

**ANXIETY AS PORTRAYED IN THE SELECTED POEMS OF RUPI
KAUR'S *HOME BODY* (2020)**

A Research Paper

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Sastra pada Fakultas Pendidikan Bahasa dan Sastra

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PAGE OF APPROVAL
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ABSTRACT

Using Instagram as a platform to publish their work, Instapoets have made poetry more accessible to the broader audience, especially the younger generation. Mental health, among others, is one of the themes that these Instapoets like to raise in their poems. Since the prevalence of anxiety, particularly amongst Generation Z, is a pressing concern, this research explores the portrayal of anxiety in the collection of poems entitled *Home Body* (2020) by a famous Instapoet, Rupi Kaur. *Home Body* (2020) is a book filled with poems that consist of raw and honest conversations with oneself. This study specifically focuses on answering two research questions: What are the sources of anxiety identified in *Home Body* (2020), and what types of anxiety are portrayed in the poems? A qualitative approach focusing on four main poetic devices—diction, tone, voice and theme—is drawn on to discover the portrayal of anxiety. Freud's (2005) classification of anxiety is used to unravel the portrayal and types of anxiety evident in the poems. The findings reveal that the anxiety expressed in the poems stemmed from four major sources: (1) feelings of inadequacy, (2) love life, (3) fear of the future, and (4) competition. Further, two types of Freud's anxiety were identified in the poems: neurotic and realistic anxiety. The research appears to confirm that those in their early adulthood tend to experience anxiety because it is the beginning of one's journey of becoming. In that journey, they likely encounter failures, risks and challenges. The present study has contributed to a deeper understanding of anxiety, especially among adolescents, and thus raising better awareness of the importance of mental health.

Keywords: *anxiety, Home Body (2020), instapoets, mental health, Rupi Kaur*

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