

Physical Stigma in *the Roll* Novel by Darcy Miller

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ABSTRACT

This study, entitled "Physical Stigma in the Roll Novel by Darcy Miller," aims to delve into the intricate dynamics of stigma action and its impact on the characters within Roll's narrative. The novel portrays children with unique appearances who are unjustly labeled as "naughty girls," prompting the protagonist to strive to defy these societal stereotypes. Employing Erving Goffman's seminal theory (1963) as a theoretical framework, the research adopts qualitative methods to meticulously analyze and unravel the multifaceted dimensions of stigma actions perpetuated by society. The findings of the data analysis illuminate the protagonist's harrowing experiences with stigma actions, ranging from furtive glances and disparaging actions to hurtful words uttered by societal members. Moreover, the study unveils the profound psychological repercussions of these stigma actions, compelling the characters to grapple with feelings of self-isolation, self-consciousness, self-rejection, and self-avoidance as coping mechanisms. Through a comprehensive examination of the characters' responses to stigma, the research sheds light on the complexities of navigating societal prejudices and the profound impact of stigma on individual identity and self-perception. Ultimately, this study contributes to a deeper understanding of the intricacies of stigma in literature and underscores the importance of fostering empathy and inclusivity in societal discourse..

Keywords: *discrimination, self-consciousness, stigma*

A. Introduction

Society frequently uses people's appearances to form judgments about people and to determine their responses to people. Society often relies on people's appearances to form judgments and make assumptions about them. People often make initial assessments based on visual cues such as clothing, grooming, body language, and physical features. Appearance bias can have both positive and negative consequences. On the one hand, individuals who conform to societal beauty standards or dress in a certain way may benefit from favourable judgments and preferential treatment. On the other hand, those who do not fit these standards may face discrimination, stereotyping, and unequal opportunities. This bias can be seen in various aspects of life, including education, relationships, and social interactions.

Moreover, society tends to label and mark someone because they are different. The labeling perspective on deviant behavior centers on the association between social stigma and delinquency. Social scientist Charles Horton Cooley (1902) is credited with laying the groundwork for the theory in 1902 when he theorized that a person's self-image reflects other people's opinion of them, as revealed in the person's daily interactions. Cooley called this concept the "looking-glass self". If people with

different attribute appears in their lives, they absolutely will experience a situation of being labelled and judged. Society often labels and judges individuals who are different from the perceived norm, and it can happen when someone possesses attributes, characteristics, or beliefs that deviate from what is considered typical or socially accepted. These differences may include but are not limited to gender, disability, or even unique personal interests.

When individuals with different attributes enter the lives of others, they may encounter labelling and judgment due to the human tendency to categorise and make sense of the world around them. George Herbert Mead (1934) advanced the labeling perspective further by introducing a field of inquiry called “symbolic interactionism.” This field assumes that self-understanding occurs in the individual through an interchange between the person and his environment. People often rely on preconceived notions and stereotypes to understand others, leading to misunderstandings and unfair treatment. Labelling and judging someone based on their differences can be harmful and perpetuate discrimination and marginalisation. It can create barriers to social inclusion, limit opportunities for personal growth, and contribute to forming biased attitudes and stereotypes.

Labelling and judging others based on their differences can be harmful and contribute to discrimination, marginalisation, and the perpetuation of stereotypes. When people label and judge people, they often overlook their individuality and unique qualities, focusing instead on superficial characteristics or preconceived notions. This behaviour creates barriers to social inclusion by segregating individuals based on these labels, preventing them from fully participating in society. Brownfield and Thompson (2005) similarly believe that judgments by parents, peers, and teachers of a juvenile’s behavior can severely influence delinquent behavior and a delinquent self-concept. It limits opportunities for personal growth because people may feel constrained by the expectations associated with these labels rather than being able to pursue their interests and goals. Moreover, labelling and judging others based on their differences fosters biased attitudes and stereotypes. It reinforces the notion that certain groups are inferior or less deserving of respect, which can lead to discriminatory practices and unequal treatment. This labelling and judgment can also create a stigma around specific characteristics or identities, further marginalising and isolating individuals.

Stigma refers to society’s negative attitudes, beliefs, and stereotypes about certain individuals or groups based on certain characteristics or traits. Goffman (1963) defined stigma as an attribute that can be profoundly discredited, reducing whole persons to tainted and discounted others. Stigma can result in individuals being categorised as having lower social status due to these perceived attributes. Stigmatised individuals may be judged, devalued, and mistreated based on these attributes, negatively affecting their social interactions. Stigma often arises when individuals are insulted, humiliated, or mistreated by others due to specific characteristics, situations, or conditions they possess. This mistreatment can lead to the alienation of those individuals from their social environment. Stigma is typically associated with negative attitudes, prejudice, and discrimination towards individuals perceived as different or deviating from societal norms. These negative attitudes and behaviours can further marginalise and isolate stigmatised individuals, creating a hostile environment for them.

Stigmatised individuals may face barriers to opportunities and resources, be subjected to discriminatory treatment, and encounter social rejection or isolation. Someone who realises that they caught stigmatised action due to feeling disqualified and discriminated against will also respond to society’s activities, probably avoiding society and having self-isolation. Stigmatised individuals may withdraw from social interactions or avoid certain situations to protect themselves from further discrimination or judgment. They may feel safer and more comfortable in their own company or with a small, trusted circle of friends or family. It also affects Self-consciousness and low self-esteem. For example, someone may internalise society’s negative labels and judgments, leading to self-consciousness and a diminished sense of self. This can affect their overall well-being and ability to engage with others.

Furthermore, stigma can persist and become deeply ingrained in social norms, and it is essential to recognise that stigma is ultimately a harmful phenomenon. Based on the website from Magdalene.Co,

K-pop stars will be pressured to maintain a detailed look through an extreme diet while juggling practices, producing albums, filming commercials, doing photoshoots, and appearing professionally on variety shows. It can be concluded that K-pop groups want to look their best as they appear on cameras and social media at all hours of the day, but also as a response to Korean society's expectations for idols to be thin and attractive. Stigmatised individuals often face societal prejudices and negative stereotypes associated with certain characteristics or identities. Stigmatised individuals may also experience a loss of identity and struggle with self-acceptance as they internalise the negative meanings attributed to their stigmatised characteristics.

Hence, stigma can manifest in various ways, such as shaming, exclusion, or social distancing. It can be observed in discriminatory policies and practices, unequal treatment in institutions, and societal norms perpetuating stigma and discrimination. These negative attitudes can lead to social rejection, discrimination, and the marginalisation of stigmatised people. Besides real life, the example of stigma could also be discovered in a novel since it portrays a human being's life, as in *Roll*, written by Darcy Miller in 2017. This book is a Winner of the 2018 Burr/Worzalla Award A CCBC (Cooperative Children's Book Center) Choices 2018 Pick A Bank Street Best Children's Book of 2017. *Roll* is a novel that shows a character with a unique physical appearance that can be categorised as unusual. It could help people comprehend the stigma concept, including stigmatising actions done by society, how to respond to the stigma, the impacts of stigma, and stigmatised people's reactions in contact with the community. Furthermore, it is also used to awaken people to their behaviours towards individuals with stigma as unpleasant behaviours in humanity. The scope of this study is literature focusing on the novel *Roll*. The limitation is, in the novel's point of view, stigma. The book analysed is *Roll* (2017), written by Darcy Miller.

This study analyses stigma. To enrich the writer's knowledge, writers read related studies before this analysis begins. The first is by Krismala & Fitria (2022), entitled "Jewell Parker Rhodes' Black Brother, Black Brother: A Depiction of Racial Stigma." This study aims to analyze the racial stigma of the main character in the novel *Black Brother, Black Brother* (2020), written by Jewell Parker Rhodes. It focuses on the stigmatizing action done by Whites against the biracial black kid. The theory uses the perspective of Erving Goffman (1963) as a guide for this study. For collecting the data, this study applies qualitative research from different sources to analyze and support the object of this study. The results showed that the main character experiences racial stigma actions like cynical stares, underestimation, and societal taunts. He took steps such as avoiding social contact, showing achievement, self-isolation, and feeling guilty to respond to the racial stigma.

Another journal article that relates to the thesis is a journal article from Nissa (2019) entitled "Kelsea's Objections against Men's Stigma in Leading a Kingdom in Johansen's *The Queen of the Tearling*." Kelsea is a female character in a novel. She becomes a queen when she is nineteen years old. Although she has the highest status in her kingdom, men sometimes underestimate her because she is a girl. This research will reveal Kelsea's objections against men's stigma in leading a kingdom. The theories used are sexual politics by Kate Millett and feminism by Lois Tyson. This study uses qualitative research using a feminist approach. This research shows that Kelsea breaks the men's stigma by saying women are weak. She argues with the general of her army because he thinks women are deficient in military strategy. Moreover, Kelsea proves she can dismiss her uncle from her castle because he corrupts and takes the freedom of the women who satisfy him. In addition, Kelsea sets herself equal with her Queen Guards to learn how to fight with a sword and wear armor because she will do something while those men die for her.

Moreover, the other journal article related to the title is from Eren (2022) entitled "A Man With(out) a Face: Stigma and Power in Cecile Pineda's *Face*." This study focuses on the changing nature of social relations with facial stigma and illustrates the negative perception and disapproval of facial injury. This study uses Erving Goffman's "stigma theory" and Michel Foucault's formulations of power. *Face* (1985) by Cecile Pineda is a novel that features Helio Cara, who has to experience living with a severely distorted face after falling off a cliff. Losing his face after the tragic fall, Cara's unusual appearance causes him to have a painful recovery process and be ostracised by the community in which he lives. In other words, discriminatory treatment, including exclusion, avoidance, and intolerance towards a

facially impaired individual, is closely tied to the expectations of societies. Although examining the stigmatization of a facially impaired individual is a conventional approach in treating texts of similar themes, the disfigured reconstruction exemplifies a rare response against facial injury. Cara finds an alternative solution to his desperation by constructing a face to revert his non-recognition and regain his societal identity. Constructing a face will supposedly offer him emancipation from the normalizing demands of society and psychic recovery.

The similarity of this study with the journals is using the same object as research, stigma. This study is similar to conducting a study on stigma, and writing about it can help raise awareness about the issue. By sharing the findings and insights from the study, readers can educate the public and draw attention to the negative consequences of stigma. The difference between this study with other references is that using a different theory. Theories can operate at different levels of analysis. Theories are built on specific assumptions and concepts that shape how researchers perceive and understand the object of study. These assumptions and concepts influence the question asked, the variables considered, and the interpretation made. By employing different theories, researchers can gain a more comprehensive understanding of the object of study, considering various factors and perspectives. Each approach brings its unique framework, assumption, and explanatory power to the analysis, enriching the understanding of stigma or any other object under research.

Social interactions play a vital role in forming stigma affects the stigmatized individual's self-perception and the perception of society. Goffman (1986) points out that while the stranger is present before us, evidence can arise of his possessing an attribute that makes him different from others in the category of persons available for him to be and of a less desirable kind in the extreme, a person who is quite thoroughly harmful, dangerous, or weak he is reduced from a whole and usual person to a tainted, discounted one. This attribute is called a stigma, especially when its discrediting effect is extensive; sometimes, it is also called a failing, a shortcoming, or a handicap. It constitutes a particular discrepancy between virtual and actual social identity.

Society plays a significant role in creating and perpetuating stigma by categorizing its members based on various factors such as race, class, physical traits, and more. Social groups classify people based on different characteristics to make sense of the world and establish social hierarchies. Goffman (1963) asserts that society's role, particularly the social groups, creates and sustains stigma by categorizing its members according to various factors such as race, class, or physical traits. The "normal" who see themselves as superior to others and "strongly support a standard of judgment" assign the principles of living and conducting oneself and expect everyone to live by these socially accepted standards. He also highlights that people who develop a sense of belonging to their community in self-formation tend to associate themselves with the ascribed group. In the case of the apparent stigma, the stigmatized individual has failed to conform to the norms "associated with physical comeliness, which takes the form of ideals and constitutes standards" of the majority.

Society sometimes disqualifies people based on their looks, categorising them as abnormal or uncommon. This kind of behaviour is a result of the stigma and prejudice that exists within society. According to Goffman (1963), society will be disqualified people with different individual looks, categorised as people with abnormal or uncommon individual looks from the society; there are three types of stigmas established by society; first, body stigma, those are born with a blemish on their body. In this condition, the physical disorder is considered a kind of disgrace. It causes the individual to be underestimated, and society will not accept them. Second is mental stigma, the condition blemished of individual character perceived as people with mental disordered, imprisonment, addiction, alcoholism, homosexuality, unemployment, suicidal attempts, and radical political behaviour. The individual will get badly labelled and shunned by society in this condition. The third is the tribal stigma of race, nation, and religion. This stigma often occurs in society. Individuals with different backgrounds will be disqualified from a group and society. Talking about stigma, Goffman (1963) also talks about physical stigma, stigma action, and stigma response. These will explain in detail below.

The word novel comes from the Italian "Novella," a story with a compact and pointed plot. Novels developed in England and America. The novel was initially created in the region from other forms of narrative nonfiction, such as letters, biographies, and history. However, with the development of the times and shifts in society's mindset, the novel is not only based on data nonfiction; the author can change according to the desired image. Sumardjo (1998) says a "novel is a story with the prose form in a long shape; this long shape means the story includes the complex plot, many characters, and various settings." A novel is a comprehensiveness that is artistic. As a totality, the novel has passages elements, most related to one another in close and interdependent.

A novel is a long narrative, normally in prose, which describes fictional characters and events, usually in a sequential story. The novel included in prose narrative fiction. The similarity is in the intrinsic element such as plot, character, setting, etc. (Sumardjo & Saini, 1991)

B. Method

This thesis used a qualitative approach; the study result is presented in descriptive essay form. This thesis focused on the physical stigma issue, and some support literature sources such as books, journals, articles, and websites were also read. This study used qualitative research and qualitative methods to analyse the object. The description of a qualitative method refers broadly to research resulting from people's descriptive data, which could be written, spoken, and observable behaviour. Example of the methods was action research, case studies, grounded theory, historical methods, and understanding the patterns in the source (Taylor, 2016). Based on this statement, the qualitative research was focused on collecting the data, which helped analyse the case study by founding and searching the data in detail. This allows the writers to understand more about the topic.

The data collected from the narrative text, and some dialogues in the novel *Roll* were classified. The first is classifying the data that have gotten into some parts of the analysis. After classifying, the writer divides stigma into action and response. The data is represented in a sentence and paragraph in utterance from the novel, followed by analysis. This study uses the theory from Erving Goffman (1963).

C. Findings and Discussion

Stigma Action in The *Roll* novel by Darcy Miller

Furtive Look

Some forms of furtive look are found in the novel "Roll". The evidence is in the quotes below.

"Hey, so how much longer do you want to stay? Because if we left right now, we would still have time to watch a movie. Why? I ask in bewilderment. This is awesome. Sutton looks at me. Awesome? Are you serious? People are staring at me like I'm some kind of alien. She nods in Atticus's direction. That guy asked me if I had any tattoos. Where would I even get a tattoo? I'm eleven" (Miller, 2017, p.182)

From the quotation above, the stigma action experienced by the character occurs in the public crowd. The stigma action shows when the character stares at her. The word "staring at me" indicates that the character is rejected by society. Besides, "tattoos" implies how other people stigmatise her as a bad girl. People's appearance and facial features can sometimes influence how others perceive their furtive looks.

Another quotation that shows the character has been stigmatised is, "Atticus and John, on the other hand, are openly gawking at Sutton, nudging each other back and forth with their elbows as they stare." (Miller, 2017, p.110). From the quotation, the appearance of being unique in some environments is

considered stigmatised by some people. The word “gawking” indicates someone looks weird in front of them, and they rudely stare at her. Also, the term “nudging each other back” implies that some odd looks can influence the likelihood that one option is chosen by individuals, making it a negative stigma against one's appearance.

This quotation also stigmatises the character, the quotation shown below.

“The girl from the shed is standing just a few feet away, staring at me. Her hair is red. Really, red. Unnaturally red. There are some stripes of bright yellow in there, too, and orange. Being reasonably smart for my age. I deduce that she is dyed it. I've never met anyone our age with dyed hair before. Like lava, flowing over the shoulders of her black t-shirt. Like her hair is erupting out of her head.” (Miller, 2017, p. 11)

The quotation above shows how different appearances can stigmatise other people. The word “unnaturally red” refers to the character's hair, which is different from the usual children her age. Also, “I've never met anyone our age with dyed hair before” refers to someone silently observing an individual with different attributes; it invites his mind to speculate about the person he saw. Most of these triggers give a negative stigma to the person. Adolescents sometimes perceive “unique people” as the most common form of victimisation at school, frequently observed in the classroom, playground, and during physical activities.

Another furtive look quotation shows below.

“She's skinny, almost as skinny as me, with a pointy chin and dark blue eyes. Her denim cut-offs are covered with black scribbles—a Sharpie marker, from the looks of it. The words are all upside down. Like she got bored and wrote on her shorts while wearing them. Mom would kill me if I wrote on my shorts with a sharpie.” (Miller, 2017, p.11)

Based on the quotation above, if a person engages in an activity considered different from other appearances or socially unacceptable, they may look furtively to avoid being seen or noticed by others. As shown in the word, “Mom would kill me if I wrote on my shorts with a sharpie.” Show another perspective from the character. If he does it on his clothes, his mother would be mad because it is rude. Looking sly or stealthy glance is often used to describe secretive or suspicious behaviour.

Another piece of evidence shows in the quotation, “Sutton pushes her hair back from her face. Even in the shade; the colors seem to glow. Like her head isn't just any volcano. It's a radioactive one.” (Miller, 2017, p.15). Hair appearance can also impact how individuals are perceived and treated by others. People with certain hairstyles or hair colors may face stigma or discrimination because of societal beauty standards and stereotypes. For example, People with dyed hair, as shown in the word “Like her head is not just any volcano. It's a radioactive one,” may be considered or discriminated against because they are considered rebellious or non-conformist. It is essential to recognise that hair appearance is a highly personal and individualistic aspect of appearance, and no one should be judged or treated differently based on their hair.

Another example of a furtive look is shown below.

“Instead of answering, I head toward the deck, practically pulling her up the stairs behind me. I'm not sure everyone turns to look at us as we make our way onto the deck, but it feels like it. Most of them look confused.” (Miller, 2017, p. 177)

Someone who wants to notice by surround will show a freak action. As shown in the quotation above, the word “turns to look at us” indicates how weird the character has to come to the party, and the word “most of them look confused” shows a common way to seek someone's attention. This action

shows how someone wants to gaze direct toward a particular person. Because the character is not a person in that circle, this also shows that someone surrounding observes the character's behaviour.

Another example of a furtive look from the novel shows, "She shoots me an annoyed look but follows me into the gazebo. You're being weird, you know." (Miller, 2017, p. 179) As in the quotation, the character had a furtive glance from the partners because of his weird behaviour. The word "She shoots me an annoyed look" refers to a facial expression that conveys frustration and unhappiness. It became like that because another character feels frustrated with the situation that happened to the character, and she is dissatisfied with something that happened to her.

Disparaging Action

"Hey, Hall! You wanna get in on this?" Kurt hoists the volleyball in my direction, looking at me questioningly. As much fun as showing off my nonexistent volleyball and swimming skills sounds, I'll Pass. I shake my head. No, thanks. Come on, Man. Think Fast! Before I know what's going on, Kurt lobs the volleyball in my direction. Flustered, I drop the nachos on my lap, reaching out of the pool. As I stretch out my arms, my centre of balance tips forward. I belly flop into the water with a loud splash." (Miller, 2017, p. 186)

From the quotation above, it can be seen as a disparaging action that friends do to the character. The word "Kurt hoists the volleyball in my direction" shows that this character wanted to spoil the main character because he already knew that was his weakness. The stigma will come to a person having a difference in their body, and they are usually treated differently from the average. It also clearly strengthens the evidence that Ren got disparaged action. He is underestimated and has no dignity.

Another disparaging action shows in this novel. The evidence is in the quote, "Sutton pushes back her hood, her atomic fireball hair catching the overhead light. Mom's eyes widen slightly, but to her credit, she doesn't say anything." (Miller, 2017, p. 76). As the quotation shows, the character had a different treatment when she pushed back her hood. Her surroundings were surprised by her unnaturally red hair. It shows in words, "Mom's eyes widen slightly," depicting that the eyes can be a powerful basis for reading people's thoughts and feelings. This character indirectly had a stigma from her surroundings according to her unusual appearance, which indicates that she got disparaged action by someone in surround.

Another piece of evidence showing disparaging action in this novel will be shown below.

"Her volcano-red hair is twisted into tiny little knots all over her head, and she is wearing combat boots instead of flip-flops. I'm wearing a Captain America T-shirt and khaki cargo shorts. Even from here, I can see Aiden's eyes widening." (Miller, 2017, p. 110)

That quotation shows how different environmental appearances will lead someone to stigmatise the situation. As shown by the words, "I can see Aiden's eyes widening," The broader eyes can be like that because they are surprised or frightened. It indicates that the weirder the appearance, the more likely it is to be stigmatised. Individuals with unusual appearances can often be stigmatised or discriminated against. This can happen due to a lack of understanding or prejudice towards those who look different.

Another evidence of disparaging action shows, "I can see Atticus smirking at Sutton. From a safe distance, that is." (Miller, 2017, p. 112). Based on that quotation, the character is teased by another character. The word "smirking" clearly indicates sarcasm or one that is intended to provoke or irritate the person who sees it. This clearly shows how the character gets stigmatised in the surrounding by

using a disparaging action. This behaviour can be hurtful and can hurt a person's self-esteem. Teasing someone because of their appearance is a bad attitude.

The quotation indicates another disparaging action: "I can hear Aiden snorting on the other end of the line. It's a reassuring sound, somehow." (Miller, 2017, p. 116). This character can be complicated and uncomfortable because of his nasty treatment. According to the quotation above, the word "snorting" depicts someone suddenly expressing strong feelings of anger, disapproval, or disagreement, either by speaking or in a sound that someone makes. The character had such treatment from his friend signifies they say it in a way that shows contempt. The disparaging action clearly shows how the friends of the character underestimate it.

There is another quotation that shows the disparaging action. It is shown below.

"I can still hear the whispers in the hallway as I walked to my locker. Feel myself grow numb as I looked over my shoulder. As I realised why everyone was laughing at me. King of the Geeks. I'd peeled the sign off and stuffed it in my locker. Crumpled it up like it didn't matter." (Miller, 2017, p.152)

As the quotation above, the character had been bullied by society by sticking something in his locker. The word "everyone was laughing at me" and "I'd peeled the sign off and stuffed it in my locker" shows how someone can get bullied and disparaging action everywhere. Disparaging actions can be hurtful and damaging and also can cause harm to the person being targeted. Disparaging action also makes someone feels more powerful with a particular group.

A quotation that shows disparaging action is another piece of evidence shown below.

"He slides off his armchair thingy, hauling himself out of the pool in front of us. Thanks for coming. I mentally scan the remarks for sarcasm, but it seems clear. Either he's a good actor or genuinely doesn't mind that I'm here." (Miller, 2017, p. 178)

Based on the quotation above, the friend who has a party meets the character and greets him, but there is a sarcastic action around his action. The word "hauling himself out of the pool" shows the action of the character's friend, who wants to attract the character. It would be a sarcastic action also, as shown in the word, "I mentally scan the remarks of sarcasm" The character already suspected this was sarcasm. As the sarcastic action, it can be conveyed through body language used to express criticism, disbelief, and contempt. The two words above show a sarcastic action friend of the character coming over to him, implying the situation is not great at all.

Awful Words

Some forms of awful words are found in the *Roll* novel. The evidence is in the quote, "Sutton's new, I say, mainly for Aiden's benefit. We're neighbours. She just moved here. From where? Atticus asks John in a lowered voice. Transylvania?" (Miller, 2017, p. 111). As a quotation above, the awful word depicted in Atticus and John's interaction of character when they said, "From where? Transylvania?" shows how odd the appearance of the character and it stigmatises the character as a weird person. This implies stigmatising action by giving an awful word since the people with stigma sensed an inequality in their lives. It can be called humiliating someone and seriously negatively affects their mental health and well-being, damaging their self-esteem and self-worth.

Another evidence that shows awful words in this novel is shown below.

"Her hair reminds me of Jean Grey, Aiden's disembodied voice says. Well, you should see if she wants to come to Kurt's Party, Aiden continues. I'm sure it'd be cool with him.

What kind of swimsuits do you think goth chicks wear, anyway? He asks.” (Miller, 2017, p. 148-149)

Based on the quotation above, another character mocks the character’s hair and her appearance because of her unusual style. It shows in the word “reminds me of Jean Grey”; another character compares the character to another fictional character in Marvel comics who has the same appearance as the character. Also, “goth chicks wear” refers to another character mocking her because of her colored hair. Those words came out because her appearance was so conspicuous for a child her age and bizarre. It is never appropriate to use the awful word when addressing a person with colored hair.

Moreover, this quotation shows the awful words shown in the novel.

“Water floods my nose, the chlorine burning the back of my throat, making me feel like I’m going to choke. The pool is five feet deep; I’m so short that I have to stand on tiptoes to breathe, wiping my nose and my eyes with the back of my hand. Nachos float around me like dead leaves. Dude, are you okay? I can hear Kur’s voice, but his body is just a blurry lump. My glasses must be somewhere at the bottom of the pool. I cough, trying to clear some of the water out of my lungs. And then I hear it. A laugh. Someone is laughing at me.” (Miller, 2017, p.187)

The quotation above shows how demeaned the characters in that circle are. The word “Dude, are you okay?” does not check the character’s condition but is mocking the character. Also, the word “Someone is laughing at me” shows he was forced to be accepted in that society. He was not born as a guest from the beginning when he joined the event. It indicates that Ren is a nerd. Ren gets awful words when he meets with normal people.

Therefore, some quotation also shows the pitying words in this novel.

“What was I thinking, coming here? What did I expect? Nice throw, dude. My grandma has a better aim. It’s Aiden’s voice. Even without my glasses, I know. I recognize it. He’s making fun of Kurt. Yeah man, I thought you were a ballplayer? It’s Atticus’s voice, I’m pretty sure. You throw like my grandpa. You look like my grandpa, Kurt retorts.” (Miller, 2017, p.187)

The quotation above describes the character as stigmatised as a person not welcome in that environment. The words “Nice throw, dude. My grandma has better aim” and “You throw like my grandpa. You look like my grandpa,” It shows how humiliated the character is there. Even the character is compared to older adults. It can be condescending and can reinforce the negative stereotypes and biases that led to the person being stigmatised in the first place. This word is insulting and can hurt the people who are stigmatised. In this situation, stigma appears towards people with different appearances. Then, ordinary people try to underestimate them to hurt them.

Another awful word is shown below.

“Sutton called right after you left. I was going to tell you about her. I add. She has these pigeons, and I’ve been helping out with them. Some. In the mornings. So what? She’s some goth FFA chick?” (Miller, 2017, p. 114)

Based on the quotation above, the character gets the stigma from another character by talking to a friend. A friend concludes that because she has practised, pigeons means she is unusual. As shown, the word “she’s some sort of goth FFA chick” describes a harsh word, and another character treats her as a goth. This shows how appearance and activity can make someone an image in society. The goth itself

has an image as a word of rude. Even if someone appears in a goth style, it does not mean all of herself is goth or even rude.

Other evidence of awful words will show below.

“Aiden gives his pillow another punch. Harder, this time. That's another thing. Why do you always have to do that? We get it, okay? You're smarter than everyone else. Atticus was right; you're the King of the Geeks. He sort of whispers this last part.” (Miller, 2017, p.151)

Some words describe the character got stigmatised. One is the word, “You’re smarter than everyone else” This does not show how someone is smarter, but this shows the character is terrible from the surround. Usually, they do not have many friends because of their annoying and selfish attitude. Also, the word “King of the Geeks” is described as more socially awkward or introverted than the average person. The two examples show a stigma in the character, and the character also gets an awful word from society.

Stigma Responses in The Novel *Roll* by Darcy Miller

There are many ways to respond to stigma. It may be helpful for someone to develop the response. Different strategies have benefits and risks, and using these strategies is a personal decision. In *Roll*, there are four forms of stigma response experienced by the characters such as self-isolation, self-consciousness, self-confirming, and self-avoidance.

Self-Isolation

There is some word that indicates self-isolation in this novel. One of which is shown “Or what if they both decide I’m too dorky to hang out with? When school starts, I’ll have no one. I’ll have to hide in a bathroom stall to eat my lunch.” (Miller, 2017, p. 143). This quotation shows how the character is afraid of socialising in his environment. As shown in the word, “I’ll have to hide in a bathroom stall to eat my lunch.” This indicates how depressed him when socialising in his surroundings. Until he isolated himself in a place someone could not see him. This presents self-isolation to protect himself and indicates that he cannot fit in with the surroundings.

Another example of self-isolation is shown “I can’t help grinning a little, even though I’m soaking wet, and I just made a fool of myself, and I’m not even sure if I have any friends anymore.” (Miller, 2017, p. 190). This shows how the character felt so guilty that he finally blamed himself. The word “I just made a fool of myself” refers to the character dwelling on the situation that makes him uncomfortable, and he continues to blame himself. Another word that shows the character doing self-isolation is “I’m not even sure if I have any friends anymore” These words show how desperate the character is to make him think that he will not have friends anymore because of his mistakes. This shows how the environment blames the people due to various personal or external factors. If someone makes mistakes, they would even become withdrawn from social interaction.

Self-Consciousness

Being self-conscious means being overly aware of oneself and one's appearance, actions, or abilities. It can lead to self-doubt, insecurity, and anxiety, especially in social situations. As shown in *Roll's* novel. The quotation shown below

“I don’t go over the Sutton’s the next morning. I tell Mom I’m not feeling well, and she doesn’t push me on it. It’s my fault Squirrel is gone. Sutton probably hates me, and I can’t blame her. I hate myself right now.” (Miller, 2017, p. 161)

Self-consciousness can also make individuals more sensitive to the stigma and discrimination others face. The quotation above shows that the word “probably hates me” refers to seeking to intimidate himself. “I can’t blame her” can mean responsibility for something wrong. “I hate myself right now.” It attempted to take away guilt; no one can blame himself for yielding to the condition, and no one can adequately be punished for what he could not have prevented. People more aware of their vulnerabilities and insecurities may be more likely to empathise with and support individuals facing stigma and discrimination. It can make individuals more susceptible to stigma and discrimination. People who are overly focused on themselves and their appearance or abilities may be more likely to notice and internalise negative stereotypes or judgments from others.

Another quotation that shows evidence of self-consciousness is shown “On the other side of the door, I ball up my fists as tight as I can, squeezing until my knuckles ache.” (Miller, 2017, p. 163) Self-consciousness can also have adverse effects, such as causing hurt in someone physically or damaging relationships. The word “ball up my fists as tight” and “squeezing until my knuckles ache” can potentially hurt someone’s self. Self-harm or self-injury can be a sign of underlying emotional distress. This character self-harm to cope with upsetting feelings and thoughts. However, self-harm can cause more damage to someone's health and safety than they may have intended, and it is not problem-solving.

There is another piece of evidence that shows self-consciousness. It is shown in the quotation below.

“I keep playing it over and over in my head. If only I’d remembered to bring over the air horn. If only I could have gotten there faster. I could have helped. Maybe with the two of us, we’d have been loud enough to scare the hawk away.” (Miller, 2017, p. 162)

Highly self-conscious people may worry excessively about how they are perceived. Sometimes someone can harm or blame himself, as the character in this novel. He blames himself because he cannot help his friend. It shows in the word, “If only I could have gotten there faster.” this shows how guilty he was for not being able to help his friend. Because he feels guilty, he blames himself and self-punishment.

Another quotation shows self-consciousness: “I shake my head, It’s not okay. Squirrel’s gone. It’s my fault, and now Crow is going to be all by himself.” (Miller, 2017, p. 163). The quotation shows how the character feels blameworthy because of his fault. The word “it’s my fault” on the surface shows how he feels burdened by his mistake. It is a common experience when we are facing many responsibilities. The character offers how responsible him until he blames himself moreover.

Another example of self-consciousness shows below.

“But another part of me knows that’s not going to happen. I look around at Kurt’s yard. Sutton was right. I don’t belong here. I don’t know why I was pretending I did. This isn’t who I am. I’m not a sports guy. I’m not cool. I’m not popular. I’m not like Kurt, Atticus, or John. I’m not like Aiden. I’m a geek. I’m the King of the Geeks.” (Miller, 2017, p. 191)

Feeling self-conscious can mean feeling overly aware of yourself and your surroundings. Sometimes this can lead the feeling of insecurity and discomfort. “I don’t belong here” refers to when someone feels uncomfortable where they are, and people around think they should not be in that place. Also, another word that shows self-consciousness is “This isn’t who I am,” which means that You feel that you do not fit in because you are not like the other people at the place where you are. This kind of

self-consciousness will appear because there is something different from the people. It can be assumed that people in that society did not want you to socialise in the environment.

Another piece of evidence that shows self-consciousness shows below.

“It seems like there’s been a lot of awkward silence in my life lately. I’m sorry, I say. You were trying to tell me about your dad, and I just... I’m sorry. I’m a terrible friend.” (Miller, 2017, p. 194)

When the character feels guilty and apologises to someone, there is some awareness of the characters and their interaction with the environment. This shows in the word, “I’m sorry. I’m a terrible friend.” This refers to the character trying to be a good friend, apologise, and make amends when necessary. It is valuable to a truer and better person when someone is disappointed and makes a mistake. It will help someone realise those mistakes.

Another example that shows self-avoidance in this novel is “and sorry about before, too, I add. The party. You were right. I don’t fit in with those guys. They’re Aiden’s friends, not mine.” (Miller, 2017, p. 195). From the quotation above, the character realises it is not his friend or circle of friends. As shown in the word “and sorry about before, too, I add. The Party.” It refers to the character apologising to his friend because he forced himself to participate in a party and associate with those not in his environment. The character does not realise that his place does not fit, and he forces himself to fit in with the new society makes him uncomfortable. It made him stigmatised; not only him but even the friend he brought with him was stigmatised because of his unusual appearance. Instead of forcing someone to fit in, it is better to understand and respect their unique perspective and create an inclusive and welcoming society.

Self-Confirming

Self-confirmation refers to seeking and interpreting information that confirms one's preexisting beliefs, attitudes, and values. It seeks out and pays more attention to details than it does. This can make people more entrenched in their beliefs and less open to considering alternative viewpoints. As shown in the novel *Roll*, the evidence is “In fact, I’m glad he’s here, just so he can see how well I’m fitting in with everyone. So, he can see how wrong he was about me.” (Miller, 2017, p. 181) The quotation shows that the character wants to point out that he could be in another environment. As in the word, “I’m fitting in with everyone,” the character wants to show he can survive alone and without someone’s help to fit in with society. Also, the word “he can see how wrong he was about me” shows that he wants to confirm that he can fit into the new society without anyone, even though no one knows he is fit to surround himself or push himself to fit.

Another example of self-confirming is shown below.

“You’re not fooling anyone, okay? These people aren’t your friends. You’re trying to prove something to Aiden. Or to yourself. I don’t know. And you know what? I don’t care. I’m done. Enjoy the rest of the party, dude. I’ll find my ride home.” (Miller, 2017, p. 184)

This character wants to confirm as he can fit into society. However, the character pushes himself without realising it, disturbing his life and surroundings. As shown in the word, “you’re obviously trying to prove something,” the character pushes himself to fit in with the new society and to prove to himself and others that the character is a good personality and can fit into every circle of life. However, he does not realise he should not fit in if it means compromising who you are or what you believe in.

Self-Avoidance

Self-avoidance refers to someone avoiding or minimising interactions with themselves or their surroundings. It also shows in this novel; the evidence is shown below.

“Sutton completely ignores John and stares at me instead. A second later, she pulls her legs out of the pool, reaching for her flip-flops. All right. That’s it. I can’t watch this anymore. I’m done. Wait, watch what? You. Sucking up to Kurt and his friends. It’s ridiculous.” (Miller, 2017, p. 184)

Self-avoidance can also occur when someone avoids specific social interactions or activities because they feel anxious or uncomfortable. This happens to Sutton as in the word “That’s it. I can’t watch this anymore. I’m done” Sutton is uncomfortable with this situation because Ren pushes himself to fit into Aiden’s new circle. Also, for the word “You. Sucking up to Kurt and his friends. It’s ridiculous.” Refers to because Sutton was fed up with Ren’s treatment. This shows that self-avoidance can occur when uncomfortable or triggered in some situations.

Another example that shows self-avoidance in this novel is below.

“Hey, look, Atticus points. Pool nachos. Snagging a passing tortilla chip, he pops it into his mouth. A couple of people grin at me as I drag myself out of the pool, but most people are too busy watching Atticus and John dive for pool nachos to pay much attention to me.” (Miller, 2017, p. 188)

The character is kept away from the circle, but there is no mention of him, and he feels seen as ignored by these people; its existence is very insignificant. It shows in the word, “as I drag myself out of the pool, but most people are too busy watching Atticus and John dive for pool nachos” This shows how people deny him, and he is not accepted in that society. His action when he is out of the pool, and there is no mention, indicates that people around him do not care about him, as the word above it shows how the children in society can make someone avoid from around. Because of the uncomfortable situation, it might be challenging to interact with his environment.

Discussion

Stigma continues to be a significant issue in today's society. This can harm their well-being and quality of life. Similarly, people with substance use disorders may encounter stigma, which can impede their access to treatment and contribute to social isolation. Using stigma as a topic for research can be a valuable and important endeavour. It allows researchers to explore stigma's underlying causes, consequences, and dynamics in different contexts. From this study, the writers found stigma action and stigma response. Stigma actions include furtive looks, disparaging actions, awful words, and stigma responses like self-isolation, self-consciousness, self-rejection, and self-avoidance.

However, another study with the same topic, stigma, differs in type. This can happen because each novel has various problems and different points of view. As seen in the journal from Nissa (2019) explained in the title *Kelsea’s Objections against Men’s Stigma in Leading a Kingdom*, Johansen’s *The Queen of the Tearling* explains the stigma of men to Women in leading the kingdom. In this case, the writer uses more feminist theory but does not rule out the possibility includes stigma. Because stigma is easier to associate with social life, in this study, even though using feminist theory, stigma occurs everywhere. Stigma can occur in various settings and contexts, affecting individuals in different places and times.

Stigma is not limited to specific locations or periods; it is a pervasive social phenomenon found in communities, institutions, workplaces, and even within families. It is also found in fictional such as films, short stories, or novels. While the specific manifestations of stigma may vary across cultures and

societies, its harmful effects are universal. Stigmatised individuals may experience internalised shame, decreased self-esteem, psychological distress, and barriers to accessing resources and opportunities. Stigma can perpetuate inequality, hinder social progress, and create community divisions.

D. Conclusion

The prevailing messages communicated by the media of physical attractiveness reinforce internal causal attributions of unique appearance and other attributes of physical appearance. Given the amount of media consumption by youth, these messages perpetuate favourable biases toward physically attractive individuals and negative biases against those with unique or unattractive attributes. In the absence of statements to challenge these stereotypes, stigmatisation persists. Based on data findings and discussion of physical stigma in *Roll* novel by Darcy Miller using Goffman's (1963) theory focusing on physical stigma issue, the study concludes that the characters of the novel experience stigma action in society. The action they experience is this because Sutton has a different hair colour from usual children of the age, and Ren looks like a nerd in her play environment. They consider differences to make them rejected and disqualified in society.

The stigma reflects society's lousy treatment of the main characters, such as furtive looks, disparaging actions, and awful words. This action describes that they are unappreciated and rejected in society. Therefore, this condition makes them to respond the stigma dealing with their stigma. The character's response to stigma is self-isolation, self-consciousness, self-rejection, and self-avoidance. They try to break away from suffering and the negative view of society. They prove that someone called a character nerd with different hair colours has equality and deserves to be appreciated as a human.

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