

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Some of the fiction has its own unique interpretation in terms of the projection of reality. This style of work has a strong connection to the people who created it. (Wood, 2008). They deliver everything as if it were a part of themselves, building their own fantasy to assure that everyone knows what they intend to communicate in the work. All of this leads to the well plot to create a rich story at the end. This is why the anxiety could be the one that is being discussed because of the content feeling to reality itself.

The story of *They Both Die at The End* is about the day where there is only 24 hours left for them to live. This creates anxiety for the people who know the time when they will die. The novel *They Both Die at the End* provides an interesting lens through which to examine the concept of death anxiety. The reason why anxiety needs to be analyzed is because the whole story creates the situation of the closer looks from human anxiety. There are many issues of anxiety but this novel portrays how we could understand it better. This novel has given the writer the perspective of the people that are struggling with anxiety. To analyze this novel, the writer will discuss furthermore about the portrayal of the anxiety throughout the characters within this novel. This is to ensure that people have a sense of relatability because of the portrayal for each character. Based on the research It is an unfortunate reality that some young children must face the facts of death and dying at a relatively

young age. (Slaughter & Griffith, 2007) This led to the intervention of their psychological condition which caused the anxiety.

This is essential to understand because many people suffer from fear on a daily basis. This is important since a lot of people feel dread on a daily basis. Acute fear or panic, as defined by HelpGuide, is daily anxiety or panic episodes. They occur out of the blue. Thoughts about your big speech or being trapped in an elevator can be triggered in certain cases, but other times the attacks just happen. The relatability from the story of *They Both Die at the End* with the main character named Mateo Torrez and Rufus Emetrio. Both of them receive the call from the company named Death-Cast, which can notify them that they could live just maximally for 24 hours. However, there is a limitation within the technology, Death-Cast does not know about the exact time and how the person will die. All of the people that only have one day left to live are called Decker. This is why it is relevant, the feeling of anxiety waiting for how they will die. They are not ready however; the fear of dying is in front of their eyes. Even on the most basic issues that they face daily. According to Medical News Town the anxiety can lead to a shift in behavior. For example, an individual may begin to avoid scenarios that cause anxiety or develop coping strategies to keep anxious thoughts away. This is why Mateo Torrez and Rufus Demetrios characterizations are so effective in conveying the fear that they must face.

Furthermore, this book has the importance of discussing the coping mechanism issue. Coping mechanism is a conscious or an unconscious change or an adaptation that reduces tension and anxiety in a stressful event or scenario. Psychological

therapies frequently focus on changing maladaptive coping strategies. Coping behavior and coping technique are both terms that can be used interchangeably. The coping mechanism that will be used for this paper is kind of like denial and distraction. The coping mechanism will be discussed as the part to support the idea of anxiety. Distraction is the way the main character opts out from the anxiety condition that they faced. All of these characters are young and are expected to have a long journey ahead of them.

Therefore, the focus of this paper will be on the anxiety of nature in this novel. The urgency of discussing this topic is about how many people feel related with the case of anxiety. According to the Mental Health Foundation, anxiety may trigger people to withdraw from friends and family, feel unable to go to work, or avoid specific locations. Even while avoiding circumstances can provide you with momentary comfort, the anxiety usually returns the next time you encounter it. This is how people suffer from the state of anxiety even on the smallest scale of everyday routine. The title of *They Both Die at the End* gives the spoiler of the entire story of facing death. By just a title, it makes people guess that the main character is really dead at the end. Moreover, this book has won some of the awards like A Kirkus Best Book of the Year and New York Times Best Seller 2017. More importantly the writer believes *They Both Die at the End* is suitable to depict the condition of people that are facing the problem of anxiety the most.

1.2 Research Questions

The researcher extended this question as to the following question, based on the backdrop of this research:

1. How's the main character in *They Both Die at The End* represent anxiety?

1.3 Research Objectives

This study aims to figure out the relatability of the anxiety depicted in *They Both Die in the End*. As a result of the primary character's representation. The study of coping strategies is also necessary in order to understand how the main character and the circumstance will be able to use those mechanisms. The psychological method developed by Sigmund Freud and integrated with anxiety is the theory that is being used in this thesis.

1.4 Use of Study

The use of this study will be divided into two parts, first of all the theory and the second will relate towards the practical objectives

1.4.1 Theoretical Purpose

This research is being conducted to be the data analysis for the future study. In the hope it will be useful as the researcher uses the previous study itself. In the field of psychology especially in anxiety disorder, this aims to develop the idea from the literature study perspective.

1.4.2 Practical Purpose

This study has the potential to improve society's awareness of mental disorders, particularly anxiety. It has the potential to give the community more information and understanding regarding the definition, symptoms, and analysis of anxiety disorder. The experts also feel that the signs and consequences of anxiety illness must be properly communicated to the specific culture in order to educate them. Finally, it has the same goal as the theoretical study: to maximize the effect of future research.

1.5 Scope of the Study

This research will discuss the causes and the types of anxiety disorder in the novel of *They Both Die at The End*. The scope of study will be limited to the character behavior in order to acquire greater emphasis. The theory applied in this thesis is the psychological approach created by Sigmund Freud and combined with anxiety.