



READING ANNA'S INSTABILITY AND FEAR OF ABANDONMENT IN ANNA KARENINA

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ABSTRACT

This study found that personality disorder suffered by Anna is a borderline personality disorder. This study intends to explain the symptoms of borderline personality disorder experienced by Anna: instability in her mood and behaviour, fear of abandonment, and instability in her interpersonal relationships. This study uses a qualitative design because the data collected and analyzed are words. The data of this study are the narrator's explanations and the characters' utterances related to the symptoms of the personality disorder suffered by Anna.

INTRODUCTION

Reading a literary work can also be meant as studying human life. In the proverb, it is killing two birds with one stone. The readers may get entertainment and knowledge of human history in a certain period. Gill (1985) states that a novel is a world specially made in words by an author and one of the forms of literary works which has been popular for centuries, even today. In short, a novel is not a real story. It is fictional because the author's imagination creates it.

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Nowadays, Psychology touches almost every aspect of human life. As society has become more complex, psychology has assumed an increasingly important role in solving human problems. Psychology appears in real life, and the novel; one of the novels is Anna Karenina. This novel tells much about psychological aspects and the struggles of the characters. It is also regarded as Leo Tolstoy's masterpiece of fiction during his life. The love story of Kitty and Levin ends happily, contrasting the love story of Anna and Vronsky, which ends tragically in failure. Anna's strange attitude and unusual behaviours are small examples of the psychological phenomenon in the novel. The change in her feeling from love to hate toward her husband and her son, with no certain reasons, is interesting to be discussed using a psychological point of view.

Psychology of Literature can be divided into four kinds of studies related to the object of the study.

...the psychological study of the writer, as type and individual, or the study of the creative process, or the study of the psychological types and laws present within works of literature, or, finally, the effects of literature upon its readers (audience psychology) (Wellek & Warren, 1963)

The author, the creative process, the character, or the reader of the literary work itself can be analyzed during the theory of the psychology of literature.

Darma also strengthens the elaboration above about the psychology of literature. He states that there are three reasons why psychology is included in the literary study. Those are: (1) To know the behaviour and motivation which the characters can be found in real life, (2) To know the behaviour and motivation of the author, (3) To know the psychological reaction of the readers (Darma, 2020)

Anna Karenina's behaviour is the representation of the personality disorder. The reason Anna Karenina ends her life by committing suicide by jumping in front of a running train is included in the psychological problem.

A borderline personality disorder is characterized by a pervasive pattern of unstable mood, interpersonal relationships, and self-image (Halgin & Whitbourne, 2015). Their attitudes and feelings toward others may change rapidly over a short period. In literature, if a character told in the literary work behaves as the explanation above, he/she is diagnosed with borderline personality disorder. Women commonly suffer from depression more often than men. BPD is commonly diagnosed in lower socioeconomic classes than in other classes (Hoeksema, 2004). The variety of symptoms that make up the criteria for a

diagnosis of borderline personality disorder reflects, to some extent, the complexity of this disorder (Hoeksema, 2017). Most people show symptoms in late adolescence or early adult life. People who are diagnosed with BDP usually experience the following difficulties:

1) Instability in mood and behaviour.

Instability is a key feature of borderline personality disorder. The mood of people with a borderline personality disorder is unstable, with bouts of severe depression, anxiety, or anger seeming to arise frequently and often without good reason (Hoeksema, 2017). People with this disorder often experience rapid mood shifts, in which emotional states tend to last only a few hours. They also have strong emotions that are easily triggered.

2) Fear of abandonment

They are nearly paranoid about abandonment and misinterpret other people's innocent actions as abandonment or rejection (Hoeksema, 2017). These abandonment fears are related to an intolerance of being alone and needing other people with them.

3) Instability in interpersonal relationship

Relationship instability is thought to be a symptom of early insecure attachment characterized by both fearful distrust and needy dependency. Their interpersonal relationships are extremely unstable, and these people can switch from idealizing others to despising them without provocation (Hoeksema, 2017)

4) Instability in self-image

People with borderline personality disorder are often confused about their identity or concept of "who" they are. This identity confusion may reach a point at which they become unclear about the boundaries between themselves and others (Halgin & Whitbourne, 2015). In a close relationship, they may feel difficult to distinguish their feelings for their partners. People with borderline personalities are inclined to feel unreal and may even forget who they are.

This study will reveal the symptoms of Anna Karenina's personality disorder and also focus on the borderline personality disorder that is suffered by Anna Karenina, which later brought her to the downfall of her life.

METHOD

The required data to arrange the study is found in books and references available in the library. To do this research is known as library research, which means the writer conducts a reading process. The data consist of main data and additional data. The

primary data are taken from Anna Karenina. The additional data are taken from reference books, essays, and criticism. Since this is a library study, the researcher conducts a reading process. There were some stages conducted in collecting data. First, the novel was read thoroughly to get general information and understand the data. Second, the novel was read part by part to find the meaning of the sentences related to the problem. The last, the data were classified based on the problem. The research instrument of this study is the writer; as Bogdan and Biklen argued, the researcher is the instrument's key (1982).

FINDINGS AND DISCUSSION

At the story's beginning, Anna Karenina is told as the mother of an eight-year-old boy. Regarding her son's age, Anna is approximately running an early adult life. Most people with borderline personality disorder show symptoms in early adulthood or adolescence.

Anna's instability in her mood and behaviour

Anna goes abroad with her lover, Vronsky, in a condition where she does not divorce yet because she refuses to. By doing that, she expenses to society how bad she is. She loves her lover but does not want to divorce her husband. Her decision leads society to hate her more and more. It will be easier if she agrees to get a divorce with Karenin so that society's hatred will not be so big.

After several months overseas, Anna and Vronsky return and live in Petersburg again. They can feel the unpleasant situation from society as if they live in a strange place. The inadequate response from society is due to their unforgivable relationship. At that time, Vronsky feels something strange about Anna's attitude. Her mood changes all the time. One time, she appeared warm and full of love. Another time, she appeared very easygoing and also easy to get angry.

The stay in Petersburg seemed to him still more trying because he noticed all the time in Anna a new and, to him, incomprehensible mood. At one moment, she appeared to be in love with him, and at the next, would turn cold, irritable, and impenetrable (526)

This situation is diagnosed as a symptom of people with a borderline personality disorder. People with this disorder often experience unstable moods and behaviour. So their mood and behaviour change all the time, they seem lovely, but a moment later, they seem very angry. It happens because depression, anxiety, or anger seems to arise frequently. Vronsky thinks that there is something burdensome to her. He can feel that

Anna is thinking of something and trying to hide it from him. "Something tormented her, and she hid it from him, appearing not to notice the insult that was poisoning his life, which should have been still more painful to her with her acuteness of perception" (526). People will easily get depressed when they have something that burdens them that they cannot share with anyone. Even they may get not only thing torments Anna that she can never tell Vronsky about it.

Other symptoms describing Anna's unstable mood and behaviour happen when Anna sees Serezha for the first time on his ninth birthday after her return to Russia. "I know," he said, opening his eyes. "Today is my birthday. I knew you would come! I'll get up directly..." (529). Anna is really happy that she can meet him after three months. Nevertheless, this happiness does not last long. The nurse whispers to her about Karenin's coming, which changes Anna's expression into fear and shame. Serezha, who does not know what makes his mother's expression change, is not dared to ask her a question. He can only whisper to her, "Do not go-he. Is not coming yet!" (532)

Anna moves her son away from her directly and tells him how good his father is. She also tells her son that she is the only one to be blamed for this condition "Serezha, my darling! She said, love him! He is better and kinder than I, and I am to blame toward him. When you are grown up, you will be able to judge" (532). However, a few seconds after telling her son about it, Karenin Comes bows his head to her when they meet. Suddenly, feeling of anger and jealousy toward him arises.

Despite what she had just said- that he was better and kinder than she was – after casting at him a rapid glance which took in his whole figure to the minutest detail, she was seized by a feeling of loathing and anger toward him and jealousy for her son (533)

Thus, the rapid mood shift experienced by Anna from saying about Karenin's kindness to her son directly turns to a feeling of anger. This condition shows the readers the symptom that she cannot control. Her mood changes even for only a few seconds.

Anna's fear of abandonment

Although Russian society accepts Vronsky after his return from Italy, Anna shows that she cannot be accepted. Tolstoy skillfully builds up a final dramatic misunderstanding between Anna and Vronsky. When Vronsky goes for a brief visit to his mother in the country, Anna sends him an urgent request to return, but through mischance, it does not reach him in time. Finally, it ends with fear and anxiety about losing Vronsk's love. It

happens because she thinks of being lonely at that time. His love and he are the things he now possesses.

"But where is he? How can he leave me alone in my anguish?" she suddenly thought with a sense of reproach, forgetting that she had hidden all that concerned her son from him. She sent to ask him to come up to her at once. She awaited him, thinking with a sinking heart of the words to tell him everything and the expressions of his love which would comfort her...Moreover, suddenly a strange idea crossed her mind: what if he had ceased to love her? (535).

Meanwhile, Anna's thinking about her fear of losing Vronsky's love expresses her fear of abandonment. Anna's suspicion toward Vronsky is overwhelmed. In the story, Vronsky is told that he always behaves as usual. No changes happen except that he is more protective of Anna because of society's alienation. However, her perception makes Anna feel that Vronsky does not love her anymore. "She imagined that he had ceased to love her, and she was almost in despair, which roused in her a feeling of peculiar excitement" (535). That feeling suddenly comes and torments her mind. She also recalls her memories in the last few days about Vronsky, who does not come for dinner and also for having separate apartments with her when they are in Petersburg.

Going over in her minds the events of the last few days, she thought she perceived in everything a confrontation of that dreadful thought; in the fact that he had not dined at home the day before and that he had insisted on having separate apartments while in Petersburg, and that even now he was not coming alone perhaps to avoid a tete-a-tete with her (535)

People with this disorder are nearly paranoid about abandonment and misinterpret other people's innocent actions as abandonment or rejection. Anna also misinterprets Vronsky's lateness as a rejection of her. At the same time, Vronsky's reason for coming late is only because she has a visitor at that time.

Anna's instability in her interpersonal relationships

After meeting Vronsky in Petersburg, Anna becomes a little bit hate her son for no good reason. It is told in the novel when she returns to her house after reconciling with her brother. Anna first shows how she worries about her son by asking about his condition to her husband when he picks her up at the railway station. "Is Serezha well? She asked" (102). However, when she gets to her home and meets her son, it seems like

there is the kind of a disappointment that she has never felt before. In her imagination, the image of her son is very nice, but unfortunately, when she sees him in reality, the picture of him is not as nice as it is in her imagination. "her son, like his father, produced on Anna a feeling akin to disappointment. Her fancy had pictured him nicer than he was in reality. She had to come down to reality in order to enjoy him as he was" (105)

Anna's leaving for Europe with Vronsky takes approximately three months. They visit many places, such as Venice, Rome, and Naples. What makes it strange is that Anna does not think about Serezha. As if she is really fine for separating from her son for a long time. "The parting from her son, whom she loved, did not initially trouble her. The little girl, his child, was so sweet, and Anna had grown so attached to her since she was the only child left that she rarely thought of her son" (461). It contrasted sharply with the situation when she went to Petersburg many times ago. If leaving Serezha for a while makes Anna feel sad and worried about him, she must be in a great depression when she leaves him for more than three months. It shows that her love for the little girl is bigger than her love for her son.

On the contrary, the confusion grows when, after her return to Russia, she declares that her love for the little girl is not as much as her love for her son, Serezha. Worse than that, she even cannot call her feeling toward the little girl as love. "...but at the sight of this child, she realized still more clearly that what she felt for her cannot even be called love in comparison with her feeling for Serezha"(534).

This condition also happened to her husband. Anna behaves in confusion about whether she likes her husband or not. One time after Anna meets Vronsky on the train when she returns to her house from Petersburg, her husband, Karenin, is outside the train getting ready to pick her up. Suddenly the unpleasant feeling comes to her when she and her husband's eyes are fixing to look at each other. As if she is expecting something different from her husband, something better than that

An unpleasant feeling weighed on her heart when she felt his fixed and weary gaze as if she had expected to find him different. She was particularly struck by the feeling of dissatisfaction with herself which she experienced when she met him (102)

When she has already in their house and sees how Karenin behaves, she acts like her husband. "Anna smiled. She knew he had said that in order to show that no consideration of kinship can hinder the expression of his sincere opinion. She knew that trait in her husband's character knew and liked it" (109).

The love for her husband has changed to the hatred that occurred many times. At one time, she acts like her husband is a very responsible man with his job. She realizes and supports her husband as an important person in society by not feeling any burden with all the things he must do and spending a long time with him and only having such a few hours to gather with her. She also tends to be a protector for her husband for someone who says nonsense that her husband has no right to be loved.

Anna smiled as one smiled at the weakness of people one loves and, slipping her hand under his arm, walked with him to the study door. She knew his habit of reading in the evening, which had become necessary. She knew that despite his time being almost entirely absorbed by the duties of his post... (109).

"After all, he is a good man, truthful, kind and remarkable in his own sphere," said Anna to herself when she had returned to her room as if defending him for someone who accused him and declared it was impossible to love him (110).

At another time, despite her love and her support as a protector to her husband, who has an important position in the Ministry and must spend a lot of his time working, on the contrary AnnaAnna says that her husband is not even a human being but an official machine that always works and works all the time like a doll. She says with a wave of great anger toward her lover, Vronsky, "He is not a man, not a human being. He isa doll! No one else knows it, but I do. Oh, if I were he, I should long since have killed, have torn in pieces ... He is not a man but an official machine" (355).

The suffering of the cold official machine-human Karenin, of being betrayed by his wife, just as much as he makes the readers sympathize with the suffering of Anna. Tolstoy makes Karenin forgive Anna. Karenin thinks she may die of puerperal fever after giving birth to the little girl. While Ann at that time again praises how kind Karenin is, "I should have forgotten, and he would have forgiven... but why he does not come? He is kind, he does not know how kind he is. Oh God! What weariness" (406). She even begs him for his forgiveness and commends him as a saint. "Look at him! He is a saint" (407).

A few days after her recovery from her illness, Anna, with her utterances, shows how regretful she is for not dying at the time when she gets a fever. It slightly implies that she is better off dying at the time than seeing and letting Karenin be in her life again and even forgiving her mistakes "Yes, you are laming me! Oh God, why did I not die?" (419)

Anna's experience with changing her feeling from love to hate includes many symptoms suffered by a person with borderline personality disorder that is unstable in

interpersonal relationships. They can develop intense but stormy attachments, just like the attitudes of Anna towards her husband and son may suddenly shift from great admiration and love to intense anger and dislike with no certain reasons.

CONCLUSIONS AND SUGGESTIONS

Anna's instability in mood and behaviour, her mood is changing all the time. One time, she appeared warm and full of love. Another time, she appeared cold and irritable. Anna's thinking about her fear of losing Vronsky's love is the expression of her fear of being abandoned, which overwhelms her suspicion toward Vronsky.

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