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## A GENDER DYSPHORIA ANALYSIS OF AMANDA HARDY IN “IF I WAS YOUR GIRL” NOVEL

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### ABSTRACT

The objective of this research is to know how gender dysphoria is reflected in Amanda Hardy and the social impact it has on her. The researcher used a descriptive qualitative method to analyze Amanda Hardy in "If I Was Your Girl" novel (2016). After conducting the research, the researcher found that Amanda Hardy suffered from gender dysphoria because she could not accept herself based on Hurlock's theory.

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### INTRODUCTION

Expanding the introductory section, it's essential to consider the broader context of gender identity exploration and the significance of understanding the factors influencing one's self-perception. According to Bishop and Osthelder (2001) in the book *Sexualia from Prehistory to Cyberspace* in Tiffany (2016), the uneasy feeling can be mentioned as "sometimes some people assume that they were born with the wrong sex and finally desire to live in another sex. This can happen because the individual concerned feels uncomfortable with the sex they have. The feeling of being trapped in the wrong body often starts in childhood." Hurlock (1978) in Tiffany (2016) also stated that it is the feeling when a person has been feeling different from their literal gender since childhood that can be seen from how they choose their extracurricular and the toys they want to play. Understanding these early indicators is paramount in fostering a nuanced comprehension

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of the intricate journey individuals undertake in navigating their gender identity.

Based on the quotation above, those feelings that can be felt since the childhood (and Psychological Association), transgender is an umbrella term for people whose gender identity or, expression or behavior does not come in sync with the associated sex that they have since they were born. Scientifically, sex can be divided into male and female, while gender can be seen as masculine and feminine. Thus, transgender people do not feel comfortable with their sex and want to be seen differently from their typical gender.

Although it is not always happening to most people because sometimes they are comfortable with their sex but still want to look good in the opposite style of gender, transgender happens because of gender dysphoria, considered as the uneasy feeling from a person about their birth sexes and gender. Some people may think of why they feel unsatisfied with their genders and why they want to be different in genders, even though it is not easy to find both answers. Each person's narrative is unique, and the motivations behind adopting a different gender expression are as diverse as the individuals who navigate this complex terrain. Acknowledging the diverse factors that contribute to transgender experiences fosters a more comprehensive understanding and promotes empathy within society.

The phenomena above make the researcher want to know more about how transgender feel when they get through the problems, what reasons they have to change their own natural habits, and what factors make them feel like they are crossing the normality sense. Even though it is common in our era nowadays, but gender dysphoria still becomes a taboo topic in some places, including Indonesia, which upholds tight religions and norms where being transgender is labeled as a sin because it does not sit right with God's creation. However, it is essential to know more because transgender is still a human, and they are actually a normal person despite their different gender identity.

According to Hurlock's self-acceptance theory, self-acceptance is how an individual is satisfied or grateful with themselves. However, when someone suffering from gender dysphoria, she or he is not being able to accept themselves as the way they are. In her book, Hurlock (1974) stated that if someone cannot accept themselves, self-rejection will take control. Hurlock also determines the category into self-understanding, realistic expectation, absence of environmental obstacles, favorable social attitudes, absence of severe emotional stress, and stable self-concept.

In general, if someone cannot accept themselves, they will try to be someone else to

seek their personal pleasure. *The Diagnostic and Statistical Manual of Mental Disorders (DSM-5)* states that gender dysphoria can be diagnosed with many symptoms. Someone will be diagnosed if they show at least two symptoms from having a strong desire to be rid of one's primary or secondary sex characteristics, a strong desire to be the other gender, a strong desire to be treated as the other gender, a firm conviction that one has the typical feelings and reaction of the other gender, a strong desire to be the other gender or an insistence that one is the other gender, a strong preference for wearing clothes typical of the opposite gender, a strong preference for cross-gender roles in make-believe play or fantasy play, strong preference for playmates of the other gender, strong rejection of toys, games, and activities typical of one's assigned gender, and strong dislike of one's sexual anatomy. Other than that, DSM-5 also mentioned that society stigmatized, low self-esteem, depression, and suicide attempts will be the aspects of social impact that are faced by those who are suffering from gender dysphoria.

Several previous research have been conducted to analyze this gender dysphoria from many aspects. First, Muhammad (2019) analyzed the development of gender identity disorder in Slam Poems by Lee Mokobe with the result that gender identity disorder is based on the paraphrased slam poems into two stages of gender identity that are adolescence and adult. Second, Nasution (2021) analyzed the reflection of gender dysphoria and the social impact in Lisa Williamson from *The Art of Being Normal* with the result of finding the five genders identity disorder symptoms and two factors of social impact. Third, Christy (2022) analyzed the stages of how Amanda Hardy in *If I Was Your Girl* novel can be a transsexual with the result of Amanda Hardy is finally able to live her life. Her desire it created from her demand that never corresponds to the real her when she was a boy.

The previous research above has some similarities and differences. For the similarities, all of the subject of the research is a character that suffers from gender dysphoria. On the contrary, the differences can be seen from the objective of the research and the source of data because the objective of this research is to describe how gender dysphoria reflected on Amanda Hardy and what are the social impacts applied to her during the transformation process from male to female.

## **METHOD**

According to Pope and Mays (2006), qualitative research is the inference because

it does not seek to quantify, enumerate, or measure; rather, qualitative research deals with talk or words rather than numbers. The researcher has chosen qualitative research to collect and observe data or objects to analyze "*If I Was Your Girl*" as the source of data with utterance and narration as the data. The data collection procedures are by reading the novel seven times in total, identifying the data to each category of gender dysphoria symptoms and social impact, and classifying the data into each category as well. The data form in this research is described in a long paragraph without using any tables and diagrams.

## **FINDINGS AND DISCUSSION**

### **Findings**

In "*If I Was Your Girl*" novel, Amanda Hardy is not in line with Hurlock's self-acceptance theory which makes her suffer from gender dysphoria with ten symptoms in total. She also encountered some social aspects during her transitional process and current life. The ten symptoms have a strong desire to be rid of one's primary or secondary sex characteristics, a strong desire to be the other gender, a strong desire to be treated as the other gender, a firm conviction that one has the typical feelings and reaction of the other gender, a strong desire to be the other gender or an insistence that one is the other gender, a strong preference for wearing clothes typical of the opposite gender, a strong preference for cross-gender roles in make-believe play or fantasy play, strong preference for playmates of the other gender, strong rejection of toys, games, and activities typical of one's assigned gender, and strong dislike of one's sexual anatomy that collected from some dialogues and narration related to Amanda Hardy.

The researcher also found that Amanda Hardy is being stamped as a negative person by some people, but many of them still love Amanda the way she is without wanting to bully and harass her. Then, because some people keep looking down on her, Amanda is not self-confident. She has this low self-esteem that leads to depression before she tries to kill herself because she feels like she does not belong in this world.

### **Discussion**

"*If I Was Your Girl*" is a teen-lit novel published in 2016 and contained 237 pages. The pages include the cover, table of contents, author's note, and acknowledgments from Meredith Russo, the author who is also a transwoman. Based on her experience, she wrote

a book that narrated about the hardship that has been through by Amanda Hardy, the main character.

Amanda Hardy is a transsexual from male to female. Throughout the book, Amanda Hardy shows how she wants to have a normal life in this society with his new gender. Previously, she almost killed herself because she did not feel comfortable living her life as a male. In short, this book showed how Amanda Hardy survived the rejection from her family and friends to the acceptance phase, where everyone slowly accepted her the way she was.

In the novel, Amanda Hardy shows many gender dysphoria symptoms that occur because she cannot accept herself with her primary sex. Hurlock's self-acceptance theory states that someone will reject themselves if they lack self-understanding, realistic expectations, absence of environmental obstacles, favorable social attitudes, absence of severe emotional stress, and stable self-concept. Generally, Amanda Hardy lacks the five criteria that made her reject her true self which triggers her gender dysphoria symptoms.

### **1. A strong desire to be rid of one's primary or secondary sex characteristics**

Based on the theory, if someone has a firm willingness to get rid of his or her primary or secondary sex characteristics, it can be concluded that the person probably has this tendency to suffer from gender dysphoria. This symptom that is presented in the novel "*If I Was Your Girl*" can be seen from:

#### **Data 1**

I gave up trying at five and drank a chocolate-flavoured nutritional shake **with my medicine: two two-milligram estradiol tablets, which were tiny and blue and tasted like chalk, to feminize my appearance and stand in for the testosterone my body could no longer make** (Russo, 2016).

The narration above tells how Amanda Hardy cannot sleep because she wants to attend her new school the next day. This narration is considered as the symptom of suffering from gender dysphoria, proven by the words, '**estradiol tablets, which were tiny and blue and tasted like chalk, to feminize my appearance and stand in for the testosterone my body could no longer make.**'

It is common for transsexual to change their hormone by drinking pills to make them looks like the person they were dreaming of. In this case, Amanda wants to look more feminine. Thus, Amanda was trying to get rid of her secondary sex characteristics by

decreasing the testosterone chromosome in her body.

Based on Hurlock's self-acceptance theory, Amanda Hardy has an unstable self-concept, that was why she wants to get rid of her secondary sex characteristic. If she had a stable self-concept, she would accept herself better in her male form. Instead, she wants to be a female until she has the thought and is already trying to get rid of her secondary sex characteristics.

## **2. A strong desire to be the other gender**

Based on the theory, if someone has a firm willingness to be the other gender, it can be concluded that the person probably has this tendency to suffer from gender dysphoria. This symptom that is presented in the novel "*If I Was Your Girl*" can be seen from:

### **Data 2**

I thought of the words I wrote down for the counsellor: **I should have been a girl** (Russo, 2016:11).

This narration happened in the hospital. Amanda is finally awake after taking a lot of pills caused by her depression side. She wants to be a girl until living as a boy is not suitable for her anymore. In this situation, Amanda also tells the truth to her mother that she wants to be a girl instead of a boy before thinking about the words she wrote for her counselor.

This data is considered as having a strong desire to be the other gender because Amanda herself expresses how she should have been a girl instead of a boy. The sentence, '**I should have been a girl**' is clear enough to tell that she has a strong desire because she has been thinking about that and wants to be a girl. The use of 'should have been' in the sentence indicates what she thinks should have happened but cannot have happened at the moment.

According to Hurlock's acceptance theory, realistic expectation occurred when a person has something to achieve, but they know their own limit and bare minimum. In this case, Amanda Hardy has this unrealistic expectation because she wants to be a girl beyond her limit. However, she still dreams of it and tries her best to satisfy herself with this strong desire to be a girl.

## **3. A strong desire to be treated as the other gender.**

Based on the theory, if someone has a firm willingness to be treated as the other gender, it can be concluded that the person probably has this tendency to suffer from

gender dysphoria. This symptom that is presented in the novel "*If I Was Your Girl*" can be seen from:

### **Data 3**

He assumed I had a boyfriend. **He assumed I was a girl.** Under different circumstances, **that would have thrilled me** (Russo, 2016).

This narration happened on a bus. On a bus, Amanda Hardy meets another passenger who looks like he is interested in talking to her because he thinks Amanda is a girl. The data above is considered in this symptom because Amanda said, '**Under different circumstances, that would have thrilled me.**'

For so long, everyone keeps looking at Amanda as a boy who wants to look like a girl. When someone looks at her like that, they will treat her differently due to the social stigmatization of transsexuals. When someone assumes her as a girl, they will see her as a girl and treat her as she wants. The words '**that would have thrilled me**' refer to how she hopes that everyone can think of her that way so she can finally be treated like how the girls usually get treated in society.

According to Hurlock's self-acceptance theory, society will have its own perspective towards one person that stands out differently. In this case, Amanda Hardy truly looks like a girl at first glance. Usually, people looked at her in the wrong way and she had already experienced this unfavorable social attitude that mostly looked down on transsexuals. When someone refers her to what she wants, she cannot help but wish that it can last longer to expect someone to treat and see her as a girl.

#### **4. A strong conviction that one has the typical feelings and reactions of the other gender.**

Based on the theory, if someone has a strong feeling that this person is the other gender, it can be concluded that the person probably has this tendency to suffer from gender dysphoria. This symptom that is presented in the novel "*If I Was Your Girl*" can be seen from:

### **Data 4**

**"What if your son told you he was your daughter?"** (Russo, 2016:11)

This utterance happened between Amanda Hardy and her mother. Previously, Amanda was almost dead because of the pills. That is why her mother trying to confront her in a good way before Amanda suddenly speaks what has been longing in her mind.

In her mind, Amanda has this strong feeling that she is actually a girl, not a boy. The data above is considered in this symptom because Amanda has been thinking about her deep longing to be a girl before stating it to her mother. In some cases, coming out to a parent is a challenging thing to do. If it is not because of the strong desire and feeling about what has been bugging her mind, she won't say it to her mother directly.

According to Hurlock's self-acceptance theory, Amanda Hardy cannot understand herself as a male. She could not able to spot her quality and quantity as a male. However, she realizes that she was supposedly born as a female, and she hopes that everyone can understand that better on behalf of herself.

### **5. A strong desire to be the other gender or an insistence that one is the other gender.**

Based on the theory, if someone has a strong feeling about being the other gender or insists that they are the other gender, it can be concluded that the person probably has this tendency to suffer from gender dysphoria. This symptom that is presented in the novel "*If I Was Your Girl*" can be seen from.

#### **Data 5**

"It's... I mean it's not my name, **but I always wanted it to be**. So, Amanda, I guess" (Russo, 2016:51).

This utterance happened between Amanda Hardy and her transsexual community. She is asked to introduce herself. Previously, she said that her name was Andrew. However, her friend Virginia encourages her to tell everyone the name she always wanted to be used.

The data above is considered in this symptom because Amanda not only wanted to be a girl by stating her name but the way she said, '**I always wanted it to be**' makes it clear that she is also insistent on being Amanda instead of Andrew for so long.

According to Hurlock's theory, it is clear that the word 'wanted it to be' exceeds her realistic expectation. In reality, Amanda Hardy was once a male with Andrew as her name. Changing her birth name would be hard for her, but she still wants and likes to be called Amanda, her current name that she used for now.

### **6. A strong preference for wearing clothes typical of the opposite gender.**

Based on the theory, if someone has a strong preference to wear the opposite gender's clothes, it can be concluded that the person probably has this tendency to suffer from gender dysphoria. This symptom that is presented in the novel "*If I Was Your Girl*" can be



seen from.

#### **Data 6**

**“I’ve wanted to wear girl clothes** for as long as I can remember” (Russo, 2016:30)

This utterance happened between Amanda Hardy and her counselor. Her counselor asked her about the specific thing she hates about being a boy, and she said, '**clothes.**'

The data above can be considered in this symptom because Amanda already prefers to wear girl clothes. She always wanted to try it, but she could not do it because she was naturally a boy and boy does not wear girls' clothes.

According to Hurlock's theory, Amanda Hardy has unrealistic expectations because she expects herself to wear girl's clothes which will be beyond her own limit as a male before the surgery and stuff. She cannot get what she wants quickly because of this unrealistic expectation.

#### **7. A strong preference for cross-gender roles in make-believe play or fantasy play.**

Based on the theory, if someone has a strong preference for cross-gender roles in make-believe play, it can be concluded that the person probably has this tendency to suffer from gender dysphoria. This symptom that is presented in the novel "*If I Was Your Girl*" can be seen from.

#### **Data 7**

'So glad I haven't hit puberty yet. Maybe I'll be lucky and I never will, or maybe everybody is wrong and **when I go through puberty, I will turn into a woman like I'm supposed to.** Probably not, **but at least I can dream**' (Russo, 2016:172).

The narration above is actually the diary written by Amanda Hardy when she was in her old school. The diary is being read by Marcus, Amanda's crush back then. In the diary, Amanda wrote that she is glad she has not faced puberty yet and assumed that everybody is wrong about her. In her imagination, puberty will make her turn into a woman instead.

The narration above is considered in this symptom because Amanda imagined herself for the cross-gender roles. She writes it down to ensure she is sure about what she thinks. The cross-gender roles in fantasy play refer to how she imagines herself hitting puberty not as a man but as a woman. She will always think that way or at least she will dream about it again and again.

According to Hurlock's self-acceptance theory, Amanda Hardy has unrealistic expectations. It is proven by how she expects herself to be a woman in the future. It is

considered unrealistic because Amanda Hardy will go through a normal puberty like the other normal male unless she takes the procedure to have more estrogen hormone in her body.

### **8. A strong preference for playmates of the other gender.**

Based on the theory, if someone has a strong preference for having friends of the other gender, it can be concluded that the person probably has this tendency to suffer from gender dysphoria. This symptom that is presented in the novel "*If I Was Your Girl*" can be seen from.

#### **Data 8**

This felt different from Dad and all of his friends – sitting around quietly watching “the game” with beers in hand. **This felt like something else. Like friendship or acceptance or maybe fitting in.** This felt like fun. (Russo, 2016:36)

This narration happens on the football field when Amanda Hardy wants to watch her boyfriend, Grant, who has a match that day. In this situation, Amanda does not go there alone. She gets the girls as her company. She has barely hung out with girls before but prefers to stay with them.

The data above is considered in this symptom because Amanda has this strong preference to be friends with girls. She finds it different when she hangs out with her father and his friends. She feels like the girls can accept her the way she is or she just fits in the circle instead of hanging out with her father and his friends.

When Amanda Hardy watches the game with her friends, she understands herself more rather than hanging out with her father and his friends to watch football with beers. According to Hurlock's theory, she only understands herself when she does stuff with her girl friends, making her accept herself more and enjoy the situation even more.

### **9. A strong rejection of toys, games, and activities typical of one's assigned gender.**

Based on the theory, if someone has a strong preference of toys, games, and activities of the assigned gender, it can be concluded that the person is probably having this tendency to suffer from gender dysphoria. This symptom that is presented in the novel "*If I Was Your Girl*" can be seen from.

#### **Data 9**

**Dad wanted me to play sports, join the scouts, go camping** with him and his navy

buddies, do whatever it took to **“toughen me up”** (Russo, 2016:112).

This narration happened in the past before Amanda Hardy's parents lived separately. Previously, her mother and father would always argue about how to take care of Amanda. Her mother wants the best of her, while her father still wants to try her best to keep his son, Andrew.

The data above is considered in this symptom because based on the theory, it will work for someone who rejects the toys or activities that are related to the assigned gender. In this case, Amanda's assigned gender is male. Males often related to sports, scouts, and camps. However, only her father wanted her to do that while she did not even have the interest to do all of the activities above.

The words, **‘toughen me up’** referred to how Amanda's father still wants to try to make Andrew stay longer. In this case, Amanda's father did not really like the way Amanda tried to get rid of her secondary sex. He expressed his dislike by telling Amanda to play with him. At this moment, Amanda Hardy is experiencing an unfavorable social attitude because her father sees her negatively.

#### **10. A strong dislike of one’s sexual anatomy.**

Based on the theory, if someone has a strong dislike of their sexual anatomy, it can be concluded that the person probably has this tendency to suffer from gender dysphoria. This symptom that is presented in the novel *"If I Was Your Girl"* can be seen from.

##### **Data 10**

“Don’t ask about my genitals,” I said, balling up my skirt and looking up at the clouds (Russo, 2016:169).

This utterance happens between Amanda and Bee when both of them are playing truth or dare. Bee is another friend of Amanda who is currently the only person who knows her secret at school. During the game, Amanda tells her that she is transsexual, but she does not like to be asked about her genitals.

The data above is considered in this symptom because the words, **‘Don’t ask’** in Macmillan Dictionary refer to how it is used to tell someone that the person does not want to talk about it since it is not a good thing, unpleasant, or not enjoyable. In this case, Amanda said, **‘Don’t ask about my genitals’** to Bee because she found it unpleasant to talk about the genitals that she always wanted to get rid of since day one.

Although Bee has not asked yet about Amanda's genitals, Amanda is being protective

to prevent Bee from discriminating against her gender. At this point, it relates to Hurlock's theory about the absence of environmental obstacles. By not asking about Amanda's genitals it will lessen the environmental obstacles.

Suffering from gender dysphoria may have social impacts on the person themselves. First, being society stigmatizes whether it is from family or friends. Then, if the result is bad enough, it will cause a poor self-concept or low self-esteem. When people cannot look at themselves as worthy to live, they will suffer from depression until the worst is they will try to kill themselves because they cannot live under the pressure of society for not being themselves.

### **11. Society Stigmatized**

Society is stigmatized which means how society judges a person. The society will react based on their preference. If they do not like someone because they do not fit the normal criteria, they will not act friendly to that person. The example from '*If I Was Your Girl*' novel can be seen from the data below

#### **Data 11**

"She said **you weren't safe** where you were living." (Russo, 2016:5)

This utterance happened between Amanda Hardy and her father. After a long time of not seeing each other, her father tries to confirm his daughter's life before he meets her. The '**she**' referred to Amanda's mother. So, Amanda's mother has kept in touch with her husband to let him know that Amanda was living a rough life before coming to Amanda's father's hometown.

The data above is categorized as society stigmatized from the negative impact because everyone in Amanda's previous surroundings does not treat her well, which makes her feel unsafe to live her life as a male who goes through many transitions to a female.

According to Hurlock's self-acceptance theory, society will have their own perspective towards one. In this case, Amanda's father has his own perspective towards Amanda. He cares a lot about Amanda and worries about her a lot. In this state, Amanda's father has shown her very positive feedback, which made Amanda experience favorable social attitudes during her transformation from male to female.

### **12. Poor Self-Concept or Low Self-Esteem**

Poor self-concept or low self-esteem occurs when a person does not receive enough love and support from the surroundings. When society stigmatizes this person as a

negative one, this person will lose the trust they have for themselves and will think that everything in them is always less than everyone else. The example from '*If I Was Your Girl*' novel can be seen from the data below.

#### **Data 12**

Dad had never been social, **but a little voice in my head said he didn't want to be seen with me** (Russo, 2016:5).

This narration happened when Amanda Hardy met her father after a while being parted. In this situation, Amanda assumes her father barely hangs out with someone, but her overthinking plays with her mind that her father does not want to be seen with her.

The data above is categorized as having a poor self-concept or low self-esteem because Amanda had been treated badly before she came here. If it is connected to Hurlock's self-acceptance theory, Amanda Hardy is experiencing an unstable self-concept. Everyone in her old place knew she was a boy and so did her father. She does not believe in her father to spend his time with her because she thinks of herself as a joke, just like what everyone has been thinking of her this whole time.

### **13. Depression**

Depression is a serious mental illness where the person can feel extremely hopeless and lose their interest in staying alive. The cause of depression may differ from one person to another, but feeling stressed or unworthy might be the trigger. The example from '*If I Was Your Girl*' novel can be seen from the data below:

#### **Data 13**

If I'd had the strength to be normal, **I thought or at least strength to die, then everyone would have been happy** (Russo, 2016:3).

This narration happens when Amanda Hardy thinks about her mother on the way to her father's hometown. In this situation, Amanda imagines if she had the strength to be normal or the strength to die, everyone would not suffer much because of her. The data above is categorized as having depression because based on the Diagnostic and Statistical Manual of Mental Disorders (DSM), recurrent thoughts of death or suicidal ideation without a specific plan can be occurred as depression. In this case, Amanda Hardy is experiencing severe emotional stress that is proven by her depressed thoughts it is the opposite of Hurlock's theory because she is struggling with her emotional stress. In the narration, Amanda thinks that everyone will be happier if she dies.

## 14. Suicide Attempts

Suicide attempts occur when a person tries to kill themselves because they cannot handle the idea of them living in the world again. They feel like they do not deserve the world and the burden is too much to handle. The example from *'If I Was Your Girl'* novel can be seen from the data below:

### Data 14

**"I tried to kill myself** my sophomore year" (Russo, 2016:45).

This utterance happens between Amanda Hardy and Bee when they play truth or dare. Amanda chooses the truth by saying that she tried to kill herself in her sophomore year. The data above is categorized as committed suicide attempts because Amanda blatantly confessed that she was once trying to kill herself back then. The meaning of **'try'** means she has already attempted suicide but did not go well. This happened because according to Hurlock's theory, someone will accept themselves better without severe emotional stress. In this case, Amanda is having severe emotional stress that leads to depression. Once it hits the point, she then tries to kill herself because she cannot handle herself anymore.

## CONCLUSION AND SUGGESTIONS

Amanda Hardy suffered from gender dysphoria because she could not accept herself based on Hurlock's theory. In this novel, Amanda Hardy shows 10 symptoms throughout her journey, which are having a strong desire to be rid of one's primary or secondary sex characteristics, a strong desire to be the other gender, a strong desire to be treated as the other gender, a firm conviction that one has the typical feelings and reaction of the other gender, a strong desire to be the other gender or an insistence that one is the other gender, a strong preference for wearing clothes typical of the opposite gender, a strong preference for cross-gender roles in make-believe play or fantasy play, strong preference for playmates of the other gender, strong rejection of toys, games, and activities typical of one's assigned gender, and strong dislike of one's sexual anatomy. As for the social impacts, she gets negative and positive responses from society's stigmatization, having a poor self-concept or low self-esteem, suffering from depression, and having committed suicide because she does not want to live as a boy. In this research, the researcher gives an idea of analyzing the gender dysphoria and social impact of Amanda Hardy in *'If I Was*

*Your Girl'* novel by Meredith Russo that the researcher hopes can be influential and useful for another researcher to understand someone with gender dysphoria even more. Suppose the other researcher wants to conduct literary research with the same theory. In that case, the researcher suggests reading the theory a lot to understand every symptom better and make better future research.

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