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## APPENDIX 1

### Summary of The Secret Garden

The Secret Garden is known as a children's novel written by Frances Hodgson Burnett. This novel is a classic story portraying the healing process of children through contact with nature and a playground experience. The novel centers on Mary Lennox, who lives in India with her wealthy family. She is a selfish and disagreeable 10-year-old girl. She has been spoiled by her housemaids but neglected by her parents. Further, when cholera kills her parents, Mary becomes an orphan. Subsequently, she was sent to Misselthwaite Manor to live with his uncle, Archibald Craven.

Living in Misselthwaite Manor led Mary to be a friend with Martha, one of the housemaids. Mary is startled when she realized that Martha, is not a slave to her maid living in India. But she's intrigued by Martha's stories about her life. Especially about her 12-year-old brother named Dickon. Furthermore, she kills the time by wandering about the garden around the house. Later, she met Robin, a bird living on the tree of the garden. She then following a friendly robin, which leads her to find a key to a locked garden. She enters the garden and keeps the garden alive.

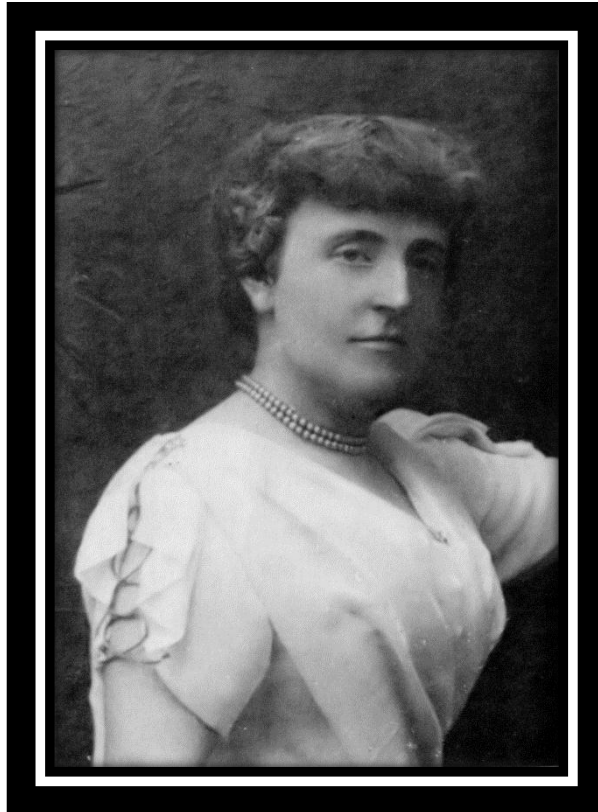
Mary continues to care for the garden every day. Her interaction with nature alternates her to be a healthy girl. She then becomes cheerful and kinder after become a friend in gardening activities. After that, she met with her cousin, Colin. He was a sick boy living in a bad condition.

Involving in the same playground led Colin to play in the garden. Moreover, all the children exploring the garden, interacting with animals, and planting the flower seeds together. They acquire positive benefits after contacting nature. Finally, they growing up to be healthy and derive well-being improvement.

Source: Britannica, [https://www.britannica.com/biography/Frances-Hodgson Burnett](https://www.britannica.com/biography/Frances-Hodgson-Burnett).

## APPENDIX 2

### Author's Biography



*Figure 1: Frances Hodgson Burnett*

(Source : Gerzina on <https://www.britannica.com/topic/The-Secret-Garden>)

Frances Eliza Hodgson Burnett (24 November 1849 – 29 October 1924) was an American-English playwright and author. She is best known for her children's stories, in particular *Little Lord Fauntleroy* (published in 1885–1886), *A Little Princess* (1905), and *The Secret Garden* (1911). Burnett was born in Cheetham , England. After her father died in 1852, the family fell on straitened circumstances and in 1865 emigrated to the United States, settling near Knoxville, Tennessee. There Frances began writing to help earn money for the family, publishing stories in magazines



from the age of 19. In 1870 her mother died, and in 1872 Frances married Swan Burnett, who became a medical doctor. The Burnetts lived for two years in Paris, where their two sons were born, before returning to the United States to live in Washington, D.C. Burnett then began to write novels, the first of which (*That Lass o' Lowrie's*), was published to good reviews. *Little Lord Fauntleroy* was published in 1886 and made her a popular writer of children's fiction, although her romantic adult novels written in the 1890s were also popular. She wrote and helped to produce stage versions of *Little Lord Fauntleroy* and *A Little Princess*. Burnett enjoyed socializing and lived a lavish lifestyle. Beginning in the 1880s, she began to travel to England frequently and in the 1890s bought a home there where she wrote *The Secret Garden*. Her oldest son, Lionel, died of tuberculosis in 1890, which caused a relapse of the depression she had struggled with for much of her life. She divorced Swan Burnett in 1898, married Stephen Townsend in 1900, and divorced Townsend in 1902. Towards the end of her life she settled in Long Island, where she died in 1924. She is buried in Roslyn Cemetery, on Long Island. In 1936 a memorial sculpture by Bessie Potter Vonnoh was erected in her honour in Central Park's Conservatory Garden. The statue depicts her two famous *Secret Garden* characters, Mary and Dickon.

### APPENDIX 3

To understand the data, the writer presented the table explanations as follows;

- a. Bad = badness condition
- b. Bio = biophilia
- c. Well = wellness condition

No	Page	Figures	Categories			Excerpts	Explanations
			Bad	Bio	Well		
1	7	Mary	√			<i>"...and a little thin body, thin light hair and a sour expression. Her hair was yellow, and her face was yellow because she had been born in India and <b>had always been ill</b> in one way or another".</i>	A thin body and a sour expression usually indicate a sick person. In this case, the word "illness" describes a more detailed unhealthy condition.
2	18	Mary	√			<i>".. mother was such a pretty creature. She had a very pretty manner, too, and <b>Mary has the most unattractive ways I ever saw in a child</b>"</i>	This paragraph contains a comparison between Mary and a morally good mother. Therefore, the comparison between Mary and her mother is sufficient to explain her bad condition.
3	20	Mary	√			<i>"She did not know that this was because <b>she was a disagreeable child</b>; but then, of course, she did not know she was disagreeable".</i>	The servant had a bad opinion about Mary signified by the word "disagreeable child"
4	41	Mary	√			<i>"<b>But she had always had a very small appetite</b>, and she looked with something more than indifference at the first plate Martha set before her".</i>	The description of a small appetite is a common indication of a sick person.

5	59	Mary		√		".. And it did not seem at all queer to her <b>that she spoke to him</b> as if she was sure that he would understand and answer her".	The activity of talking to a bird shows an effort to be close to the animal. Thus, it can be supposed that Mary had a tendency to love animals.
6	60	Mary		√		" <b>There's a little spade an' rake an' a fork an' hoe.</b> Eh! they are good 'uns. There's a trowel, too. An' th' woman in th' shop threw in a packet o' white poppy..."	The garden tools indicate Mary who was going to be a gardener. In this case, loving nature was realized by taking care of the plants in the garden.
7	66	Mary		√		"If I had a raven or a fox cub <b>I could play with it,</b> " said Mary. "But I have nothing."	As shown in the excerpt, the desire to keep pets is the main sign that Mary wanted to get close to animals.
8	68	Mary		√		"She went from place to place, and <b>dug and weeded, and enjoyed herself so immensely</b> that she was led on from bed to bed and into the grass under the trees".	Digging, weeding weeds, and enjoying the atmosphere shows gardening as a pleasure activity.
9	71	Mary		√		"He had often wondered at Ben Weatherstaff. <b>Where gardening is done all sorts of delightful things</b> to eat are turned up with the soil".	As shown in the excerpt, her passion for being a gardener can be reflected in her love for the natural environment.
10	71	Mary		√		"I shall come back this afternoon," she said, looking all round at her new kingdom, and <b>speaking to the trees and the rose-bushes</b> as if they heard her".	The new pleasure in talking to plants shows her love for nature.
11	74	Mary		√		" <b>If I have a spade,</b> " she whispered, "I can make the earth nice and soft and dig up weeds. If I have seeds and can make flowers	Character's desire to have a gardening tool is a fruitful wish to protect the earth from damage.

					<i>grow the garden won't be dead at all—it will come alive."</i>	Therefore, the excerpt contains love for nature.
1 2	78	Mary		√	<i>"<b>She worked and dug and pulled up weeds steadily, only becoming more pleased with her work every hour instead of tiring of it. It seemed to her like a fascinating sort of play</b>".</i>	Digging and weeding show efforts to maintain the beauty of the garden. Thus, the love toward the environment realized by looking after the garden.
1 3	90	Mary		√	<i>"I'm glad it's wick!" she cried out in her whisper. "<b>I want them all to be wick. Let us go round the garden and count how many wick ones there are.</b>"</i>	This excerpt shows a strong passion to continue her effort as a gardener caring for the garden.
1 4	93	Mary		√	<i>"Mistress Mary always felt that however many years she lived she should never forget that first morning <b>when her garden began to grow.</b> Of course, it did seem to begin to grow for her that morning".</i>	The excerpt shows an interesting impression when she noticed the plants growing in the garden.
1 5	102	Mary		√	<i>"Everywhere," gasped Mary. "Martha's mother sent me a skipping-rope. <b>I skip and run—and I look about to see if things are beginning to stick up out of the earth. I don't do any harm</b>".</i>	The bold words contain essential meaning that Mary would keep the beauty of nature.
1 6	103	Mary		√	<i>"<b>In her eagerness she did not realize</b> how queer the words would sound and that they were not the ones she had meant to say. Mr. Craven looked quite startled".</i>	The desire to sow the flower seeds explicates her great concern for the existence of nature.
1 7	169	Mary		√	<i>"<b>Things are crowding up out of the earth,</b>" she ran on in a hurry. "And there are flowers uncurling and buds on everything and the green veil has covered</i>	she noticed the plants growing in the garden is an essential sign of her love for the natural environment.

						<i>nearly all .."</i>	
1 8	171	Mary		√		<i>"Listen!" she said. "Did you hear a caw?" Colin listened and heard it, the oddest sound in the world to hear inside a house, a hoarse "caw-caw." "Yes," he answered. "That's Soot," said Mary. "</i>	Mary's command to hear the animal's sound shows herself who had been with nature. Thus, she was familiar with the phenomena of nature.
1 9	175	Mary		√		<i>"They looked at the pictures in the gardening books and Dickon knew all the flowers by their country names and.."</i>	Reading a book related to the world of gardening indicates a presence of the desire to become biophilic.
2 0	202	Mary		√		<i>"The seeds Dickon and Mary had planted grew as if fairies had tended them. Satiny poppies of all tints danced in the breeze by the score, gaily defying flowers..."</i>	The flower seeds planted by Mary finally grew and developed. Thus the presence of love for nature expressed in the story.
2 1	43	Mary			√	<i>"Mary began to laugh, and as he hopped and took little flights along the wall she ran after him. Poor little thin, sallow, ugly Mary—she actually looked almost pretty for a moment..."</i>	Laughing while running in the garden shows good physical and mental health development.
2 2	71	Mary			√	<i>"She had been actually happy all the time; and dozens and dozens of the tiny, pale green points were to be seen in cleared places,..."</i>	Happiness feeling indicated as a good alteration happened to the character.
2 3	79	Mary			√	<i>"...did not know that when she first saw him she spoke to him as she would have spoken to a native, and had not known that a cross, sturdy"</i>	Mary's ability to speak well and politely considered the improvement of mental health she had, thus she could alternate to be a good little girl.

24	80	Mary			√	<i>"I know I'm fatter," she said. "My stockings are getting tighter. They used to make wrinkles. There's the robin, Ben Weatherstaff."</i>	The physical changes of Mary to became fat interpreted as the main indication of the physical health.
25	92	Mary			√	<i>"and I'm growing stronger. I used always to be tired. When I dig I'm not tired at all. I like to smell the earth when it's turned up."</i>	Apart from gaining weight, Mary was also described as having a strong body. Therefore, it can be presumed that she derived health development.
26	101	Mary			√	<i>"I want to play out of doors," Mary answered, hoping that her voice did not tremble. "I never liked it in India. <b>It makes me hungry here, and I am getting fatter.</b>"</i>	Her appetite increased when she lived at Misselthwaite Manor. In this case, a good appetite is often synonymous with healthy people, thus the writer assumes that Mary was in well condition.
27	123	Mary			√	<i>"I wonder," she said slowly, "if it would not do him good to go out into a garden and watch things growing. <b>It did me good.</b>"</i>	The end of the excerpt shows Mary in good condition.
28	135	Mary			√	<i>"<b>She clasped her</b> hands for pure joy and looked up in the sky and it was so blue and pink and pearly and white and..."</i>	The excerpt contains well feeling when Mary was in the garden. The feeling or mood of the character was being improved.
29	222	Mary			√	<i>"So is the girl," said Mrs. Medlock. "She's begun to be downright pretty since she's <b>filled out and lost her ugly little sour look</b>".</i>	Mary's appearance who was no longer horrible as before is an important sign of good health.
30	118	Collin	√			<i>"Sometimes I don't like to see her looking at me. She smiles too much when <b>I am ill</b></i>	The words <i>ill</i> and <i>miserable</i> are two representatives of poor health

						<b>and miserable.</b> <i>Besides, she is mine and I don't want everyone to see her."</i>	conditions.
3 1	122	Collin	√			"I think he's a very <b>spoiled boy</b> ," said Mary".	The excerpt shows Collin as a spoiled child. The spoiled behavior creates bad ethics towards others. Therefore, it can be interpreted that Collin was in bad condition of mental health.
3 2	122	Collin	√			"He said there'd been <b>too much medicine and too much lettin' him have his own way</b> ".	The bold words indicates Collin as unhealthy child, indicated by the state of himself who consumed many drugs.
3 3	123	Collin	√			"..do nothin' but lie on his back an' read picture-books an' take medicine. <b>He's weak and hates th' trouble o' bein' taken out o' doors</b> , an' he gets cold' so easy he says it makes him ill."	The excerpt shows Collin who disliked the atmosphere of nature which can lead him to be sick. Therefore, it can be presumed that Colin had a poor immune of body.
3 4	146	Collin	√			"I'm not as selfish as you, because I'm <b>always ill</b> , and I'm sure there is a lump coming on my back," he said. "And I am going to die besides."	The excerpt shows the poor condition which is clearly explained by the bold statement.
3 5	150	Collin	√			"It's Colin," she said. "He's having <b>one of those tantrums</b> the nurse called hysterics. How awful it sounds."	Collin was often whining and hysterical. It is clearly indicates a bad condition of mental state.
3 6	152	Collin	√			" I <b>shall have a hunch on my back</b> and then I shall die," and he began to writhe again and turned on his face and sobbed and wailed but he didn't scream".	The excerpt shows Collin who did not love his life. This shown by the despair of serve out his life.
3	165	Collin	√			'As there had been	Collin lived in bad

7						<i>occasions when this same young gentleman had shrieked aloud with rage and had insisted <b>that fresh air would give him cold and kill him..</b></i>	condition. He was being unable to interact with nature.
38	189	Collin	√			<i>"Nothing really ails them," he said, "but they are <b>so thin and weak</b>. They shake so that I'm afraid to try to stand on them.</i>	Collin's physical appearance described as thin and weak. Therefore, it can be assumed that he was in poor condition of health.
39	240	Collin	√			<i>So long as Colin <b>shut himself up in his room and thought only of his fears and weakness and his detestation of people who looked at him and reflected hourly on humps and early death, he was a hysterical half-crazy little ...</b></i>	The character is a child who used to shut himself in the room. He kept think about the illness he suffered from. Thus, the writer assumed that Collin was an unhealthy child.
40	185	Collin		√		<i><b>"Collin had been instructed as to the law of whispers and low voices several days before. He liked the mysteriousness of it and did his best,.."</b></i>	The excerpt shows Collin who felt happy listening to sounds coming from nature. Therefore, it can be concluded that Collin had a soul inclined to the existence of nature.
41	203	Collin		√		<i><b>"Even gray days pleased him. He would lie on the grass "watching things growing," he said"</b></i>	Spending time by playing in the garden is an essential implication of love for nature.
42	203	Collin		√		<i><b>"Ants' ways, beetles' ways, bees' ways, frogs' ways, birds' ways, plants' ways, gave him a new world to explore and..."</b></i>	The excerpt indicates happy feeling when Collin played with animals.
43	225	Collin		√		<i><b>"When the boy was walking and running</b></i>	Dickon's ability to walk, run, and



						<i>about and digging and weeding like the others,...</i>	garden indicates physical health.
4 4	231	Collin		√		<b>"Colin was as good at weeding as anyone in these days and he could lecture while he was doing it".</b>	The ability to weed the garden interpreting Collin who had become healthy child.
4 5	248	Collin		√		<b>"He took a fancy to both Miss Mary and Dickon, and Dickon brought his tame animals,..."</b>	The excerpt shows Collin who likes to play with Dickon and Mary. Therefore, it can be said that Collin turned into a healthy child.
4 6	149	Collin			√	<b>"Colin was actually sitting up as if he had forgotten about his weak back when he suddenly remembered something".</b>	A good condition indicated by his ability to forget about the hump growing on his back. He then turned into cheerful child.
4 7	132	Collin			√	<b>"The grand doctor had said that he must have fresh air and Colin had said that he would not mind fresh air in a secret garden"</b>	Good health condition is shown by the alteration of Collin who had linked with nature. he did not hate the fresh air anymore.
4 8	159	Collin			√	<b>"I—I'll go out with you, Mary," he said. "I shan't hate fresh air if we can find—"</b>	Good health condition is shown by the changes in Collin's health who was able to interact with nature properly.
4 9	165	Collin			√	<b>"I'm better now—much better," Colin answered, rather like a Rajah. "I'm going out in my chair in a day or two if it is fine. I want some fresh air."</b>	Dickon's statement declaring a well condition is an important sign of health condition.
5 0	173	Collin			√	<b>"Colin slowly sat up and stared and stared—as he had stared when he first saw Mary; but this was a stare of wonder and delight".</b>	Collin's ability to stand up indicates himself who had been recovered from illness.
5	183	Collin			√	<b>"I shall get well! I</b>	The excerpt

1						<i>shall get well!" he cried out. "Mary! Dickon! I shall get well! And I shall live forever and ever and ever!"</i>	shows the character's enthusiasm to recover from illness. In this case, the presence of spirit is a sign of health development.
5 2	195	Collin			√	<b>"He walked to the tree and though Dickon held his arm he was wonderfully steady"</b>	Collin's ability to walk helped by Dickon's indicated health development.
5 3	200	Collin			√	<b>"I am not tired at all," said Colin. "It has made me well. Tomorrow I am going out in the morning as well as in the afternoon."</b>	Collin, who not felt tired anymore is an important indicator of health development.
5 4	225	Collin			√	<b>"Now that I am a real boy," Colin had said, "my legs and arms and all my body are so full of Magic that I can't keep them still"</b>	The excerpt contains an evidence of health development. signed by the improvement of health body.
5 5	233	Collin			√	<b>"... and I had to stand up on my feet to see if it was real. And it is real! I'm well—I'm well!"</b>	The excerpt shows Collin who did gardening activities. Thus, the excerpt contains the development of good health.
5 6	240	Collin			√	<b>"They was like drumsticks i' stockin' two month' ago—an' I heard folk tell as they was bandy an' knock-kneed both at th' same time".</b>	The excerpt shows the significant changes of Collin who had recovered from his illness.
5 7	47	Dickon			√	<b>"He says he sees things on rainy days as doesn't show when it's fair weather. He once found a little fox cub half drowned in its hole."</b>	Dickon's penchant for playing and interacting with animals indicated by the event when he saved a fox trapped in a hole.
5 8	85	Dickon			√	<b>" an' poppies," he said. "Mignonette's th' sweetest smillin' thing</b>	Dickon recognized flowers and

						<i>as grows, an' it'll grow wherever you cast it, same as poppies will"</i>	interacted them by whistling. Thus, it can be assumed that Colin was close to nature.
59	86	Dickon		√		<i>"... begin to sing, till I think I'm one of 'em. <b>Sometimes I think p'raps I'm a bird, or a fox, or a rabbit, or a squirrel.."</b></i>	Dickon imagined himself to be like the animals he often played with. In this case, the excerpt indicates Colin who really liked animals.
60	87	Dickon		√		<i>"...He told her what they looked like when they were flowers; <b>he told her how to plant them, and watch them, and feed and water them."</b></i>	Dickon liked to plant flowers perceived by the joy of talking and watering the plants.
61	87	Dickon		√		<i>"I'm keepin' secrets all th' time," he said. "If I couldn't keep secrets from th' other lads, <b>secrets about foxes' cubs, an' birds' nests, an' wild things' holes,</b>"</i>	The excerpt indicates the closeness relation between Dickon and the animals.
62	91	Dickon		√		<i>"<b>The spade, and hoe, and fork</b> were very useful. He showed her how to use the fork while he dug about.."</i>	The character's skill in recognizing garden tools shows an important indication that Dickon was a gardener who had love for nature. .
63	92	Dickon		√		<i>"There's naught as nice as th' smell o' good clean earth, except th' smell o' fresh growin' things when <b>th' rain falls on 'em. I get out on th' moor many a day.."</b></i>	Dickon linked with nature, indicated by his willingness to stay in Moors even though it was raining.
64	93	Dickon		√		<i>"Lilies o' th' valley does," he answered, <b>digging away with the trowel, "an' there's Canterbury bells, an' campanulas."</b></i>	The excerpt shows Dickon who was digging the ground to plant flower seeds. In this case, Dickon took notice at the natural environment.

6 5	140	Dickon		√		<b>"The fox was lying on the grass close by him looking up to ask for a pat now and then.."</b>	The excerpt describes the closeness relation between Dickon and a fox.
6 6	158	Dickon		√		<b>"In five minutes Mary was with Dickon in their garden. The fox and the crow were with him again and this time he had brought two tame squirrels".</b>	The excerpt describes the closeness between Dickon and a fox. Dickon was being a biophilic who had distinctive attention to animals.
6 7	158	Dickon		√		<b>"I came over on the pony this mornin'," he said. "Eh! he is a good little chap— Jump is! I brought these two in my pockets. This here one he's called Nut an' this here other one's called Shell."</b>	The excerpt describes the closeness relation between Dickon and a pony.
6 8	169	Dickon		√		<b>"The new-born lamb Dickon had found three days before lying by its dead mother among the gorse bushes on the moor".</b>	The excerpt describes the closeness between Dickon and lamb.
6 9	174	Dickon		√		<b>"He had taken it to the cottage wrapped in his jacket and he had let it lie near the fire and had fed it with warm milk".</b>	The excerpt shows Dickon as having empathy for animals indicated by the willingness to give lamb a cup of warm milk.
7 0	207	Dickon		√		<b>"Dickon held his rabbit in his arm, and perhaps he made some charmer's signal no one heard, for when he sat down.."</b>	The excerpt describes the closeness relation between Dickon and rabbit.
7 1	212	Dickon		√		<b>"Dickon had bought penny packages of flower seeds now and then and sown bright sweet-scented things among gooseberry..."</b>	Dickon was a biophilic realized by his willing to be a gardener. However, it is indicated by the flower seeds he brought to the garden.

7 2	92	Dickon			√	"Not me," he said, grinning. <b>"I never ketched cold since I was born. I wasn't brought up nesh enough"</b> .	Dickon was a healthy boy, marked by statement that he had never been cold.
7 3	125	Dickon			√	<b>" He can charm foxes and squirrels and birds just as the natives in India charm snakes. He plays a very soft tune on a pipe and they come and listen"</b> .	Dickon was a healthy child that perceived from the ability of playing in nature and contacting animals.
7 4	128	Dickon			√	<b>"I believe Dickon would. He's always talking about live things. He never talks about dead things or things that are ill"</b> .	A healthy indication was shown by Dickon who really loved her life. It is marked by himself who was never been talked about dead or things related to ill condition.
7 5	166	Dickon			√	"Oh, Dickon," he said. <b>"If it is Dickon you will be safe enough. He's as strong as a moor pony, is Dickon."</b>	The excerpt shows a clarification that Dickon was a strong boy.
7 6	169	Dickon			√	<b>" He says he feels it in his veins and it makes him strong and he feels as if he could live forever and ever. Breathe it and breathe it."</b>	Dickon was a strong boy indicated by his statements that nature encouraged him to be strong.