

Warriner's Anxiety in *Dead Calm* a Novel by Charles Williams

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ABSTRACT

Dead Calm is a novel of anxiety undergone by the main character, Warriner, after lacking emotional desires. The mere cause of the emotional desire lack is the hostile incident as well as pain. Therefore, the researcher gets interested in conducting analysis because emotional desires make human life stable. How the main character experiences the anxiety becomes the focus of the researcher's study. Anxiety's types as well as descriptive qualitative method are worth using because the researcher is able to observe deeply about anxiety's symptoms undergone by the main character that is neurotic, moral, and realistic anxiety. Then, the study shows that the main character undergoes those mentioned types of anxiety through his feeling of weakness, worriedness, and punishment fear, remorseful to the other character and facing a real danger. Eventually, the kinds of anxiety deserve a deep studying since people can keep the anxiety out of their life through the knowledge.

Key words: Neurotic Anxiety; Moralistic Anxiety; Realistic Anxiety

INTRODUCTION

Anxiety, one of the psychological problems, has been discussed by experts; Feist, et al (2017), in *Theories of Personality*, states that anxiety is the unpleasant feeling within somebody psych that most people undergo from childhood to adulthood that is the result of the eternal battle of the ego against superego. Though it is unpleasant to people, however, anxiety could be a reminder of the further threat to people whose self-esteem is low (Jonas, et al, 2017). In addition, Anxiety is a condition in which a person feels uneasy in situations that are perceived as dangerous and punishing (Nurteteng, 2022).

Terry Angela Monica, et al. (2020) in their article *Self Defence Mechanism as an Overcoming Tool of Anxiety in the Novel Me Before You* elaborates three types of anxiety that is neurotic, moral and realistic anxiety. Neurotic anxiety occurs because the id's desires conducted by the ego is against the superego. When the superego is violated by the ego, the punishment toward the individual is done by certain people such as parents or people with power: teacher, government. This neurotic anxiety is experienced by those from the childhood to the adulthood (Kuchta, et al., 2021).

The second happens due to one's mistake in his consistent action of the moral rightness (Cherry, 2020). The last one refers to the uncertainty feeling leading to unknown fear of a threat (Glas, 2020). Additionally, Ma and Miller (2021) in their book *Health communication* as well as Ong and Twohig (2022) in their book *The Anxious Perfectionist: How to Manage Perfectionism-Driven Anxiety Using Acceptance and Commitment Therapy* come up with statement that anxiety is defined as a conscious or unconscious overpowering feeling because of the devastating extreme feelings of distress and uneasiness. Such distress and uneasiness rise due to the incidence of a mysterious threat or danger (Kurniasari, 2022).

Anxiety can happen either in real life or in fictitious works. One of the fictitious works concerning anxiety is a novel titled *Dead Calm* written by Charles Williams. *Dead Calm* is a novel about anxiety experienced by Warriner, the main character. The main character undergoes such anxiety because he feels worried of the sinking of the yacht and the death of his friend. Thus, from the two events, his mental state is in disorder. He is afraid of being punished by the people he meets knowing the two mentioned terrible events. Warriner then experiences unfulfilled emotional need. Therefore, the incompleteness of Warriner's psychological desires is one of the excuses driving him to anxiety. The psychological desire for incompleteness drives the researcher to conduct a significant study on this article because man's life will not be balanced without sufficient emotional needs. Accordingly, the anxiety's types deserve an urgent study because this kind of knowledge is of any use to keep deep anxiety out of people's lives. Thus, what kinds of anxiety experienced by Warriner are discussed in this article.

To get the novelty of this study, the researcher refers to the previous study talking about anxiety; Fanani (2015) using a psychological theory of anxiety, Asyifa (2019) using psychological impacts on society, Cahyaningrum (2019) using New Criticism, all of which have similarity as well as difference with the researcher's study; the similarity refers to the common branch of knowledge that is psychology. Whilst, the difference refers to the specific psychological understanding; on one hand, Fanani with anxiety in common, Asyifa with common psychology, and Cahyaningrum looks at anxiety from a behavioral viewpoint. On the other hand, the researcher's study refers to the very specific branch of psychology that is three kinds of anxiety: neurotic, moralistic, and realistic which then leads to the researcher's study to have the novelty

LITERATURE REVIEW

Previous Related Study

Recently, in the world of scientific writing, anxiety has drawn researchers' interest to study; first, anxiety is found in the character of Theodore Decker in an article a *Psychological Thriller in Donna Tartt's Gold Finch* by Abu Fanani (2015). By using a psychological theory of anxiety, the study finds that the main character, Theodore Decker experiences repeated remembrance(s), feeling humbled, fear, dread, dreams, and feelings of horror. Second of all, Ulfa Norma Asyifa, et al (2019) in the article *The Main Character's Anxiety Disorder in the Novel Blue Skies By Catherine Anderson*, by using the influences of psychology on anxiety the study shows that the main character undergoes anxiety. Last of all, Ika Octaria Cahyaningrum (2019) in the article *an Analysis of Intrinsic Elements and The Portrayal of Anxiety in Linkin Park's Song Lyrics*, by using New Criticism, analyses anxiety referring to dread, uneasiness, trauma, upset, depressed, disordered, as well as discouraged. Thus, the researcher's study has the novelty since the three previous studies above do not analyze kinds of anxiety: neurotic, moralistic, and realistic.

Anxiety

Sigmund Freud describes that Anxiety is the feeling of fear, worried, or anything within a person that is unpleasant. Anxiety is produced by the id that contains human's desires sent to the ego to conclude the id's wants. However, the ego must face the superego in which the ego must choose whether the ego conducts the id's desires. If the ego is in line with the superego, consequently, the id will be in peace. On the contrary, when it is against the superego, the id will be unhappy. Thus, anxiety appears. Anxiety, then is divided into three: neurotic anxiety, moral anxiety, and real/objective anxiety (Schultz, 2017)

Dona Fitri Annisa, et al, (2016) in the article *Konsep Kecemasan Pada Lanjut Usia* comes up with an understanding of neurotic anxiety that it is a comprehension of unknowledgeable danger. Id and ego play important roles in neurotic anxiety. The former gives Impulses whilst the latter decides. Further, neurotic anxiety can be caused by two things that is the power of a person and childhood hostility feeling. The example of people in power can be teachers and employers. Childhood hostility feeling arises punishment fear which drives the person into neurotic anxiety.

Duane P. Schultz, et al, (2017) in their book *Theories of Personality*, explain the moral anxiety that it is a battle between id against superego which essentially refers to someone's ethics fear. Someone may feel shameful or guilty if he/she does anything in contrast to his/her code of morality. Such expression against moral code is called conscience-stricken. Through moral anxiety, superego is developed. Somebody with strengthened ethics is facing bigger conflict than that with less strengthened ones. For example, parents will punish their children if the children

do the violation of their parents' code of morality, whilst the adults for the society's code of morality. It means that feeling guilty as well as shameful come from within. Therefore, superego plays an important role for the code violation.

Reality anxiety refers to the real danger people face in their real world for example fire, hurricanes, earthquakes and on and so forth. Through reality anxiety, people effort to protect themselves from the danger which is the positive impact. If the dangers are away, people's fear is away, too (Schultz, 2017).

METHOD

Design and Sample

The study conducts a qualitative descriptive method that is used to determine the complication as well as to observe the maintenance of the study and the factors affecting it (Nassaji, 2015). In this qualitative and descriptive method, lots of things are worthy of deep observation as well as exploration, although descriptive qualitative is a flawless method to conduct to examine the societal aspect of study (Rutberg & Bouikidis, 2018). Then, by using this method, the researcher means to analyze the types of anxiety found in the main character in *Dead Calm*. Descriptive and dramatic method are also used in analyzing the novel through Freud's types of anxiety in that the researcher means to focus on the presentation of the character primarily through describing, discussing, and reporting the speech and action of the character. Thus, from the description, discussion as well as the report of the character's speech and action, the researcher gives presentation and analysis of the types of anxiety of the main character. Further, for the analysis of the clear data, the researcher refers to Freud's types of anxiety to be a main method to analyze anxiety in Charles Williams's *Dead Calm*. Whilst, the sample population are taken from Charles Williams' *Dead Calm* from which the researcher quoted the words that have things to do with types of anxiety. Thus, not all words are quoting here.

Instrument and Procedure

The instrument of this study is the researcher herself through grouping the data: neurotic anxiety, moralistic anxiety, and realistic anxiety. The researcher then gives explanation of the types of anxiety and then get the quotation from the grouping. Alas, the researcher is made easy by such a procedure.

Data Analysis

First, the researcher explains the main character's neurotic, moralistic, and realistic anxiety. Second, the researcher takes the quotation connected to neurotic, moralistic, and realistic anxiety. Last of all, the researcher gives the analysis of the quotation and connects the quotations to neurotic, moralistic, and realistic anxiety by Freud in case of the mistaken quotation.

RESULT AND DISCUSSION

Before the researcher goes deeply into the discussion of Warriner's anxiety, the researcher would like to draw 'a red line' of this study with the previous studies above. The researcher admits that it is not that easy to write a scientific writing on psychological problems since there has been researchers conducting on such problems before. However, through hard work, the researcher succeeds in gaining the novelty of the finding. What Fanani has found above with his study that Theodore Decker experiences 'recurrent recollection(s), feeling humiliated, worry, fear, nightmares, and feelings of terror' is under the general psychology of anxiety instead of narrowing down to the specific anxiety.

Likewise, Asyifa and Cahyaningrum, the former referring to the psychological impact on anxiety, whilst, the latter referring to the intrinsic element of the novel, present the anxiety under the common knowledge of psychology. Thus, the researcher strongly believes that through discussing Warriner's kinds of anxiety: neurotic, moralistic, and realistic anxiety, the researcher's study has the novelty.

Warriner's Neurotic Anxiety

As understood above that neurotic anxiety refers to the fear of somebody towards the behavior of the authorized people as well as their parents. Warriner seems to suffer from the neurotic anxiety regarding 'parents.'

"He doesn't have to. I told him I'd go." "But why? He said there wasn't anything worth trying to save, didn't he?" "I know. But obviously water wouldn't ruin everything. Clothes, for instance. Also, he contradicts himself." (Williams, 1963)

The quotation above is the dialogue between Warriner and John Ingram and Rae. From Ingram's perspective, Warriner suffers from neurotic anxiety since he is afraid as well as worry that something endangers his life, whilst Ingram is posited as 'parents.' In Ingram's mind, Warriner is dramatizing the event of the death and his yacht leak, therefore, Warriner tells a lie to him to cover the truth of the yacht. His worry and fear in front of Ingram is the fact that he undergoes neurotic anxiety. He is afraid of Ingram as if Ingram were his parent who will punish him for what he has done regarding the yacht and the leak.

The punishment of 'parents' towards their children is shown by Rae's role here. Rae, the wife of Ingram can take control of Warriner's fear, "And there's another thing I don't think you've thought of. He's scared to death of you, and if you touch him, he'll go completely berserk" (Williams, 1963). This evidence proves that Warriner feels worried and feared because of the existence of Rae, behaving a parent in the eye of Warriner. Warriner is 'scared to death of you' meaning that Rae is like his mother who is ready to sentence her children who does something wrong. This is again an example neurotic anxiety.

Another example of 'parents' punishment towards their children' is that Warriner tries to run away from Bellew. Warriner gets out of Belle's eyes because of the death Estelle. The only way to avoid of Belle is that he gets into another boat though the boat he leaves belongs to Warriner himself. He lets the boat go in case of the 'punishment' from Belle. What Warriner has done by leaving a boat occupied by Belle and his wife is a kind of neurotic anxiety described by Freud in the beginning of this article above. All in all, Warriner undergoes neurotic anxiety, with the fear of punishment from 'parents' that refers to Ingraml, Rae and Belle regarded as parents here (Willams, 1963).

Warriner's Moral Anxiety

As explained above that moral anxiety refers to the feeling of guilt or shame. Warriner also undergoes such feeling of guilt. It happens when he cannot do something to protect Estelle from death. Therefore, his guilt feeling makes him run away from Bellew who as has been understood has played 'parents' ready to punish Warriner in the eye of Warriner.

"He never let either of us come near him again. He slept, if he ever slept at all, in the sail locker up forward, with the door barricaded inside. He looked rational, at least most of the time, but he was silent and withdrawn. He would never approach the rail without that look of horror on his face and a death grip on something solid, like a man with acrophobia frozen to a girder a thousand feet above the street. When we'd try to question him about Estelle, he'd go all to pieces and begin shouting again about a shark. I made Bellew stop asking him. It was three days before I got a coherent story of what had happened. "They'd been attacked by a shark. He still had his mask on, and he swam down and hit it on the snout with his fist, trying to drive it away. That was the way he got that wound on his hand. It had avoided him because he was under the water but had come up and gone for Estelle, who was thrashing on the surface. It cut her in two. There was nothing he could do. He swam out of the bloody water and got away, but the sight of it was too much—that and the fear, and the belief we'd done it deliberately. He cracked up." (Willams, 1963)

Warriner's shouting when he is asked about the death of Estelle drives the researcher to strongly believe that Warriner suffers from moral anxiety. The shouting is the sign of Warriner's feeling guilty. Such incident shown by the behavior of Warriner happens most of the time in our daily life. Sometimes ago, there was an Indonesian shot to death by accident by a Korean in the United States. One of the victim's family shouted to feel guilty because of the shooting. Thus, the theory of Sigmund Freud of the moral anxiety comes to real.

It seems that the thing around the death can drive somebody to feel moral anxiety that is feeling guilty, too. Warriner experiences the feeling of guilty by the reappearance of the sinking bottle to the surface of the sea. It is told in the story that Warriner tries to hide a bottle by sinking it under the sea on the day Estelle is dead.

However, when the bottle comes to the surface, Warriner cannot avoid of the feeling of guilty (Willams, 1963).

In a nutshell, Warriner's feeling of guilt is shown by the fact that he fails to give protection to Estelle, the shouting of the remembrance of Estelle, and the thing symbolizing his closeness to Estelle, all of which refers to the truth of the moral anxiety theory proposed by Sigmund Freud.

Warriner's Realistic Anxiety

The two anxieties explained above are caused by things within the person himself for example concerning his mental problem to feel fear or guilty. In this sub-chapter, Warriner's feeling of fear or worry is caused by the fear of physical destruction that is called real anxiety or objective anxiety. Objective anxiety can refer to the natural disaster for example eruption, flood, burning that can ruin anything physically.

She pulled the door shut and came close to him. "John Ingram!" It was a whisper but forceful. "I'm ashamed of you; I never realized you could be this insensitive. Can't you see that boy's on the ragged edge of a nervous breakdown? For heaven's sake, stop asking him questions, and let's try to get him to sleep." "Well, sure, honey," he protested. "I realize what he's been through. But we ought to make some attempt to salvage what we can—" "He doesn't want to go back on there. I'd think you could understand that." "He doesn't have to. I told him I'd go." (Williams, 1963)

It is told that there is a disaster Warriner faces that leads him to be in anxiety that is the sinking of the yacht. Experiencing such a disaster that takes a life of his friend, Warriner is anxious to come back to the yacht. It happens when Estelle asks Warriner to come back to the yacht. He is worried. Estelle murmurs 'he doesn't want to go back. I'd think you could understand that' instead. What Warriner has experienced here by feeling worried to go back to disaster scene is also experienced by people in the real world. Many people seem to be worried to have vacation on beach, on volcano's area since they are still put in mind of the tsunami's victim as well as volcano's eruption. It is again the theory of Sigmund Freud's objective anxiety is applicable in the real world as well as in the literary fiction.

Warriner's other objective anxiety shown in the novel is that he is anxious to fall asleep in the boat since the boat has sunk and killed his friend. The sinking of a boat is another example of disaster that mostly make people in the real world worried. It happens to him when he decides to go back to the boat, and he refuses to go to sleep remembering of the yacht disaster (Williams, 1963). Feeling worried to go to sleep in the disaster scene is like the worry felt by frightening of the tsunami's disaster, volcano's eruption, flood experienced by people. Thus, Warriner's attitude to stay awake is the attitude of real anxiety. In conclusion, Warriner's objective anxiety is

shown by his reluctance to go back to the yacht and his reluctance to go to sleep there.

CONCLUSION

In this conclusion sub-chapter, the researcher would like to come to three things based on the above facts. First, it is not that easy to discuss anxiety in this article since an article as a scientific writing is worth a challenge in that the researcher must present the problem with something novel. Yet, through hard work, the researcher has come to the achievement that no previous studies above use the theory of the types of anxiety. Second, the main character, Warriner, has undergone three types of anxiety that are experienced also in the reality; in neurotic anxiety, he feels worried of the other person regarded as 'parent' ready to punish him because of his failure to save a friend from death. Likewise, regarding somebody else as 'parent' ready to punish him can be seen in his moral anxiety when he feels guilty of his friend's death. In objective reality, Warriner seems to be reluctant to come back to the scene of the disaster since he feels afraid of the same disaster comes to him. Last of all, the researcher is totally aware that this study is far from being perfect. Accordingly, the researcher is in the hope that there are researchers conducting the same issue with different theory to develop the literary study.

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