

## **Obsessive Compulsive Disorder As Seen In The Main Character Of Every Last Word Novel By Tamara Ireland Stone**

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### **Abstract**

This research aims to analyze Samantha as the main character in the Every Last Word novel who suffers Obsessive Compulsive Disorder in the novel. The Writer explain the condition of the main character Samantha who suffers this mental issue. Through Samantha's daily activities, the author describes the main character got the uncontrolled thought in her life, and she could not handle every details thought in her mind. In this study, the writer uses descriptive qualitative methods to describe the issue inside the novel. This thesis applies psychological approach to describe behavior of the main character that are identified as the symptoms of obsessive compulsive disorder in Every last word by Tamara Ireland Stone. This thesis uses Obsessive Compulsive theory. In OCD there are several symptoms, such as: Unpleasant thought, feeling of doubt, inability to control the mind, fear of the bad thought, feeling of worry, thinking about thought really happened and Small think can make worries. This study shows that the main character is clearly shows symptom of person who suffers Obsessive Compulsive Disorder. This seen from the daily activities. The main character shows the behavior that categorized as the symptoms of Worries and Pure Obsession Obsessive Compulsive Disorder.

**Key words :** Every Last Word, Obsessive Compulsive Disorder, Tamara Ireland Stone

## Introduction

Psychology is the study of human behavior and thought that can be associated with science, one of which is literature (Asia & Samanik,2018). According to Wellek and Austin (1989:90) Psychology of literature has four meanings that can be described. First, literary psychology is a psychological understanding of a writer as a person or type. Second, literary psychology is an understanding of the study of the creative process of the written work. Third, literary psychology is an analysis of psychological principles applied in literary works. The fourth, psychology of literature can be interpreted as a study of the impact of literature on the psychological condition of the reader.

As the literary work that can reflect the reality, novel portrays many issues in the real world (Setri & Setiawan, 2020). To see the issues inside the novel, psychological novels can used as the media that focus on psychological problems and problems experienced by characters (Lloyd, 2020). In psychological novels, mental illness can be defined as a condition characterized by abnormal thoughts, feelings, and behaviors. Mental problems are conditions in which an abnormality is identified in the patient's psyche, causing persistent and potentially significantly disruptive behavior. Therefore, literature and psychology have a very close relationship related to humans on the perception of universe (Asia & Samanik,2018).

Mental disorder is characterized by a disease that affects the mindset caused by a problem in life. In discussing mental health, Shafiera, a psychology graduate student as an HR consultant, said that healing for mental disorders cannot be equated with physical healing, so that Indonesian people's awareness of mental illness is said to be low. In mental illness, the sufferer should need attention, but most people have empathy and tolerance that are less than expected from people with mental illness (Primastiwi, 2018). According to Mental Health and substance Abuse (2014) explain that anxiety disorders can be classified into five categories including: 1.Social phobia 2. Panic disorder 3. Generalized anxiety disorder 4. Posttraumatic stress disorder 5. Obsessive-compulsive disorder . Obsessive Compulsive Disorder is a mental disorder that is included in the category of anxiety disorder, where sufferers have anxiety that involves the characteristics of Obsessive Compulsive Disorder. So this is why the psychology issue that is conveyed in the novel has its own storytelling elements to be studied.

Obsession is an anxiety that interferes with the mind and involves repetitive behavior a person who has this disorder may realize that his thinking is not based on logic, but in this disorder the sufferer cannot prevent these thoughts and when a person feels it then he will be very disturbed and the thoughts appear repeatedly. David Sue et al (2010:142). The most common obsession with social involvement involves a fear of dirt or germs, disease and death, or danger to self or loved ones. People with obsessions usually do things like changing uncomfortable thoughts, focus on positive thoughts, perform rituals, etc., to use as a strategy to reduce comfort when the obsession strikes. Most people also experience repetitive thoughts, but this disorder makes a person very difficult and can interfere with sufferers in social or work activities. Compulsion is a need for the sufferer to perform an action or think about a mental action repeatedly. This anxiety will occur if the sufferer does not perform a behavior well, this compulsion often occurs and is used for rituals to reduce anxiety associated with obsessive thought David Sue et al (2010:142-143). So, Obsessive Compulsive Disorder (OCD) is a mental disorder that causes sufferers to feel they have to do an action or treatment repeatedly because if the patient does not do it, the Obsessive Compulsive Disorder sufferer will have or arise a sense of anxiety or fear It is very important to understand that so many people suffer from fear disorders and they have to fight this feeling all the time. Jenike (2004) stated that the average age range for having Obsessive Compulsive Disorder is estimated to be between 22 and 36 years, which is approximately 50% of adults with OCD are women. Obsessive Compulsive Disorder sufferers lack treatment because they are often diagnosed and lack understanding of the disease, but some also undergo therapy to be given treatment. it means that, the number of patients of this illness mostly are women. And it is reflected to the case of OCD that suffered by the main character of *Every Last Word* Novel by Tamara Ireland Stone, that identified as the woman who suffering OCD in the novel.

In this study, the researcher focuses on finding facts to reveal how the novel explains the existence of certain disorders. In this study, researchers focused on finding symptom of obsessive compulsive disorder. Obsessive compulsive disorder refers to a disorder in which the sufferer has an anxiety disorder that involves excessive thinking that causes repetitive behaviors. Considering this, the problem of obsessive compulsive disorder is discussed more deeply by the researchers in this study. To reveal the existence of Obsessive Compulsive disorder (OCD) can be seen from a novel entitled *Every Last Word*, this novel is a work of fiction written by Tamara Ireland Stone, the novel was published in 2015 published by Little Brown Books for Young Readers. *Every Last Word* is a New York Times Bestselling novel. *Every Last Word* Novel tells the story of a character named Samantha Mc Allister. Samantha's character who prefers to be called Sam she is like any other popular girl who is in junior class and she belongs to a popular group in her school but unlike what she looks like, hidden behind a pretty face and perfect makeup is a secret that her friends never understand. Sam's character has Pure-O Obsessive Compulsive Disorder and is controlled by a stream of dark thoughts and worries that he has no control over. Since she was 10 years old he has had symptoms of obsessive urges that he feels. He was diagnosed with Obsessive Compulsive Disorder since she was 14 years old when she was in junior high school. Anxiety about guessing every move, thought, and word makes everyday life difficult for Sam and she covers up Obsessive Compulsive Disorder (OCD) from eight of her friends and keeps her in the popular group because if he loses the group she will feel crazy. She did not expect that his friends turned into poison by eating the wrong, wrong man. After she met Caroline's she felt that new friends seemed to have a positive impact on her life and control over his obsessions. Therefore, it is important to analyze what is described in a novel entitled "*Every Last Word*". This novel provides an insight into Obsessive Compulsive Disorder (OCD). The reason why Obsessive Compulsive Disorder (OCD) needs to be analyzed is because the whole story that is told in the novel creates the situation of closer looks from human anxiety. There are some problems of Obsessive Compulsive Disorder found but this novel illustrates how we can understand about Obsessive Compulsive Disorder it better. This novel has given the author the perspective of people struggling with Obsessive Compulsive Disorder.

### **Obsessive Compulsive Disorder**

Obsessive Compulsive Disorder (OCD) is an anxiety disorder that involves excessive unwanted thoughts and fears (Obsessive) and then suppressed anxiety leading to repetitive behaviors (compulsions). A person suffering from this psychological problem experience general anxiety, phobias, and fears. Obsessive are muddled thoughts that cannot be controlled by the sufferer, the sufferer may be aware of it what they was thinking was very imprecise and unreasonable, but they couldn't to control it can sometimes even be so frightening that the thought causes urges or an involuntary desire to do something over and over for a specific purpose. Someone who does something over and over again is for reduce the anxiety that invades his mind. Foa and Wilson (2001).

Foa and Wilson (2001:8-11) divide OCD into seven type: 1. Washers and Cleaners 2. Checkers 3. Repeaters 4. Orderers 5. Hoarders 6. Thinking Ritualizers 7. Pure Obsession (Pure-O)

1. Washers and Cleaners is the sufferer who is afraid contaminated by certain objects or situations, such as fear of being contaminated with germs, disease, or dirt it's to make sufferers feel comfortable. When the patient feels contaminated to eliminate all possibilities, the patient will perform a ritual such as cleaning himself during perhaps after coming into contact with something to prevent death or illness from occurring. The patient will perform the ritual repeatedly. The ritual is intended to be used to restore the patient's comfort. Foa and Wilson (2001:8-11).

2. Checkers is sufferer who check excessively to prevent worry or disaster from happening. Sufferers will check a job once but they immediately doubt whether the sufferer complete the examination correctly, if the patient is still in doubt then the patient should check again. However, on Examinations that have been carried out by the patient are still trapped in an examination cycle that makes the patient hesitate, and check again until it feels safe. Patients do this with the aim of avoiding something unwanted that can be dangerous. Foa and Wilson (2001:8-11).

3. Repeaters is Sufferer who perform actions or actions repeatedly. When sufferers feel fear comes to mind, the sufferer will feel a need to repeat an action so that the thought does not come and that the thought does not become real. In this type, sufferers cannot find a logical distinction between obsessions and compulsions because the condition is often present in their minds. Therefore, the sufferer will do things over and over again so that the thoughts stop. Foa and Wilson (2001:8-11).

4. Orderers is sufferer who have an obsession with order in a certain way. Patients who have obsessive compulsions sufferers will feel anxious if the objects around them are not neatly arranged and symmetrical. They need a lot of time to check whether the objects are arranged correctly. Sufferer Obsessive Compulsive Disorder of this type generally can feel disappointed or anxious when the order of their objects neatly arranged. So the patient needs time to make sure that objects or anything are neatly arranged according to the pattern he wants. Foa and Wilson (2001:8-11).

5. Hoarders is sufferers with this type of obsessive compulsive disorder is very fond of collecting items that they think are a pity to throw away because sufferers think one day the object will be useful to them. So sufferers can hoard all things and things that they consider important and useful. Foa and Wilson (2001:8-11).

6. Thinking Ritualizers is ufferers who have this type of obsessive compulsive disorder ask for repetitive thoughts or images, this can be called rethinking compulsions are used to deal with their anxiety thoughts or obsessions. As explained, the sufferer thinking ritualizer is similar to pure obsession because both have repetitive thoughts but no behavioral rituals. Ritual thinking has obsessions and rituals to reduce disturbing obsessions. The thinking pattern of this sufferer can be said to be like a repeater, but in this type of disorder, the sufferer focuses on performing repetitive thought rituals. Foa and Wilson (2001:8-11).

7. Pure Obsession (Pure-O) is a patient who experiences obsessive compulsive disorder which is characterized by repeated negative thoughts uncontrollable and annoying. This type of sufferer is different from other OCD sufferers. These sufferers have daily worries at frightening events and even shameful thoughts. This type of obsessive compulsive disorder states that most people those with pure obsessions also have compulsive traits, but are more subtle and secretive, such as mental urges or rituals. But sometimes sufferers may also think what if these thoughts might come true. Foa and Wilson (2001:8-11).

In this study, the focus is on describing the symptoms of Pure Obsession (Pure-O) type. Foa and Wilson (2001:8-11) Someone who have diagnosed with OCD, one must have matching symptoms determination of the American Psychiatric Association Diagnostic and Statistical Guidelines for Mental Disorder. Foa and Wilson (2001:8-11) divide OCD into seven type. Each type has its own symptoms. Thinking Ritualizer type and the Pure Obsession (Pure-O) type includes several signs and symptoms, as written below.

1. Thinking Ritualizers

- Repeating certain words or numbers makes the sufferer feel good.
- Often have to say certain things to yourself again and gain to feel safe.
- Spending a lot of time praying for non-religious purposes.
- Bad thoughts force sufferers to think good thoughts
- Try to remember events in detail or make mental lists for prevent unpleasant consequences.
- In order to remain calm, sufferers sometimes think about the right things.

2. Worries and Pure Obsessionals ( Pure-O)

- Often annoyed with unpleasant thoughts that arise in the mind beyond the wishes of the sufferer.
- Have doubts about the simple everyday things you do.
- The patient has no control over his mind often comes to mind like a thought embarrassing, scary, cruel, or strange.
- Afraid of bad thoughts coming true.
- When you start to worry, you can't stop easily.
- Small and unimportant events make the sufferer too worried.
- Think about how it is thoughts may come true.

**Psychological approach**

The psychological approach is used as the theoretical basis in this research theory because this research discusses psychological problems in literary works. According to Wellek and Warren (1956:81) Psychological theory of literature is a psychological study of the creative process or psychological laws that exist in literary works or the effects of literature on readers. Therefore, based on the statement conveyed by Wellek and Warren psychologically it can be applied in literary works and can be applied by readers. This definition can be applied to analyze the psychological aspects of literature, people, characters and literary works because psychology can describe feelings, thoughts, imaginations that can be described in literary works, an approach that considers human mental aspects through the psychological side, it will be seen that literary works aim at to reflect human life (Benyei, 2016).

The explanation was described, the author can see that a psychological approach can be used and can help the author to understand the characterizations in novels related to psychological issues to analyze the psychological aspects of the characters, especially in literary works in psychology perspective which will be discussed in this study. Therefore, by using a psychology approach, it can be proven that in literary works it does not only explain the events that occur and the plot that is conveyed, but researchers can also find out the feelings and psychology displayed by the main characters in the novel.

The writer focuses on the mental disorder suffered by the main character in the novel. The researchers focuses on analyze the main characters by observing quotations such as statements, words, sentences and phrases related to their psychological problems. The researcher uses the Obsessive Compulsive Disorder theory by Foa and Wilson, using this theory the researcher can predict the characteristics, types and symptoms that are revealed to the main character in the novel *Every Last Word* by Tamara Ireland Stone 2015.

### **Method**

The type of research that the author tries to discuss in this paper is descriptive qualitative. The analysis of qualitative method is different with quantitative method because the object are not focused on number (Rido, 2015). Qualitative focuses more on the description and explanation (Dharlie & Samanik, 2021). By using qualitative research, it will help the researcher to gain the objective of the research (Afif & Amelia, 2021). An article that was published in 2012 agreed that the qualitative method as the best way as it assists the researchers in finding the right explanation for the issue (Falaq & Puspita, 2021) Qualitative strength is on its ability to connect context with an explanation (Fithratullah, 2021). Qualitative descriptive method is used in research because qualitative research presents data in the form of sentences, quotes, and words. Qualitative research can mark by the history, the society, and the culture (Puspita & Istiani, 2020). Thus, the qualitative descriptive method is appropriate to be used in research because this method focuses on disclosing and describing phenomena as will be done in research (Nassaji, 2015). In addition, researchers also use library research methods as a support for collecting data such as articles, Journals, web sources and online books to obtain information (Yunara & Kadriansyah, 2017). This research focuses to reveal the symptom of Obsessive Compulsive Disorder as seen in the main character of *Every Last Word* novel.

Descriptive qualitative research are taken from the data source (Mertania & Amelia, 2020). Data collection in research can be in the form of numbers, words, pictures, and even ideas that have been described. Therefore, through the data that have been collected, the researcher can interpret them into a reference or meaningful information so that it can be used to assist the author in achieving the objectives of this study. Through books, book chapters, essays, interview, talks, newspaper headlines and articles, historical documents, and conversations are included as texts (Samanik & Lianasari, 2016). By using that, the data can be able to answer the research questions (Pranoto & Sartika, 2021)

The researcher used library research method to gather some information in this paper. It is used to support the research (Amelia & Daud, 2020). The data taken in the current study comes from a novel entitled *Every Last Word* by Tamara Ireland Stone. The data are taken from the novel *Every word* by Tamara Ireland Stone that can meet the requirements to answer the research questions of current research. Data retrieval is done by understanding the quotation includes the statements, words, sentences, and phrases contained in the related novel.

### **Findings and Discussion**

In this chapter, the researcher present the result of the analysis. The findings could be gotten by combining the theory and the method of the research. Finally, the researcher could provide this chapter that contained the discussion as well as analysis. In this chapter, the researcher discussed deeply the portrayal of Obsessive-Compulsive Disorder (OCD) as seen in *Every Last word* by Tamara Ireland Stone through the behavior of the main character in the novel, Samantha McAllister.

The researcher assumed that the main character of the novel suffered from OCD or Obsessive-Compulsive Disorder. Thus, to explain and reveal that, the researcher used the quotation, phrases, and narration inside *Every Last Word* novel as a proof. The data that have been gotten from the novel then were classified into several points, considering the theory of OCD as well as focuses on Psychological approach. The quotations and narrations, which were written below in this chapter, reflected the concept of Obsessive-Compulsive Disorder (OCD).

#### **Worries and Pure Obsessional (Pure-O)**

Pure-O OCD or Worries and Pure Obsessional OCD is one of the types of OCD that refers to the Obsessive-Compulsive Disorder that is characterized by repeated negative thoughts uncontrollable and annoying (Foa & Wilson, 2001). This type of OCD makes the sufferer has repeated-uncontrollable thoughts that annoy the sufferer's personal life. Pure-O OCD is different with other types of OCD because the sufferer of this type of OCD will have daily worries at frightening events and even shameful thoughts (Foa & Wilson, 2001). The sufferer also will have many thoughts that repeatedly appear.



This type of obsessive compulsive disorder states that most people those with pure obsessions also have compulsive traits, but are more subtle and secretive, such as mental urges or rituals, but sometimes sufferers may also think what if these thoughts might come true (Foa & Wilson, 2001:8-11). Foa and Wilson (2001:8-11) stated that someone who has diagnosed with OCD, one must have matching symptoms determination of the American Psychiatric Association Diagnostic and Statistical Guidelines for Mental Disorder. There are five symptoms of Pure-O OCD according to Foa & Wilson (2001), as written below.

1. The sufferer often annoyed with the unpleasant thoughts that she/he has. Usually the thoughts appear in the mind and beyond the control and wish of the sufferer
2. The sufferer emerge the feeling of doubts in the simple every day's things.
3. The sufferer is not able to control his/her mind. It is because there will be many scenarios arise in their mind, for example the embarrassing, scary, cruel, or strange idea and thought
4. The sufferer has a fear that the bad thoughts coming true, which often arise in his/her mind.
5. The sufferer easily gets worry,she/he can't stop easily.
6. The sufferer always thinking about thought really happened.
7. Small and unimportant things, but make the sufferer feel worried (Foa & Wilson, 2001)

Using those five symptoms, the researcher analyzed the data by classifying it into several points based on the symptoms.

#### **4.1 Unpleasant Thought**

The first symptom of the worries and pure obsessional OCD is the unpleasant thought. It is believed that the sufferer of OCD often emerges the unpleasant thought, about anything (Foa & Wilson, 2001:8-11). The unpleasant thought often appears and arises in the mind of the sufferer. It repeatedly there and it makes the sufferer annoyed with its existence. Though it is bothering for the sufferer, the sufferer cannot control and stop the thinking. It is naturally and repeatedly appear. In the novel *Every Last Word*, the researcher could see that Samantha, the main character, obtained this symptom. The proof was written below.

##### **Datum 1**

“Shit. new thought. new thought. “I need a glass of water”, I say, standing and hoping none of them notice the sweat beading up on my forehead. “Now?” Kaitlyn asks. “Come on, Samanta you’ll hold everything up”. My legs are wobbly and I’m not sure I can trust them to get me downstairs, but somehow the scissors are gone and the banister is in my hand instead.”(Stone, p.2, 2015)

In the datum above, Samantha tried to cut a flower. At that time, she got a flower from a boy, and she tried to cut it. However, before she could cut the flower, she suddenly got distracted with her own mind. In the datum above, the researcher could see that Samantha suddenly lost her focus. It could be proven from the way she said “Shit. new thought. new thought”. That statement was interpreted by the researcher as a proof that a new annoying thought came in Samantha’s mind. Samantha got distracted with her mind, which made her swore by saying “shit”. Additionally, the way Samantha said “new thought” also interpreted as a proof that a new unnecessary thought just appeared in her mind, when she just tried to do her activity. Samantha got very annoyed and panicked with that, until she decided that she needed a glass of water to calm her mind. In the datum, Samantha also said that she wished no one saw her like that, which could be interpreted that her psychological condition was not good because of her mind, which made her wished no one saw that. According to Foa & Wilson, the sufferer of OCD often emerges the unpleasant thought, about anything (Foa & Wilson, 2001:8-11). Additionally, the unpleasant thought often appears and arises in the mind of the sufferer. The researcher believed that Samantha showed the symptom of unpleasant thought in the datum above, because she showed that there was a new unpleasant thought appeared in her mind, which made her legs wobbly and she suddenly could not see scissors and banister clearly, even though it was on her hand before.

### **Datum 2**

““It’s just a thought.” I let the scissors fall to the floor and I shake out my hand a few times looking around the circle to be sure no one’s watching me” (Stone, p.2, 2015)

The novel *Every Last Word* defined Samantha as a popular girl that often had sudden thought on her mind. In the datum above, Samantha had another thought not so long after the thought she got in the first datum. The datum above shows that Samantha suddenly had an unpleasant thought. It happened when Samantha was in the class and there were her classmates in the class. Samantha tried to do her activity in the class when suddenly she got a thought. It could be seen clearly from the statement of Samantha who said “It’s just a thought.” That statement proved that Samantha got a new unpleasant thought that appeared suddenly. Realizing that, Samantha tried to control it, even though she could not, because she was in the middle of the class. The unpleasant thought she got during class affected her in a bad way. Because of the thought, she dropped her scissors to the floor, the same scissor she intentionally used to cut a flower as explained in datum 1. Though the unpleasant thought is bothering for the sufferer, the sufferer cannot control and stop the thinking (Foa & Wilson, 2001:8-11). Samantha, in the datum above, showed that she could not control the thought that appeared in her mind. So, Samantha did the repetition movement to make herself comfort and reduce her chaos thought in the novel, because she knew that she could not control her mind, so she just could to try find a way to reduce the effect. Hence, the researcher agreed that the datum above showed that Samantha fulfilled the first symptom, which is unpleasant thought.

### **Datum 3**

“My knees give out and I slide down to the floor, gripping the sides of my head, burying my face in my hands to make it dark, repeating the mantras. “Sam, open your eyes”, Mom’s voice sounds far away, but I obey her words and when I do, the two of us are nose to nose”(Stone, p.3, 2015)

Samantha had a problem as she often got an unpleasant thought. The datum above happened when Samantha got distracted with the thought. She felt annoyed and bothered with the thought that often appeared, and it made her frustrated. It could be seen from the datum above that Samantha felt down to the floor while gripping the sides of her head. She cried while saying her “calming” mantra and burying her face in her hands. The action she did was a reaction she showed because of the unpleasant thought she got in her mind. She felt annoyed and disturbed with the unpleasant thought that always came until she had no energy and just felt down to the floor while trying to control herself. The researcher saw that datum as a proof that the unpleasant thought of Samantha often arose, because she showed how distracted she was because of that. Moreover, Samantha even had a “mantra” that is believed can calm her down whenever the thought came. This proven by the words “Repeating the mantras”. It believed that the unpleasant thought of Pure-O OCD’s sufferer is naturally and repeatedly appear (Foa & Wilson, 2001). So, Samantha showed that she fulfilled the symptom of unpleasant thought, because her reaction proved so.

#### **Datum 4**

“”How many thoughts does the brain automatically deliver in a single day?” Mom moves on to the facts to help me center myself. “Seventy thousand” I whisper as tears splash onto my jeans. “That’s right. Do you act on seventy thousand thoughts a day?” I shake my head.”(Stone, p.3, 2015)

The quotation happened in page 3 of the novel *Every Last Word*. The quotation above was a conversation happened between Samantha and her mom. It happened after the incident of Samantha who cried and felt down, as had been explained in datum 3. After Samantha calmed herself, Samantha’s mother asked Samantha about the amount of times the unpleasant thought automatically appeared in Samantha’s mind in a day. The mother asked that question because she saw the struggle of Samantha each time bad thought came to her mind. The question was asked when Samantha could control her mind after repeating the words from her mom. Responding to her mother’s question, Samantha answered with the answer “Seventy thousand”. From the answer of Samantha, the researcher interpreted that the thought came very often to Samantha, even only in a single day. Thus, to describe the fact that it came very often, Samantha answered with a very big number, which is seventy thousand. It pragmatically used by Samantha to refer to “very often”. It is believed that the sufferer of OCD often emerges the unpleasant thought, about anything (Foa & Wilson, 2001:8-11). The unpleasant thought often appears and arises in the mind of the sufferer. The answer of Samantha proved that Samantha emerged the unpleasant thought that often appeared, which was in line with the first symptom of Pure-O OCD.

#### **Datum 5**

“The thought start gathering, butting up against the caution tape surrounding my brain, strategizing and preparing to rush in and take over. I hold them off, telling myself all the right things, repeating the mantras, taking deep breaths, counting slowly” (Stone, p.19, 2015)

Another proof of the unpleasant thought suffered by Samantha could be seen in page 19. At that time, Samantha got disturbed with her mind again. She described the unpleasant thought happened to her. She described it as an unpleasant thought that were gathering and tried to surround her brain. Moreover, she described the mind as if it alive and tried to rush in and take over herself. The datum above showed that the unpleasant thought often came to Samantha and took control of her. It explained her behavior that always tried to take control by saying her “mantra”, because when it happened, she could not control herself. The researcher interpreted the datum above as a proof that Samantha had repeated unpleasant thought. It was because she even had several ways to overcome it, because it happened often. Her ways, as described above, included try to take control, hold the feeling, say the right thing to herself, repeat the mantras, take deep breath, as well as count slowly. The unpleasant thought in the sufferer is bothering the sufferer, yet the sufferer cannot control and stop the thinking as it naturally appears (Foa & Wilson, 2001). Hence, Samantha tried to find ways to overcome it because she could not control the feelings. From the datum, the researcher believed that it showed that Samantha had the first symptom of Pure-O OCD.

### **Datum 6**

“I don’t know what to write about. I could write about my OCD. Or the number three. Or uncontrollable thought spirals that come out of nowhere, demand my undivided attention and scare me when they won’t stop”(Stone, p.41, 2015)

Datum 6 above happened when Samantha wanted to go to sleep, but she suddenly wanted to open all of her books. In *Every Last Word* novel, Samantha described as a girl who had several books that she really like to read. She also had several writings about her thoughts that she wrote in a book. The book came in different colors, such as blue book, yellow book, and red book. At that night, she wanted to read her writings in her book, when suddenly she got attacked by her thought again after she read the words inside the yellow book. Realizing that there was unpleasant thought came and disturb her, Samantha tried to find a pen because she wanted to write down something on her blue book. It was described that the blue book was specially intended for her to write down her condition when she was younger. She often wrote on that book and let out her feelings and conditions. However, at that night, she got confused and did not know what to write. She stated that she did not know where she should start, from her spirals thought that came out of nowhere or from her demanded thought that scared her because it would not stop. From the statement, the researcher interpreted it as a clearly description of Samantha’s unpleasant thought. In the datum, she described it as an uncontrollable spiral. Spiral, in reality, refers to the winding in a continuous and gradually widening curve. In other words, spiral had no end. The researcher interpreted that as a way of Samantha to pragmatically say that her unpleasant thought is like an uncontrollable spiral, where she could not control it, yet it came all the time without an end. She also described her thought as disturbing and annoying because she did not know where it came from, but it always scared her, asked for her attention, and cannot stop. It is believed that the sufferer of OCD often emerges the unpleasant thought, about anything (Foa & Wilson, 2001:8-11). The unpleasant thought often appears and arises in the mind of the sufferer. It repeatedly there and it makes the sufferer annoyed with its existence. From the description of Samantha in the datum above, the researcher believed that Samantha fulfilled the unpleasant thought symptom.

## **4.2 Feeling of Doubt**

The second symptom of Pure-O OCD according to Foa & Wilson is the feeling of doubt. Foa & Wilson believed that the sufferer of Pure-O OCD emerges the feeling of doubt where the sufferer often feels the feeling of uncertainty (Foa & Wilson, 2001:8-11). This symptom makes the sufferer has a feeling of not knowing what to believe and/or what to do. Simply, it is the feeling of uncertainty. The researcher, in this part, provided the proof and explanation of Samantha showing the feeling of doubt in *Every Last Word* novel.

#### **Datum 7**

““What’s up?” I try to make my voice sound light, but the second she said the words “I have to talk to you”, my stomach twisted right back into that tight knot I’ve been trying to loosen since the parking lot. Those words are never good.” (Stone, p.15, 2015)

In a story, Samantha was described as a popular girl that included in a popular gang named Crazy Eights. Crazy Eights consisted of several members, which are Samantha, Alexis, Kaitlyn, Hailey, Ella, Sarah, Hannah, and Olivia. Among her others seven friends, Samantha was quite close with Alexis, because Alexis was the one who asked for a ride from Sam on the first day of school. In the datum above, as written in page 15, Alexis wanted to talk to Samantha, but Alexis had not tell Samantha what she wanted to say yet. Because of that, Samantha suddenly had a feeling of doubt and uncertainty as she was afraid of what Alexis would say. Even though Alexis one of her close friends, when Alexis said she wanted to say something to Samantha in private, Samantha suddenly could not handle her thought and she got panic. Samantha described that at that time, she suddenly felt like her stomach twisted right back into tight knot, because she felt like the words of “I want to talk” were never good. Because of that, Samantha suddenly panicked and did not know what to do. She felt the uncertainty of what Alexis would say and what response she should give to Alexis. Foa & Wilson believed that the sufferer of Pure-O OCD emerges the feeling of doubt where the sufferer often feels the feeling of uncertainty (Foa & Wilson, 2001:8-11). This symptom makes the sufferer has a feeling of not knowing what to believe and/or what to do. The datum above showed that Samantha directly got panic and sick because she felt the uncertainty caused by Alexis. She felt doubt and uncertain which caused her to not knowing what to do and to respond, so at the end she just got her stomachache. Thus, the researcher believed that from the datum above, Samantha showed that she had a feeling of doubt, even towards simple and small thing.

#### **Datum 8**

I can’t read my poetry to her. I can’t read it to anyone. Shrink-Sue told me I didn’t have to share anything I wrote in those books. I wouldn’t have written it if I thought otherwise. “is it really dark?” she continues. “It’s okay if it is. My stuff can get pretty dark, too”. “No, it’s not dark; it’s stupid”. “My stuff can get pretty stupid too. I won’t make fun of you, I promise.” “I can’t” (Stone, p.49, 2015)

In this quotation, the condition of Samantha is getting doubt to read her poem to Caroline, when Caroline ask to Samantha to read her poem that written by Samantha from her notes book. this proven by the words “I can’t read my poetry to her. I can’t read it to anyone”, it is happened when Samantha worries about her poem will make Caroline laughing, since Samantha thought that her poem is kind of a stupid poem and will be a joke if she read it to Caroline, it is proven by the words “No, it’s not dark; it’s stupid”. “My stuff can get pretty stupid too. I won’t make fun of you, I promise.” “I can’t”. the condition of Samantha identified as feeling of doubt, since she don’t want to make Caroline laughing because of her work, this supported by the second symptom of Pure-O OCD according to Foa & Wilson is the feeling of doubt. Foa & Wilson believed that the sufferer of Pure-O OCD emerges the feeling of doubt where the sufferer often feels the feeling of uncertainty (Foa & Wilson, 2001:8-11). from that, the researcher assumed that, the main character Samantha has the second symptom of OCD which is feeling doubt to do what she has to do, in this position the researcher assumed that Samantha has doubt feelings to read her poem to Caroline because of her thought.

### **4.3 Inability to Control the Mind**

The next symptom of Pure-O OCD according to the theory of OCD is the inability for the sufferer to control his/her mind. It is believed that the sufferer is not able to control his/her mind (Foa & Wilson, 2001).It is because there will be many scenarios arise in their mind, for example the embarrassing, scary, cruel, or strange idea and thought (Foa & Wilson, 2001). In other words, the thoughts that came to the mind of the sufferer is uncontrollable. Moreover, the thoughts could be anything, starting from embarrassing thing to strange idea. In Every Last Word novel, the researcher could find the proof that Samantha showed this symptom.

#### **Datum 9**

“This thought hits me out of nowhere, and before I have time to react I feel my brain sink its teeth in a latch on tight, already preparing to fight me for it. My hands starts trembling and my mouth goes dry”(Stone, p.2, 2015)

This quotation is happened in page 2 of the novel. At that time, Samantha felt uncomfortable with the situation in her classroom. She tried to protect a boy in her school who wanted to give a bucket of flower to a girl. Her classroom wanted to bully the boy, and thus Samantha tried to fight for that. However, because of that incident, she became uncomfortable with the situation of the classroom at that time. Samantha got uncomfortable and angry seeing that incident. Hence, she suddenly overthink that, yet at the same time she could not control her feeling. Clearly, Samantha said that she had a bad feeling and thought that led her nowhere but to the uncomfortable situation. Her hands trembled and her mouth went dry because of her mind that overthink the situation, and she could not control her mind. The sufferer of Pure-O OCD is not able to control his/her mind and there will be so many scenarios in his/her mind (Foa & Wilson, 2001). In the datum above, it was shown that Samantha could not control her mind and thought about the bad scenario that might happen because of what she did. It then made her trembled. Therefore, the researcher believed that Samantha in the datum above showed her inability to control her own mind.

#### **Datum 10**

“I head straight into the kitchen and run my hands under the water. The water is cold. Listen to the water. “Are you okay?” Paige’s voice breaks through the chatter in my head, I hadn’t even seen my little sister sitting at the counter, doing her homework” (Stone, p.2, 2015)

Samantha realized that she often got annoyed by the sudden thought came to her mind, which made her had her own way to overcome the thought. She had several ways that she often implemented whenever the thought appeared. The datum above happened in page two of the novel. At that time, Samantha had lot of disturbing thoughts in her mind. Hence, she tried to reduce the thoughts by doing other things that she believed could be her coping mechanism to get rid of the thoughts. However, Samantha had no ability to control the thoughts that came to her mind. So, instead, she found ways to divert her mind from the thoughts. In the datum, she tried to divert her mind by went to the kitchen and put her hands under the water. She tried to feel the coldness of the water to divert her mind from her own thought. When she did that, suddenly her younger sister, Paige, came and talked to her. When it happened, Samantha described that the coming of Paige broke through the chatter in her head. From that, the researcher interpreted that during that time, Samantha had so many things ran through her mind, so when Paige came, Paige broke the chatter and thought in Samantha’s mind. In that position Samantha’s mind has a self-conversation and it is made her felt uncomfortable. The sufferer of Pure-O OCD will have many scenarios arise in their mind, for example the embarrassing, scary, cruel, or strange idea and thought (Foa & Wilson, 2001). In the datum above, it was shown that Samantha had many scenarios and thoughts in her mind, which made her had a self-conversation or chatter in her mind. Therefore, the researcher believed that the datum above showed that Samantha had the inability to control her mind, and sometimes, as what had been written in the datum above, she allowed the thoughts to be in her mind. That was why, she chattered in her head at that time, as a proof of her inability to control her own mind.

#### **Datum 11**

“Then she grabs both of my hands so hard, her wedding ring digs into one of my knuckles. “They’re just thought”, she says calmly. “Say it, please”. “They’re just thoughts”, I can echo her words but not the steadiness in her voice. “Good, you’re in control”, when I look away from her she grips my arms harder” (Stone, p.3, 2015)

The novel showed that Samantha often had the inability to control her mind. Most of the times, the thought came to her mind suddenly without Samantha's permission. In page three, Samantha underwent a situation where she got frustrated with her thoughts. Samantha at that time could not control and get rid of the thoughts, to the point where she asked help from her mother. Samantha got panicked and frustrated at that time because the thoughts kept coming to her mind. The way Samantha got frustrated and asked help from her mother could be proven by the way Samantha said "They're just thought", she says calmly. "Say it, please". From that, the researcher interpreted that Samantha could not control her mind. Even though she fully realized that it just the thought, she could not control it, because it kept coming to her mind. It was so hard for Samantha to control it until she need to be calmed by her mother. It is believed that the sufferer is not able to control his/her mind (Foa & Wilson, 2001). The datum above showed that Samantha unable to control her mind, which meant that Samantha fulfilled the symptom of Pure-O OCD which is the inability to control the mind.

#### **Datum 12**

"I can't turn my thoughts off, so I barely sleep. Without meds, I don't get much more than three or four hours a night. It's been that way since I was ten"(Stone, p.22, 2015)

Though Samantha realized that she suffered from certain mental illness and went to the psychiatric because of her condition, she never cover up her condition and always be honest with what she suffered of. It was proven in page 22, as written in the datum above. At that time, she had a talk with her friend, Caroline. At that time, clearly Samantha explained her condition to Caroline. Samantha said that every day, she could not turn of her mind and because of that, she could not sleep properly. Moreover, she also said that if she did not take the medicine, she could not get a proper sleep more than three or four hours in a night, and that condition had been that way since she was ten years old. After hearing the explanation of Samantha, Caroline showed her empathy towards Samantha. From the quotation above, the researcher interpreted the statement from Samantha as a proof that Samantha was unable to control her mind. Her inability was shown through her condition that she could not shut her mind, it was stated by her when she said "I can't turn my thoughts off". In that statement, Samantha pragmatically said that there was always thoughts on her mind, and it made her barely sleep. It became worse if she did not take the medication. It is believed that the sufferer of Pure-O OCD is not able to control his/her mind (Foa & Wilson, 2001). The fact that Samantha could not sleep without her medication because her thoughts cannot be turned off proved that Samantha had the inability to control her mind. Thus, the researcher interpreted the datum as a proof that Samantha fulfilled the third symptom of Pure-O OCD.

#### **Datum 13**

"You were singing", He says. "And humming", Mom adds. I was? "Earworm", I say. "This song has been stuck in my head all day". "It was really pretty", Paige says. Under the table where no one can see me, I scratch my jeans three times. "Yes, it was" (Stone, p.40, 2015)



Though Samantha had problem with her psychological, she was a popular girl that often hanging out with her friends and family. One time, she went out to dinner with her family. During their dinner, as written in page 40, Samantha suddenly hummed and sang a song by a singer named AJ. However, Samantha did not aware of that, because when her father and mother said that Samantha were humming and singing, Samantha asked to herself “I was”. It showed that Samantha did not realize that and did that unconsciously. After that, Samantha explained that the song had been stuck in her head and mind all day long. However, Samantha did not realized what was really happened to her before her mom and dad realized and ask to Samantha in that moment. The situation above proved that Samantha could not control her mind. The researcher believed that because Samantha suddenly sang a song that stuck in her mind unconsciously. It is believed that the thoughts that came to the mind of the sufferer is uncontrollable (Foa & Wilson, 2001). The datum above showed that Samantha could control her mind because she suddenly sang because the song stuck in her mind, but she did not realize that.

#### **4.4 Fear of the Bad Thoughts**

The fourth symptom of Pure-O OCD is the sufferer has the fear of the bad thoughts. The theory of Pure-O OCD believed that the sufferer has a fear that the bad thoughts that appeared in his/her mind might happen (Foa & Wilson, 2001). In other words, the sufferer is afraid that the bad thought can actually happen to his/her life. After analyzing the novel, the researcher could see that Samantha showed that she had this symptom as well.

#### **Datum 14**

“One, breathe. Two, breathe. Three, breathe” (Stone, p.19, 2015).

Samantha had repetitive words and behavior to overcome her thoughts that annoyed and disturbed her. She usually had her “mantras” to help her get out from the uncomfortable situation caused by her mind. In the datum above, it could be seen that Samantha tried to get rid her thoughts by doing repetitive words. She tried to calm her mind by repetitively said “One, breathe. Two, breathe. Three, breathe”. Samantha did that because she tried to breathe and calm her mind. At that time, it was told that Samantha got panic and needed to calm her mind because her friend from the same gang, Alexis, asked her to drive with her other friends to hangout outside. Just because of that small thing, Samantha got panic and could not handle her adrenaline. She became so worried and afraid. She afraid that something bad could happen during their fun time. Samantha had fear that her bad thoughts could come into reality. She was really afraid that something bad could happen, and because of that she became very panic and needed to calm her mind using the repetitive mantra that she had. The theory of Pure-O OCD believed that the sufferer has a fear that the bad thoughts that appeared in his/her mind might happen (Foa & Wilson, 2001). The datum above showed the way Samantha had a fear that something bad could happen when she hangout with her friends. Considering that, the researcher interpreted the datum above as a proof that Samantha showed the symptom of fear of the bad thoughts.

#### **Datum 15**

““Why do you see a psychiatrist?” she asks, like it’s no big deal. Apparently I’m not keeping secrets from her, because words start spilling out on their own. “OCD. I’m more obsessive than compulsive, so most of the ‘disorder’ part takes place in my own head. That makes it pretty easy to hide. no one knows”, I can’t believe I’m saying this out loud”(Stone, p.21, 2015)

Samantha always honest with other people about her condition. She did not hesitate to explain people what happened to her. In the datum above, Samantha did not mind to tell her friend, Caroline, about her psychological condition. She even told Caroline that she went to a psychiatric and she did not think that she should kept a secret from Caroline. In the conversation above, Caroline specifically and clearly explained that she suffered from OCD, specifically the obsessive one, which made her had difficulties in controlling her mind. It also made her had to go to the psychiatric. Because of Samantha’s statement, Caroline being curious about the real condition of Samantha. In the explanation, Samantha said that her problem made her very obsessive and it affected badly to her mind. Obsessive refers to the situation of obsession. In the case of OCD, obsessive refers to the situation where the obsession happened in the sufferer’s mind. Hence, the researcher interpreted the explanation by Samantha above as a proof that Samantha realized that she had many fears and thoughts in her mind as the effect of her obsession caused by OCD. The theory of Pure-O OCD believed that the sufferer has a fear that the bad thoughts that appeared in his/her mind might happen (Foa & Wilson, 2001). At the end of the statement, Samantha stated that she could not believe she could say her condition out loud to other people, because usually she had fear that other people could not understand her condition. Therefore, Samantha, the researcher believed, showed the fear that something bad might happened, which was in line with the fourth symptom of Pure-O OCD.

#### **Datum 16**

“I am starting to recognize this for the obsession that it is, but it doesn’t bother me. It’s innocent, like solving a puzzle. My mind has certainly come up with more dangerous fixation. “Are you okay, Sam?” Mom asks. Her voice snaps me back to reality, and when I look up from my plate, Mom, dan and Paige are all staring at me” (Stone, p.40, 2015)

On page 40 on the novel, Samantha had a dinner with her mother and her father. This quotation is happened on the page 40, when Samantha have a dinner with her mother and her father. Even though she had dinner with her family, Samantha suddenly lost her focus and talked to herself in her mind. She suddenly daydreamed and kept silence during the dinner, even though her parents were there. It was because Samantha was busy chattered in her mind. The thoughts suddenly appeared in Samantha's mind and it made her lost her focus. From the novel, the researcher knew that Samantha's thoughts caused by her situation that could not download and enjoy the songs from a singer named AJ. It disturbed her because Samantha really wanted to hear the song again, because previously she listened to the song for so many times. She emerged the feeling of fear that she could not do what she like and it made her thought that her mind came up with a more dangerous fixation. She was busy with her fixation, mind, and bad thoughts, until she did not realize that everyone at the table, who were her mother, father, and younger sister, was looking at her and asking for her condition. She lost her focus in the real world because she was busy with the fear that she could not download the song, even though she had not try to do it yet. The sufferer of Pure-O OCD is usually afraid that the bad thought can actually happen to his/her life (Foa & Wilson, 2001). The theory is in line with the fact that Samantha was afraid that her bad thoughts, which was could not listen to AJ song, could become reality, even though she had not try to download it yet. Hence, the datum above showed that Samantha had a fear of the bad thoughts.

#### **Datum 17**

““You're writing, aren't you? She asks. I don't answer her directly, but I don't have to. She can probably tell she's right by panicked look on my face. I can't read my poetry to her. I can't read it to anyone.”(Stone, p.49, 2015)

One time, Samantha had a time with Caroline. They talked to each other about many things, when suddenly Caroline asked Samantha whether or not Samantha wrote. Actually, Samantha liked to write, as she often wrote in her books, as had been explained in datum 6. Simply, Samantha could answer the answer of Caroline with “yes”, because it was true that Samantha wrote. However, it was hard for Samantha to directly answer the question, because suddenly she was attacked with panic. She got really panic and afraid after hearing Caroline's questions. It was caused by Samantha's thought. In the novel, it was explained that Samantha afraid that Caroline would mock her when Caroline read her works. The datum above proved that Samantha suddenly got a panic look on her face after Caroline asked the question. Moreover, Samantha said to herself that she could not and would not read her poetry, or writings, to everyone. Her decision and reaction caused by the fear of Samantha who was afraid that people would mock at her poetry or works. The fourth symptom of Pure-O OCD is the sufferer has the fear of the bad thoughts. The theory of Pure-O OCD believed that the sufferer has a fear that the bad thoughts that appeared in his/her mind might happen (Foa & Wilson, 2001). In the datum above, Samantha showed that she feared her bad thoughts, which was she was afraid that people would mock at her, even though the bad thoughts probably not real and only existed in Samantha's mind. Therefore, the researcher interpreted the reaction of Samantha as a proof that Samantha fear of her bad thoughts, which was in line with the fourth symptom of Pure-O OCD.

#### **4.5 Feeling of Worry**

The last symptom of Worries and Pure-O OCD is the feeling of worry. Foa & Wilson in 2001 explained that the sufferer of Worries and Pure-O OCD easily gets worry, yet it is hard for his/her to erase the feelings of worry (Foa & Wilson, 2001). In other words, the sufferer will easily get worry because of the thoughts that often come to the sufferer's mind, especially the bad thoughts. The writer could find the proof that Samantha showed this symptom through the quotation that the researcher found in the novel.

#### **Datum 18**

“No one says anything, but after a few uncomfortable seconds, I feel Mrs. Mazeur thread her arm through mine. “Want to keep me company?”, “Sure”. I bite the inside of my lip three times. Alexis doesn't seem to know what to say” (Stone, p.44, 2015)

Another proof of Samantha's feeling of worry could be seen in the novel in page forty four. At that time, Samantha had a dinner with her friend Alexis and Alexis's mother. But, at that time, Samantha, Alexis, and Alexis' mom only got the table for two person. So, Mrs. Mazuer asked Samantha and Alexis to have different table. That was actually a small thing that did not need to be worried about. However, without any reason, Samantha got worried with the situation. It felt like she was insecure and worried. Samantha also described the situation was uncomfortable and awkward. Then, she bit her lips three times as a reaction of her worries. Foa & Wilson in 2001 explained that the sufferer of Worries and Pure-O OCD easily gets worry, yet it is hard for his/her to erase the feelings of worry (Foa & Wilson, 2001). The writer believed that the datum above proved that Samantha had the feeling of worry towards small and unimportant things, because she even got worry when she had an informal dinner with her friend.

#### **Datum 19**

“Is everyone looking at us? I ask. “Nope, no one's paying any attention. Just breathe”(Stone, p.68, 2015).

From the quotation , Samantha often had the bad thoughts coming to her mind, which affected her to have the feeling of worry. One time, Samantha felt like she was not comfort with her own feeling and thought. The datum above happened when Samantha tried to get ready to read her poetry on the stage, as had been explained in datum 16 and datum 17. At that time, she asked her friend whether other people was looking at her or not. To calm her down, her friend said that no one was paying attention, so Samantha could just try to breathe. The writer interpreted Samantha's question as a feeling of worry, because before that Samantha was afraid that people would laughing at her. Thus, when she said that, the writer saw that as a reaction of her worry. She was worried at many people was staring at her and making fun of her. The theory of Worries and Pure-O OCD explained that the sufferer will easily get worry because of the thoughts that often come to the sufferer's mind, especially the bad thoughts (Foa & Wilson, 2001). It is in line with the datum above that showed Samantha easily get worry because of what came to her mind. Hence, the datum above proved that Samantha emerged the feeling of worry.

#### **Datum 20**

“The negative thoughts overpower all the positive ones, and the familiar swirl begins. But this time, the thoughts aren’t about standing on stage and reading out loud and wondering if everyone’s going to laugh at me. These thoughts are much worse. They’ll know I’m sick”(Stone, p.70, 2015)

The quotation above still told about the situation where Samantha needed to read her poetry in front of other people on the stage. The datum above showed that Samantha was really afraid about people’s judgment to her after she finished her poetry reading on the stage. Samantha described that at that time she felt like the negative thoughts took control and overpowered all the positive thoughts. Moreover, she was afraid that people would laugh at her and her mental illnesses. She also afraid that people would know that she was sick. The writer interpreted that feeling as a proof that Samantha kept many worries inside her. She had many unpleasant thought that made her emerged the feelings of worry. (Foa & Wilson in 2001) The datum above proved that Samantha easily got worry towards small, unimportant, and uncertain things, even though it might not happen. Her feeling of worry proved that Samantha fulfilled the fifth symptom of Worries and Pure-O OCD.

#### **4.6 Thinking about thought really happened**

The sufferer has a fear that the bad thoughts that appeared in his/her mind might happen (Foa & Wilson, 2001). In other words, when the sufferer thinks about something bad then he feels afraid if the thought really happens to him. After analyzing the novel, the researcher could see that Samantha showed that she had this symptom as well.

#### **Datum 21**

““I’m not sure I’m ready for this”. The words come out before I can stop them. My breathing becomes shallow again, and my whole body feels like it’s on fire. My hands are clammy, my fingers tingly and the thoughts start rushing in, one after the other. Everyone’s going to laugh at me. “Are you okay?” AJ asks, and without thinking about it, I shake my head”(Stone, p.68, 2015)

After her panic reaction after Caroline asked her about her writings, Samantha at the end had to read her poetry on the stage. At first, Samantha was ready to read the poetry she wrote on the stage in front of people. But, suddenly she unconsciously said that she was not ready for reading it in front of people. Samantha said that she said that unconsciously and she could not control herself to not saying that. After she said that, she could feel that her breath became shallow and her body felt like it was on fire. The writer interpreted that as a physical reaction of Samantha because she was afraid and panic. Moreover, Samantha also felt other reaction, which were her hands became clammy, her fingers tingly, and her thoughts started to rush in. Further, Samantha explained that the reaction she felt on the stage caused by her own thoughts. She had a thought that people would laugh at her and her poetry. She had a fear that her poetry was embarrassing and made people look at her, even though it might not happen. That thoughts then made her afraid to read her poetry on the stage. The theory of OCD explained that the sufferer is afraid that the bad thought can actually happen to his/her life (Foa & Wilson, 2001). The datum above is in line with the theory, because in the datum Samantha showed that she was afraid that her bad thought could actually happen.

### Datum 22

“He’s watching me, not saying a word. My gaze settles on a crack in the cement while I muster up the courage to tell him the truth. “I panicked”, I say. “I thought you guys would laugh at my poem” “We wouldn’t have”. “And then I thought maybe it was all a joke. that you were trying to get me back for what I did to you when we were kids” (Stone, p.73, 2015)

After the fear of Samantha to read her poetry on the stage, finally Samantha read her poetry, after her friends tried to convince her that it would be fine. The datum above, explained and showed what happened after the fear happened to Samantha, as explained in datum 21. From the quotation in datum 22, it could be seen that she could get through the situation well. Even though she was panic and afraid, no one was laughing at her poetry and her. Instead, people heard at her poetry and put their empathy and respect to Samantha. It was because her poetry was really deep as it was from what she wrote on her personal notebook. The datum showed that what Samantha feared of did not happen in reality. The theory of Worries and Pure-O OCD believed that the sufferer has a fear that the bad thoughts that appeared in his/her mind might happen (Foa & Wilson, 2001). The datum above showed that, even though what Samantha feared of did not happen, initially she feared her bad thoughts, and it could be proven from the way she said to her friend that she panicked and afraid that everyone would laugh at her. Therefore, the writer interpreted the action and statement of Samantha as a proof that she feared her bad thought.

#### 4.7 Small thing can make worries

The sufferer of Worries and Pure-O OCD easily gets worry, even towards Small and unimportant things, it makes the sufferer feel worried (Foa & Wilson, 2001). In other words, the sufferer with this symptoms when sufferers have small and unimportant things can cause them to feel worried. The writer could find the proof that Samantha showed this symptom through the quotation that the researcher found in the novel.

### Datum 23

“Kaitlyn steps in to hug me. “Are you shaking?” she says.

Breathe. Breathe. Breathe.

“Too much coffee this morning, I guess”, the warning bell rings and I turn to my locker and start dialing the combination with trembling fingers. “I’ll see you later””(Stone, p.15, 2015)

In the page 15, Samantha had a conversation with her friend from the same gang, who was Kaitlyn. At that time, Samantha had another time of being panic because of her mind. In the novel, it is explained that the condition of Samantha happened after Alexis asked Samantha to have a private talk with Samantha, as had been explained in datum 7. Because of what Alexis said to Samantha, Samantha got panic, and in impact, Samantha felt like her body is shaking. Moreover, Samantha had to repeatedly say one of her magic words in order to control herself. She said "Breathe. Breathe. Breathe" repeatedly because she got panic because of what Alexis did. The way Samantha showed that reaction proved that she easily felt worry. She was worry about what Alexis would say to her, and it affected her to felt physical reaction in her body. Foa & Wilson in 2001 explained that the sufferer of Worries and Pure-O OCD easily gets worry, even towards small and unimportant things, it makes the sufferer feel worried (Foa & Wilson, 2001). The theory is line with what happened to Samantha, who at that time got worry with what Alexis would say, even though she did not know what Alexis would say yet. However, she tried to lie about her condition to Kaitlyn because she worried what Kaitlyn would think of if Samantha told the truth. Therefore, the writer believed that the datum above showed that Samantha was easily get worry because of the small thing.

#### **Datum 24**

"I need to him to forgive me", I say. It's all I think about. It's making me crazy. "You can't need that, Sam", she says, slowly shaking her head. "That one one's out of your control. You have done your part, and now it's up to him. He'll either forgive you or he won't"(Stone, p.64, 2015)

The datum above happened when Samantha had a trouble with AJ. Because of her trouble, she tried to apologize. Even though she felt really sorry and tried to apologize, she could not control the disturbed feeling she felt. At that time, Samantha described the situation as an uncomfortable situation that drove her crazy. The researcher interpreted that statement as the way of Samantha to say that her problem with AJ stuck in her mind and it annoyed and disturbed her, because she could not get rid of the thought. She thought a lot about the way to apologize to AJ. Even though her friend tried to calm her by saying that it would be fine as long as Samantha had tried, but still Samantha got really worried and overthink it a lot. It is believed that the sufferer of Worries and Pure-O OCD are easily worried, even over small and unimportant things, it makes the sufferer feel worried ( Foa & Wilson, 2001).The datum above was in line with the theory of Worries and Pure-O OCD because it showed that Samantha got really worry about her problem with AJ, even though her friend already tried to calm her down. Therefore, the writer interpreted the datum above as the proof that Samantha fulfilled the last symptom of Worries and Pure-O OCD.

#### **Conclusion**

In this chapter, based on the findings and the discussion of the portrayal of Obsessive Compulsive disorder that reflected to the main character of the novel *Every Last Word* by Tamara Ireland Stone. The researcher concludes that the main character of the novel *Every Last Word* is identified as the person who is suffering Obsessive Compulsive disorder. It is strongly shown by the activities of the main character inside the novel. There are activities of the main character that identified as the symptoms of Obsessive compulsive disorder that suffered by Samantha McAllister as the main character in *Every Last Word* novel. The activities of the main character in the novel reflected to the symptoms of Pure OCD, such as; Unpleasant thought, feeling of doubt, inability to control the mind, fear of the bad thought, feeling of worry, Thinking about thought really happened, and Small things can make worries.

In the novel *Every Last word* by Tamara Ireland Stone, the author described the behavior of the main character Samantha who is struggle with her mental illness which is pure Obsessive compulsive disorder through the quotation written by the author in the novel. This study is nearly reflected to the third previous study that is entitled "Hope's Obsessive-compulsive Disorder in Hope Donahue's *Beautiful Stranger* written by Romauli Butar Butar (2010)". This study used a qualitative descriptive and used Davison and Neale's theory of Obsessive-compulsive Disorder to analyze. Psychological approach is used in this thesis because it analyzes a person's mental condition and its impact on a person's mental health.

At the end of this paper, the researcher concludes that the main character Samantha McAllister as the person who suffering Pure Obsessive compulsive disorder, this supported by the quotation from the novel as the main data and supported by the theory and approach that used in this study. The researcher believes that, the main character in the novel *Every Last Word* by Tamara Ireland Stone as the person who has mental disorder which is Obsessive Compulsive Disorder. Hopefully, this research could help the future researcher to conduct the same issue with the deeper discussion and give them understanding about the characteristic of the person who has obsessive compulsive disorder to reduce misperception towards the definition of OCD in common society.

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