

METHODOLOGY

This study adopts a qualitative research design (Creswell, 2014) to discover the portrayal of anxiety in the selected poems of *Home Body* (2020). Specifically, it employs poetry analysis focusing on four main poetic devices: diction, tone, voice, and theme (Hirsch, 2017; Lennard, 1996).

The data for this research were taken from Rupi Kaur's 192-page book *Home Body* (2020), which is divided into four segments (Mind, Heart, Rest, Awake) of free verse poems, each ranging from one to five stanzas. In collecting the data, the entire book was first closely read several times and then twelve pages were bookmarked as they specifically addressed the issue of anxiety. The selected poems were then categorized into Freud's three types of anxiety and analyzed for the sources of anxiety.

The analysis focused on the diction to explore the word choices and imagery related to anxiety, tone to determine the emotional atmosphere, voice to understand the speaker's perspective on anxiety, and theme to identify recurring anxieties like fear or vulnerability. This comprehensive analysis helped to uncover the sources and types of anxiety expressed in the poems.