

## AN ANALYSIS OF ANXIETY IN JULIETTE NICHOLS'S CHARACTER IN *SIL O* SERIES

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### Abstract:

Literary works are human creations that express the author's thoughts and ideas in some characters. The mental and psychological factors that people experience in real life will be closely associated with the behaviors of the author's created characters in literary works for example in the aspect of anxiety. This research aims to find out the types of anxiety found in Juliette Nichols and to find out the caused of Juliette Nichols anxiety in the TV series *Silo* used Sigmund Freud's theory. The researchers used descriptive qualitative method. The result of this research showed that there are 3 types of anxiety there are Reality Anxiety (24 data), Neurotic Anxiety (16 data), and Moral Anxiety (1 data). The researcher also found 4 types the causes of Juliette Nichols anxiety in the TV series *Silo* based on Freud's theories there is Fear (6 data), Guilt (2 data), Unresolved Conflicts (9 data), and Threats (24 data).

### Keywords:

Sigmund Freud;  
Anxiety;  
Psychoanalysis; *Silo*;  
TV series



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## INTRODUCTION

Literary works are the result of human activity that lives within society with all the problems. Jabrohim in Pratiwi (2020) stated literature is a creation of humans who express thoughts and ideas and understand the author's feelings about life using imaginative language and emotional expressions. When authors create a literary work, they will pay attention to the behavior of the characters they create. These characters usually display behavior related to human mental and psychological experiences in real life.

Literary works are human creations that express the author's thoughts, ideas, and understanding of life. The author channels the contents of the thoughts through the characters created in a work. The mental and psychological factors that people experience in real life will be closely associated with the behaviors of the characters created by the authors in literary works. Therefore, literary works are said to be a psychological phenomenon closely related to psychology. The science of literary psychology is closely related because it discusses humans and their perceptions of conflict, suffering, desire, and anxiety.

Anxiety is a condition common to all humans. Anxiety is a form of emotion in the form of tension, worry, and restlessness that makes us feel threatened. Freud in Karauwan (2020) argued that anxiety is a practical, unpleasant state accompanied by physical sensations that warn the person of impending danger. Anxiety will arise when a person is not ready to face threats, both from outside and from inside. Anxiety can come from trauma, feelings of guilt, or natural disasters. Freud, as one of the famous figures in literary psychology, divided anxiety into three types, namely reality anxiety, neurotic anxiety, and moral anxiety. In this research, the researcher analyzed the types of anxiety and their causes in the main character Juliette Nichols in the TV series *Silo* based on Sigmund Freud's theory.

Freud in Nugraheny (2016) divided anxiety into 3 types, namely, reality anxiety, neurotic anxiety, and moral anxiety. Reality Anxiety means fear of danger from the outside world, and this feeling is proportional to the level of actual or perceived threat in the real world. Reality anxiety arises in response to actual threats or dangers in the external environment. It is a natural and adaptive response designed to alert individuals to potential harm and motivate them to take appropriate action to protect themselves. Neurotic anxiety arises from unconscious conflicts between the id's instinctual desires and the superego's moral standards. These conflicts often originate from early childhood experiences, particularly ones that involve trauma, neglect, or inconsistent caregiving. such experiences can create unresolved issues that persist into adulthood, contributing to feelings of anxiety. Moral anxiety is when a person's superego retaliates by making them feel guilty or ashamed when they are driven to express a natural impulse that goes against their moral code.

Freud in Niosi (2021) believed that feelings of anxiety result from the ego's inability to mediate the conflict between the id and superego. The problem between the id conflict and superego can be called an internal conflict, such as fear, guilt, desire conflict, and unresolved conflict. Anxiety may arise if these internal tensions are not resolved. Anxiety does not only come from within our minds, but external factors such as environmental factors can also cause anxiety.

The researcher uses the *Silo* TV series because the storyline is full of mystery and suspense. Moreover, the character Juliette Nichols shows much anxiety she experiences because she keeps receiving threats while revealing the truth behind *Silo*. *Silo* was adapted from the book *Wool* by Hugh Howey. The researcher uses TV series rather than books because a story is presented visually. The researcher can see details such as the character's expressions, voices, and background conditions more clearly than in a book. The *Silo* Series also has the hidden meaning that in life, we must have the courage to seek justice and truth from problems that are strange or that make us suffer, even though we are under regulations.

The researcher used this topic due to a keen interest in Freud's psychoanalytic theory, especially in anxiety. Every human being must have anxiety, whether it is anxiety due to phobias, anxiety due to trauma, or anxiety due to internal conflicts. Analyzing the anxiety experienced by characters in literary works helps researchers better understand and be more aware of how anxiety is present in humans' lives because the characters created by an author reflect the human character in real life and psychological conditions.

## METHOD

The researcher used a descriptive qualitative method to find out how anxiety arises and how it appears in the character Juliette Nichols in the TV series *Silo*. Neuman (2014) states that descriptive research primarily aims to paint a picture using words or numbers and present a profile, a classification of types, or outline steps to answer questions like who, when, where, what, and why. Creswell (2014) said that qualitative research is an approach to exploring and understanding the meaning individuals or groups ascribe to a social or human problem. This method helps researchers discover and understand more about human problems, especially the human psyche, which must be described in depth in the written word.

The source of the data in this research is the TV series entitled *Silo* which was released in 2023 and directed by Graham Yost and was adapted from the book *Wool* by author Hugh Howey. The data of this research is the types of anxiety and its causes found in the dialogue of each episode. To gather the data, the researcher took several steps to collect the data; those are follows (1) Watching the *Silo* TV series. The researcher watched all the episodes of the TV series *Silo* from episodes 1-10 while understanding the storyline. (2) Reading the dialogues. The researcher read the dialogues that focused on the main character, Juliette Nichols. (3) Identifying the dialogues. The researcher identified the dialogues by marking the dialogue showing an anxious side in Juliette Nichols. (4) Rewriting the dialogue. The researcher rewrote the dialogues into blank paper.

To analyze the data, the researcher applied the following steps: (1) Classifying the Data. The researcher classified the data into the types of anxiety and their causes. (2) Presenting the data. The researcher presented the data in a column (3) Analysing the Data. The researcher analyzed the data based on Sigmund Freud's theory of anxiety and its causes. (4) Drawing Conclusion. The researcher drew a conclusion based on the result of the analysis.

## RESULTS AND DISCUSSION

### Results

After completing the data analysis process, the researcher found 3 types of anxiety based on Freud's theory in Juliette Nichols character, there are Reality Anxiety (24 data), Neurotic Anxiety (16 data), and Moral Anxiety (1 data). The researcher also found 4 types that causes anxiety in Juliette Nichols character based on Freud's theories of anxiety; there are Fear (6 data), Guilt (2 data), Unresolved Conflicts (9 data), and Threats (24 data).

**Table 1** Anxiety Result

NO	Types of Anxiety	Result
1	Reality Anxiety	24
2	Neurotic Anxiety	16
3	Moral Anxiety	1
	<b>Total</b>	<b>41</b>

**Table 2** Causes of Anxiety Result

NO	Types of Anxiety	Result
1	Fear	6
2	Guilt	2
3	Unresolved Conflicts	9

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4	Threats	24
	<b>Total</b>	<b>41</b>

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## *Discussion*

### **Analysis 1 Anxiety**

The researcher found 3 types of anxiety in Juliette Nichols's character based on Sigmund Freud's theory. These include reality anxiety, neurotic anxiety, and moral anxiety.

#### **1. Reality Anxiety**

Reality anxiety means fear of danger from the outside world, and this feeling is proportional to the level of actual or perceived threat in the real world. When a person feels that another person or object is a danger, it creates feelings of insecurity and feeling threatened. The researcher found 24 data for reality anxiety experienced by the character Juliette Nichols.

#### **Datum 1**

**Nurse: "Maintenance is here to checking the vents. He's very insistent"**

**J: "Did you send for a work order?"**

**Dad: "No"**

**J: "When we brought Gloria here, you said you thought there were no listeners. There are no cameras. This maintenance guy, he's here to put one in. Right now, this is a dead spot for them"**

**(Silo ep.8, 26:05-26:34)**

Juliette's reality anxiety emerged when the nurse came to the baby's room and told Juliette and her father that maintenance had come to check the vents in the nursery. Juliette panicked and rushed to get the hard drive hidden in the baby's room. Juliette became afraid and anxious because she knew that the presence of maintenance was an order from the judiciary, which wanted to put some cameras in there so they could supervise what Juliette was doing, which was a threat to her. Her hurried actions to take out the hard drive imply she feels threatened and anxious about being caught.

#### **2. Neurotic Anxiety**

Neurotic anxiety, as proposed by Freud, arises from unconscious conflicts between the id's instinctual desires and the superego's moral standards. These conflicts often originate from early childhood experiences, particularly ones that involve trauma, neglect, or inconsistent caregiving. Neurotic anxiety also occurs because of fear of punishment, where, in the end, to cover up that feeling of anxiety, someone would rather lie (Schultz, 2013). When someone feels anxious and nervous to the point of not being able to control their emotions (screaming, hurting other people without realizing it), this is also a neurotic type of anxiety (Adelin, 2016). The researcher found 17 data of neurotic anxiety experienced by the character Juliette Nichols.

#### **Datum 2**

**Sims: "But last night, Wilkin's relic mysteriously appeared in Trumbull's apartment as a result of a search coordinated by you"**

**Juliette: "First time I ever saw that relic was last night in Tumbull's place"**

**Juliette: "Sim's George and I were friends, beyond this watch I never received anything from him, especially something as ridiculous as that thing"**  
(*Silo* ep.6, 29:35-30:00)

Juliette's neurotic anxiety emerged when Sims suspected Juliette about a relic she found in Trumbul's apartment. Sims is suspicious of Juliette because he knows that the relic is George's treasure, given to him by someone in the mechanical department. Moreover, because Juliette did not want to be found out, she lied so she would not get punished. He said he had never received anything besides a watch, even though Juliette received many relics from George. Juliette's insistence on not knowing about the relic and denying her relationship with George suggests she is trying to protect herself from potential consequences. Her anxiety is driven by the fear of being exposed or caught in her lie, which is a hallmark of neurotic anxiety. The threat is not immediate but is a constant underlying fear of potential consequences. This internal conflict between the desire to hide the truth (possibly due to fear of punishment or judgment) and the need to present a composed exterior can generate neurotic anxiety.

### **3. Moral Anxiety**

Moral anxiety is a fear of one's conscience. When someone is motivated to express an instinctual impulse contrary to their moral code, their superego retaliates by causing them shame or guilt (Schultz, 2013). Moral anxiety is the feeling of fear that a person will be internally punished (by feeling guilty) if the superego values are disturbed. The researcher found 1 data of moral anxiety, experienced by the character Juliette Nichols.

#### **Datum 3**

**Dad: "She never believed me"**

**J: "I know.. I do"**

**J: "I'm so sorry"**

(*Silo* ep.8, 25:33-25:50)

Juliette feels guilty about her father because, all this time, she does not want to meet her father as if she hates him. Juliette had never wanted to hear an explanation from her father before. She always thought that her father was the one who told the judiciary about her mother's relics, even though Silo had sensor cameras in every house to monitor Silo residents. Juliette's feelings of guilt and apology to her father are an indication of moral anxiety according to Freud's theory, where she opposes moral values that require children to respect their parents.

### **Analysis 2. The Causes of Anxiety**

The researcher analyses 4 types of causes of anxiety in Juliette Nichols's character based on Freud's anxiety theory. These include fear, guilt, unresolved conflicts, and threats.

#### **1. Fear**

A fear of something will cause anxiety, such as a fear of failing the examination or breaking the rules. When one feels fear, the body undergoes several near-instantaneous physical reactions to help escape danger. All the physical changes that fear causes help us respond rapidly to danger. The researcher found 6 data of fear that caused Juliette anxiety.

**Datum 4****J: "It wasn't the darkness I was worried about; I just feel—****W: "scared"****J: "No. I didn't feel scared, if I was scared I'd tell you"****J: "Okay yeah fuck I feel scared. That much water., it was just more water than I've ever seen (breathing, crying)****(Silo ep. 3, 15:07-15:53)**

In the dialogue above, Juliette is afraid when she goes down to the bottom of the water to find the clue George left behind. There was so much water and so deep; the situation was tense, quiet, and dark, and the flashlight Juliette was using fell into the water and made Juliette even more afraid and panicked. Her fear of the water and the situation, which is an immediate and tangible threat, triggers her anxiety. The physical and emotional symptoms she exhibits are a direct response to this fear, demonstrating how a specific external situation can provoke anxiety.

**2. Guilt**

Guilt can be characterized by a tendency to evaluate one's behavior negatively and to correct actions. People experiencing guilt are focused on the offense and its consequences, feeling tension, remorse, and regret over the wrong thing done. The researcher found 1 data of guilt that caused Juliette anxiety.

**Datum 5****Dad: "She never believed me"****J: "I know I do"****J: "I'm so sorry"****(Silo ep.8, 25:33-25:50)**

In the dialogue above, Juliette apologizes to her father because she feels guilty. She feels guilty for never wanting to listen to her father's explanations and trusting her father. All this time, she thought that her father was the one who caused a breakdown in their family relationship and always blamed her father.

**3. Unresolved Conflicts**

Unresolved conflicts are internal psychological struggles originating from early childhood experiences that have not been adequately addressed or resolved. Unresolved conflicts continue influencing an individual's behavior, emotions, and mental health. Unresolved conflicts manifest in various symptoms, such as phobias, neurotic behaviors, and anxiety disorders. The researcher found 9 data of unresolved conflict that caused the anxiety of Juliette Nichols.

**Datum 6****Juliette's Dad: "are you happy here?"****Juliette: "I start work hours before the lights cycle today. I eat lunch standing up and if I'm lucky I get a half an hour break. Every night I'm exhausted. I fall asleep before my head hits the coat"****Juliette's Dad: "Are you happy, Juliette?"**

**Juliette: "I'm happy. I really don't have time to think about Mom or Jacob" (tears fell)**

**(*Silo* ep. 4, 32:07-32:34)**

Her overwork serves as a way to avoid dealing with deeper, unresolved emotional issues related to her mother and Jacob. Her statement, "I'm happy, I really don't have time to think about mom or Jacob," followed by her startling cry, shows an underlying emotional conflict. The mention of her mother and Jacob triggers an emotional response, indicating unresolved conflict that causes her distress.

#### **4. Threats**

The threat is the cause of someone's reality anxiety. Threats are stimuli or situations that are perceived as potentially harmful or dangerous (Adler and Rodman in Riawandono, 2018). Threat can be from the inside feeling of a person, or it can be from the outside person. When a person feels that an object or person is dangerous and makes that person feel unsafe or uncomfortable, then the anxiety can be caused by a threat. The researcher found 25 data of threats that caused Juliette Nichols anxiety.

#### **Datum 7**

**Patrick: "Fuck. We gotta go now"**

**Juliette: "Not yet! The red light its on!"**

**Patrick: "They're coming"**

**Juliette: "Shit!"**

**(*Silo* ep.10, 01:48-01:52)**

Juliette, Patrick, and Danny became wanted by the raiders because they were carrying the hard drives. They have to pass through the Silo wide garbage chute to escape to the lower level so they do not get caught by the raiders. However, they need more time because the raiders are coming. They must leave now even though the garbage chute's red light has not gone off, which signals that this is dangerous.

#### **CONCLUSION**

After identifying and analyzing the type of anxiety and the cause of anxiety that appeared in Juliette Nichols's character in the *Silo* TV series, the researcher found 3 types of anxiety based on Freud's theory; there are Reality Anxiety (24 data), Neurotic Anxiety (16 data), and Moral Anxiety (1 data). The researcher also found 4 types that caused anxiety in Juliette Nichols character, there is Fear (6 data), Guilt (2 data), Unresolved Conflicts (9 data), and Threats (24 data). The researcher concluded that Juliette Nichols's character is having much reality anxiety and is because of the threats that she gets from the Silo founder.

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