
 She stands up, her arms folded in front of her. "I'm sorry, Kiko. But you didn't get in. I know you really wanted it, and even though I'm still very upset with you, I do mean it. I'm sorry."
 I don't even realize I'm crying until Mom turns into a blurry pink and peach blob.
 (Bowman, 2017: 77)

The quote above explains a change in Kiko's mood from initially exciting to sad after her mother, who has already read the letter, tells Kiko that she is not accepted at Prism. Kiko's anxiety is marked by Kiko's feelings. The quote "My heart implodes inside my chest" which means Kiko feels so anxious that he feels like his heart is exploding.

What am I going to do now?
 I have no backup school. I have a mom who has been encouraging me for more than a year to stay at home and go to community college — which, quite frankly, sounds only a tiny bit better than bathing in acid and letting a coyote eat my legs off. I don't have anything against community college; I just can't imagine spending another year living at home with Mom.
 And Uncle Max.
 I feel terrified. I feel completely lost.
 Oh my God, what am I going to do now? (Bowman, 2017: 81-82)

The quote above considers anxiety from frustration. Kiko feels disappointed because she cannot enter the Prism after everything she has done. Kiko feels afraid when she thinks of herself not accept at her dream school and having to live with her mother and Uncle Max. Kiko feels frustration because she thinks that entering Prism can be a way for her to get out of her toxic life. The quote above considers anxiety from frustration.

The Effects of Kiko's Anxiety

Anxiety has effects that can affect almost anyone. Sometimes it can damage the mind and also affect the body. In this case, the writer will describe the effects of Kiko's anxiety on the various events that happened to her.

Kiko's Emotional Attitude

One of the effects of Kiko's anxiety is emotional. It is shown that Kiko experiences uncontrollable emotions, which are characterized by feelings of anger. "I stand up, my whole body convulsing with anger. "You care more about Uncle Max than me. The only reason you don't want me to leave is because people might ask questions and then you'll look like a bad mom." (Bowman, 2017: 155). The quotation shows that Kiko, who is at odds with her mother, becomes very angry when her mother places more importance on Uncle Max as the person who abused her child than her own child. Kiko expresses the resentment she harbors against her mother. She keeps it to herself because she does not want her mother to be angry with her, but she feels that she needs to tell her mother what she is thinking.

Kiko's Social Life

Another effect of anxiety experienced by Kiko is social anxiety. Social Anxiety Disorder (SAD) is a fear of social situations because it avoids negative judgment from others. People with SAD may show symptoms under certain conditions, such as performing in front of an audience or in any social setting (Alomari et al., 2022).

Kiko, an Asian-American woman living in a small-town environment that is racist, grows up to be a woman who lacks confidence. As previously explained, environmental factors affect a person's anxiety because the environment affects a person's growth. Kiko always finds it difficult when she is in a social situation, having difficulty adjusting to a new environment and communicating with other people. Kiko is described as a character who has social anxiety by Bowman in the novel *Starfish*. "I'll be right back," she says, and as soon as she disappears into the next room, I feel like someone has yanked my social crutch out from under my arm. I'm floundering. All I can think about is Emery coming back so I can have someone to hide behind. (Bowman, 2017: 25). It can be explained that when Kiko is invited to a party, she attends the party with her close friend Emery, who always helps her when she is in a social environment. Emery helps reduce her social anxiety. However, Kiko's anxiety arises when Emery left him alone. She needs Emery to hide from her social anxiety. Kiko also wants to be like other people who socialize, but she does not understand how Kiko feels she does not deserve to be at the party. "Still, I'm having so much fun I'm starting to get a headache. I'm not used to being around so many people. I'm not used to laughing so much.

"I'm not used to being so happy." (Bowman, 2017: 107). In addition, her social anxiety resurfaces when she and her best friend Jamie are at a carnival. It shows that even though Kiko feels that being at a carnival with Jamie makes her happy. She still cannot cover up her social anxiety. Kiko's anxiety appears to be marked by this quote "I'm starting to get a headache", this indicates that being in a social environment gives a bad reaction to Kiko's body.

Types of Kiko's Anxiety

Based on the causes of anxiety in the previous discussion, the writer finds there are two types of anxiety that Kiko experience, namely neurotic anxiety and realistic anxiety.

Neurotic Anxiety

As stated by Freud (in Corey, 2009: 61), neurotic anxiety is anxiety that arises because of an instinctive sense of danger. This anxiety arises when feelings of fear arise and id instincts that come out take over the ego, and this causes the ego to make mistakes and fear punishment. Bad thoughts or panic attacks can be used to identify this anxiety. This anxiety occurs due to being influenced by Id, where Kiko's thoughts are about the possibility that her uncle will abuse her again every time she sees his face. Id triggers a feeling of fear which is marked by "painful in the pit of my stomach" and avoidance of being around Uncle Max.

Neurotic anxiety is a term used to describe anxious and uncomfortable feelings that arise when a person does not feel in control of themselves or their circumstances. Neurotic anxiety often leads to defensiveness and rigid patterns of behavior while resolving inner conflicts and restoring a sense of control. Neurotic anxiety is defined as apprehension about an unknown danger. In neurotic anxiety, the ego depends on the id because it can only produce anxiety. Kiko experiences neurotic anxiety, which is caused by her social anxiety that arises due to feelings of fear of something whose cause is unknown. In this quote, Kiko feels anxious when she is in a social environment. Id works when she is going to meet a famous artist and makes her feel that this will make her awkward and that thought triggers his ego to feel anxious which is marked by "I feel my heart start to race".

Realistic or Objective Anxiety

Another anxiety experience by Kiko is Realistic anxiety. This anxiety occurs when there is a sense of fear when danger approaches in the real world. It is also a painful emotion brought on by the perception of risk in the outside world. The quote above is a realistic anxiety. Realistic anxiety is a state that occurs in humans when they perceive themselves to be in real danger. The outside world drives the ego into realistic anxiety. Realistic anxiety is closely related to fear but, they are different. In realistic anxiety, the object does not involve a specific object. It was just an unpleasant feeling involving possible danger. Kiko's anxiety arises from feelings of anxious about her past that might repeat itself. Kiko feels she is in danger when the perpetrator of her sexual abuse approaches her again. In the quote "Fear replaces my blood" is Kiko's anxiety which is characterize by Kiko's unpleasant feelings, namely extraordinary fear.

Conclusion

After analyzing the data, the writer can conclude the results of the analysis of the anxiety experience by Kiko. First, the writer discovers that there are four causes of anxiety experienced by Kiko in *Starfish*, such as negative experiences in the past, Kiko's conflict with her mother, Kiko's environment, and her frustration. A negative experience in the past is one of the most influential causes of Kiko's anxiety. The act of sexual abuse committed by her uncle has made Kiko feels negative emotions marked by foreboding and somatic signs of tension, such as a racing heart, sweating, and often difficulty breathing, this always happens to her when she is near her uncle. The second cause is the conflict between Kiko and her mother. Kiko's mother never cares about her children and always defends Uncle Max even though she already knows that Uncle Max has abused Kiko. This conflict causes emotional tension which triggers Kiko's anxiety. The third is the environment. Kiko, who is born half-Asian, experienced racist acts in her small town, which causes her anxiety to arise whenever she is in a social environment. The fourth is her frustration. Kiko cannot get into her dream art school, which causes her to become anxious, which triggers her anxiety.

From these causes, Kiko experiences several effects such as emotional effects and social anxiety. The emotional effect experienced by Kiko is uncontrollable emotion, which is feeling angry. The next effect is that Kiko experiences social anxiety disorder, anxiety will appear whenever she is in a social situation. It makes her difficult to interact with other people. Finally, from the analysis, it is found that Kiko's anxiety is included in the type of Neurotic anxiety where Kiko's Id triggers her ego to feel anxious. Apart from that, Kiko's Id also makes her feel afraid of something that could harm her. Besides neurotic anxiety, Kiko's anxiety is also included in realistic anxiety. This realistic anxiety appears when there is a sense of fear when danger approaches in the real world. Kiko feels threatened every time her uncle approaches her.

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