**THE LONELINESS OF A FEMALE CHARACTER IN RACHAEL LIPPINCOTT ET. AL.’S NOVEL FIVE FEET APART**

**Della Muftafrisda Arifia**,

Universitas Trunojoyo Madura,

<dellamuftafrisda@gmail.com>

**Erika Citra Sari Hartanto**, S.S, M.Hum,

Universitas Trunojoyo Madura,

<erika.hartanto@trunojoyo.ac.id>

**ABSTRACT**

This study focuses on the loneliness that is faced by the female main character, Stella Grant, in the Five Feet Apart novel. There are two focuses in analyzing this study, the first is the causes of Stella Grant’s loneliness, and the second is the copes of Stella Grant’s loneliness. To analyze this study, the writer uses loneliness theory by Peplau & Perlman (1979 & 1981). The writer uses a psychoanalysis approach about loneliness theory. The author’s narration and also dialogue in the novel help the writer to know the causes and the copes of the loneliness that Stella Grant faced that is suitable with the theory. The causes of loneliness are physical separation, death, unemployment, and the end of the relationship. The biggest influence that causes Stella to feel lonely is due to physical separation and the death of the closest person. Physical separation makes her feel alone and abandoned. While the death of the closest person makes her lose her direction and lack the spirit of life. The copes of loneliness are adaptation, task choice, and standards for evaluating social relationships, ways of using existing relationships more fully, ways of forming new relationships, and replacement relationships. Meanwhile, the way that gives the big impact for Stella to overcome her loneliness is forming a new relationship and task choice. Forming a new relationship helps Stella to find someone new in her life so it can give a new color to her life. Then, task choice can help her be busier and forget her loneliness.

**Keywords: loneliness, psychoanalysis**

1. **INTRODUCTION**

Loneliness is an emotional problem. It is an experience that almost everyone has. This is normal, but it is a problem that must be overcome. According to Galanaki (2014, p. 72), loneliness can be likened to the pain of longing for something lost or separated from someone they love, this is a fear of being separated from a loved one, for example with the mother. Fromm Reichmann (2016, p. 1) also states that loneliness is a painful and frightening experience that everyone will do whatever it takes to avoid loneliness. From this explanation, loneliness is not a pleasant experience, but a painful experience, for those who experience loneliness, most hide their feelings from others. Mijuskovic (2012, p. 147) states the fact that loneliness is an experience that can be avoided or reduced, but the social or subjective conditions that cause it must be changed. From this statement it can be seen that loneliness is detrimental to someone's life. Everyone tries to avoid it because of its bad effects, but it all depends on the conditions and situations that support it.

Mijuskovic (2012, p. 62) states, “loneliness is always ultimately reducible to the one basic form from despairing isolation.” Loneliness is based on bad experiences and can be changed according to the situation. From this statement, it can be concluded that something can cause a person to feel lonely, but there are ways to overcome it. To overcome loneliness does not mean running away without making peace with the situation, loneliness makes someone mentally seek refuge through communication with other beings (Mijuskovic, 2012, p. 6). Discussing the reason to overcome loneliness, Peplau & Perlman (1979) have researched some reasons for loneliness and also cope with loneliness.

"A work of literature is the expression of the unconscious author’s mind. The aim of applying psychology technique to the literature is to uncover the author’s hidden motivations, repressed desires, and wishes” (Bressler, 2011, p. 130). Literary works are the result of the author's image to tell the characters and stories that the author wants, psychoanalysis plays an important role in analyzing the characters according to the author's intentions. The purpose of psychological theory in literature is to provide many in-depth clues to solve the mystery of a literary work (Guerin et al., 2005, p. 153). Many authors give mystery to their works, so readers need to interpret them to understand the author's meaning in literary works.

“Psychoanalysis can help us better understand human behavior, then it must certainly be able to help us understand literary texts, which are about human behavior” (Tyson, 2015, p.11). Psychoanalysis analyzes the human behavior and emotions of characters in literary works, this is the same as real-life where everyone also has emotions as experienced by characters. Sometimes humans are confused in solving these emotional problems and psychoanalysis can be useful for everyday life. In this study, the writer interprets the text of the novel to understand the emotions and human behavior of Stella Grant. In the novel Five Feet Apart she has pain and pent-up emotions that make her feel lonely. Readers cannot understand deeply if they do not understand the emotional problems experienced by the character. There are several factors that influence Stella Grant's loneliness, this can be determined by using psychology and literature.

Five Feet Apart is a novel that was released on November 20, 2018. Written by Rachael Lippincott, Mikki Daughtry, and Tobias Iaconis. This novel tells about a young girl (Stella Grant) who has cystic fibrosis. Most of her life was spent in the hospital because she suffered from the disease from the age of 6 years, she always underwent treatment in the hospital for many years. This study is not the first one that discusses the Five Feet Apart novel, two previous studies discuss this novel with different theories. The first is the thesis of Tamara (2019) from Buddhi Dharma University, which analyzes optimism values entitled “The Analysis of Optimism Values of Stella Grant in Five Feet Apart Novel”. The writer focuses on analyzing the optimism values of the female main character with the optimism theory. The second is an article from A. Anggraini & Wulan (2020) with the title “Protagonist’s Motivation in Rachael Lippincott et. al.’s Novel Five Feet Apart”, in the article the writer applies Maslow's theory of motivation.

Based on several previous studies mentioned, the writer has never found another researcher analyzing loneliness yet. Therefore, in this study, the writer analyzes the Five Feet Apart novel with the focus on loneliness because it is suitable for the situation faced by the character. According to this explanation, the writer analyzes Five Feet Apart with the Loneliness approach because it can be knowing more about the loneliness experienced by the female character (Stella Grant). However, the writer also analyzes how the female character (Stella Grant) overcomes her loneliness.

1. **METHOD**

There are some steps to analyze the data. For collecting the data, the writer focuses on the utterances and narration that are suitable with the research questions that have been stated. This analysis is divided into two parts; to describe the reasons for the loneliness of the female main character and also the copes of the loneliness of the female character. The writer focuses on the female main character's dialogues and the author’s narration. The writer tried to connect the data with the theory, so the writer can find out the answers to the research questions. According to Miles et al., (2014, p. 31), there are several steps in analyzing qualitative data, (1) data condensation, (2) data display, and (3) conclusion drawing/verification. Data condensation is selecting, focusing, simplifying, abstracting, and/or transforming the data. Data display is doing the action, at this step, the writer tries to understand the problem or issue and try to analyze it. Then, the conclusion drawn is to conclude the analysis. At the data condensation stage, the writer chooses the Five Feet Apart novel as the source of the data to analyze this study. The writer looked for the issues that exist in the Five Feet Apart novel. After getting an issue, the writer collected data from the novel that is following the issue that has been determined. The writer looked for issues in the novel, that is the loneliness of the female main character, and then determined research questions. At the data display stage, the writer answered the research question that has been determined based on the appropriate theory, which is the loneliness theory by Peplau & Perlman. Then, the conclusion drawn is the result of the analysis, that is the causes and the ways Stella Grant copes with her loneliness.

1. **RESULT AND DISCUSSION**

The psychoanalysis explored in Five Feet Apart has an important role for Stella Grant, it is found in the love relationship and her motivation to recover which is described in the novel. Their friendship is only limited to talking at a distance of five feet apart. This situation makes cystic fibrosis patients unable to have friends who can cheer them up while in the hospital

**The Causes of Stella Grant’s Loneliness**

Loneliness is an emotional problem that is common in a person's life. Loneliness occurs when a person previously had good social relationships but changed due to several factors. These changes can be caused by someone who no longer wants social relationships or because it is difficult to establish social relationships with others. Loneliness can affect our brain to feel stressed, depressed, and frustrated. Someone who suffers from loneliness tends to feel hopeless because they don't know how to deal with it which makes some people tend to do negative things like suicide. Peplau & Perlman suggested several reasons a person can experiences loneliness, including:

1. **Physical Separation**

The occurrence of physical separation is the main thing that causes loneliness. Someone who is far from friends and family will tend to feel lonely. A new place for people is a new thing for them, there are many things that have changed from the previous environment. Even if not abandoned, someone who is sick wants to do what other people do. The clearest indication of Stella Grant’s loneliness is because of the physical separation from others. For 6 years old children, feelings of loneliness cannot be denied. There is fear, loneliness, and confusion about the new environment and circumstances. Parental love and also playing with their peers always haunt Stella's feelings. Her longing for her parents and older sister made Stella feel a strange feeling. Stella Grant's loneliness is because of her physical separation from her family.

I feel a swell of homesickness as I hear the sound of the worn, rickety wood of that front step, creaking underneath us as we laugh and get close to the picture. I miss that feeling. All of us together, happy and healthy, for the most part. (Lippincott et al., 2018, p. 5)

The individual who lives in a physically isolated location may tend to be socially isolated as well (Perlman & Peplau, 1981, p. 45). Not only separated from her family but Stella Grant also separated from her friends. This can be explained in the utterances below:

Being here in the hospital doing treatment after treatment to stem the tide while my friends are far away from freaking me out. (Lippincott et al., 2018, p. 11)

From this explanation, it is known that Stella Grant not only feels lonely because of her family but also because of her friends. This loneliness also causes her to feel depressed because she cannot gather with her friends. This is a very painful experience because while all her friends were having fun she was hospitalized. Her condition which requires her to remain in the hospital slowly makes her frustrated and envious of others. The author describes very clearly how she felt when she had to sign a letter of permission not to attend a school event.

In addition to physical separation from her parents and friends, Stella Grant also has to do physical distancing with other cystic fibrosis sufferers. Behind her loneliness as a patient, her illness is also dangerous for her if she interacts with other cystic fibrosis sufferers. Physical distancing can limit a person from interacting with other people. This can trigger difficulties in adapting to current circumstances. As explained earlier, Stella Grant needs someone who can motivate her to recover, but physical distancing puts a limit on her and other patients. This is hard to avoid because in reality they are on the same floor and the rooms are lined up.

“For cystic fibrosis patients, cross-infection from certain bacteria strains is a huge risk. One-touch between two cystic fibrosis patients can kill both of them” (Lippincott et al., 2018, p. 10).

This makes it even more difficult for them to interact with each other. This situation is very difficult for them to accept because they feel happy if a patient in the next room comes, but in reality, they should not be close to each other. Their friendship is only limited to talking at a distance of five feet apart. This situation makes cystic fibrosis patients unable to have friends who can cheer them up while in the hospital

1. **Death of Closest Person**

The death of someone can make a big difference to those left behind, especially if the relationship is very close. The feeling of loss will be more pronounced when previously dependent on that person. The second cause of Stella Grant's loneliness is the death of her older sister. Her older sister is one of her best supporters to defend against her illness. She is the one who strengthens Stella to be hospitalized.

Losing a loved one makes a person feel like she has lost a part of her life, and this has happened to Stella so that she feels the part of her life is no longer there. Her sister's death makes her want to trade her dying life for her older sister. The death of her older sister greatly changed Stella Grant's condition, because she was her encouragement to recover, she always accompanied Stella in her difficult times, so her death made Stella feel empty.

“I was supposed to be with her that weekend in Arizona, but I was struggling so hard to breathe the night before our night that I had to stay behind. I apologized over and over again. It was supposed to be her birthday gift” (Lippincott et al., 2018, p. 78).

Death is very painful for a person because they feel very lost. After that, Stella lost her friend in the hospital. The sense of loss made her confused by what had just happened to her, Stella still found it hard to believe that Poe died in front of her eyes. Feelings of fear, loss, and loneliness made her even more devastated. The death of the closest person makes Stella feel lonely and depressed, this also makes her want to give up on her illness. Poe's death makes Stella think that all her efforts will be in vain because the disease will make her death-like Poe.

1. **The end of the relationship**

Another cause is the end of the relationship with the closest person, it can be a breakup, divorce, or the end of the friendship. Stella Grant was hospitalized since she was a child, her older sister died, and then had to deal with her parent's divorce. Divorce can have a huge impact on both spouses and children. Someone who supported her makes her disappointed.

Stella’s mom shakes her head. “I can’t be around him. I look at his face and I see Abby.”

Stella’s dad looks up quickly, barely taking in her face before he looks away again. “I see Stella when I look at you.” (Lippincott et al., 2018, p. 97)

Not only does Stella Grant feel lonely, but also her parents because of the death of Abby. They couldn't heal their feelings and chose to divorce, so Stella Grant felt lonely because when she was down she had to accept the fact that her parents were divorced. According to the Perlman & Peplau (1981, p. 44) “people whose parents got divorced experience greater loneliness.

“They were separated after three months. Divorced in six. Putting as much distance between each other as possible, leaving me straddling the in-between ” (Lippincott et al., 2018, p. 79).

Her parents still support Stella, but the feeling has changed, they can't be together anymore. Even so, the two of them divorced because of ego, not because they didn't love each other. Divorce made her disappointed with her parents, so her relationship could not be like before. It makes her lonely because the parents who gave her encouragement are no longer there.

1. **Reduced Satisfaction**

Reduced satisfaction in a relationship can result in loneliness. The meaning of reduced satisfaction is when in a relationship someone doesn't feel close anymore, or feel less comfortable and have to pretend to fit in. This happened to Stella who covered her loneliness to others because she was disappointed with her parents due to divorce.

“My dad left before I got sicker and sicker, before the CF could take a toll on my body. He couldn’t handle a sick child. He definitely couldn’t handle the death of his child.” (Lippincott et al., 2018, p. 97)

In reality, Stella missed her parents too seeing her, but her parents became awkward after the divorce. Reduced satisfaction occurs because Stella feels the difference in the situation in her family, so she is less interested in communication with them. Stella feels disappointed with her parents, while her parents have not been able to come after Abby's death.

“It’s been six months after divorce and they still can’t even look at each other. For some reason it makes me want to hear his voice so badly” (Lippincott et al., 2018, p. 27).

This matter made Stella feel that something was missing from this situation. In this case, Stella's satisfaction in socializing with her parents is reduced. Stella assumed that there was no longer any intimacy in her family. This makes her feel less satisfied with the current situation because she feels the differences in the relationship.

Personal characteristics may influence a person's behavior and "success" in social situations

In this case, there are several things that make Stella feel there is something that makes her no longer want to be social, and this will be an obstacle for her to socialize with other people. It could happen because of her characteristic or previous situations that made her mind closed. This can happen because someone experiences differences with other people's conditions which makes her less comfortable socializing.

The difference makes her not want to socialize with other people because she feels that she is not like other people who are not sick. At the age of 16 now Stella Grant also wants to feel love, but she doesn't have time to date, she's insecure about her condition, and she wants to focus on her illness. Even though she thought that way, she still felt jealous of other people who could feel love.

“Watching them holding hands and exchanging longing glances, I wonder what it would be like to have somebody look at me like that” (Lippincott et al., 2018, p. 11)

**The Copes of Stella Grant’s Loneliness**

Someone who suffers from loneliness tends not to be separated from their feelings. In this case, someone who experiences loneliness is asked to change their way of life and socializing. It is a way to balance the new life with the previous life. Stella Grant did several things to make her more comfortable in the hospital. In this way, Stella was able to relieve her feelings of loneliness.

1. **Adaptation, task choice, and standards for evaluating social relationships**

The first way to overcome loneliness is to accept the situation from time to time commonly called adaptation. In this way, a person can come to terms with the situation they are experiencing. A powerful way to adapt is accepting the situation and also occupying themselves with something useful. This is done by Stella Grant by making her hospital room like her second home. She decorated the hospital as she wanted and placed memories of herself with Abby, her parents, and her friends. This can keep her close to them because she will always feel Abby is there when she sees Abby's painting, she will feel close to her parents when she sees their photo. The purpose of adaptation is how a person can accept new circumstances and feel comfortable. It is a way that must be done by someone in order to get the same standard with the situation. Therefore, the way that can be done to adapt when someone in the hospital is to accept the hospital room as a home, in that way Stella is able to feel comfortable because the place is no longer empty.

Adaptation for a 6-year-old child is very difficult, after one decade, she just can adapt to the situation.

“I make to-do lists and check them, trying to keep myself busy, swallowing my grief and pain so my parents don't get consumed by theirs ” (Lippincott et al., 2018, p. 79).

Apart from adapting to her environment she also tries to keep herself busy doing useful things. She does many things, such as arranging her medicine according to the time to drink it and also making a reminder application for drinking medicine.

“I turn the webcam to the pile of medical equipment and then to the medicine cart next to me, which I’ve already perfectly organized into alphabetical and chronological order by the scheduled dosage time I plugged into the app I made” (Lippincott et al., 2018, p. 9).

This activity was able to give Stella enthusiasm to take medication on time. She manages her life in the hospital as much as possible to do her best. In this way, she will feel a positive aura that encourages her to heal and not feel hopeless. She wrote all the things she wanted to do in her notebook. This continues to be done every day to make her forget the sadness and loneliness she experienced.

Doing a lot of positive activities will have a big impact on someone who is sick. These activities help to forget the loneliness of being hospitalized for a long time. The busier she is, the more preoccupied her mind is not to think about bad things.

“I smile as my livestream count goes steadily past 1K, a fraction of the 23,940 YouTube subscribers who tune in to see how my battle with cystic fibrosis is going”. (Lippincott et al., 2018, p. 8)

Stella Grant created a YouTube channel to share and motivate people with cystic fibrosis out there. Many viewers are attracted to her YouTube channel to share with each other, she feels the positive side of staying alive and she is not alone in facing her illness.

1. **Change the standards of who is acceptable as a friend**

Changing friendship standards means that a person prefers to be friends with people of the same status as him. In this case, it's the same with Stella who befriends Poe and Will.

“Poe was the first friend I made when I came to the hospital. He’s the only one who really gets it. We’ve fought CF together for a freaking decade. Well, together from a safe distance, anyway”. (Lippincott et al., 2018, p. 12)

There are no other friends in this hospital, they are friends because they have the same disease so they have the same goal of getting well. She spends her daily life in the hospital only with Poe and Will. Stella tends to be friends with someone who has the same disease as her because she spent all day in the hospital with them. This is a natural thing, because someone will feel comfortable if their friendship has the same conditions and goals. They have the same problems and goals so their communication is good and there is no awkwardness.

1. **Ways of using existing relationships more fully**

In this way, someone is asked to maximize the existing relationship. If someone previously had a relationship with another person but their relationship was not very close, they were asked to maximize their relationship. “Camila and Mya have visited me here a million times in the past decade” (Lippincott et al., 2018, p: 4). In this case, it is known that Stella Grant maximizes the relationship with her friends. Stella also maximizes her relationship with her family to stay together and not bother her family. Stella knows that she only has her family, Camilla, and Mya. All that is needed right now is their support, that's why Stella Grant has always been kind to them even though sometimes there are things that make her sad.

This is very necessary because the existing relationship can help someone to feel belonging to each other and not feel alone. Therefore, if the previous relationship was not very close, the relationship should be repaired. With her loneliness, Stella Grant doesn't want to lose anyone anymore, her friends and her family means a lot to her.

1. **Ways of forming new relationships**

Loneliness can be overcome by establishing new relationships. If someone has a new relationship, they can have new things which they never had. Then they can feel a new experience that makes them no longer feel lonely. With a new relationship, a person can change the situation and leave the past behind.

“Poe was the first friend I made when I came to the hospital. He’s the only one who gets it. We’ve fought CF together for a freaking decade” (Lippincott et al., 2018, p. 10).

After 10 years of being friends with Poe, at the age of 16, there is a boy in the hospital named Will Newman. The arrival of Will Newman brought many positive impacts for Stella. Will is the most influential person to reduce her loneliness. Stella is forming a new relationship with a new person, but it turns out that she loves him. Stella's age is the age to start falling in love, at the age of 16 now Stella Grant also wants to feel love. Even though she is aware of her condition, Stella still wants to feel love and date. Even though she was busy with her treatment, deep down she wished she could fall in love with someone. Falling in love can make a person feel like they have friends and have a passion for life. It can reduce the feeling of loneliness she has experienced so far. This she felt when she got to know Will, because the two of them fell in love with each other. A person in love has a partner to consult.

“My heart thumps loudly in my chest at his words, and the warm way he’s looking at me” (Lippincott et al., 2018, p. 69).

Even though Will and Stella can't be close, their relationship can encourage them to heal and be able to date normally. Will, who had previously given up not wanting to heal, became excited to be healed to stay with Stella. Based on this problem, falling in love can motivate each other and not feel alone. There are some things that make Stella no longer want to live, for example when Poe died, Will tries to strengthen Stella to still be alive for their future. Will gives Stella enthusiasm and optimism to be able to fight her illness. Even though the two can't be together, their love can strengthen each other.

1. **Replacement relationship**

Another way to reduce loneliness is a replacement relationship, so they can forget the loneliness they experienced. This usually happens when someone previously meant a lot to their life, but that person is gone or their relationship has ended. There are several things that make a person unable to forget it and unable to do anything without him. This is what Stella felt when she lost Abby. “It’s your first surgery without Abby” (Lippincott et al., 2018, p: 92). In this novel, it is known that Abby's death is one of the reasons Stella Grant becomes lonely. Will knows this problem and tries to replace Abby's position as someone who always accompanies and supports Stella. Every time Stella undergoes surgery, Abby is always with her, but in that surgery, Will can replace Abby to accompany and sing the song that Abby usually sings to reduce Stella's fear.

Abby’s song. He’s singing Abby’s song. e tears start rolling down my face faster than I can catch them as I watch his deep-blue eyes, focused on reading every lyric of that crumpled piece of paper. (Lippincott et al., 2018, p. 93)

Some people will feel lonely if they do something that has always been done with other people. There are habits and dependencies that cause the person to feel lonely when the partner is no longer around.

1. **Minimizing Loneliness**

The last way to reduce loneliness is by self-improvement. This method is an effective way to satisfy them and change them for the better. This method is considered as a way for someone to be able to move on with their past. For example, someone who is abandoned by their husband because they are not beautiful, then they can do self-improvement by dressing up and that is a self-reward for them because they have moved on from someone who had left them. Then this method is also considered as a way to increase confidence to get along with other people.

“My hair is down, the front tied back with the ribbon from the pop-up flowers from Will, and I’m wearing the skimpy silk boxers and a tank top” (Lippincott et al., 2018,p. 117).

Previously, Stella was not confident with her appearance which required her to wear a cannula all the time. While in the hospital she also did not take care of her appearance and only focused on her illness. With self-improvement, Stella's self-confidence increased and she could do the date like everyone else.

“I put it back down, nodding in contentment at my reflection as my hair falls gently around my shoulders. Grabbing my makeup bag from the bottom of my drawer, I put on some mascara and lip gloss, smiling at the idea of Will seeing me not just alive, but with makeup on, his blue eyes gazing at my gloss-covered lips. Would he want to kiss me?” (Lippincott et al., 2018, p. 105).

Based on this discussion section, it can be seen that the loneliness problem experienced by Stella Grant is because she was hospitalized for 10 years. For a teenage girl like Stella Grant, good social conditions will have a positive effect on her, but Stella is less fortunate because of her health condition so she feels lonely. Will has an important role in helping Stella overcome her loneliness. As said by Peplau & Perlman, finding a boyfriend or dating is considered the best way to deal with loneliness. Falling in love is a way for her to be able to live her days more excited and not feel lonely anymore.

The writer of this study agrees that the reasons and ways to overcome loneliness proposed by Peplau & Perlman are the same as those experienced by Stella Grant. However, there was one reason that Stella Grant didn't fit, it was about individual characteristics. (Peplau & Perlman, 1979, p. 104) stated that individual characteristics such as shyness, low social risk-taking, lack of assertiveness, self-consciousness in social situations, may all contribute to loneliness. However, Stella is a friendly and not shy person but she still feels lonely. So, Stella Grant's friendly characteristics also provide a positive side for her being able to easily adapt to new social situations.

**CONCLUSION**

The loneliness experienced by Stella Grant is due to her illness which requires her to always be in the hospital to be monitored. In this study, it can be concluded that the biggest influence that causes Stella to feel lonely is due to physical separation and the death of the closest person. Physical separation makes her feel alone and abandoned. While the death of the closest person makes her lose her direction and lack the spirit of life. These two causes made her feel empty and confused about her condition. Her characteristics are not the main cause of loneliness, but her thoughts make her feel lonely.

Meanwhile, the way that Stella does to overcome her loneliness is by forming a new relationship and task choice. Forming a new relationship helps Stella to find someone new in her life so it can give a new color to her life. Then, task choice can give her a busy life so she can forget his loneliness.

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