

AGORAPHOBIA REFLECTED IN ANNA FOX OF *THE WOMAN IN THE WINDOW* (2021)

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Abstract

This research was conducted to analyze agoraphobia disorder in the main character in the film *The Woman in the Window* (2021). The researchers use qualitative methods to describe and explain the data. Researcher collect data by watching movies, reading script and reading subtitles from the movie *The Woman in the Window*. This study aims to finds out the symptoms and how to overcome agoraphobia that the main character. The main character has all three symptoms of agoraphobia, panic attack or anxiety, fear of being in open spaces and fear of being outside the home alone. And the main character has three ways to overcome agoraphobia, consumption of drug, seek professional help and program independently.

Keyword: *Agoraphobia, symptoms, disorder*

Introduction

According to Mursal Esten (1978) literature is an expression of fact artistic and imaginative as manifestation of human life and society in general, through language as a medium and has positive effect on human life. Therefore, literary works are still related to human life. So many literary works are used as learning media about life or human behavior in society.

Mental health is the mental conditions that can affect a person's way of thinking and acting when interacting with others. So that it can be called a person with a mental health disorder. People with the mental disorders in person it will be difficult to focus on something, therefore mental health is important for people who are health conscious.

Talking about agoraphobia, the researchers chose *The Woman in The Window* as an example film of a film with it. This film by Tracy Letts tells the story of a child psychologist named Anna Fox, starred by Amy Adams. This film is published by Fox 2000 Picture in 2021, with a duration of 100 minutes. The writer for this film is Tracy Letts.

The researchers interested in analysis *The Woman in The Window* film by Tracy Letts because it contain mental disorder called agoraphobia that affect of Anna Fox's life. The researcher choose Anna Fox as the object of research because he is the one who suffering agoraphobia.

Literary Review

Psychology of Literature

Wellek and Austin (1989) explains that the psychology literature has four meanings. Literary psychology is the understanding of the writer's psychology as a person or type. An assessment of the creative process of the written work. An analysis of the psychological

laws applied in literary works. The psychology literature is also defined as the study of the impact of literature on the psychological condition of reader.

Literary psychology has a deep relationship with human life, literature can be associated with exists human behavior, expression, motivation and thought in human life. So humans can express their feelings freely. Kartono (1980:94) explains psychology as science of human behavior. psychology has a broad meaning, defined is the scientific study of behavior, actions that can be observed directly or indirectly.

Literary works discuss a lot about personality in a character in a film or other literary work. In this case literary works also present a lot of psychological problems in the character. Therefore literary works can be analyzed with a psychological approach.

Agoraphobia

Agoraphobia is an anxiety disorder that occurs in a person, this disorder can make a person have excessive fear when feeling in a crowd or outside the home will feel uncomfortable feeling panic and excessive anxiety. Agoraphobia disorder has disordered thoughts and feelings.

According to Yaunin (2012) agoraphobia sufferers tend to experience anxiety when in an unfamiliar environment or a place where they feel uncomfortable such as in open spaces, crowds or when traveling. In this condition it can cause disruption of daily activities in socializing with other people because they almost do not want to leave the house, even though they have not been in situation that triggers the phobia.

According to Barlow & Craske (2000) Common agoraphobic situation include shopping malls, public transportation, supermarkets, restaurant, theaters, additional situation involving crowds or waiting line, travel far from home, and being alone.

In battling agoraphobia, humans are often afraid of embarrassing themselves in public when experience panic attacks in social setting. Sutardjo A (2005) explained the meaning of agoraphobia is an power is somewhere or situations where he feels that is not able or difficult to be physically well and psychologically to escape. According to Pervin (1993:84) anxiety is painful to experience produced by the ego representing an alarm signal of a potential threat or danger to the person.

Silverman et.al (1988) provides strong support that agoraphobia affects families in the development of anxiety disorders in the fetus. The study stated that children living with parents with anxiety disorder, particularly agoraphobia and panic disorder are at risk for developing behavior and psychological problems in themselves.

The DSM-IV American Psychiatric Association (1994) describes agoraphobia as anxiety about several different places or situations from which escape would be either difficult or embarrassing for some sort of unexpected or unwanted bodily symptoms occurred. As a result, such situations are either avoided or are endured with great distress. This anxiety and situations avoidance is not better explained by another anxiety disorder.

Diagnosis of agoraphobia first appeared in the diagnostic and statistical manual of mental disorders in its third edition DSM-III American Psychiatric Association (1980).

According to DSM-IV American Psychiatric Association (1994) diagnostic system, individuals exhibiting symptoms of agoraphobia but never meeting full diagnostic criteria for panic disorder are given a diagnosis of agoraphobia without history a panic disorder.

Similar interoceptive activities include hot and stuffy space, sexual relations, watching suspenseful movies or sporting events, expressing anger or engaging in

emotionally arousing discussion, and ingesting caffeine or chocolate (Barlow & Craske, 2000)

Symptoms of Agoraphobia

According to Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (2013) there are three kinds of symptoms of agoraphobia, including: Panic attack or anxiety, fear being in open spaces, and anxiety being of outside the house.

1) Panic attack or anxiety

People who have agoraphobia can develop panic attack or anxiety that can occur suddenly, when they are outside their home.

2) Fear being in open spaces

Fear is an emotional thing that a person has. When someone feels that there is a threat can appear by itself in the future and this certainly applies to someone who has a fear of open spaces.

3) Fear for being outside of the home alone

The safest places for someone with agoraphobia is home. Sufferers of agoraphobia will usually feel anxious when they leave the house.

Factors of Agoraphobia

Moving on the factors inflicting a person to be agoraphobic, DSM-5 classify risk factors into three categories. They are temperamental, environmental factors (negative or traumatic event in childhood), and genetic.

Early theories of agoraphobia viewed avoidance behavior as a conditioned fear response. One influential model was the two-factor theory of Mowrer (1960). He proposed that fear is first acquired from a classical conditioning experience, then avoid the stimulus situation that maintains the fear by preventing the extinction of this fear.

Methods

This research is kind of descriptive qualitative research. The objects of the research is in the form of words, phrases, clause, narration, picture or sentence relevant to answer the research question taken from the subtitle of the movie entitled *The Woman in The Window* (2021) by Tracy Letts.

Finding and Discussions

The Woman in the Window is a film about a child psychologist named Anna Fox who has a husband named Edward and a daughter name Olivia Fox. Previously Anna Fox had a normal life as usual, but everything slowly changed when Anna Fox experienced agoraphobia after an accident that caused the death of her ex-husband and Olivia. She was then traumatized which led to her reluctance to leave the house. She then lived alone in her apartment while spending her time by solely watching movies or drinking alcohol. How she lived her life miserably makes Anna Fox to become obsessed with observing all of her surrounding from her second floor windows, including a guy named Russel, her new neighbor, who recently moved across the street.

The research found the symptoms such as panic attacks, anxiety, fear being of open spaces and fear of being outside the home alone. They are elaborated in the following.

1) **Panic Attack or Anxiety**

[sighs]

[woman breathing heavily]
 [buzzer rings]
 [gasps]
 [glass shatters]
 Anna : "Shit"
 [paper rustling]
 [insistent music swelling]
 [buzzer rings]
 Anna : "Yes?"
 Ethan : "I live, umm, across the street there"
 Anna Fox : "And?"
 Ethan : "My mom asked me to give you this"
 Anna Fox : "I'm sorry, I'm not prepared for visitors"
 Ethan : "Oh, okay. Do you have any ideas about what I should do with this?"
 Anna Fox : "You can just... Push the door."
 [buzzer sounds]
 Ethan : "Hi. I'm Ethan"
 Anna : "Yes"
 Ethan : "Hi. Anna. I'm from... across the street"
 Anna : "Yes"
 Ethan : "Sorry, I know you're not having, uh, visitors"
 Anna : "No, I'm fine"

(The Woman in the Window, 2021, 00:06:45)

The dialogue above takes place between Ethan and Anna. Ethan is the son of Jane Russel, a neighbor across the street who has just moved. At that time Anna was standing by the window and looking at the neighbors around the through the window when suddenly the doorbell rang. Anna panicked and dropped the glass in her hand. Then Anna checked the CCTV doorbell to see who had come to his house, it turned out that Ethan the son of Jane Russel. As stated earlier, panicking is one of the symptoms of agoraphobia. The panic experienced by Ana Fox is unlike that of other people. She got instant panic just by hearing the door bell rang, something other people will not do.

From the dialogue, Anna's "Shit" shows a panic attack with the appearance the pressure in her voice to increase. So it can be explained that a panic attack is a fear that appears suddenly and can happen at any time to someone who is experiencing a feeling of danger. This is because of the phobia he suffers which makes him unable to face the outside world and even in situations when faced with crowds it makes him uncomfortable.

[kids chattering in distance]
 [thud]
 [gasps]
 [door thuds]
 Anna Fox : "Get away from my house!"
 [thuds]
 [kids shouting and laughing]

Little child : "Right there!"
 Anna Fox : "Hey!"
 Little child : "Get her!"
 [breathing heavily]
 [kids clamoring outside]
 Anna Fox : "This is my house!"
 Little child : "Get her!" [gasping]
 [tense music growing louder]
 [breathing heavily]
 [gasping heavily]

(The Woman in the Window, 2021, 00:13:14)

The dialogue above occurs when Anna is watching a movie. When she suddenly heard a scream from downstairs, Anna ran to find the source of the sound. It turned out that outside the house there were three small children throwing eggs at the entrance to Anna's house.

From the dialogue "Get away from my house!" Anna was angry and screamed to drive the children away, but she could only stand behind the door and leaned back. Anna could not bring herself out and stop the three kids. It can be seen in the scene that Anna is having panic attack, making it impossible for her to do simple errand as asking the kids to leave.

[Anna gasps]
 [suspenseful music playing] [breathing shakily]
 [Phone line ringing]
 Operator 911 : "911, what's your emergency?"
 Anna Fox : "I think there's somebody in my house"
 Operator 911 : "What's your address, ma'am?"
 Anna Fox : "It's 104, West 121st Street"
 [Suddenly Anna screams]
 Anna : "I'm sorry".
 David : "Whoa! It's David".
 Operator 911 : "Ma'am, are you okay?"
 Anna Fox : "Yeah, I'm sorry, I'm sorry, I'm sorry."
 "Yeah, I know him"
 "It's a false alarm. I'm sorry"

(The Woman in the Window, 2021, 00:23:56)

The dialogue above happened in the morning. When she woke up, Anna heard someone whom she thought was a stranger coming into the house. Anna without thinking twice immediately contact the 911 operator. She thought that a dangerous condition was happening to her. Anna walked slowly downstairs to see who was in her house, and when she got downstairs she was shocked to find that the one in her house was David, the tenant in the basement.

The dialogue above shows that Anna is experiencing excessive anxiety. Anna immediately called the 911 operator as she was too afraid to even remember that she had a tenant living with her. Anxiety is a feeling of fear and worry about something dangerous that will happen. The feeling of anxiety will appear when you have excessive worry.

2) Fear for being in open spaces

This symptom is evident in the character. It can be seen when Anna protects herself in an open space by using an umbrella as a tool to cover her body so that it does not directly connect with open spaces.

Anna Fox : “I was trying to get out using an umbrella. I haven’t...
been able to do it yet”

Jane Russel : “Oh”

[smacks lips]

Jane Russel : “You will. You will. You can do it”

(The Woman in the Window, 2021, 00:18:01)

The dialogue above takes place between Anna and Jane. In the dialogue, Anna said that she was advised by her doctor named Dr. Karl Landy had to use an umbrella when he went out to train herself to get acquainted with the outside world again. Although Anna relied heavily on her umbrella to get out, she did not feel completely free. she still felt nervous and uncomfortable.

[gasping]

[tense music growing louder] [breathing heavily]

[tense music swelling] [gasping heavily]

[tense music fades away]

Jane Russel : “Hey”

“You’re gonna have to convince me I don’t need to call an ambulance

Anna Fox : “No, don’t do that”

Jane Russel : “Okay, you know who you are? You know what day it is?” Anna

Fox :

“Yeah, I’m Anna. It’s Halloween”

(The Woman in the Window, 2021, 00:15:03)

The dialogue above occurs after Anna tried to open the door of the house to get rid of small child who throws eggs at her house. However, Anna fell and fainted because Anna could not be an open room or exposed to direct light from outside. As Anna was trying to get out, her neighbor Jane Russel came from across the street to help her up.

From the dialogue “No, don’t do that” it can be seen that Anna refused Jane Russel’s offer to call an ambulance, because Anna felt uncomfortable if she had to leave the house even if she was going out by car.

[sudden music sting]

[gasps]

Jane Russel : “Help me! Help me!”

Anna Fox : “Jane. I’m coming, I’m coming Jane. I’m coming, Jane”

[dramatic music playing]

[breathing shakily]

Anna Fox : “I’m coming, Jane. I’m coming, Jane

[gasp]

[gasping]

[engine roaring]

[tires screeching]

[gasps]

(The Woman in the Window, 2021, 00:36:49)

The film scene above shows Anna fear after seeing Jane getting stabbed in her house across the street. Without thinking, Anna immediately ran with irregular breathing when she had to help Jane who was in her house. Anna tries to get out by using an umbrella because Anna cannot be in an open space or face to face with the outside world.

From the dialogue “Jane. I’m coming. Jane, I’m coming” Anna said with a feeling of fear and nervousness if she had to go out to come Jane’s house, Anna came out and ran, she fell on the front steps of Jane house.

3) Fear for being outside of the home alone

Dr. Karl Landy : “I have a review with Dr. Kenner this week. Seeing as I’ve been unable to get you out the front door for the last 10 months, she’s gonna wonder about the source of my optimism.”

(The Woman in the Window, 2021, 00:05:07)

The expression above shows that Anna never left her house for almost a year. This not an easy thing to do for ordinary people, in quite a long time Anna spent just at home. For Anna not leaving the house is natural for her because she suffers from agoraphobia or disorder in which a person cannot leave the home alone. There is something else that proves that Anna felt scared she had to be outside home alone.

Anna Fox : “I’m agoraphobic. I can’t go outside”

Jane Russel : “Oh! Oh.

[chuckles]

Jane Russel : “You’re stuck inside this shitty house. Oh” [clicks tongue]

Jane Russel : “Oh, I’d hate to be stuck inside a house this shitty” [muffled thud]

(The Woman in the Window, 2021, 00:16:04)

From the dialogue above, it happened when Jane Russel was at Anna house. In the dialogue, Anna tells about her condition. From the dialogue “I’m agoraphobic. I can’t go outside” this shows that Anna is a person who suffers from agoraphobia, namely the phobia of not being able to leave the house by herself. Therefore, it really interferes with the daily activities of people with agoraphobia.

Conclusion

The Woman in the Window main character, Anna Fox, shows all three symptoms of agoraphobia. The aim of this study is to reveal agoraphobia symptoms in the movie. It is found that they are panic attacks or anxiety, fear of open spaces and fear of being outside the home alone. The three symptoms are specific to those having the phobia despite being common phenomena. Those are shown in the scenes and dialogues throughout the movie.

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