

THE FEARS OF INTIMACY OF HAZEL GRACE LANCASTER IN JOHN GREEN'S *THE FAULT IN OUR STARS*

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Abstrak

*Penelitian ini secara eksplisit membedah ketakutan akan kedekatan yang tercermin dalam novel *The Fault In Our Stars* karya John Green. Tujuan dari penelitian ini adalah untuk memecah novel ini bergantung pada *Fears of Intimacy Psychological Approach*. Ada dua sumber data yang peneliti gunakan untuk menguraikan dan mengkaji substansi eksplorasi. Peneliti menggunakan dua sumber informasi: informasi penting dan informasi tambahan. Sumber informasi penting dari ulasan ini adalah novel *The Fault in Our Stars* oleh John Green. Informasi tambahan adalah informasi pendukung yang diambil dari makalah dan artikel tertentu yang diidentifikasi dengan novel dan Pendekatan Psikologis Ketakutan Keintiman. Informasi tambahan dari resensi juga diambil dari data apa pun yang diidentifikasi dengan buku. Sumber informasi selanjutnya berfungsi sebagai alat untuk membantu peneliti memahami ungkapan dengan baik. Pemeriksaan informasi memukau subyektif dan *Fears of Intimacy Psychological Approach* digunakan dalam postulat ini untuk membantu peneliti dalam merinci dan mengungkapkan substansi untuk membuatnya lebih jelas oleh banyak orang. Mengingat penyelidikan, peneliti mendapatkan beberapa tujuan. Temuan mengungkapkan bahwa Ketakutan Keintiman dalam novel tercermin dari perasaan, perilaku, dan ucapan karakter utama. Selain itu, penelitian ini juga menunjukkan bahwa *The Fears of Intimacy* dalam novel telah mempengaruhi kehidupan karakter utama dan sekitarnya.*

Kata kunci: Ketakutan, Keintiman, Ketakutan Keintiman

Abstract

*The research is explicitly dissecting fears of closeness reflected in *The Fault In Our Stars* novel by John Green. The goal of this reserach is to break down this novel dependent on *Fears of Intimacy Psychological Approach*. There are two data sources that the researcher used to break down and examine the substance of the exploration. The researcher utilized two information sources: essential information and auxiliary information. The essential information wellspring of the review is *The Fault in Our Stars* novel by John Green. Auxiliary information are the supporting information taken from certain papers and articles identified with the novel and the *Fears of Intimacy Psychological Approach*. The auxiliary information of the review are likewise taken from any data identified with the book. The subsequent information source fills in as a device to assist the researcher with understanding the expressions well. Subjective spellbinding information examination and *Fears of Intimacy Psychological Approach* are utilized in this postulation to help the researcher in breaking down and disclosing the substance to make it more obvious by a great many people. In view of the investigation, the researcher gets a few ends. The findings reveal that *The Fears of Intimacy* in the novel is reflected by the main character feelings, behaviors, and utterances. Moreover, this research also shows that *The Fears of Intimacy* in the novel has affected the main character's life and surroundings.*

Keywords: *Fear, Intimacy, Fears of Intimacy*

1. INTRODUCTION

Certain individuals live past euphoria, bliss, even joy, no one is absolved to the encountering of fear additionally as its friend, torment. People

are brought into the world during a sensation of fear and torment. they need a genuine effect on living souls, as do the endeavors to stop them. People die in fear and agony. Fear of death,

disease, inability, desperation, and a spread of other dread shapes even the preeminent essential components of living souls: what they eat and the manner in which they act. (Dozier, 1999: 1). In the study directed by Olsson, Katherine I. Approaching, and Elizabeth A. Phelps, clarified that when individuals experienced another person being exposed to a terrible encounter, understanding that some other treatment anticipated them, and when they were restricted upgrades in a fear setting off condition. These suggest how fear might develop in the two circumstances, as opposed to just through close to home insight.

Almost all recent formulations of fundamental emotions in Emotion-Focused Cognitive Therapy include five feelings. There is sadness, joy, hatred, disgust, and fear. Sadness is a feelings that expresses the loss or inability (whether genuine or potential) of a valued function or goal. Feeling of joy that expresses the successful progression toward or completion of a valued function or aim. Hate is identified as a feelings that obstructs or frustrates a function goal by means of a projected agent. Disgust is defined as a person, entity, or theory that is offensive to individual as well as to cognitive process. Fear is stated as a social or cultural threat to oneself, one's valued position or one's objective. (Power, 2010: 26).

In the novel's plot, it incorporates people who have been determined to have ongoing malignancy. A cancer patient might be in a condition of emergency promptly in the wake of being determined to have a genuine sickness, portrayed by physiological, cultural, and mental precariousness. Numerous constant sicknesses affect all aspects of a patient's condition. Likewise with basic ailment, there is a short period during which all ordinary capacities are intruded. Genuine ailment, then again, may require consistent or industrious adjustments in physical, word related, and social action.

Besides, people with ongoing infections should intellectually fuse the victim job into their life in case they are to react to their conditions. Tension is regular after an ongoing illness analysis, as indicated by the book Health Psychology research. Numerous patients are terrified by the chance of life changes and, in certain conditions, the chance of death. Tension levels are incredibly high while patients are sitting tight for discoveries, getting analyze, planning for critical operations, and expecting or encountering negative incidental effects. (Taylor, 2012: 262).

In the novel, the main character of *The Fault in Our Stars* is forced to face death, which most other youth do not have to face. Despite the fact that everyone will be in the long further than words, as Hazel points out in Support Group, death's promptness to the death's door indicates they could not even stop thinking about which comes after death, and the possibility that such a pause is emptiness for them.

The Psychoanalytic Criticism theory developed by Lois Tyson is the main theory used in this thesis. From the six core issues, he mentions three different types of fear (pp. 16–17). The first is Intimacy Fears. The persistent and overwhelming feeling that emotional closeness will seriously harm or destroy us, and that the only way to stay emotionally safe is to maintain a psychological detachment from others at all times. Fears of Intimacy, as previously stated, could also serve as a defense. If this particular defense occurs frequently or on a regular basis, Fears of Intimacy is most likely a core issue. The Fear theory developed by Lois Tyson is the central concept in this study. It is the primary theory used to research *The Fault in Our Stars* in an attempt to identify how the main character's life is affected by the Fears of Intimacy.

The first supporting theory used to interpret the novel is Sigmund Freud's psychoanalysis theory. Freudian psychoanalysis divides the

human mind into three parts (Rajeevan, 2011). The first division is consciousness, which consists of events, memories, imaginations, and sensations from sense organs, as well as sentiments and emotions that a human is aware of at the time. The second component is the pre-conscious mind, which is made up of psychic experiences and desires from the past. The unconscious mind, on the other hand, is filled with unpleasant memories and emotions, as well as scars, fears, guilty impulses, and unresolved conflicts that we would rather not recognize about (Tyson, 2020). Because Fear is a consequence of the unconscious mind, the researcher concentrated strictly on the unconscious mind, which also explains one emotion, fear, which relates to Fears of Intimacy.

The theory from Pietrangelo's paper *Defining and Overcoming Fears of Intimacy* is also used as a supporting theory in this study. This study explains what the concept of Fears of Intimacy is, what symptoms people with this condition experience, what provokes Fears of Intimacy, what consequence Fears of Intimacy has, and, last but not least, how to cope Fears of Intimacy. This theory also assists me in becoming my ruler and benchmark in assessing how the main character's Fears of Intimacy are reflected and how the main character's Fears of Intimacy affect her life and surroundings.

There is a paper written by Nathania Astria Pangestu and F.X. Dono Sunardi with the title "An Incomplete Psychological Novel: A Psychoanalytical Analysis of Hazel Lancaster in John Green's *The Fault in Our Stars*" that aims to identify Hazel Grace Lancaster's, the novel's main character, self-defense mechanisms, and core issues, as well as their potential causes. Actually, in the previous study, Fears of Intimacy were mentioned as one of the main issues of Hazel Grace Lancaster, the main character of the story. Moreover, that publication makes no mention of the impact of

Hazel's Fears of Intimacy on her life. As a result, in this research, the researcher only concentrate on the fears which surfaced in the novel as well as the impact of Hazel Grace Lancaster's Fears of Intimacy to make it more detailed and brief. The researcher also concentrates on how the Fears of Intimacy are reflected in the feelings, behavior, and utterances of the main character in relation to her surroundings.

Followed by the problem statement, this research is expected to analyze how the Fears of Intimacy are represented in the novel, as well as how the Fears of Intimacy may affect Hazel Grace Lancaster's relationship with her surroundings. The findings of this study supplement previous research by emphasizing a focus on Fears of Intimacy, which may be useful for future attempts at comparable research or academic pursuits (could be followed by further research on Fears of Intimacy). This study further goes into detail about how someone who is frightened of closeness feels. As a result, this could be used to learn how to deal with. The goal of this study is to better understand the factors that contribute to societal Fears of Intimacy. It is hypothesised that, people would be able to detect it or understand it if it has already happened.

2. RESEARCH METHODOLOGY

The descriptive-qualitative research method was used by the researcher. Descriptive study aims to discover the characteristics of a phenomenon under investigation. It responds to the what question (what the characteristics of the situation being researched are). The goal of qualitative research is to describe, and researchers then investigate why the findings exist and what the implications of the findings are (Shields and Rangarajan, 2013:109).

This investigation also necessitates close reading. It is a method of research in which readers pay attention to facts and details in the

text. It could be focused on a specific passage or the entire text. This entails collecting data with care and interpreting the findings (Kain, "How to Do a Close Reading"). This research is performed by reading the novel and focusing on parts that correspond with the analysis. Following that, the data gathered is interpreted with the assistance or sustain of the theories employed.

This study's data comes from John Green's novel *The Fault in Our Stars*, that was published by Dutton Books | An imprint of Penguin Group (USA) Inc. Representing content is derived from online books, references, and publications in the fields of literature and psychology, with a focus on theories and discussions about Fears of Intimacy.

The following are the sources of the data used in this thesis. First, close reading is performed, in which the novel is learned several times until all the whole and specific images are procured, as well as full comprehension. Some points relevant to this research have been highlighted so that they can be easily identified during the review. Second, data collection is carried out. Books and other source materials are scoured for material on the subject. Third, the data is categorized based on the problem utterances. They are classified based on whether they answer the first or second question. Fourth, some passages from the novel and other content that could be used to encourage the study are quoted, and the analysis is completed.

3. FINDINGS & DISCUSSIONS

The researcher's goals in this discussion are to analyze the main character's Fears of Intimacy through utterance, then statement out Fears of Intimacy represented by the main character, Hazel Grace Lancaster. The utterance is provided in novel dialogue.

A. The Fears of Intimacy form reflected by Hazel Grace Lancaster

a. Through her feelings

When Hazel was with Kaitlyn, she asked for permission to go home first. Hazel stated that she would call her mother soon to arrange for her to be picked up. Even though Hazel did not return home right away, she desired to spend time alone away from Kaitlyn and her mother. This was demonstrated by the following text:

"I liked my mom, but her perpetual nearness sometimes made me feel weirdly nervous." (Green, 2012, p. 43)

Because she is nervous about closeness, Hazel expresses her Fears of Intimacy through her feelings in the dialogue above. It is proven that it reflected one of Ann Pietrangelo's Fears of Intimacy in the fifth point of symptoms, which is having difficulty forming or committing to close relationships.

Hazel's condition prevented her from attending school for an extended period of time, which meant she did not see her school friends for an extended period of time. This made her stiff, especially when she met Kaitlyn. It felt strange for Hazel to be intimate with Kaitlyn again. The following text shows this:

"..And I liked Kaitlyn, too. I really did. But three years removed from proper full-time school exposure to my peers, I felt a certain unbridgeable distance between us. I think my school friends wanted to help me through my couldcer, but they eventually found out that they couldn't. For one thing, there was no through." (p. 43)

Admittedly, if she wants to rebuild her friendship with Kaitlyn, she understands that doing so will only disappoint Kaitlyn in the future and make Kaitlyn feel like she is wasting her time having a friend like Hazel. It was proven that it reflected Ann Pietrangelo's last Fears of Intimacy symptom, which is living in self-imposed social isolation.

Hazel liked being alone; she didn't see that she'd have to stay with her parents for so long; wouldn't that be better if she napped for a while to get rid of her breathlessness? When Hazel returned to her room, she didn't even sleep, but was daydreaming about what happened during the picnic with August. It's clear from the quote below that Hazel has special feelings for August Waters, but she chose to keep them hidden because she is afraid of intimacy. The following text demonstrates this:

“But I ended up just lying in bed and replaying the whole picnic with Augustus. I couldn't stop thinking about the little moment when I'd tensed up as he touched me. The gentle familiarity felt wrong, somehow. I thought maybe it was how orchestrated the whole thing had been: Augustus was amazing, but he'd overdone everything at the picnic, right down to the sandwiches that were metaphorically resonant but tasted terrible and the memorized soliloquy that prevented conversation. It all felt Romantic, but not romantic.” (p. 71-72)

b. Through her behaviors

Hazel preferred to be alone and away from crowds. She prefer to hold herself in her bedroom and take her time reading novels since she enjoys reading so much. Although her parents want Hazel to spend time with them, Hazel prefers to be alone rather than with her parents. The fact that she enjoys being alone demonstrates that she suffers from Fears of Intimacy. This can be seen by reading the text below:

“Anyway, I really did like being alone. I liked being alone with poor Staff Sergeant Max Mayhem, who—oh, come on, he's not going to survive these seventeen bullet wounds, is he?” (p. 44)

By taking a look at the dialog above, it is clearly reflected that Hazel has shown her Fears of Intimacy through her behavior. After all of that, it is clearly depicted the last point of the Fears of Intimacy symptoms by Ann Pietrangelo which is live in self-imposed social isolation.

At the moment, Hazel's mother told her that she didn't have enough money to accomplish Hazel's wish to visit Amsterdam and meet Peter Van Houten, the author of Hazel's favourite book, *An Imperial Affliction*. Immediately, while discussing the funds for the trip to Amsterdam, Hazel cut in and said she wanted to call August Waters. On the other end of the phone, Hazel inquired about how they got there, what they planned to do, and especially what Hazel would do there. But whenever August brings up the subject of her crush, she quickly changes the subject. It is illustrated in the following text:

“Hazel GRACE!” he shouted. “You did not use your one dying Wish to go to Disney World with your parents.”

“Also Epcot Center,” I mumbled.

“Oh, my God,” Augustus said. “I could not believe I have a crush on a girl with such cliché wishes.”

“I was thirteen,” I said again, although of course I was only thinking crush crush crush crush crush. I was flattered but changed the subject immediately. “Shouldn't you be in school or something?” (p. 64)

The subject is immediately changed by Hazel's behavior. It is clear that she has the fifth point of Ann Pietrangelo's symptoms form of Fears of Intimacy, which she demonstrates through her behavior, which is difficulty forming or committing to close relationships.

Hazel and August spent some time alone by the canal after riding the canal down the river in Amsterdam. Suddenly, Hazel inquired about Caroline Mathers. August interrupted by saying that Hazel did not believe in the eternal life. In August's mind, Hazel would discuss afterlife topics, but in reality, Hazel just wanted to reassure herself that August would be okay if she had to die and leave August alone. This is obviously reflected in the following dialogue:

“Could I ask you about Caroline Mathers?”

“And you say there's no afterlife,” he answered without looking at me.

“But yeah, of course. What do you want to know?”

I wanted to know that he would be okay if I died. I wanted to not be a grenade, to not be a malevolent force in the lives of people I loved. “Just, like, what happened.” (p. 118-119)

This clearly indicates that Hazel's behavior reflects her Fears of Intimacy. Hazel's Fears of Intimacy led her to believe that no one should be close to her because she didn't want to let anyone down when she died. By comparing herself to a grenade, it is also concluded that Hazel has the first point of Ann Pietrangelo's Fears of Intimacy, which is low self-esteem.

c. Through her utterances

Hazel's father was talking about Hazel's trip to Amsterdam. In fact, Hazel's father was concerned when he had to allow his son to travel to Amsterdam. Because, in his father's opinion, Hazel is still a child. Hazel's father was disappointed that Hazel had to accompany August to Amsterdam. On either hand, Hazel believes her parents give her excessively attention; she believes they are handled as if they are a small child who requires constant attention, as do children in general. But at the other hand, Hazel started to feel that her family

were taking it too seriously to her relationship with August, which she did not even like. This could be reflected in the following utterance:

“I am not a bunny, and I am not in love with Gus Waters or anyone,” I answered, way too defensively. Wounded. Like Caroline Mathers had been a bomb and when she blew up everyone around her was left with embedded shrapnel.” (p. 75)

She didn't allow her parents to think she was head over heels in love with August Waters. Through what she said, Hazel demonstrated her Fears of Intimacy. Hazel's statement above also demonstrates that Hazel has the third point of Ann Pietrangelo's Fears of Intimacy symptoms, which is experiencing episodes of anger.

When Hazel got to meet Isaac, August's best friend, they became engrossed in a conversation about a game that Isaac and August frequently played. August, according to Hazel's knowledge, enjoys playing games in addition to reading books. From the other hand, Hazel discusses that August is a bit obsessed with allegory. Isaac, who had also been observing the extent of Hazel and August's relationship, heard and observed this and asked Hazel if she love August. With her response, Hazel appeared to be concealing something about her feelings and tendency to be in a romantic affair with August. The following dialogue will provide a detailed explanation:

“Do you like him?” Isaac asked.

“Of course I like him. He's great.”

“But you do not want to hook up with him?”

I shrugged. “It's complicated.” (p. 97)

Hazel responds that her emotions for Augustus are complex, and she reveals that she does have a special feeling for Augustus, but she is afraid to express it because there are things she could even break. Based on the preceding discussion, it is reasonable to conclude that Hazel reflects Fears of Intimacy through her feelings. As a result, it is

demonstrated that Hazel has one of Ann Pietrangelo's nine Fears of Intimacy symptoms, which is an inability to share feelings or express emotion.

When Hazel and Augustus attend the dinner invitation given by Peter Van Houten's assistant, August wears the suit he prepared for the day of his death but Hazel does not use his death dress. Hazel said she did not want to wear her death dress to go on a date. That's where August started to tease that Hazel thought this was a date for him. But Hazel stubbornly refused to call it a date. Hazel did not think this was anything more than accepting the free dinner invitation Peter Van Houten had given the two of them. This could be illustrated in the dialogue below:

“So it’s your death suit.”

“Correct. Do not you have a death outfit?”

“Yeah,” I said. “It’s a dress I bought for my fifteenth birthday party. But I do not wear it on dates.”

His eyes lit up. “We’re on a date?” he asked.

I looked down, feeling bashful. “Do not push it.” (p. 115)

August questioned if the dress Hazel was wearing was also a dress she would wear on the day of her death. But Hazel opposed, claiming that she couldn't possibly use it for dating. Then August took advantage of the situation to confirm that Hazel was correct in believing that the two of them were on a date night. Hazel denied it vehemently, countering with her words. It is clear from this that Hazel is expressing her Fears of Intimacy through her utterance. From the utterance above, it is possible to conclude that Hazel has one of Ann Pietrangelo's Intimacy symptoms, which is difficulty forming or committing to close relationships.

B. How the Fears of Intimacy affect Hazel Lancaster’s Surroundings

a. Affect her parents

Hazel's parents are really concerned about her. Every time Hazel is unhappy, her parents will be the first to notice, so they will give heed and inquire as to what is causing her heartbreak. Similarly, when Hazel is sad, her parents are the first to notice. This tends to reflect Hazel's parents' feelings for her. However, it gave Hazel the impression that she was being handled as if she were a child. Hazel thought her parents' attention was sometimes more than enough for her. This ended up causing Hazel to distance herself from her parents. This could be reflected in the following dialogue:

“I’m going to go to my room and read for a while, okay? I’m fine. I really am fine; I just want to go read for a while.” (p. 76)

Hazel's Fears of Intimacy cause her to prefer to enjoy her own time and spend it reading novels in her room alone, away from other people. Fears of Intimacy clearly affect Hazel's relationship with her parents in this case.

b. Affect her boyfriend

Hazel relived her memories with August at the picnic after the picnic. August almost kissed Hazel at the picnic, Hazel recalled. Hazel felt it was unusual for her; Hazel has a particular reason why she had to refuse August's physical contact and why she had to refuse when August initiated kissing her. The only main reason Hazel wanted to keep a distance from August was that she did not want August to become more engaged in their relationship. She hoped August to stay in the space she had bound him to. This is indicated in the following quotation:

“But the truth is that I had never wanted him to kiss me, not in the way you are supposed to want these things. I mean, he was gorgeous. I was attracted to him. I thought about him in that way, to borrow a phrase from the middle school vernacular. But the actual touch, the realized touch . . . it was all wrong” (p. 72)

Hazel expresses her displeasure with August kissing her in the previous utterance. Hazel, on either hand, concedes that August is gorgeous and does not deny that she is attracted to her. However, Hazel felt that kissing and intimate physical touch should not occur, and that intimate physical touch was a mistake that should not occur. In this case, it is definite that Hazel's Fears of Intimacy influenced her decision-making because she obviously denied and did not want to be kissed and affected by August.

c. Affect her bestfriend

Once Hazel runs into Kaitlyn, her high school best friend, she finds it weird and strange to have a close relationship with her again. Basically, Kaitlyn wants to have a friendship with Hazel and chat with her like they used to be close friends at school. However, the reality that Kaitlyn experienced after becoming intimate with Hazel was inverse to how Hazel dealt Kaitlyn. Hazel was concerned that Kaitlyn would've been self-conscious while speaking with her, despite the fact that Hazel couldn't make her feel as comfortable as she had before. This was Hazel's fear of disappointing a large number of people if she died unexpectedly someday, but she was hesitant to express herself clearly. More information can be found in the phrase below:

“The other thing about Kaitlyn, I guess, was that it could never again feel natural to talk to her. Any attempts to feign normal social interactions were just depressing because it was so glaringly obvious that everyone I spoke to for the rest of my life would feel awkward and self-conscious around me, except maybe kids like Jackie who just did not know any better.” (p. 44)

Hazel felt that her conversations with Kaitlyn would never be the same as they were when they were students at the same school and

became friends. This gave Hazel the impression that common social connections are horrifying and difficult. She felt it would be difficult to talk to people who were well-versed in her lung cancer and who must have realized that Hazel would die as a result of her disease one day. That describes why she is better off speaking to an innocent little kid named Jackie in the above dialogue, a child who is genuine and therefore does not acknowledge what cancer is or whether it can take people's lives.

4. CONCLUSION

In three ways, Hazel's Fears of Intimacy are reflected. First is through her feelings about her mother's closeness to her, and she tends to spend longer alone. The second is through her behavior. It is definite since Hazel enjoys solitude from her surroundings, she avoids topics such as love that August frequently asks her about, and she actively avoids commitment and sensuality. Last one, through her utterances. Hazel conveyed her Fears of Intimacy by declaring that she is not in love with anyone, especially August, that she conceals her true feelings about love, and that she actively avoids dating.

In addition to finding that Hazel's Fears of Intimacy are clearly reflected in the novel, the study concluded that Hazel's Fears of Intimacy are absolutely affecting her relationships with her parents, boyfriend, and best friend. The first explains how Hazel's Intimacy Fears affect her relationship with her parents. It's clear that her parents, particularly her mother, are giving closer attention to her. Though if Hazel oftenly avoids family discussion time, her parents' constant proximity does not diminish in the least. The second is how her Fears of Intimacy affect her relationship with Augustus Waters, her boyfriend.

Based on the findings and discussions, it is contended that Hazel gave August some space in order to keep August at a distance, and she

also did not consider August as someone special, despite the fact that August wanted to be connected to her over time. Aside from that, August becomes more intrigued by her because he notices that Hazel is difficult to get along with. Hazel's Fears of Intimacy not only affect her parents and boyfriend, but they also affect her relationship with Kaitlyn, her best friend at school. Hazel 's weird speaking with Kaitlyn because she fears that their conversation would never be the same.

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