

ABSTRACT

Social Anxiety Disorder in the Novel *Eleanor Oliphant is Completely Fine* By Gail Honeyman

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This study aims to determine the portrayal of social anxiety disorder reflected through the main character in the novel entitled “Eleanor Oliphant is Completely Fine” by Gail Honeyman. The analysis includes the causes and symptoms of Eleanor regarding social anxiety disorder. This study applied qualitative research method to present the data analysis. The psychological approach in literature and the theory of social anxiety disorder is used to guide the analysis in this study. There are several results of this study.

The first result includes the cause of social anxiety disorder suffered from Eleanor caused by her unpleasant childhood memories of neglect and lack of family love. The second result includes the symptoms of social anxiety disorder represented by Eleanor through three aspects of cognitive, physical, and behavioral. The symptoms of SAD from the cognitive aspect are her beliefs that she is better off being alone from other people, the fear of causing people inconvenience, and the fear of rejection. Meanwhile, the physical symptoms are stomach churns and rapid heartbeat. Lastly, the behavioral symptoms shown by Eleanor are self- isolation and avoidant behavior.

Therefore, the portrayal of social anxiety disorder in the novel is portrayed through the main character that shows childhood experience as the main cause of social anxiety disorder with the symptoms determined through three aspects of cognitive, physical, and behavioral.

Keywords: Causes, Psychological Approach, Novel, Social Anxiety Disorder, Symptoms