SOCIAL AVOIDANCE IN MODERN SOCIETY

IN *SAD GIRLS* BY LANG LEAV

Ni Gusti Ayu Intarini [1*], Thohiriyah [2]

[1]ayuintari05091999@students.unnes.ac.id, [2]thohiriyah@mail.unnes.ac.id

UNIVERSITAS NEGERI SEMARANG

ABSTRACT

This study discusses the phenomenon of social avoidance in modern society as depicted in the novel 'Sad Girls' by Lang Leav. By using a qualitative descriptive analysis approach, this study explores the characteristics and factors that influence social avoidance behavior, as well as its impact on the main character's social avoidance. The data was collected from quotations, sentences, or character dialog in the novel *SAD GIRLS* which shows social avoidance in modern society. Then, the data was analyzed using social avoidant theory. The results of this study revealed that the characteristics of social avoidance include avoiding social encounters, minimizing conversations, and feeling uncomfortable in their social environment. In addition, two factors that influence a person to be socially avoidant are internal and external. Furthermore, there are several impacts of socially avoidant behavior, which include loneliness and isolation, difficulties in professional growth, and strained relationships.

Keywords: Impact, Mental health, Modern society, Social avoidance

A. INTRODUCTION

Social avoidance refers to characteristics or behaviors in which a person tends to avoid or withdraw from social interactions and situations. Avoidance or withdrawal from social interactions and situations means a person's behavior prevents or reduces feelings of embarrassment and anxiety (Gellner et al., 2021). Avoidance or withdrawal from social interactions is an instinctive and automatic response to social threats fuelled by someone's fear, anxiety, and negative emotions (Fernández-Theoduloz et al., 2019; Gellner et al., 2021; Pittig et al., 2014; Wang et al., 2022). Social avoidance can be manifested in some characteristics, such as 1) avoiding social encounters, 2) minimizing conversations, and 3) feeling uncomfortable in their social environment. Social avoidance is often expressed as being anxious, feeling uncomfortable in social situations, and choosing to be alone (Gellner et al., (2021); Trew & Alden, 2015).

Social avoidant people can experience anxiety, fear, or discomfort when confronted with social interactions, thus making them actively avoid or limit their participation in social activities. Social avoidant behavior is dominated by three, which are physical movements, facial expressions, and eye contact (Roberts et al., 2019). People who experience social avoidance are influenced by several factors. Two factors influence the way a person is

socially avoidant 1) internal factors, and 2) external factors. Internal factors, such as anxiety, interpersonal problems, and fear of negative evaluation from the social community, and external factors are families who have an important role in children's growth (Aprilia & Aminatun, 2022; Drigas et al., 2021; Fernández-Theoduloz et al., 2019; Roberts et al., 2019). Social avoiders have lower self-esteem and self-efficacy, making the person feel devalued, as manifested through social avoidance (Lawlor & Kirakowski, 2014). A person who engages in social avoidance behavior on an ongoing basis can have a significant impact on various aspects of their life. These impacts are 1) loneliness and isolation, 2) difficulties in professional and personal growth, and 3) strained relationships. Individuals who engage in social avoidance will feel lonely, social avoidance is the only significant cause of loneliness. Social avoidance can also lead to problematic relationships in various social domains, for example, family, friends, and romantic relationships (Eres et al., 2021; McCloskey et al., 2021; Trew & Alden, 2015a).

Moreover, there is a reciprocal relationship between social avoidance and loneliness. Loneliness can arise from perceived social avoidance, as manifested by feelings of disconnection and lack of contact with others. For people who experience mental health problems, loneliness is often manifested by reduced social networks, problems with interpersonal relationships, unemployment, and lack of community integration, contributing to a reduced quality of life (Bland et al., 2022; Eres et al., 2021; Reinhard et al., 2022). Social avoidance often occurs in modern society.

Modern society refers to a term used to describe a society that has undergone significant changes in various aspects of life due to technological advances. Society refers to a large or small group of people who influence each other. Modern society is constantly and rapidly changing, and even if the change is institutionalized, Modern society is actively involved in creating a globalized world, based on concepts proposed by Chmil et al. (2021) and Ihsani et al. (2021a). Modern societies reflect variations in technology, health, and social structure. Modern societies are also welfare-oriented, with strong systems for providing health and education services. Modern societies live together, influence each other, and are bound by norms (Ihsani et al., 2021; Ji et al., 2021; Pelekh, 2020).

Related to the definition of modern society, modern society has several indicators or characteristics. As for characteristics, modern societies tend to pursue their self-interests, although there is still an awareness of social responsibility. Modern society tends to be based more on logic and rational thinking, based on the concepts presented by (Ihsani et al., 2021a; Potočan et al., 2021; Suleimenov et al., 2021). Modern societies tend to be highly dependent on technology, such as the widespread use of smartphones, the internet, and social media in various aspects of daily life. The majority of the population in modern societies often puts a greater emphasis on being aware of an individual's mental health (Ihsani et al., 2021; Meshcheryakova & Vasilenko, 2023; Mikhailova et al., 2021; Pylypenko, 2021; Thu 2021).

The novel *Sad Girls* by Lang Leav investigates the main character's life who grapples with internal struggles and external pressures, which make her withdraw from social interactions. This study seeks to explore the phenomenon of social avoidance in modern society, as depicted by the author in the novel *Sad Girls*. By examining the main character's experience, we can gain an understanding of the characteristics and factors that cause her social avoidance, how she copes, and the impact of her social avoidance. In addition, the background problems of the main characters in *Sad Girls* involve the characters' personal

histories and traumas, which shape their behaviors and attitudes toward social interactions. Thus, this research is intended to explore the main character's experience of social avoidance in a modern society, by exploring the characteristics and factors of social avoidance that are the fundamental reasons for the social avoidance experienced by the main character in the novel and providing insight into readers regarding the impact of social avoidance obtained by the main character from the social avoidance she experienced in *Sad Girls* by Lang Leav.

B. METHOD

This research uses a qualitative descriptive analysis method. This research is carried out to understand the object to be studied in depth, by describing social avoidance in modern society in *SAD GIRLS* by Lang Leav. According to Fadli (cited in Sahari & Putra, 2024), qualitative research is conducted to understand an object by describing in detail and in-depth, the context of research in the field concerning the theoretical basis used. The researcher analyzed some data to collect information to complete the research data needs, which certainly supported the researcher's argument to write an opinion on what the researcher wrote. The data source of this research is the novel SAD GIRLS by Lang Leav, published in 2017 by Andrews McMeel Publishers, with a total of 281 pages. The form of research data is in the form of quotations, sentences, or character dialog in the novel *SAD GIRLS* which shows social avoidance in modern society.

The data collection technique in this research was carried out in the following ways, 1) reading and understanding the entire contents of the novel SAD GIRLS by Lang Leav; 2) collecting data related to social avoidance in the novel SAD GIRLS by Lang Leav; 3) classifying the data that has been collected following the theory of social avoidance. Furthermore, data analysis in this study was carried out through the following steps such as identifying data by selecting and sorting data based on characteristics and factors that caused and had an impact on social avoidance carried out by the main character; analyzing data related to social avoidance experienced by the characters in the novel *SAD GIRLS* by Lang Leav using the theory of social avoidance; interpreting and analyzing the data obtained.

C. FINDINGS AND DISCUSSION

As explained previously, the purpose of this study is to explore the characteristics and factors that influence social avoidance behavior, as well as its impact on the main character's social avoidance. This section will be presented in three points as follows:

1.   The characteristics of social avoidant in modern society in the novel *Sad Girls*
Social avoidance refers to characteristics or behaviors in which an individual tends to avoid or withdraw from social interactions. Socially avoidant people may experience anxiety, fear, or discomfort when they're faced with social interactions, leading them to actively avoid or limit their participation in social activities. The characteristics of social avoidant can be found by analyzing the actions shown by Audrey as a characteristic of the social avoidant phenomenon. According to Gellner et al., (2021); Trew & Alden (2015), the characteristics of social avoidance include avoiding social encounters, minimizing conversations, and feeling uncomfortable in their social environment are characteristics of social avoidants. The analysis of the characteristics of social avoidant will be further explained as follows.

Avoiding social encounter

Avoiding social encounters is an attitude that individuals take when they feel uncomfortable in social situations and prefer to be alone. The social avoidant characteristic experienced by Audrey can be seen in the attitude that refers to her attitude of avoiding social encounters. This attitude proves Audrey has an uncomfortable feeling about her social situation (Gellner et al., 2021; Trew & Alden, 2015). Audrey avoided social encounters, especially with people who were connected to a past that she desperately wanted to forget. *"Several weeks had gone by without a word from Rad. My whole life had come crashing to a halt." (Lang Leav, 2017:196).* When Audrey argued with Rad, she chose to be in her room, forgetting the many important things she should be doing. A week passed, and Audrey kept staying in her room, letting her life come to a standstill.The quote shows that Audrey avoids social encounters and spends time alone in her room, inhibiting the activities she should be doing. In modern society, relationships between individuals open up and influence each other, creating reciprocal changes (Ihsani et al., 2021). This proves that modern society lives by influencing each other.

Audrey's avoidance of social encounters was influenced by Rad. The relationship between the two of them was strained, which caused Audrey to let her whole life come to a standstill, as contained in the quote *"My whole life had come crashing to a halt" (Lang Leav, 2017:196).* It proved that Rad's presence in Audrey's life had a huge impact, so when her relationship with Rad was in turmoil, it would also have an impact on how Audrey continued to live her life. Therefore, letting her entire life come to a standstill was a result of Audrey being affected by her quarrel with Rad, leading her to avoid social encounters.

In each case, it is important to understand that each individual has unique reasons and needs for choosing to avoid social encounters. Social avoidance may be practiced by an individual to avoid a feared social evaluation, individuals will tend to leave or not join groups that contain the individuals they are avoiding (Strickland et al., 2017; Wang et al., 2022 Ahmed n.d.-a). Individuals tend to avoid social situations where they need to interact with others, especially people they want to avoid. Audrey decided to take a long journey as a coping mechanism to avoid social interaction. A coping strategy is a cognitive and behavioral effort that a person uses to solve a problem and reduce the stress caused by the problem. Coping strategies play an important role as they can lead to positive or negative mental health outcomes (Thai et al., 2021). After experiencing so many unpleasant events, Audrey tried to find a way out of her problems. After much deliberation, Audrey decided to go to a place where she could calm down and clear the bad thoughts that kept lodging in her head.

Due to internal and external struggles with her mother and boyfriend, Audrey had a lot to consider. At noon, Audrey came to the office where she worked to say goodbye to her friend Sam, saying that she could no longer work there and needed to clear her head, *"I'm so sorry, Sam. I've got to go someplace and clear my head. I can't stay here any longer." (Lang Leav, 2017:198).* The quotation shows that Audrey has reached a point where she can no longer ignore or delay the realization of something important to her. The decision to leave the situation or place is the first step in her problem-solving journey. Audrey's departure to a new place proves that she avoids social encounters.

The quote explains that Audrey can't stay here, *"I can't stay here any longer." (Lang Leav, 2017:198)* is proof that Audrey avoids social encounters, especially meeting with people close to her, or still going to the office as usual. Audrey was filled with thoughts of the

problems she faced with the gossip she made, and the problems with her boyfriend made her mind full, she could no longer do her activities as usual. So, she decided to stop working in her office and immediately went from where she lived to a place far away to find herself again and eliminate negative thoughts as a result of the problems she had. Audrey's going to a place, especially Colorado is a coping strategy she uses to avoid social encounters.

Minimizing conversation
Minimizing conversation refers to a person's behavior or actions to reduce or limit the conversations they have with others. Audrey's social avoidant characteristics can be found in how she minimizes conversations with people around her and actively avoids or limits their participation in her social interactions (RRoberts et al., 2019). Audrey chose to minimize conversations as part of the social avoidance behavior she exhibited after the traumatic events she experienced related to the suicidal death of her friend, Ana. *"I just need some air" I stumbled out onto the back porch a little unsteadily and clung to the wrought iron balustrade, my breathing quick and ragged. (Lang Leav, 2017:10).* When Lucy, Candela, and Freddy talk about Rad, Ana's boyfriend after Ana passes away, Audrey feels the air getting thicker, and the memory of Ana, who has recently passed away, makes her feel uncomfortable.

In the quote, it can be seen how Audrey immediately walked away from her friends' conversation about Ana. This is in line with the theory (Ahmed, n.d.-b) which states that individuals with high levels of social avoidance have feelings of discomfort in social situations, and prefer to be alone. By going away and leaving the conversation with her friend, Audrey feels better and is not overshadowed by her guilt anymore.

Audrey's attitude of going to the back porch with a slight stagger "*I stumbled out onto the back porch a little unsteadily" (Lang Leav, 2017:10)* is proof of how Audrey minimizes conversations with her friends. Audrey avoids talking and cuts off conversations about Ana's passing away to prevent feelings of guilt, which keeps her thinking that Ana has passed away because of her. As much as possible, Audrey will avoid conversations that make her remember the lies she told. Therefore, minimizing conversations could be a self-protection strategy for Audrey in dealing with the emotional difficulties she experienced after a traumatic event that changed her life, causing her to be socially avoidant.

Feeling uncomfortable in their social environment.
Feeling uncomfortable in social environments can affect an individual's emotional well-being. Feelings of discomfort described from social incompatibility to awkwardness in interpersonal communication with family or romantic relationships, social avoidance makes it difficult to manage social situations (McCloskey et al., 2021; Roberts et al., 2019). Feelings of discomfort that are constantly felt by a person will affect their interpersonal communication and cause them to begin to stay away from their social environment. According to the conversation (*Lang Leav, 2017:194), "That's what landed me in therapy. That's why I couldn't get through my exams. Don't you think I would take it back if I could? I know what I did Rad! Believe me—I do."* explained that Audrey has a bad relationship with Rad, Ana's former boyfriend, who is now her boyfriend after Audrey was honest with Rad about the rumors she made about Ana. Rad was angry with her, but Audrey said that she knew what she had done, and Audrey's stupidity had affected many things in her life.

The quote describes Audrey's discomfort after a quarrel with her boyfriend, which encouraged her to go to therapy. Audrey mentioned that she consulted a therapist to solve her problem, and the consultant diagnosed what she was experiencing as a panic attack. Maintaining mental health during a difficult time in human history is one of the important directions in the development of modern society (Mikhailova et al., 2021). Mental health issues are an unresolved problem for society, especially in modern societies (Ji et al., 2021). It means that Audrey's mental health, especially the panic attacks, is one of the problems experienced by modern society, where the problem is not resolved.

Audrey revealed that her failure in the exam and her decision to go to therapy were proof of her mental health issues, which are becoming a critical issue in modern society, following the theory of (Ji et al., 2021) that mental health is a critical issue in modern society. How Audrey explained herself was the impact she felt after all the lies about Ana, and that was the beginning of new problems in Audrey's life. Audrey even missed her school exams, she not only failed her exams, but she also had problems with her romantic relationships and her relationship with her mother, which became increasingly tenuous. Therefore, a feeling of discomfort with her environment arose as a result of Audrey starting to experience mental health problems as well as the many failures she experienced. Audrey's feelings of discomfort led her to start avoiding her social life.

2. Factors causing social avoidance in modern society in the novel *Sad Girls*
In *"Sad Girls"* by Lang Leav, several factors contribute to social avoidance in the main characters, which affects their behavior and relationships. Here are some of the main factors:

Internal Factors
Internal factors are one of the main factors that contribute to social avoidance in the novel. The following are some of the internal factors experienced by the main character in the novel that make her socially avoidant:

Anxiety
Anxiety is the body's natural response to stress or situations perceived as threatening or unsafe. Anxiety is a feeling of discomfort, uneasiness, or tension that can arise in a variety of situations, be it physical, mental, or emotional characterized by fear, tension, nervousness, and worry (Özmete & Pak, 2020; Trew & Alden, 2015b). The social avoidance experienced by Audrey can be identified based on factors that refer to the anxiety she feels. Audrey, the main character, shares a lie that causes the passed away of a classmate, Ana. This incident triggered anxiety and even panic attacks in Audrey when she encountered situations that made her uncomfortable. Audrey explained in detail what she felt to Ida, a consultant when she heard the news of Ana's death.

> *"Shocked at first. Numb, if anything." I felt a chill go down my spine, and I pilled the blue shawl tighter around my body. "But later that night—well, it was weird. I had this sensation I've experienced before. It was like... my mind was being pulled from my body. That's the only way I can explain it. I thought I was going crazy." (Lang Leav, 2017:39)*

In the quotation above, it can be shown how Audrey experiences feelings of anxiety when she hears the news of her friend Ana's passing away, which Audrey believes happened because of the lies she made. The lie was a sordid story made up by Audrey about Ana that

was accepted by everyone as the truth. After a long time of harboring her feelings of anxiety and guilt, Audrey finally goes to see a consultant and hopes to get a solution to her anxiety, which makes her have a panic attack.

Audrey said that she was going crazy *"I thought I was going crazy" (Lang Leav, 2017:39)* was an expression she felt when experiencing things that made her uncomfortable in the situation. How Audrey explained her feelings when she got the sad news about Ana showed that she began to feel anxiety, which made her feel uncomfortable around people who were related to the problem. The feeling of anxiety felt by Audrey is a factor that causes her to be socially avoidant, this is supported by (Gellner et al., 2021; Wang et al., 2022) that social avoidance is often expressed as a behavioral symptom of anxiety.

Guilt feelings

Guilt is an emotion that arises when a person feels that they have done something wrong or inappropriate. Feelings of guilt can keep a person away from social situations, as feelings of discomfort are always present as a result of these feelings of guilt. After the traumatic situation Audrey experienced, she felt very guilty about what happened to Ana. These feelings of guilt burden Audrey emotionally and make her feel helpless (Fernández-Theoduloz et al., 2019). In Audrey's mind, Ana's death, caused by her, was always playing in her head, even though she didn't think about it. *"Ana is dead because of me. The words flashed unbidden through my mind, and my body gave an involuntary shudder." (Lang Leav, 2017:11).* The same thought repeated over and over again without finding a solution to get rid of it certainly left Audrey emotionally shaken.

Audrey said that Ana died because of her. *"Ana is dead because of me"* (*Lang Leav, 2017:11*) is proof that she feels guilty for what she did. The guilt that Audrey felt put her in a situation where she could not control her mind and body. Several times, Audrey tried to get rid of the guilt, but her efforts always failed. The repetitive things kept happening, making Audrey stay silent, and she decided to leave her residence immediately and not have contact with people who were related to Ana to clear her mind. Therefore, it can be concluded that feelings of guilt are one of the factors that caused Audrey to finally choose to be socially avoidant.

External Factors

External factors are one of the reasons that influence Audrey's social avoidance. The external factor is family conflict. Family plays a very important role in shaping children's mental health. A stable, warm, and supportive family environment can protect against stress and trauma and provide the emotional support necessary for healthy growth. On the other hand, an unstable family environment, conflict, or lack of emotional support can increase the risk of mental health problems in children (Aprilia & Aminatun, 2022). The family conflict experienced by Audrey is one of the reasons she is socially avoidant. The relationship between Audrey and her mother did not get along, making it difficult for them to understand each other's feelings and emotional needs. Audrey was upset because her mother accused her of bringing Ana's boyfriend to sleep with her, even though Audrey had explained that they only went to talk. The conversation made Audrey unable to stop herself from contradicting her mother's every word and asking her mother not to keep doing what she wanted.

Audrey said that her mother couldn't tell her what to do *"Shut up!" I screamed. "You can't tell me what to do!" (Lang Leav, 2017:19),* is evidence that both of them have a bad relationship. This family conflict is one of the factors that disrupt Audrey's mental health, which then causes her to be socially avoidant, as supported by (Ahmed, n.d.-b) which shows that individuals who have high levels of social avoidance feel that they are controlled by external factors. The difference in understanding between Audrey and her mother hampered their ability to support each other. This is what makes Audrey unable to express the bad thoughts she has so that thoughts of the problems that occur to her just stay in her head and leave a deep sense of guilt. Audrey, who felt unsupported by the people closest to her, wanted to stay away from social life to find a new atmosphere and solve her problems alone. Therefore, it can be concluded that family conflict is one of the factors that causes Audrey to be socially avoidant.

3.   The impact of social avoidance on modern society in the novel *Sad Girls*
If an individual engages in socially avoidant behavior on an ongoing basis, it can have a significant impact on various aspects of their life. The following phenomenon reflects the impact of social avoidance in the novel *SAD GIRLS.*

Loneliness and Isolation
Loneliness and isolation are feelings and conditions that occur when an individual feels separated from others or lacks adequate social relationships. These can negatively impact a person's emotional well-being and mental health. Audrey's grief was also related to her internal conflicts, including her struggle to accept herself and navigate the complexities of interpersonal relationships. Loneliness and isolation are perceived as impacts of social avoidance (Bland et al., 2022; Eres et al., 2021; Fernández-Theoduloz et al., 2019; Reinhard et al., 2022). When Audrey arrived in Colorado, she spent a lot of time looking around, and when she returned home, Audrey was always brooding in her room, questioning what she had done in Colorado alone. Audrey never slept well, always feeling lonely and missing her home. *"I felt desolate and unsure, discouraged and homesick." (Lang Leav, 2017:207)* in the quotation, Audrey even feels that this isolation in a place far from her family and friends makes her miss her home, the description of the situation is an incident of loneliness and isolation as an impact experienced by modern people who are more concerned with themselves and go to distant places to avoid their social life.

Difficulties in professional and personal growth
Difficulties in professional and personal growth can involve various challenges and obstacles that affect an individual's development in both areas. Emotional distress could hinder an individual's motivation and ability to focus on their work or professional goals. (Fernández-Theoduloz et al., 2019; Ottenbreit et al., 2014; Strickland et al., 2017). In the novel *"Sad Girls"* by Lang Leav, Audrey experiences difficulties in professional growth as a result of the traumatic event she experienced and the social avoidance behavior she exhibits, as stated by (*Lang Leav, 2017:198),* *"I'm so sorry, Sam. I've got to go someplace and clear my head. I can't stay here any longer.".* Audrey experienced a traumatic incident that affected her emotional health, causing deep guilt, sadness, and anxiety. Audrey decided to resign from her job, which is even a dream job for many people. Audrey preferred to leave her home and find a new place where she could refresh her mind.

In that quotation, Audrey says that she has to go somewhere and clear her head *"I've got to go someplace and clear my head"*, the quotation explains how Audrey chooses to resign from her job and leave her place of residence to clear her head as a result of her feelings of anxiety and guilt. These feelings then developed to make Audrey uncomfortable with her social environment and she decided to leave to avoid and do new activities. Difficulties in professional and personal growth are caused by modern society, which tends to prioritize their interests without thinking about the social impact of the decisions they make (Ihsani et al., 2021). Self-centeredness will certainly make it difficult for individuals to work professionally.

Strained relationships

A strained relationship refers to a relationship between two or more people who experience tension, conflict, or difficulty interacting with each other. Strained relationships can be caused by various factors, such as differences of opinion, disagreements, lack of effective communication, or unresolved conflicts. Social avoidance creates a strained relationship between Audrey and Rad, which deepens the feelings of loneliness and isolation felt by Audrey. Audrey's bad social interaction by cutting off communication with Rad makes their relationship even more strained and tenuous (Fernández-Theoduloz et al., 2019; McCloskey et al., 2021; Trew & Alden, 2015a). Rad is an important character in the story, and his relationship with Audrey has a complicated dynamic. *"You disappeared, Audrey. You changed your number. It's a little bit too late for talking, isn't it?" (Lang Leav, 2017:246)*, in the conversation between Audrey and Rad, the boy disappointedly reveals to Audrey that her actions have gone too far, and there is no chance of repairing their long-broken relationship.

The quotation describes how social avoidance affects Audrey's romantic relationship. Rad questions, isn't it too late to talk when it's been so long? *"It's a little bit too late for talking, isn't it?" (Lang Leav, 2017:246),* the quotation reflects the conflict and tension in the relationship between the two characters. It shows Rad's astonishment or disbelief at Audrey's attempt to communicate again after avoiding or isolating herself from Rad for a long time. Rad emphasizes his feelings of frustration or disappointment at Audrey's avoidance of him. The occurrence of strained relationships in modern society is due to the logic-based thinking and rational thinking of individuals. The rational and logic-based thinking that individuals do is often detrimental to some of the people around them because they do not care about each other and are indifferent to others (Ihsani et al., 2021).

D. CONCLUSION

Based on the analysis above, it can be seen that in Lang Leav's *"Sad Girls"*, the theme of social avoidance in modern society is intricately explored through the experiences of the main character, Audrey. The novel investigates the complex interplay between internal struggles and external influences that contribute to social avoidance and highlights its consequences and implications. Through Audrey's journey, we witness how the feelings of guilt, past experiences, internal, and external factors of an individual shape her interactions and decisions, leading to withdrawal from social involvement. The depiction of social avoidance in the novel reflects broader social issues of mental health, communication barriers, and modern society affecting each other. Social avoidance has several effects on Audrey, specifically loneliness and isolation, difficulties in professional and personal growth, and strained relationships. Overall, *Sad Girls* is an in-depth exploration of the guilt

and mental health that Audrey has because of the lies she creates about her friend. Lang Leav's book also provides a complex and personal discussion on how internal and external factors affect a person's dealing with their problems.

E. REFERENCES

Aprilia, A., & Aminatun, D. (2022). Investigating Memory Loss: How Depression Affects Students'memory Endurance. *Journal of English Language Teaching and Learning*, *3*(1), 1-11.

Bland, A. R., Roiser, J. P., Mehta, M. A., Sahakian, B. J., Robbins, T. W., & Elliott, R. (2022). The impact of COVID-19 social isolation on aspects of emotional and social cognition. *Cognition and Emotion*, *36*(1), 49-58.

Chmil, H., Kuznietsova, I., Mishchenko, M., Oliynyk, O., & Demeshchenko, V. (2021). Intangible cultural heritage as a resource for consolidating modern Ukrainian society. *Linguistics and Culture Review*, *5*(S4), 747–760. https://doi.org/10.21744/lingcure.v5ns4.1713

Drigas, A., Mitsea, E., & Skianis, C. (2021). Neuro-Linguistic Programming, Positive Psychology & VR in Special Education. *Scientific Electronic Archives*, *15*(1). https://doi.org/10.36560/15120221497

Eres, R., Lim, M. H., Lanham, S., Jillard, C., & Bates, G. (2021). Loneliness and emotion regulation: implications of having social anxiety disorder. *Australian Journal of Psychology*, *73*(1), 46–56. https://doi.org/10.1080/00049530.2021.1904498

Fernández-Theoduloz, G., Paz, V., Nicolaisen-Sobesky, E., Pérez, A., Buunk, A. P., Cabana, Á., & Gradin, V. B. (2019). Social Avoidance in Depression: A Study Using a Social Decision-Making Task. *Journal of Abnormal Psychology*, *128*(3), 234–244. https://doi.org/10.1037/abn0000415

Gellner, A. K., Voelter, J., Schmidt, U., Beins, E. C., Stein, V., Philipsen, A., & Hurlemann, R. (2021). Molecular and neurocircuitry mechanisms of social avoidance. *Cellular and Molecular Life Sciences*, *78*, 1163-1189.

Griffiths, M. D., Kuss, D. J., & Demetrovics, Z. (2014). Social networking addiction: An overview of preliminary findings. *Behavioral addictions*, 119-141.

Ihsani, A., Amiruddin, F., Febriyanti, N., & Abdan Syakuuroo, S. K. (2021). Gus Dur's Multicultural Da'wah and Its Relevance to Modern Society. *El Harakah*, *23*(1), 103.

Ji, S., Zhang, T., Ansari, L., Fu, J., Tiwari, P., & Cambria, E. (2021). *MentalBERT: Publicly Available Pretrained Language Models for Mental Healthcare*. http://arxiv.org/abs/2110.15621

Lawlor, A., & Kirakowski, J. (2014). Online support groups for mental health: A space for challenging self-stigma or a means of social avoidance? *Computers in Human Behavior*, *32*, 152–161. https://doi.org/10.1016/j.chb.2013.11.015

McCloskey, K. D., Cox, D. W., Ogrodniczuk, J. S., Laverdière, O., Joyce, A. S., & Kealy, D. (2021). Interpersonal problems and social dysfunction: Examining patients with avoidant and borderline personality disorder symptoms. *Journal of Clinical Psychology*, *77*(1), 329–339. https://doi.org/10.1002/jclp.23033

Meshcheryakova, N. N., & Vasilenko, L. A. (2023). The New Social Developments of Durkheim and Merton Theories on Anomie in Modern Society. *Social Evolution and History*, *22*(1), 102–122. https://doi.org/10.30884/seh/2023.01.05

Mikhailova, O. B., Khairova, Z. R., & Bashkin, E. B. (2021). Mental Health as a Priority of Modern Society: Results of the International Scientific and Practical Conference on Commitment to Mental Health. *RUDN Journal of Psychology and Pedagogics*, *18*(4), 915–922. https://doi.org/10.22363/2313-1683-2021-18-4-915-922

Ottenbreit, N. D., Dobson, K. S., & Quigley, L. (2014). An examination of avoidance in major depression in comparison to social anxiety disorder. *Behaviour Research and Therapy*, *56*(1), 82–90. https://doi.org/10.1016/j.brat.2014.03.005

Özmete, E., & Pak, M. (2020). The Relationship between Anxiety Levels and Perceived Social Support during the Pandemic of COVID-19 in Turkey. *Social Work in Public Health*, *35*(7), 603–616. https://doi.org/10.1080/19371918.2020.1808144

Pelekh, Y. (2020). Urgent Issues and Modern Challenges of Higher Education. *Problems of Education in the 21st Century*, *78*(5), 671–673. https://doi.org/10.33225/pec/20.78.671

Pittig, A., Pawlikowski, M., Craske, M. G., & Alpers, G. W. (2014). Avoidant decision making in social anxiety: the interaction of angry faces and emotional responses. *Frontiers in psychology*, *5*, 1050.

Potočan, V., Mulej, M., & Nedelko, Z. (2021). Society 5.0: balancing of Industry 4.0, economic advancement and social problems. *Kybernetes*, *50*(3), 794–811. https://doi.org/10.1108/K-12-2019-0858

Pylypenko, S. G. (2021). Philosophical reflections in the challenges of the post-modern society. *Revista Amazonia Investiga*, *10*(48), 81–88. https://doi.org/10.34069/ai/2021.48.12.9

Reinhard, M. A., Nenov-Matt, T., & Padberg, F. (2022). Loneliness in personality disorders. *Current Psychiatry Reports*, *24*(11), 603-612.

Roberts, J. E., Crawford, H., Will, E. A., Hogan, A. L., McQuillin, S., Tonnsen, B. L., ... & Brewe, A. M. (2019). Infant social avoidance predicts autism but not anxiety in fragile X syndrome. *Frontiers in Psychiatry*, *10*, 199.

Sahari, A., & Putra, C. R. W. (2024). Analisis Pertahanan Diri Tokoh Utama dalam Novel Lembata Karya F. Rahardi. *Semantik*, *13*(1), 71-86.

Strickland, K., Levengood, A., Foroughirad, V., Mann, J., Krzyszczyk, E., & Frère, C. H. (2017). A framework for the identification of long-term social avoidance in longitudinal datasets. *Royal Society Open Science*, *4*(8). https://doi.org/10.1098/rsos.170641

Suleimenov, I. E., Gabrielyan, O. A., Malenko, S. A., Vitulyova, Y. S., & Nekita, A. G. (2021). *Algorithmic Basis Of Battle Neural Networks And Crisis Phenomena In Modern Society*. 247–255. https://doi.org/10.15405/epsbs.2021.12.03.33

Thai, T. T., Le, P. T. V., Huynh, Q. H. N., Pham, P. T. T., & Bui, H. T. H. (2021). Perceived stress and coping strategies during the covid-19 pandemic among public health and preventive medicine students in vietnam. *Psychology Research and Behavior Management*, *14*, 795–804. https://doi.org/10.2147/PRBM.S317059

Thu, T. N. M. (2021). The Economic Factors Affecting Family In Modern Vietnamese Society. *The journal of contemporary issues in business and government*, *27*(2), 790-794.

Trew, J. L., & Alden, L. E. (2015a). Kindness reduces avoidance goals in socially anxious individuals. *Motivation and Emotion*, *39*(6), 892–907. https://doi.org/10.1007/s11031-015-9499-5

Trew, J. L., & Alden, L. E. (2015b). Kindness reduces avoidance goals in socially anxious individuals. *Motivation and Emotion*, *39*(6), 892–907. https://doi.org/10.1007/s11031-015-9499-5

Wang, Y., Bai, Y., Xiao, X., Wang, L., Wei, G., Guo, M., ... & Zheng, C. (2022). Low-intensity focused ultrasound stimulation reverses social avoidance behavior in mice experiencing social defeat stress. *Cerebral Cortex*, *32*(24), 5580-5596.