



The Analysis of Bullying Experienced by Eleanor in Rainbow Rowell's *Eleanor & Park*

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ABSTRACT

The aim of this research is to comprehend bullying types and its effects experienced by the main character of Eleanor in Rainbow Rowell's novel, *Eleanor & Park*. The writer utilized the psychological approach that applied theories in psychology to analyze, examine and understand bullying experienced of the main character. The method of this analysis was descriptive qualitative method, which tried to analyze bullying experienced by the main character. The writer discovered that the types of bullying experienced by Eleanor are physical bullying, verbal bullying, and sexual bullying. Meanwhile, the effects of bullying experienced by the main character are such as feeling of shame, low self-esteem, symptoms of depression, and suicidal thought. The importance of this study is for us to comprehend the collected information on who needs more attention between the bullied and bullies. Besides that, we also must look at the pictures on how bullying may affect greatly towards the victims of bullying and how it influences their daily lives.

Keywords: bullying, psychological approach, Eleanor & Park



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1. INTRODUCTION

1.1. Introduction

There is a firm correlation between literature and psychology for the fact that both of them are associated with human beings and their reactions, perceptions of the world, miseries, desires, fears, conflicts and reconciliations; individual and social concerns, by means of various concepts, methods, as well as approaches. It is a reasonable thing that an author depicts life according to his/her objectives, perceptions, ideologies, and value judgments portrayed on their literary works. It functions to open the doors of the unknown and invisible worlds to readers not only by arousing feelings and emotions but also by helping them to elaborate the meaning of life

and its existence. A clear evidence that often takes place in our life is about bullying. Bullying becomes one of the problems that are interesting to uncover, and the bullying happens in the main character's life; she is Eleanor.

According to Gladden, Hamburger & Lumpkin (2014) bullying is any unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm. Meanwhile as Olweus (1993, cited in Aulia, 2016) stated that bullying is defined as the abuse of power that is systematic and repetitive, unpleasant behavior that occurs from time to time, which can occur in children and adults. While Smith (2013) stated that bullying can be carried out by a group, or by one stronger individual; although usually considered in the context of pupil-pupil relationships, both teacher-pupil and pupil-teacher bullying may occur. Besides physical bullying, the larger child hitting and beating up a smaller one and verbal bullying, nasty forms of teasing and verbal abuse, there can be indirect and relational bullying. Indirect bullying refers to some kind of social manipulation using others as a means of attack instead of attacking oneself, or otherwise manipulating the social network of the class; and relational bullying to inflicting harm on peers in ways that damage peer relationships; Bullying and victimization are widespread phenomena in childhood and can take Several forms, such as name calling, gossiping, exclusion, and hitting or pushing.

This research analyses the depiction of types and effects of bullying that are experienced by someone who faces some types of uncomfortable treatments conducted by group of people around her. Eleanor described as the one who has a unique characteristic, is strong, innocent, and a good girl. Bullying that befalls to Eleanor certainly happens in real life, that is why the novel is interesting to analyze.

There are some similar recent studies of bullying and its phenomenon that examined by scholars with different perspective. As Puteri Violyta Radina, Octaviani Ayu & Safitri Dewi (2020) analysed the social conflict that occurred in Eleanor and Park. They highlighted some kinds of social conflicts that befallen on Eleanor such as conflict of interest, conflict of role and social position. Meanwhile Soelistyarini and Savitri (2017) revealed gender and patriarchal oppression experienced by Eleanor. Their analysis related to gender roles stereotypes according to feminist literary criticism. They revealed how different characters reacted against domestic violence in the novel. Besides that Sofyani Rizki Amelia (2021) particularly highlighted something different from the prior research. She emphasized on how racism and racial

stereotypes in social recognition occurred. She presented the situation on how white and black people are treated unequally.

Seeing the interesting facts that researchers have tried to analyze, the issue of bullying attracts the researcher to investigate more deeply. Thus the aim of this research is to focus on the types and effects of bullying that are experienced by Eleanor. She is portrayed as a strong girl when she moved to Omaha, her life never went straight. She got bullied by her new school friends, her stepfather did not like her, even she was happy when she met Park, but Park's mom did not like her for the first time when they met

1.2 Research questions

Regarding on the analysis of the bullying phenomenon, the two questions are addressed to be uncovered, they are; (1) what are the types of bullying experienced by Eleanor (2) what are the effects that Eleanor experiences from bullying?

1.3 Significance of the Study

This research will not only elaborate about the types and effects of bullying experienced by the character. This is also expected that the study can enable those concerned know on how to deal with the problems of bullying and its consequences in daily lives. Therefore, it is important for us to comprehend the information about the main reasons why most people particularly teens bully each other. Besides that, it is pivotal to see the great effects that the victim gains from being bullied and how those things affect someone's emotional growth. Most importantly, this research, at the same time motivates people and lets them know how to reduce this phenomenon.

2. METHOD

2.1. Research Design

This research applied qualitative research method on the basis of types and effects of bullying experienced by Eleanor. If Eleanor is described as the new girl at school, the girl with the crazy red hair and the strange clothes and she gets bullying by her school friends. *Eleanor and Park* novel is defiantly not the typical high school romance. Park is portrayed as the quiet Asian boy who does everything in his power to avoid bringing attention to himself. Until Eleanor walks onto the bus, the two awkwardly sit together never speaking. The story continues on how they come to the conclusion that they share a common interest in comics and good music. Once their barrier of silence is broken they are propelled into a whirlwind of first love. And while neither has a perfect life they manage to find solace with each other. The novel was first published in Great Britain in 2012. It is second novel written by Rainbow Rowell.

The method of this analysis is descriptive qualitative method, which tries to analyze bullying experienced by Eleanor. Hancock, Ockleford (2009) stated that qualitative method aims to help people to comprehend the social world in which we live and why things are the way they are. The researcher found that this method was suitable for this analysis because this was conducted to provide a clear understanding on how language is used differently by people considering their role in treating others.

There are some types of qualitative research; one of them is content analysis. Bengtsson, (2016) stated that “Content analysis is a research method that provides systematic and objective means to make valid inferences from verbal, visual, or written data to describe and quantify specific phenomena”. The phenomena analyzed in this research were the types of bullying and their effects experienced by the main character told in the story. Qualitative methods, as the name indicates, are methods that do not involve measurement or statistics. (Boeree, 2005)

2.2. Instrument.

The instrument of the research as in most qualitative studies is the researcher. The researcher took role to collect the data through some data collection strategies. One of the strategies is the content analysis. Through content analysis, the researcher identifies the appearance of specific words, themes, or concepts in qualitative data. The script was collected and analyzed with this technique.

2.3. Data analysis

Since the research applied the qualitative content analysis, the data then were collected from the script with content analysis with coding technique. The coding was done by identifying the actions of the characters. For example, it is essential to identify among characters who conduct bullying to the main character and how she faced the situation of being oppressed and bullied. Fraenkel, J.R & Wallen (2007) stated that content analysis is a technique that researchers can use to examine human behavior indirectly through analysis of their communication such as textbooks, essay, newspaper, novels magazines article, songs, advertising images, and all types of communication that can be analyzed. In this research, the researcher described the effects and types of bullies experienced by the main Character, Eleanor. The further steps are then taken such as a) classifying the data which deal with the objectives of this research. b) Analyzing the data which explain the aspects of the bullying experienced by Eleanor. c) connecting and referring the data based on the theories applied. d) Drawing the conclusion once the data are analyzed.

3. FINDINGS AND DISCUSSION

3.1. Findings

Based on the data observation, the researcher observed the script taken from the novel. It is found that there are three types of bullying experienced by the Eleanor. While there are two effects that Eleanor has gone through, they are short and long term effects. The details are elaborated as follow.

Table 1 Result of Observation
Types of Bullying experienced by Eleanor

Types of Bullying	Result of Observation
a. Physical Bullying	Eleanor receives physical bullying from her friends at school. On the bus when she wants to go to school, her friend, Tina hugs, touches and shakes her hands physically. She does rude things over Eleanor.
b. Verbal Bullying	Tina can say something bad when they meet for the first time, she knows Eleanor is a new student, so she can do anything, she named her by a bad name. Tina also calls Eleanor Bozo and anything that she can call something bad to Eleanor at the gym class, because they are at the same class, and all the students at the gym class know that they only laugh when Tina tries to bully her, even the girls who hate Tina.
c. Sexual Bullying	Eleanor receives this type of bullying, such as experiencing repeated, harmful, and humiliating actions from her friends. She also receives sexually-bad words from friends. Sexual words that are written on Eleanor books make her so shameful when she is with Park

Table 2 Result of Observation
Effects of Bullying experienced by Eleanor

Effects of Bullying	Result of Observation
a. Short-term Effects of bullying for Eleanor	Feeling of Shame. Feeling of shame experienced by Eleanor is that she wants to hide herself from people around her because she feels not comfortable if her actions are known to others. Feeling of shame leads

Eleanor to depression and anti-social because Eleanor has a conflict in herself, she has many problems in her life at home or school

Low Self-esteem. She feels inferior to others in anything. It makes Eleanor anti-social, she always thinks everyone is better than her, she feels she is the ugliest person, or she is never suitable with anything that she wears or she does. Eleanor is a quiet person at her new school, because she does not make a friend with the others, and Tina always bullies her, it makes her does not feels confident, and always thinks bad about herself, especially her body.

Symptoms of Depression. Eleanor has symptoms of depression, which makes her bad mood and sad, especially it makes her angry easily, cries easily, and mood swings. Eleanor has those symptoms because she has much pressure from her home and her new school.

b. Long-term Effects of bullying for Eleanor

Suicidal Thought. Suicidal thought belongs to depression that Eleanor has, she can think that because she cannot handle her sadness, emotions, and everything bad that happens to her like she gets bullying at her school and she gets pressure at her home. If people have something bad in their life, they will think of committing suicide, same as Eleanor, she assumes that she can commit suicide even in the novel she does not say it directly.

After conducting the observation on the script of the novel carefully. The writer then analyzes the data deeply and validates the results of observation. Below is the outline on how the data of the first objective is formulated using the theory of Gordon (2019) on bully experiences.

Types of bullying depicted in the novel Eleanor & Park

a. Physical Bullying

According to Gordon (2019) physical bullying occurs when kids use physical actions to gain power and control over their targets. Physical bullies tend to be bigger, stronger, and more aggressive than their peers. Examples of physical bullying include kicking, hitting, punching,

slapping, shoving, and other physical attacks. This can be clearly seen when she moves to Omaha and moves to the new school there, she never got bullying at her old school before. One of her friends, Tina is the first girl who tries to bully Eleanor and she is brave to do physical bullying to Eleanor. On the bus when she wants to go to school, Tina makes physical contact with Eleanor for the first time, but it is not a physical contact like a hug, shake a hand, and other good physical contacts, that is a rude contact; she pushes Eleanor and it is a deliberate act. It is clearly seen in the quotation below.

'Watch it, raghead' Tina pushed roughly past Eleanor and climbed onto the bus. (p. 23).

Another physical bullying experienced by Eleanor is when she finishes her gym class and she goes back to the locker room with her friends DeNice and Beebi, but her friends go to the cafeteria first to lunch and leave Eleanor alone in the locker room. When she opens up her locker, it is empty; she tries the one above it, nothing, and nothing below. Eleanor starts over, opening all the lockers on the wall, trying not to panic. Maybe they just moved her clothes. Until Mrs Burt asks her and helps her to find her clothes and Mrs Burt finds her clothes in the bathroom. Somebody throws away Eleanor's clothes into Toilet, and flushes them, so the clothes are wet and dirty. This is physical bullying because somebody or the bullies that maybe Eleanor knows, she is Tina tries to spoil Eleanor's stuff. Eleanor only cries and puts her clothes from the toilet, and then she follows Mrs Burt to her room, and Eleanor wears her gym suit that she thinks gym suit is ugly. This can be obviously seen from the quotation below.

"Eleanor walked into the bathroom. The floor was wet, and Mrs Burt was standing in a stall. 'I'll get a bag,' Mrs Burt said, pushing past Eleanor. Her new jeans and her cowboy shirt were in a dark pile in the bowl, and her shoes were crammed under the lip. Somebody had flushed the toilet, and there was water still spilling over the edge. Eleanor watched it run. (p. 245).

b. Verbal Bullying

Verbal bullying is often very difficult to identify because attacks almost always occur when adults are not around. As a result, it is often one person's word against another's. Additionally, many adults feel that things kids say do not impact others significantly. As a result, they usually tell the victim of bullying to "ignore it." But verbal bullying should be taken seriously. (Gordon, 2019).

Eleanor experienced verbal bullying on the first day of school when Eleanor wants to seat and find an empty seat and Tina says something to her. Tina can say something bad when they meet for the first time, she knows Eleanor is a new student, so she can do anything, she can call

her bad and make her to cannot seat at the empty seat, actually, Eleanor still can seat there, but she is too afraid and she doesn't want everyone watches her.

“Then girl spotted the empty seat, she is Tina. ‘Hey,’ Tina said, ‘Bozo.’ Steve started laughing. His friends fell in a few seconds behind him. ‘You can’t sit there,’ Tina said. ‘That’s Mikayla’s seat.’ (p. 8).

Not only on the bus Tina also calls Eleanor Bozo and anything that she can call bad to Eleanor at the gym class, because they are at the same class, and all the students at the gym class know that they only laugh when Tina tries to bully her, even the girls who hate Tina. When Tina bullies her, all students are at the locker room and hear that, but Tina does not shame or afraid to say that to Eleanor. And Eleanor does not have a friend, so she can only be silent, even Tina always bullies her verbally.

*“She had everybody else in their gym class calling Eleanor Bozo, but Tina had already moved on to Raghead and Bloody Mary. ‘Cuz it looks like your whole head is on the rag,’ she’d explained today in the locker room. (p.23).
‘Red isn’t your color, Bozo,’ Tina had said the first time Eleanor suited up. The other girls all laughed, even the black girls, who hated Tina. (p. 23).*

c. Sexual Bullying

The last type of bullying experienced by Eleanor is sexual bullying. According to Gordon (2019) sexual bullying consists of repeated, harmful, and humiliating actions that target a person sexually. Examples of sexual bullying are including sexual name-calling, crude comments, vulgar gestures, uninvited touching, sexual propositioning, and pornographic materials. A bully might make a crude comment about a peer's appearance, attractiveness, sexual development, or sexual activity. Eleanor experienced some of them, especially from Tina, Tina always says something bad to Eleanor, and even Eleanor tries not to care about it. Tina still bullies her with bad words or sometimes vulgar words and she does something bad and vulgar to Eleanor. The situation that she experienced is seen below.

When Eleanor got to the locker room, she realized why Tina had been so low-key; she was just waiting, Tina and her friends – and the black girls, too, everybody wanted a piece of this – were standing at the end of Eleanor’s row, waiting for her to walk to her locker. It was covered with Kotex pads. A whole, box it looked like. (p. 54).

When Eleanor realizes there are Kotex pads with fake blood and written with bad words, Eleanor is shocked and feels sorry at the same time because Tina uses the expensive ink to write something bad to Eleanor. This is sexual bullying because Kotex pads are things that girls use

when they have a period, and it is a sexual thing, a vulgar thing that should not be done. But Tina is brave to do that, and she writes bad words on this.

“At first Eleanor thought the pads were actually bloody, but when she got closer she could see that it was just red magic marker. Somebody had written ‘Raghead’ and ‘Big Red’ on a few of the pads, but they were the expensive kind, so the ink was already starting to absorb”. (p. 55).

She has more than one bad word in her book, somebody is nosy to make fun with her book, Eleanor thinks they are not enough with verbal, they also use her book to do something bad and that makes her feel so sad. Sexual words that are written on Eleanor books make her so shameful when she is with Park, and Park accidentally opens her book and looks the bad words in there.

“Eleanor looked down. Crap. Whoever wrote that gross thing on her geography book had written on her history book, too. ‘suck me off,’ it said, in ugly blue letters. (p. 90).

Eleanor faces sexual bullying at her school, not only on her locker and her books; Tina also says something vulgar to Eleanor. C-word or cunt word is the same as the vulgar word and Tina does that with her mouth, even Eleanor with her friends, DeNice and Beebi, Tina is never afraid with them, and Eleanor always tries not to care with words that come out of Tina’s mouth. This can be obviously seen from the quotation below.

“The other day at lunch, Tina had a made big point of walking by Eleanor’s table and mouthing the C-word. The c-u-n-t word. (p. 211).

2. The effects of bullying depicted in the novel Eleanor & Park

Bullying can have negative short and long-term consequences for both the victim and the bully.

a. Short-term Effects of bullying for Eleanor (Feeling of Shame).

All people are different and are likely to exhibit varying behavior during or after bullying by a peer. With relational aggression on the rise and cyber bullying easier than ever, it should be noted that bullying can be on going for long periods of time before students seek help. Effects on the bullied victim can include: social isolation, feelings of shame, sleep disturbance, changes in eating habits, low self-esteem, school avoidance, symptoms of anxiety, bedwetting, higher risk of illness, psychosomatic symptoms (stomachaches, headaches, muscle aches, other physical complaints with no known medical cause), poor school performance, symptoms of depression. (Hurley, 2018).

Feeling of shame experienced by Eleanor is that she wants to hide herself from people around her because she feels not comfortable if her actions are known to others. Feeling of shame leads Eleanor to depression and anti-social because Eleanor has a conflict in herself, she has many problems in her life at home or school. Especially she is a new student and she has no one friends,

and Tina bullies her at the first time on the way to school, it makes feeling of shame of Eleanor increases, and she does not want to make herself to be on the spectacle of many people.

“Eleanor never brought anything to read on the bus. She didn’t want Tina, or anybody else, to catch her with her head down”. (p. 24).

When the gym class is on going, her teacher Mrs Burt shows her students how to swing like a gymnastics horse, and at the same time Eleanor thinks she cannot do that, she is not confident with herself, she is envious of DeNice, she thinks DeNice looks like a gymnast, her body is slimmer than Eleanor, and Eleanor thinks her body is the worst, especially when she wears a gym suit. Eleanor thinks she wants to tell Mrs Burt that her mom does not let her do that, so she does not need to join the practice. Eleanor feels ashamed when people look at her, watch her, especially her body when she wears a gym suit, she does not want other students to watch her when she does gymnastics motion.

“Eleanor wasn’t scared of the horse, but she didn’t want to have to run down the mats with the whole class watching her. She didn’t want to run, period. It made her breasts feel like they were going to detach from her body”. (p. 62).

Eleanor feels ashamed when she wears a gym suit, when somebody throws her clothes to the toilet, and she is forced to wear her gym suit to the coach’s office. She hates her gym suit because it makes her body too visible, she is afraid when everybody looks at her, and people start whispering about Eleanor. Feeling ashamed means Eleanor does not want people to look at her, she wants to hide but at this moment Eleanor has to be the spectacle of the people, and when she wears a gym suit, she hates it. This can be seen from the quotation below.

“As soon as she got to the hallway, the tears came on hard. She couldn’t walk through the school like this – in her gymsuit. In front of boys... And everybody. In front of Tina. God, Tina was probably selling tickets outside the cafeteria. Eleanor couldn’t do it. Not like this. It wasn’t just that her gymsuit was ugly. It was also extremely tight. (p. 246).

b. Short-term Effects of bullying for Eleanor (Low Self-esteem).

Another effect of bullying experienced by Eleanor is low self-esteem, she feels inferior to others in anything. It makes Eleanor anti-social, she always thinks everyone is better than her, she feels she is the ugliest person, or she is never suitable with anything that she wears or she does. Eleanor is a quiet person at her new school, because she does not make a friend with the others, and Tina always bullies her, it makes her does not feels confident, and always thinks bad about herself, especially her body.

“ Actually, everyone wore matching gymsuits. At Eleanor’s old school, she’d thought it had sucked that they had to wear gym shorts. (Eleanor hated her legs even more than she hated the rest of her body.) But at North they had to wear gymsuits”. (p. 23).

Low self-esteem makes Eleanor anti-social, it makes Eleanor afraid to meet new people, she thinks that she is not good enough and she does not make a good impression on Park's mother, not only Park's mother, but she cannot make a good impression on her friends at her new school, and then Tina is brave to bully her often.

"Park sat down and pulled Eleanor down next to him, so he was sitting between her and the kitchen. 'I hate meeting new people,' she whispered. 'Why?' 'Because they never like me.' 'I liked you.' 'No, you didn't, I had to wear you down.' (p. 127).

c. Short-term Effects of bullying for Eleanor (Symptoms of Depression).

Eleanor has symptoms of depression, which makes her bad mood and sad, especially it makes her angry easily, cries easily, and mood swings. Eleanor has those symptoms because she has much pressure from her home and her new school. At her home, she has pressure from her stepfather that she thinks he hates. When she is with Park she also cries easily, she cannot hold her tears. She cries easily because she has symptoms of depression, she cannot control her emotions, so what she can do only crying.

"Eleanor cried a little bit, she couldn't help it, but she kept her back to everybody so there wouldn't be a show. It was all over in a few minutes anyway because nobody wanted to be late to lunch". (p. 55).

Park feels Eleanor is moody she can be mad at him every time she wants to, when Park asks Eleanor something that Eleanor does not like she is mad at him, but Eleanor does not feel she is mad. This is seen in the quotation below.

'Yeah,' he said. 'why. Why are you always so mad at me?' 'I'm never mad at you.' It came out a sob. He was so stupid. 'You are,' he said. 'You're mad at me right now. You always turn on me, just when we start to get somewhere.' 'Get where?' 'Somewhere,' he said. 'With each other. Like, a few minutes ago, you said you missed me. And for maybe the first time ever, you didn't sound sarcastic or defensive or like you think I'm an idiot. And now you're yelling at me.' (p. 111).

Park thinks Eleanor cannot handle her emotion, if Park makes a wrong speech to her, Eleanor will be mad at him. She is sensitive, so Park must speak carefully. Eleanor is just an innocent girl, she is not mature yet, so her emotions will not be stable. She gets bullied by her friends and her stepfather gives her pressure at home, that is why anything that Eleanor can do is only crying and angry. Eleanor has mood disorders because of her symptoms of depression, she can be sad suddenly and cry easily if she wants to. Park realizes that, but he always tries to understand Eleanor and always by her side.

"He wanted to ask her not to be mad right now. Like, anytime but now. She could be mad at him for no reason all day tomorrow, if she wanted to". (p. 166).

d. Long-term Effects of bullying for Eleanor (Suicidal Thought).

According to (Hurley, 2018) with immediate and proper mental health treatment and support systems in place, victims can stave off some of the potential long-term consequences of bullying. Without intervention, however, kids are at risk for the following: chronic depression, increased risk of suicidal thoughts, suicide plans, and suicide attempts, anxiety disorders, post-traumatic stress disorder, poor general health, self-destructive behaviour, including self-harm, substance abuse, difficulty establishing trusting, reciprocal friendships and relationships.

Suicidal thought belongs to depression that Eleanor has, she can think that because she cannot handle her sadness, emotions, and everything bad that happens to her like she gets bullying at her school and she gets pressure at her home. If people have something bad in their life, they will think of committing suicide, same like Eleanor, she thinks can commit suicide even in the novel she does not say directly, but it means that Eleanor is a high school student, she gets bullied by her friends at her new school, she also gets pressured by her stepfather at home, and her mother cannot help her because Eleanor cannot tell about bullying that happened to her and her mother is too afraid with her stepfather, so Eleanor only can cry and angry every time she wants to. Besides that from different story it is told that she cannot handle all of her problems again, even she runs from her house and goes to her uncle's house, she is afraid her uncle cannot accept her to live at his house. She thinks that is the last choice that Eleanor can choose, if her uncle cannot accept her, she cannot do anything else. This situation is portrayed below.

“Eleanor never thought about killing herself – ever – but she thought a lot about stopping. Just running until she couldn't run anymore. Jumping from something so high that she'd never hit the bottom. (p. 296).

3.2. Discussion

In the novel entitle *Eleanor & Park* as the main source of the data, the researcher found three types of bullying based on Gordon's theory; they are physical bullying, verbal bullying and sexual bullying. Based on the data above, the researcher found that each type of bullying conducted not only by one person. It is seen from the data that Eleanor got bullied by her new school friends, her stepfather as well as park's mother.

Bullying as proposed by Hurley (2018) can have negative short and long-term consequences for the victim. The effects of bullying that are experienced by Eleanor based on

Hurley's theory are such short-term effects and long-term effects of bullying. While traditional intervention for bullying tends to include getting help for the victim and establishing consequences for the bully, it should be noted that both the victim and the bully benefit from psychosocial support.

It is identifiable that the relationship between gender and self-esteem, and especially males have lower self-esteem and students in the lower grades expose to bullying more frequently Birsal Canan Demirbag (2016). Nabuzaka, also found similar results in his study. He significantly reports that verbal bullying was more frequent followed by the physical bullying in general (Nabuzaka,2003) In addition, it was determined that verbal females students experienced more on verbal and indirect bullying social exclusion, such as exclusion from gossip, games. While males students experienced physical bullying (Warden & Mackinnon 2003).

Eleanor experiences some of them. The short-term effects of bullying for Eleanor are when Eleanor is too afraid to be the spectacle of many people especially her body, Eleanor hates meeting new people, Eleanor only cries when she gets bullied, Eleanor is moody and Eleanor cannot handle her emotion. The last is the long-term effects of bullying for Eleanor, there is suicidal thought, Eleanor never thought about killing herself but she wants to jump from something high and she never hits the bottom that means when she jumps and she thinks she can die right away, so she cannot feel anything else like something hurts on her body.

In brief, there is evidence based on the data analyzed above that the relationship between bullying and unhappiness, lack of love of school, being oppressed by new friends, and even depression (Griffin & Gross, 2004).

4. CONCLUSIONS

4.1. Conclusion

There are two conclusions that the researcher can make. The first one is what types of bullying are experienced by Eleanor in the novel *Eleanor & Park* by Rainbow Rowell. Based on the theory of Gordon explained above, it can be said that Eleanor experiences physical bullying, verbal bullying and sexual bullying because bullying that her friends do. *Physical bullying* that is experienced by Eleanor is when Tina pushes roughly Eleanor and somebody throws away Eleanor's clothes into toilet. Then, *verbal bullying* that is experienced by Eleanor, such as Tina, Steve, and other students tease Eleanor by calling her 'Bozo', 'Raghead and Bloody Mary', 'Bitch,' 'Ass', 'Fat', 'Red-Headed' and 'Big Red' at any moments when they want to. The last is *sexual bullying* that is experienced by Eleanor, there is somebody covers her locker with Kotex

pads, Eleanor often finds some creep written on her books, like ‘do I make you wet?’, ‘suck me off,’ ‘pop that cherry,’ and ‘I know you’re a slut you smell like a cum.’, and the other day during lunch, Tina is mouthing the C-word c-u-n-t word to Eleanor.

Meanwhile for the effects that Eleanor experienced were such as short-term effects of bullying; feeling of shame, low self-esteem, and symptoms of depression and for the long-term effects of bullying, is suicidal thought.

4.2. Suggestions

Since Rainbow Rowell, as the author of the novel, deeply uncovers the detail story of how someone is bullied in a society that people live in and he implicitly describes that bullying significantly contributes to the life cycle of person who experiences it. It is suggested that readers could find something related to the life circle of the main character found in the novel. To synchronize the conclusion, the researcher suggest the readers and or other researchers to find out different aspects because the novel has many interesting events to analyze, for example, future researchers can analyze the impact of having a broken family on Eleanor psychology because a broken family is one of the major things in the novel that is described by Rainbow Rowell as well.

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