

## The Elucidation of Jennette's Extreme Anxiety in Jennette McCurdy's *I'm Glad My Mom Died*

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### ABSTRACT

This study investigates how the memoir *I'm Glad My Mom Died* by Jennette McCurdy portrays the characteristics of extreme anxiety in Jennette as the main character. Jennette feels such extreme anxiety due to abundant expectations from her mother to become a successful actress. Through qualitative method and explorative approach, Jennette's extreme anxiety is due to stressful and negative feelings in order to always be the best in front of her mother and other people. She knows that she hates it, but she could not avoid her mother at all. She is also terrified in her self-loathing and self-pity situation that may never meet her mother's demands. In conclusion, Jennette's extreme anxiety is haunting her alongside fear and struggle to be perfect every time.

**Keywords:** *Extreme Anxiety; I'm Glad My Mom Died; Jennette McCurdy*

## INTRODUCTION

Humans always experience quite significant emotions every day, such as happy, sad, or even anxious and frustrated. In the case of anxiety, people are more likely to feel it because they are aware of the stress that is constantly occurring in their lives. Anxiety is defined as a fear of a social situation or a stress in which one is deeply concerned about others' judgment of oneself. It's quite visible because worrying over something is natural if it's still at a level that is manageable Ressler, (2010); Saputro et al., (2024). Psychological mechanisms in humans can be contradictory and affect in different ways Aleksandric et al., (2023); Liu et al., (2022). Extreme anxiety tends to take the form of a sudden panic that people with extreme anxiety experiences. They will also have more difficulty sleeping and continue to experience anxiety to the point where they are unable to think about anything except what they are worried about Goisman et al., (1998); Saputro et al., (2024).

Furthermore, someone with extreme anxiety will find it harder to focus and this will cause him or her to struggle to complete his or her work. Then, on the physical reaction, someone with extreme anxiety will tend to experience more headaches, fatigue, or even discomfort in their body due to the high stress caused by high anxiety

Liu et al., (2022); Saputro et al., (2024). Anxiety-related conduct involves the avoidance of perceived threats as well as the desire to flee any circumstance viewed as hazardous. Individuals with high trait anxiety may exhibit greater avoidance behavior. It is also reflected in fear as characterized by hyperactivity and hyper vigilance experienced by the sufferers Goisman et al., (1998); Saputro et al., (2024).

In this study, the researchers select Jennette McCurdy's memoir entitled *I'm Glad My Mom Died* published on August 9, 2022. In this book, Jennette, the main character, suffers from significant emotional instability as a result of her mental health issues. Jennette becomes anxious during an audition because she is scared she will perform poorly and upset her mother, who has high expectations for her McCurdy et al., (2024). She would always go through the routine of self-soothing, but it is never enough. Her desire for perfection makes her scared of failure. The researchers choose this memoir to examine the mental condition of the main character. In this study, the researchers examine anxiety and dissatisfaction from a psychological perspective by concentrating on Jennette's deteriorating mental state Stein et al., (2022).

Other studies have been discussing this memoir of *I'm Glad My Mom Died*. The first one is written by J. S. D. O. Maciel in 2023 entitled Exploring Jennette McCurdy's and Matthew Perry's personal narratives: a brief study of the memoir genre. This article explores the crucial points of memoir written by McCurdy especially in how that work may enhance literary studies in advance Maciel et al., (2023). That writing has the same object of the memoir of *I'm Glad My Mom Died* compared to this current research. The difference lies on the different topic as this current aspect explores more about extreme anxiety in the main character of that memoir. The second one is written by A. Kamila and A. G. M. Litaay in 2024 entitled Exploring Child Abuse Revealed in Jennette McCurdy's *I'm Glad My Mom Died*. This paper investigates proofs of child abuses and its reasons in the memoir Kamila & Litaay, (2024). That paper has similarity with this writing in using the memoir of Jennette McCurdy's *I'm Glad My Mom Died*. The difference is located in the topic as the latter explores matters of extreme anxiety displayed by Jennette, the main character.

This article finds its novelty by comparing those two previous studies. The idea of extreme anxiety has never been discussed regarding that memoir. Another novelty is shown in deepening the psychological ideas of identities and its discontents in the memoir. By exploring extreme anxiety, it goes deeper from psychological into psychoanalytical realm either. It goes on towards matters of trauma as Jennette's suffering is such results from her mother's doing in her past. By stating so, extreme anxiety could also define more cultural studies regarding memoir and its characters within.

## METHOD

This study uses qualitative approach to examine certain concepts and written data address the research question. It explains how the memoir *I'm Glad My Mom Died* relates to the extreme anxiety, using literary study perspective. The data for analysis is

obtained by closed reading the whole content of memoir and reading the narrative of Jennette, connecting it with the concept of extreme anxiety that happens in her life by studying the main character's narrative. Through explorative approach and content analysis, the data analysis includes attaining sources, reading them, comparing with related concepts and theories, quoting into paper, and writing in references lists.

## **FINDINGS AND DISCUSSIONS**

### **The Significance of Jennette's Exertion in *I'm Glad My Mom Died***

Jennette McCurdy's memoir focuses heavily on Jennette relationship with her mother. Jennette struggles every day to live up to her mother's expectations of her as the ideal child actress McCurdy, (2022). Jennette's confusion about herself is caused by the pressure she receives from her mother. Jennette's problem in life stems from the strain her mother places on her. It makes her anxious if she does not match her mother's expectations McCurdy, (2022); Syed, (2023). The following quotations below provide evidence of Jennette's dominating sense of anxiety;

#### **Data 1**

*I feel something uncomfortable brewing inside me.* McCurdy, (2022)

Jennette feels irritated because she assumes that her acting is not perfect and she is so mad about this. Jennette feels that she is unable to act well because she is not capable enough to do so. Jennette does not do it perfectly as she usually does, and she is quite disappointed with herself (McCurdy, 2020). She is anxious and angry about how she could not do her best in acting. Jennette does not like how she does things incorrectly as she will feel anxious about the whole response or how she is not satisfied with the result.

#### **Data 2**

*Jealousy mixed with rejection and self-pity.* McCurdy, (2022)

Jennette is angry at herself because the jealousy she feels is just making her think that she does not belong to act. She cannot act and she is not suitable to that doing. She even thinks that she is not that good at it. She does not want to do what she is not good at, she feels sorry for herself for forcing herself to do it McCurdy, (2020). She is not talented in acting but Jennette has to keep doing that because of her mother's dream of becoming a star in stage. This makes Jennette uneasy about fulfilling her mother's expectations of her. Acting is never in her top number of skills, that is why Jennette is never confident in acting. However, she is concerned that she will disappoint her mother if she does not do acting. It is also the main purpose of her everyday life.

#### **Data 3**

*I'm shaking.* McCurdy, (2022)

Jennette is shaking because her anxiety goes up when she does the act in front of Barbara who gives her instruction to repeat it again. Jennette thinks of all the possibilities for her unsatisfactory acting. She feels so anxious and shaky because Barbara's instruction for a repeat means that she has made a mistake in her previous

acting. Repetition for Jennette meant as a fail; she fails at one act and has to repeat it. Jennette feels this so many times that it makes her pale and unable to think clearly (McCurdy, 2020). It makes her uneasiness even more uncontrollable, and as a result, her whole body is shaking because of it.

#### **Data 4**

*My anxiety causes me to be a people pleaser.* McCurdy, (2022)

Jennette knows that she is a people pleaser. It means that she should always be making other people happy, even when she do not like what she is doing. Jennette always ends up concluding that ultimately, she cannot refuse anyone who comes up to her and asks for a photo or an autograph. She is told to smile kindly and fulfill their expectations by discarding Jennette's own character McCurdy, (2020). Although Jennette could not be herself when people greet her and she is forced to act to fulfill their wishes, Jennette could not resist. Her fear of disappointing her fans makes her cannot help but accept their invitations to take pictures and do whatever they want. Jennette is concerned that if she makes a mistake, it will affect her career. That is why Jennette feels depressed, but she still does it simply because she does not want to be seen as having a bad image.

#### **Data 5**

*I am terrified of what will happen when Mom sees me.* McCurdy, (2022)

As she eats, Jennette, who already feels guilty enough, becomes frightened of how her mother would respond. She has broken the rules her mother has created; eating more than the prescribed portion and enjoying it. Jennette never once breaks the rules made by her mother. She would never dare to do so, but this time, Jennette wants to escape her mother's strict food rules just once. Jennette knows she would feel very guilty later for not following her mother's rules. Jennette knows she would really disappoint her mother, and that is what worries her the most (McCurdy, 2020). The way her mother looks at her, it must have felt like she is slowly disarming her and hitting her with words of hurtful comments. Jennette feels her anxiety growing. She is fidgeting to death as she eats more than she should have. She may not need to think like that, but she is unconsciously forced to assume so.

#### **Data 6**

*Maybe Mom won't notice. Maybe if I tug my shirt again she won't notice; maybe if I hold my breath for ten seconds she won't notice.* McCurdy, (2022)

Jennette is thinking of ways to hide the changes in her body because she eats too much while traveling with her mother. She is thinking of ways to make her body look like usual (McCurdy, 2020). The anxiety of her mother realizing that Jennette's body is changing makes Jennette concerned. She is panicked about all the possibilities that will come up when her mother sees her coming home in this body. Jennette has never missed her diet schedule, and all of Jennette's meals are strictly for her mother's benefit. That is why Jennette is worried that her mother will find out that Jennette is eating carelessly.

#### **Data 7**

*I'm still shaking from the interaction with Mom.* McCurdy, (2022)

Jennette has an argument with her mother because she lies and trying to deny anything her mother who mentions that Jennette is starting to break the rules and not following the path provided. Jennette lies once; it becomes a highly emotionally impactful issue for her. The fight with her mother leaves Jennette so stressed and shocked to death. Moreover, she has never makes her mother angry to the point of cursing her, and it makes Jennette's emotions completely screw up because of it. This is the first time she has disobeyed her mother, and her mother has given Jennette a very surprising response. It is the first time they have has an argument and Jennette thinks she always understands her mother, but she does not McCurdy, (2020).

**Data 8**

*I'm so desperate to be with him.* McCurdy, (2022)

Jennette thinks she does not want to be with anyone except Joe because she admires Joe so much. Jennette sees him as something missing from herself. Moreover, Jennette never feels cool. She never feels satisfied in life. She even never feels enough when she has done something. Jennette is looking for someone more than herself, and she finds that in Joe (McCurdy, 2020). She wants to be with Joe for a long time, and she feels so desperate just to be with Joe. She experiences excessive anxiety in all her thoughts if she loses Joe. This is also results of her anxiety after she has to face her own main failure and inability to fulfill her mother's dreams.

**Data 9**

*Eventually, I've been hysterical enough for long enough that I'm completely emotionally depleted.* McCurdy, (2022)

Jennette cannot control her emotions because of what will happen after she is caught by the paparazzi with Joe in Hawaii. She hates her news and it makes her very stressed and her emotions are in disarray. She is afraid her mother will punish her, disown her as a child, or threaten her because Jennette is not perfect in her mother's eyes. Jennette knows all too well how her mother will curse her for dating, something her mother strictly forbids McCurdy, (2020). Jennette is restless and anxious as she thinks of all the possible emotions her mother could send her way. Being caught by the paparazzi and reported in the media are nightmares that Jennette has been dreading for a long time. Jennette could only panic and worry until her whole body is cold, and could not think of any way out of the incident. Jennette does not know what to do other than feel angry and blame her own self.

**Data 10**

*In the middle of my second line, my breathing gets away from me and speeds up, like it does whenever a panic attack is coming on.* McCurdy, (2022)

Jennette is about to take a shot for the shooting, then she suddenly feels shortness of breath and it gets worse. She experiences a panic attack in the middle of the shooting because she has cried too much before McCurdy, (2020). Jennette catches herself in a dire situation as her anxiety soars and causes her to panic with her whole body shaking violently. Jennette could not say anything. Jennette blames herself too much, and is worried about what other people will think of her. Indeed, that bothers her even worse

and causes her panic attack. Jennette's breathing is irregular as the tightness in her chest makes her unable to focus on standing still.

#### **Data 11**

*I'm never quite good enough.* McCurdy, (2022)

Jennette thinks she has never been able to fulfill anything that society desires (McCurdy, 2020). Jennette notices that every time she acts and stays in the acting world, she never feels good enough for other people's expectations. Jennette is never able to be herself because while she is acting. However, she is required to maintain her image to such an extent that Jennette does not understand her true self. Jennette continues to feel anxious about whatever her actions will show to the public. Jennette always feels panic when communicating with strangers. She worries that she will not live up to any social standard.

#### **Data 12**

*Anytime I'm having a conversation with someone over a meal, there's another conversation happening internally—judgements and criticism and self-loathing that press on me with such severity.* McCurdy, (2022)

Jennette feels that every person who engages in conversation with her always speaks in a very judgmental manner. It is causing her to question herself and feel inadequate because she is not good enough to be praised McCurdy, (2020). Jennette never accepts the sincerity of the people around her in talking to her. Therefore, because of any demand for her to be something 'more' than her current condition, Jennette harbors many emotions that she should not have. Jennette feels that her anxiety always takes the form of her dissatisfaction with herself because people's expectations of her are also so high.

### **Anxiety and Its Impacts in People's Poor Mental State**

Anxiety that people feel when they indicate hopeless and stress, it is knowingly to be the serious mental state that makes them cannot think straightly. This anxiety is a rejection of the situation that is hurting so much. In other words, this is the most crucial moment for someone who feels excessive anxiety Deng et al., (2021); Pasopati et al., (2024). In terms of psychological reactions, extreme anxiety tends to take the form of a sudden panic. It will also create more difficulties in sleeping and continue to experience anxiety to the point where the sufferers are unable to think about anything except what they are worried about Deng et al., (2021); Liu et al., (2022).

Furthermore, someone with extreme anxiety will find it harder to focus and this will cause him or her to struggle to complete his or her work. Then, on the physical reaction, someone with extreme anxiety will tend to experience more headaches, fatigue, or even discomfort in their body due to the high stress caused by high anxiety. When someone experiences excessive anxiety, he or she will usually experience effects on their body such as dizziness or heartburn and the urge to vomit. This is because the anxiety makes such stress to people's heart rate and breathing become disrupting due to how intense the anxiety felt by the person Deng et al., (2021); Oktafiani et al., (2023).

Furthermore, individuals suffering from extreme anxiety are likely to develop physical symptoms including heartburn, vertigo. It also includes shaking so bad that

makes them cannot do anything but shaking for a few minutes. This is because the worry they experience is so great that it causes stress, which causes people's breathing and heart rate to become irregular Deng et al., (2021); Oktafiani et al., (2023).

People with high trait anxiety who overestimate the threat of social evaluation may pay close attention to other people's facial expressions. Others may judge them as negative and self-referential. They also start avoiding social situations that may develop social anxiety disorder. It is because the traits of anxiety has a stable component and varies over time. It is triggered by a negative thought that builds up and becomes an anxiety that is difficult to control Ressler, (2010); Saputro et al., (2024). Anxiety-related behavior is usually always trying to avoid a situation that someone does not like or in the form of a threatening situation perceived by someone who experiences it, as well as a tendency to escape from any situation that is considering distressing Banariu et al., (2023); Susanto et al., (2023).

At the level of an individual's mindset formation, a response from others about what they are doing is very important in their lives. A response that is stressful and fuels negative feelings usually leaves people with near-permanent anxiety. People's stress level is always dependent on the response and expectations of others Saputro et al., (2024); Taylor et al., (2020). It is also reasonable to assume that individuals who have high trait anxiety may show increased avoidance behavior towards some situations that make them uncomfortable. That is the only thing that can make them feel a little calm in response to the pressure of the situation Banariu et al., (2023); Deng et al., (2021).

An individual who feels anxiety getting out of control, only produces complex stress and makes the person filled with negative emotions such as hating something or turning anxiety into anger. People with excessive anxiety tend to position themselves as someone who cannot do things well because of their anxiety. Fear of the things that happen around them can have a very bad impact on the person's emotional state Bourne & Brown, (1995); Pasopati et al., (2024). They tend to close themselves off, or even become those who always put themselves last because their anxiety is seen as bad when rejecting someone (Pasopati et al., 2024; Taylor et al., 2020). The impact of putting someone before themselves first can make those people constantly trying to make others around them satisfied, even though they do not feel satisfied with it.

### **Extreme Anxiety in Jennette's Character**

This section examines the narrative of Jennette in *I'm Glad My Mom Died* that reveal the symptoms of extreme anxiety in Jennette's character. The factor is based on how she emphasizes them through her stories to show her anxious feelings against her mother and any other people. The aspect is explained below;

In data 1, the quote shows Jennette's struggle to handle her negative emotions. She is anxious and angry about how she could not do her best in acting. Jennette does not like how she does things incorrectly, she will feel anxious about the whole response or how she is not satisfied with the result. Jennette always expects herself to do things perfectly as directed by her mother, but this time, Jennette does not do that. She senses her anxiety about her mother's response to her acting.

An incident that makes people start to feel pressure by people around them and external factors that make them anxious can make the resulting psychological pressure may develop into complications such as decreases self-esteem or self-efficacy Kamaludin et al., (2020). In Jennette's case, she perceives the burden of expectations from her mother who makes her so fearful because she is acting imperfectly. The psychological pressure that Jennette assumes is formed because of her mother's expectations of Jennette, to do everything perfectly.

In data 2, the quote explains that at the level of an individual's mindset formation, a response from others about what they are doing is very important in their lives. A response that is stressful and fuels negative feelings usually leaves people with near-permanent anxiety. It is because people's stress level is always dependent on the response and expectations of others Taylor et al., (2020). Jennette experiences abundant negative feelings because of her mother's expectations. She never does her best as she thinks so.

Therefore, Jennette is never able to fulfill her mother's expectations. This makes Jennette's emotions so mixed. She identifies jealous, angry, and sorry for herself because of her inability to do the perfect thing according to her mother's wishes McCurdy, (2020). Jennette's anxiety comes from how her mother responds, making Jennette feel stressed because her mother, too, is always dissatisfied with what Jennette has done. There is not any goodness in the relationship between Jennette and her mother.

In data 3, the quotation shows that individuals suffering from extreme anxiety are likely to develop physical symptoms including heartburn, vertigo, and sometimes shaking so bad. This is because the worry they experience is so great that it causes stress, which causes people's breathing and heart rate to become irregular Deng et al., (2021). This is felt by Jennette when she is concerned due to the order to repeat the acting again. Moreover, it is not the repeat that she fears. It is the uneasiness of facing failure that makes her concerned. She is shaking, because her anxiety about the situation makes Jennette blame herself for her inability to act. She may not be capable in acting, but she is always pushed to do so. Indeed, it grows such extreme anxiety rather than creativities to go further.

In data 4, the quote clearly explains that Jennette is concerned that if she makes a mistake, it will affect her career. That is why Jennette feels depressed, but she still does it simply because she does not want to be seen as bad. People with excessive anxiety tend to position themselves as someone who cannot do things well because of their anxiety. Fear of the things that happen around them, can have a very bad impact on the person's emotional state. They tend to close themselves off, or even become those who always put themselves last because their anxiety is seen as bad when rejecting someone Liu et al., (2022); Pasopati et al., (2024).

The impact of putting someone before themselves first, can make those people constantly trying to make others around them satisfied, even though they does not feel satisfied with it Damayanti & Listyani, (2020); Taylor et al., (2020). Jennette experiences an anxiety that brings impact to her by putting others before her own



convenience. This is because Jennette is always anxious about how others will perceive her, and Jennette does not want to do wrong to others even if she has to be someone who never puts herself first.

In data 5, the quote shows when people will feel serious anxiety, they will feel pressure either from themselves, or from others. It is said that every aspect of a problem that occurs in people's life, always has an impact on the emotional state felt by that person. Anxiety, too, can come from all the pressure that accumulates and makes it something to worry about Liu et al., (2022); Pasopati et al., (2024). It also happens to Jennette who must face such fear when she has to fulfill any demand of her own mother.

Moreover, anxiety can lead to severe stress that causes people to not be able to solve problems properly and only think about things that cause him stress Deng et al., (2021; Wijaya et al., (2025). Jennette is worried that she has eaten too much. Jennette eats an unusually large portion, which should not have been something she thinks too much about. However, Jennette is very concerned and even afraid about it. Jennette's anxiety and her overwhelming thoughts makes Jennette feel stressed because of her uncontrollable anxiety.

In data 6, the quote explains Jennette has never left her diet schedule. Actually, all of Jennette's meals are strictly for her mother's benefit. That is why Jennette is concerned that her mother will find out that Jennette is eating carelessly McCurdy, (2022). Some individuals will experience more anxiety in the presence of contamination that can develop certain behaviors, or impulses, that cause anxiety to increase. Usually, it comes from the expectation and behavior of the people around them towards the person who feels the anxiety Aleksandric et al., (2023; Deng et al., (2021). It happens to Jennette as she has to bear something that she does not intend at all. Indeed, she is living the force of her mother to her own life.

Moreover, every other person's response greatly affects the level of anxiety feels by an individual Aleksandric et al., (2023); Deng et al., (2021). Jennette's situation, as described previously, shows how anxiety is increasing. Later, it is also causing Jennette to create many negative emotions stemming from her mother's expectation. She must do anything by demands. It is especially for Jennette to maintain her figure on a daily basis. This makes Jennette anxious about her mother's reaction if the schedule is not fulfilled.

In data 7, the quote shows that Jennette feels her anxiety overtakes her when she is arguing with her mother. Jennette is anxious about how she would fix things. Extreme anxiety can stem from situations that people cannot handle. Any situation that cannot be changes or has already occurring without any estimation of its arrival in one's life can make the anxiety occurs in an individual. It could be more complex and extreme especially in those who never appreciate her or his own efforts Seok et al., (2020); Wijaya et al., (2025). That idea is closely related to Jennette shown from her fight with her mother is a situation that Jennette does not expect to come to her. That is why Jennette's anxiety grows in thinking about what will happen if she meets her mother again after her fight with her mother.

In data 8, the quote describes that Jennette does not want any love but Joe. She is so restless in her love for Joe, and Jennette knows she is crawling to get him. Hopelessness is a form of excessive anxiety that can lead to depression depending on the response and handling of the person experiencing it. In various cases, extreme anxiety also leads to extreme despair because one's failure to achieve something results in extreme stress and anxiety that leads one's emotions to the point of despair before becoming depressed Seok et al., (2020; Taylor, (2020). Jennette feels how much she wants Joe to the point where she really wants to give up everything just for Joe.

Jennette is so anxious about losing Joe. Her desperation about her feelings could only make Jennette think she only wants to live with Joe. She thinks that Joe is the source of Jennette's happiness McCurdy, (2020). Jennette's anxiety can have the effect of becoming something that cannot be changed later. That how desperate she is to love Joe, makes Jennette sometimes lose herself to love Joe. It is also her effort to escape from her mother. By meeting Joe, Jennette would like to leave her forced life to go into freedom. Indeed, love in this case is a sign of free life that Jennette originally desires.

In data 9, the quotation shows extreme anxiety usually has an impact on how people's attitude and behavior if pressured by a situation that he or she does not expect to exist. Usually, the stress caused by anxiety also makes them act more carelessly and makes them unable to think clearly Liu et al., (2022); Wijaya et al., (2025). The anxiety that Jennette feels about the news that spread about her and Joe, makes Jennette unable to think clearly. She could only think about how her mother will be disappointed in her when she finds out about it. That situation successfully makes Jennette feels her anxiety swallowing her alive until she could not think of anything but the news.

In data 10, the quotation describes clearly that Jennette blames herself too much, and is worried about what other people will think of her. Indeed, that bothers her even worse and causes her panic attack. Jennette's breathing is irregular as the tightness in her chest makes her unable to focus on standing still. Excessive anxiety has several cascading effects on people's mentality so that it develops into a new effect of anxiety, and turns into a panic that has its own complexities Liu et al., (2022); Ressler, (2010). A panic attack known as a sudden, acute episode of worry that is accompanied by frightening physical symptoms including nausea, shortness of breath, and racing heartbeat, as well as a sense of impending doom Aleksandric et al., (2023); Pasopati et al., (2024).

Jennette experiences her anxiety too much and it truly makes her having panic attacks when she is at her worst McCurdy, (2020). This fuels the development of her anxiety into sudden panic attacks. Moreover, panic attacks are always the point of development of excessive anxiety for someone who can no longer control his or her anxiety Deng et al., (2021); Mulyanto et al., (2025). Jennette feels it all over her body and somehow could not really have full control of her mind either.

In data 11, the quotation explains that Jennette always feels panic when communicating with strangers. She worries that she will not live up to any social standard. Meeting other people's expectations only makes Jennette's mental state

worse. People who experience anxiety in socializing or communicating with others will always feel unexplainable difficulties in social situations around them. This anxiety causes a struggle just to communicate or when his or her trying to socialize with others Clear et al., (2020). Jennette's communication difficulties are due to her anxiety that always precedes her before she communicates with others. This is because Jennette always lives with other people's expectations of her, and Jennette is always worried about how strangers will respond to her McCurdy, (2020).

In data 12, people's dissatisfaction with himself or herself often stems from every response and expectation that others give Clear et al., (2020); Mulyanto et al., (2025). Imposing other people's standards on oneself may cause anxiety that always makes him or her dissatisfied. These people often think about their every action in the eyes of others, rather than thinking about themselves first Deng et al., (2021); Liu et al., (2022); Taylor, (2020). Jennette's description of how she always follows other people's wishes in her life makes her never satisfied with herself McCurdy, (2020).

Jennette assumes that every step of the way that she takes is being criticized and judged. Jennette never accepts the sincerity of the people around her in talking to her. Later on, she may be able to never accept anything that she does even for her own self. Therefore, because of any demand for her to be something 'more' than her current condition, Jennette harbors many emotions that she should not have. Jennette feels that her anxiety always takes the form of her dissatisfaction with herself because people's expectations of her are also so high McCurdy, (2022).

## CONCLUSION

The analysis in memoir entitled *I'm Glad My Mom Died* by Jennette McCurdy indicates the form of frustration and fear that Jennette feels when she is struggling for being a perfect actress. The main character is the child actress that has emotional struggle and always feels the anxiety surrounding her every day. It all starts with the high expectations placed on Jennette by those around her, especially her mother when she is young. She is even often worried that she would fail, and it gets worse with each passing day. This research leads to the complexity of Jennette's anxiety. The anxiety attacks not only Jennette's mind, but also her body. It also tends to give uncomfortable feelings for her when meeting with anyone. This also makes Jennette's anxiety one of the most extreme in terms of Jennette's mental state. The reality is she is quite burdened by expectations demanded by her mother and other people surround her.

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