

CONCLUSION

This research examines anxiety depicted in Rupi Kaur's *Home Body* (2020), addressing two key questions: what are the sources of anxiety identified in *Home Body* (2020)? What types of anxiety are portrayed in the poems? The study analyzes how the narrator's anxiety is expressed through diction, tone, voice, and theme, using Freud's theory of anxiety. The sources of anxiety identified embraced four major themes: feelings of inadequacy, concerns about love life, fear of the future, and competition. Out of Freud's three types of anxiety—neurotic, realistic, and moral—the selected poems only conveyed two types: neurotic and realistic. Neurotic anxiety appears in all of the analyzed poems, while realistic anxiety is present in two poems, resulting in poems that portray a combination of anxieties. Moral anxiety is not addressed in the analysis because none of the poems explicitly convey or depict this type of anxiety.

This research is expected to enrich the field of poetry analysis through an exploration of Rupi Kaur's works, focusing on how anxiety is depicted in her poems. The study highlights the pervasive nature of anxiety as one of the most common human emotions, as it identified the sources such as feelings of inadequacy, love life, future limitations, and competition. The analysis is also expected to provide a better understanding of how one contemporary female poet addresses mental health issues. By analyzing and interpreting the portrayal of anxiety expressed by an Instapoet, the study helps to normalize discussions on mental health issues. It might help readers who have or experience anxiety find comfort and validation by seeing their experiences reflected in a well-known contemporary poet. This can also contribute to reducing the stigma associated with anxiety and encourage more open conversations about mental health, especially anxiety.

Finally, future studies can examine the other types of anxiety that have not appeared in this research, such as moral anxiety, in Rupi Kaur's works or other contemporary poets. Additionally, comparative studies could explore how the portrayal of anxiety in poetry varies across different cultures and historical periods, providing a more comprehensive understanding of this universal human experience.

In short, by interpreting the depiction of anxiety through a Freudian lens, the study hopes to offer valuable insights into how contemporary poetry can reflect and enhance the understanding of mental health.