

**DISSOCIATIVE IDENTITY DISORDER PORTRAYED
IN “TELL ME YOUR DREAMS” BY SIDNEY
SHELDON: PSYCHOLOGICAL APPROACH**

THESIS



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FACULTY OF SOCIAL SCIENCES AND HUMANITIES
PUTERA BATAM UNIVERSITY
2022**

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**Submitted in Partial Fulfillment of the Requirements for the Degree of
English Sarjana Sastra**



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**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF SOCIAL SCIENCES AND HUMANITIES
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2022**

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**DISSOCIATIVE IDENTITY DISORDER PORTRAYED IN
“TELL ME YOUR DREAMS” BY SIDNEY SHELDON:
PSYCHOLOGICAL APPROACH**

THESIS

**Submitted in Partial Fulfillment of the Requirements for the Degree of
Sarjana Sastra (S1)**

**By:
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The thesis has been approved to be examined on the date as dedicated below

Batam, 22nd January 2022



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ABSTRAK

Perilaku abnormal merupakan salah satu kategori yang menjadikan manusia itu unik dan menjadi bagian dari banyak penelitian saat ini. Gangguan jiwa merupakan salah satu perilaku abnormal yang dapat dimiliki oleh siapa saja di lingkungan sosial. Penelitian skripsi ini menggunakan sumber data dari novel “Tell Me Your Dreams” karya Sidney Sheldon. Secara teoritis, penelitian ini bertujuan untuk memberikan teori dan bahan kajian sastra tentang pendekatan psikologis dalam karya sastra. Secara praktis, penelitian ini bertujuan untuk memperkenalkan dan memberikan pengetahuan tentang salah satu gangguan jiwa yang disebut gangguan identitas disosiatif atau dikenal dengan DID yang digambarkan dalam novel. Metode penelitian ini adalah penelitian kualitatif. Selain itu, penelitian ini akan menggunakan narasi dan dialog dalam novel sebagai data. Pendekatan psikologis diterapkan sebagai pendekatan untuk menganalisis DID tokoh utama. Penelitian ini menggunakan teori psikoanalitik oleh Sigmund Freud dan DID oleh American Psychiatric Association dalam buku Diagnostic and Statistical Manual of Mental Disorder Edisi Kelima. Dalam pengumpulan data, penelitian ini akan menggunakan metode observer sebagai partisipan atau non partisipan yang didirikan oleh Creswell dan Poth. Data tersebut akan dianalisis menggunakan metode analisis deskriptif yang diteorikan oleh Ratna. Data ini akan disajikan dengan menggunakan strategi kualitatif yang diteorikan oleh Creswell dan Poth. Akhirnya, hasil penelitian ini menemukan bahwa, gejala DID semua terlihat karena Ashley mengalami semua gejala DID yang telah dimasukkan dalam teori. Selanjutnya Ashley sebagai tokoh utama novel ini memiliki struktur psikis yang tidak seimbang sehingga Ashley mengalami DID sejak berusia enam tahun. DID menyebabkan Toni dikuasai oleh id-nya dan juga Alette oleh ego-nya yang menyebabkan mereka menimbulkan masalah bagi Ashley.

Kata Kunci: gangguan identitas disosiatif, gangguan jiwa, psikoanalisis, pendekatan psikologis, deskriptif kualitatif

ABSTRACT

Abnormal behavior is one of the categories which makes human is unique and be part of many studies these days. Mental disorder is one of abnormal behaviors which can be possessed by anybody in social environment. This research thesis uses the data source from “*Tell Me Your Dreams*” novel by Sidney Sheldon. Theoretically, this research has aim to provide theories and material for literary study about psychological approach in literary works. Practically, this research has aim to introduce and give knowledge about one of mental disorders called dissociative identity disorder or known as DID which is portrayed in the novel. The method of this research is qualitative research. Moreover, this research will use the narrative and the dialogue in the novel as the data. Psychological approach is applied as the approach to analyze the DID of the main characters. This research uses psychoanalytic theory by Sigmund Freud and DID by American Psychiatric Association in the book of Diagnostic and Statistical Manual of Mental Disorder Fifth Edition. In collecting the data, this research will use the method of observer as participant or non-participant founded by Creswell and Poth. The data will be analyzed using descriptive analysis method theorized by Ratna. This data will be presented using qualitative strategy theorized by Creswell and Poth. Finally, the results of this research found that, the DID symptoms are all noticeable as Ashley experienced all of the symptoms of DID which have been included in the theory. Furthermore, Ashley as the main character of this novel had unbalance psychic structure resulting Ashley having DID since she was six years old. DID caused the Toni to be dominated by her id and also Alette by her ego which led them caused problem to Ashley.

Keywords: dissociative identity disorder, mental disorder, psychoanalysis, psychological approach, qualitative descriptive

MOTTO AND DEDICATION

MOTTO

“Dan jika kamu menghitung-hitung nikmat Allah SWT, niscaya kamu tidak dapat menentukan jumlahnya.” (Q.S. An-Nahl [16]:18)

The more you know, the more you know you do not know.

-Aristotle-

DEDICATION

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The researcher realizes that this thesis is far from perfect. Thus, criticism and suggestions will always be welcomed with pleasure. Furthermore, the completion of this thesis could not be possible without any participations and assistance of so many people whose name may not all be included. Their contributions are sincerely appreciated, with gratefully acknowledged. Nevertheless, the researcher would like to express sincere gratitude to all people who involve both directly and indirectly especially to:

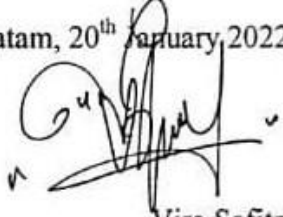
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CHAPTER I

INTRODUCTION

1.1 Background of the Research

Work of fiction such as novel, short story, and sort contain imaginative world created by the writer. The environment which built in the work of fiction has model of life that cannot be faced in the real life. Even though fiction can be created with freedom of choice by the writer, every fiction does not always have ideal model of life. Imaginative world in the novel built through various events. In the work of fiction, there are several intrinsic elements such as plot, character, background, point of view, symbols, setting, and more (Kenney, 1966). All of them are all created to be imaginative. One of the elements that called character in the novel is an important part for doing research. Character is built with several traits to complement the event in the novel. Character can be used to analyze its behavior and traits. Character in the novel most likely comes from real issues in the real life of human's characteristic.

Human's characteristic is distinct from each other. One person's character cannot be the same as another, thus every person has their own uniqueness. Moreover, characteristic can be extremely odd or just a simply ordinary. Cattell has distinguished human traits between common traits and unique traits (as cited in Mischel et al., 2008). Common traits are possessed by many people in different degrees. On the other hand, unique traits occur only in a particular person. Unique traits cannot be found with exactly the same form in another. Those are the example of character distinction of human.

The distinction of human character can be seen in the real life. From the book of *Abnormal Psychology* (Rosenberg & Kosslyn, 2011), there is a strange case of human unique traits. Robert B. Oxnam is the dissociative identity disorder, known as DID, sufferer who has eleven distinct identities inside his body. One of Robert B. Oxnam's identities is named Bob. Bob told about the story from their memoir of life.

There were blank spots in my memory where I could not recall anything that happened for blocks of time. Sometimes when a luncheon appointment was canceled, I would go out at noon and come back at 3 P.M. with no knowledge of where I had been or what I had done. I returned tired, a bit sweaty, but I quickly showered and got back to work. Once, on a trip to Taiwan, a whole series of meetings was canceled because of a national holiday; I had zero memory of what I did for almost three days, but I do recall that, after the blank spot disappeared, I had a severe headache and what seemed to be cigarette burns on my arm (Oxnam, 2005, p. 31).

The passage above quoted in the *Abnormal Psychology* (Rosenberg & Kosslyn, 2011) shows about the strange behavior of human which mentions about the blank spot of their memory. Bob stated that he could not remember any single thing of what he had did in particular time. This shows that Bob had gap in his memory which made him became fully amnesia about particular time in his life. The gap in the memory is caused by DID which is one of the categories of dissociative disorder stated in the Diagnostic and Statistical Manual of Mental Disorder Fifth Edition (DSM-V) by American Psychiatric Association (2013 p. 291-292). It also mentioned that dissociative identity disorder, known as DID, is the present of two or more distinct personality who live in one tangible body or experience of strange possession not caused by spiritual activity (American Psychiatric Association, 2013 p. 291-292). The ones who possess DID suffer from gap in their memory between the identities. It makes them cannot recall the memory

of their own. They suffer from episodes of amnesia to recall important events, personal identifications, personal histories, or particular events repeatedly which are not the same as ordinary forgetting. Someone's personality and identity are disrupted if they have DID.

Someone has the high risk of mental disorder if they have significant stress or disability to mingle in their social environment. Mental disorder is a psychopathological state of major disruption in individual's awareness, emotion, cognition, or behavior which affects dysfunction in the psychological, biological, or developmental processes underlying mental functioning (American Psychiatric Association, 2013 p. 20). Many people in this world suffer from mental disorder. Almost everyone at least knows someone in their social environment such as family or their friend who suffers from abnormal behavior that causes significant stress (Plante, 2006). Great deal of stress that someone's suffer from is caused by traumatic event in particular time. Traumatic events of someone's life can be childhood abuse, sexual harassment, bullying, verbal abuse, and sort of. As mentioned in DSM, DID possesses someone's life because of childhood trauma such as overwhelming experience, traumatic events, or any kind of abusive behavior from certain person (American Psychiatric Association, 2013). During childhood, a child can possess some kinds of common traits to serious mental disorder. Childhood events have big roles in someone's life.

During childhood, it is the important period of child brain's development. In the book of *Psychology of Child*, two crucial effects can bring a child in major development. First, certain things can create some kinds of behavior which inhibit

the others. The last is the effect plays important role to shape the child's personality (Watson and Lindgren, 1973). DID causes split of someone's personality. Thus, someone who possesses DID can have from two identities to hundreds number of identities. The book of *Abnormal Psychology in a Changing World* recorded about the existence of DID sufferer's numbers of the identity (Nevid et al., 2014, p. 207).

One personality, Sally, is a nurse. Another, Diana, is a therapist, while Patty is a playful little girl who collects insects, which she keeps in a mayonnaise jar. There is also Claire, the shy one, and Cathy, an adolescent working hard to grow up. She refers to herself as "we," a collection of many different people who share the same body. These alter personalities have their own individual goals, fears, and memories. Some of them are still mired in the past, a dark past filled with shrouded memories of traumatic abuse and incest. These alters were born of abuse they suffered at the hands of their own father. There would be one alter, Nancy, who would go to father when he beckoned her to lay with him, shielding the others from having to do the things he demanded. Nancy protected the others, but at the cost of fracturing the sense of self that makes each of us a whole person (Storm, 1993).

The passage above describes about the alters of DID sufferer with pseudonym Quiet Storm. Storm was the host of her body. Host is the alter who has taken the body almost of the time (Howell, 2011). Which means the host has more extensive control of the body than other alters. In this case, Storm had six alters inside her body whose name are Sally, Diana, Patty, Claire, Cathy, and Nancy. Alter itself stands for altered state of consciousness which also mentioned in the book of *Understanding DID* (Howell, 2011). It is said that the identity owned by DID sufferer is called alter. In the book, it is said that Nancy had dark past surrounded by traumatic events of abuse and incest. Moreover, it is also said that the alters were born because of abuse they suffered from their father. It relates to the childhood traumatic events which can cause big impact of someone's life. This is the one of

the proofs that during childhood, child is extremely vulnerable from mental disorder without any exception with DID.

Throughout the century, DID is still debatable in the psychological field. The case of DID is considered as rare. Many of the psychologists and psychiatrists remains it as controversial whether DID is real of its existence or just a form of role-playing (Boysen & VanBergen, 2014). Outside from psychological field, many of people in the society also do not believe its existence. Even though of its debatable controversy, DID is already stated officially in the DSM-V by American Psychiatric Association (2013).

The phenomena of DID also emerge in literature work. Literature is considered as a bunch of the author's imagination which beholds from real-life issues both from author's experience or through society. Wellek and Warren (1956, p. 34) has stated that literature is fiction which represents life. Novel is one of literature works which tells long story about imaginative characters or events (Cambridge Dictionary, 2021). The novel written by Sidney Sheldon entitled *Tell Me Your Dreams* is about the main character Ashley who possessed DID. This novel was published in 1998 by Warner Books, Inc. The existence of DID was also being debated in *Tell Me Your Dreams* novel.

In the *Tell Me Your Dreams* novel, the main character Ashley was accused about serial killing murdered. When she was being judged in the trial, her attorney named David defended her if she were innocent. The one who committed the murder was one of her alters which she completely did not have any of the memory. In this case, Ashley was completely unguilty. On the other hands, the opposite

house's attorney named Brennan gave the objection about the statement of Ashley's attorney.

Brennan looked at them as a moment as though puzzled and then his face cleared, "Oh, I see. You are waiting for me to say 'excuse me.' Well, I didn't say it because I didn't do that. My alter ego, Pete, did it." (Sheldon, 1998)

The passage above shows about rejection of DID existence. Brennan in this scene showed the insensitive way to react about Ashley side's statement. He refused to accept that Ashley had no motive to commit the murder because of having DID. Brennan took the action of mocking Ashley by pretending and saying if he had an alter ego which refers to the alter in DID. He said that his alter ego named Pete said an excuse.

Human has their own way to protect themselves from bad thing. The prevention of something bad is not always about physical body such as keeping the body in healthy condition. Human also prevents the mind from bad thoughts. In psychological field, the prevention of the unacceptable thoughts about their condition or situation from reaching consciousness is called defense mechanism (Rosenberg & Kosslyn, 2011). This means that defense mechanism is the strategy which someone uses to defend themselves from the urge which provoke anxiety to their mental state. Freud (as cited in Mischel et al., 2008) said that repression is one of the fundamental ways of defense mechanism. Ashley in the "Tell Me Your Dreams" novel used this defense mechanism when she was having lunch with his father.

She had forgotten how savage her father's temper was. He has once punched an intern during an operation for making an error in judgement. Ashley remembered the screaming arguments between her mother and father when she was a little girl. They had terrified her. Her parents had always fought

about the same thing, but try as she might, Ashley could not remember what it was. She had blocked it from her mind (Sheldon, 1998).

In the passage above, it can be concluded that Ashley pushed herself to forget about what was happening about in the past. The narrator said that she had been terrified by their parents because of the arguments she had always heard from them. This is one of defense mechanism types called repression. Repression is the rejection of unacceptable impulses or terrifying memories in order to be excluded from conscious mind (Boag, 2006). In order to protect herself, Ashley forced herself to forget his father's bad behavior in the past. On the other hand, Ashley's alter named Toni had the memory about what was happening which she could not recall. The presence of Toni as her alter is the defense mechanism created unconsciously. DID had made her less suffer from anxiety.

In conducting the research, the researcher also took some previous researches which using psychoanalysis approach as the preference and comparison. A journal conducted by Satriyadi (2013), investigated about DID which the main character named Frankie had possessed in *Frankie & Alice* movie. In the study, he described the defense mechanism of Frankie using psychoanalysis theory by Sigmund Freud. The result of her research was DID is a part of Frankie's defense mechanism.

The second previous research is from Wiyani, Sili, and Viliantien (2017). They investigated about deviant behavior of the major character named Beatrice in *Divergent* novel. The researchers applied psychoanalysis approach to the research. The research used three theories including personality theory of Sigmund Freud, the rest are abnormality theory by Ronald J. Comer and behavior disorder by Harry

Gottesfield. The results of the research are the failure to control personality, four causes of deviant behavior, and six causes of behavior disorder from Beatrice.

From the research have shown above, both of the researches used psychoanalysis as the approach. Each of the research used different research object. The result of both researches was also different. In this present research, the research had different result of analysis from the researches above. The recent researcher used *Tell Me Your Dreams* novel as the data source. The focus of the recent research is the DID. The theory of this research is the same as the previous researches which is psychoanalysis theory. Moreover, the researcher used the theory of dissociative disorder from American Psychiatric Association (2013) and psychoanalytical theory from Sigmund Freud. To conclude of the phenomena showed above, the researcher is interested in conducting the research which the title is “*DID Portrayed in Tell Me Your Dreams by Sidney Sheldon: Psychological Approach.*”

1.2. Identification of the Problem

Based on the phenomena presented in the research background, some possible problems are identified:

1. The distinction of human's characteristic.
2. DID is found in someone's history of life.
3. DID is caused by childhood traumatic events.
4. DID is debatable case in psychological field.
5. The existence of DID is refused in *Tell Me Your Dreams* novel.

6. Ashley's alter, Toni owning the memory which Ashley did not want to remember is the presence of DID as defense mechanism.

1.3. Limitation of the Problem

There are many aspects found in the novel that can be researched. In this research the problems found above was limited according to the objective of the problem taken, those are the portrayal of DID and the effects of DID to the main characters' psychological structure of mind in *Tell Me Your Dreams* by Sidney Sheldon.

1.4. Formulation of the Problem

Based on the limitation stated above, the researcher creates two summaries that compile problem formulas:

1. What are DID symptoms found in "Tell Me Your Dreams" by Sidney Sheldon?
2. What are effects of DID to the main characters' psychological structure of mind in "Tell Me Your Dreams" by Sidney Sheldon?

1.5. Objectives of the Research

The objectives of this research are:

1. To find out the symptoms of DID portrayed in "Tell Me Your Dreams" by Sidney Sheldon.
2. To explain the effects of DID to the main characters' psychological structure of mind in "Tell Me Your Dreams" by Sidney Sheldon.

1.6. Significance of the Research

Based on the research that was analyzed, the aims of this paper are included:

1. Theoretical Significance

This research has purposes in theoretical form. First, the significance of the research has aim to be helpful as a guide of basic knowledge about the symptoms, causes, and treatment of DID and also Freud's psychoanalysis theory about human psychic structure. Second, the significance of the research has aim to be helpful which provides theories and material for literary study about psychological approach and psychoanalysis theory in literary works. Finally, this research is expected to be reference for another literature research about DID in the literature work.

2. Practical Significance

This research significance of practical form is meant to be reference for another research about DID. It is also to give knowledge about DID. Furthermore, this research is meant to be the knowledge to treat the people with DID in real life.

1.7. Definition of Key Terms

Psychoanalysis : a theory of personality and also a method of psychotherapy in psychopathology invented by Sigmund Freud.

Freud's psychic structure : three psychological structures of human's mind which are id, ego, and superego.

Dissociative identity disorder : the present of two or more distinct personality who live in one tangible body or experience of strange possession not caused by spiritual activity.

CHAPTER II

REVIEW OF RELATED LITERATURE AND THEORETICAL FRAMEWORK

This chapter focuses on the other foreign and local researches and literatures. It will focus on numerous factors that will aid in the advancement of this research.

2.1 Psychological Approach

Human is one of the important aspects of life. There are so many branches of study related to human—both as individual and group—and its supporting elements in life. Human is involved both in literature and psychology. According to Nolen-Hoeksema et al. (2012) psychology is the study of human scientifically in focusing of the mental process and behavior. It means that psychology has a broad scope regarding its study. Literature and psychology have the close relation between each other. In the book of *Theory of Literature*, Wellek and Warren (1956) explained that "psychology of literature" means the psychological study of the writer as an individual or how literature affects the reader. In the literature study, psychology is reflected in the literature works.

Psychological approach is the way the literature work is analyzed in psychological aspects. In twentieth century, psychological criticism is already used in several academies. Freud and his followers have brought psychological criticism as one of the way literature can be analyzed (Guerin et al., 2005). Furthermore, many of previous research are conducted with the theory from psychology. One of the popular theories of psychological approaches in literature is psychoanalysis.

2.1.1 Psychoanalysis

Psychoanalysis is invented by Sigmund Freud in the early of twentieth century (Nolen-Hoeksema et al., 2012). Psychoanalysis studies about human personality. Psychoanalysis orientates to Sigmund Freud's psychoanalytic theory (Mischel et al., 2008). Every human has its own characteristic that the characteristic is different from one another. Defining personality has reached about mentioning the uniqueness and distinction of how human behaves. In the book of *Psychology: Making Connection* by Feist and Rosenberg (2009), personality is the uniqueness of individual. Someone does not always react for something in the same way. The reaction which comes differently from different individual relates to their personality. Furthermore, scientist had defined that personality is relatively consistent set of behavior, thoughts, feelings, and emotions which differentiate each individual (Roberts and Mroczek, 2008). This definition had mentioned that personality is relatively enduring.

The consistency of personality has two models. The two models of consistency are consistency across situations and consistency over time. Consistency across situations defines that the way people behave in every situation is the same whether the situation is different or the same. In contrast, consistency over time defines that people's behavior is always the same throughout their life (Feist and Rosenberg, 2009). The personality consistency refers to the unchangeability in personality. There is assumption if in the adulthood, there is no further development of individual's personality. This theory is refuted nowadays by some scientists (Roberts and Mroczek, 2008). On the other hand, Sigmund

Freud's theory of psychoanalysis mentioned that the development in personality is actually happened. His theory is started from the unconscious which is powerful in human personality (as cited in Feist and Rosenberg, 2009). Freud found out the structure of human's mind would force the personality to be changed.

2.1.2 Freud's Psychic Structure

Development of personality is the main focus of Freud's psychoanalytic theory. Feelings, behaviors, and thoughts are the combination which make personality become a whole. In psychoanalytic theory, the component of personality then is as the result of conscious and unconscious forces interacting in the mind recurrently. Freud often mentioned about motivations or combination of feelings and thought encourage someone to behave in some ways. There are three levels of consciousness found by Sigmund Freud in psychoanalytic theory (as cited in Rosenberg & Kosslyn, 2011). They are consciousness, preconsciousness, and unconsciousness. Consciousness is the thoughts and feelings which reach the awareness. Next, preconsciousness is the thoughts and feeling which do not reach the awareness but the preconsciousness might enter conscious awareness in the future. The last, unconsciousness is the thoughts and feelings which are completely unaware. This part is the large part in human's mind (Nevid et al., 2014). The unconsciousness cannot be perceived by someone in command but it has power to influence the mind.

As cited in the Rosenberg & Kosslyn (2011), Freud distinguished three psychological structure of human mind. It is called Freud's Psychic Structure. The word psyche etymologically came from Greek word which means mind. Human

psychic structure consists of id, ego, and superego. Freud's theory of psyche structure believes that the human psychic structure of someone who suffers from mental disorder or abnormal behavior is different with normal person (as cited in Feist & Rosenberg, 2009). The id, ego, and superego relatively influence the mind. It is showed in the figure 2.1. The detailed explanation about id, ego, and superego is presented below.

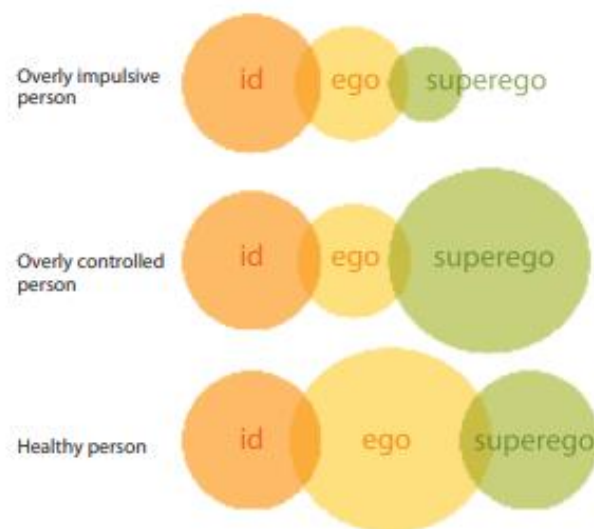


Figure 1 Relative influence of id, ego, superego in three different types of people

2.1.3 Id

According to Freud, id is the most basic impulses for human to complete their desire towards satisfaction of physical needs—to eat and to drink—and psychological drive—having sex and aggressive desire—or other basic impulses (as cited in Rosenberg & Kosslyn, 2011). The id is the passion of the core in the mind which is completely unconscious of the mind. Id follows the pleasure principle to seek for gratification of instinct without consideration of social rules.

The presence of id is presented below. The passage below is obtained from previous research about psyche structure of the main character.

.... On this mornings when my brother makes breakfast, and my father's hand skims my hair as he reads the newspaper, and my mother hums as she clears the table- it is on these mornings that I feel guiltiest for wanting to leave them (Wiyani et al., 2017).

Beatrice is the main character of "Divergent" novel who was part of Abnegation faction. Her desire was leaving Abnegation which was her family faction. She had showed in the passage that she felt guilty because she wanted to leave her family which was Abnegation. Her unconscious mind wanted her to be in Dauntless faction.

2.1.4 Ego

Consideration of what is appropriate, practically allowed, or possible is governed by ego. According to Freud, ego follows the reality principle (as cited in Rosenberg & Kosslyn, 2011). The ego has the most direct contact with reality. The ego tries to intercede the seeking of gratification by id. The management of mind with rational and the reality leads by the ego. Moreover, ego is in between the conscious and unconscious mind. The presence of ego is explained below. The passage below is from previous research about psyche structure of Beatrice from "Divergent" novel.

..., I realize that the decision might be simple. It will require a great act of selflessness to choose Abnegation, or a great act of courage to choose Dauntless, and maybe just choosing one over the other will prove that I belong. Tomorrow, those two qualities will struggle within me, and only one can win (Wiyani et al., 2017).

The narration above is from Beatrice's point of view. The presence of ego showed here when she planned to choose Dauntless or Abnegation. The ego helped her to control the decision.

2.1.5 Superego

The feeling of guilt is the part of superego in human mind. According to Freud, superego is responsible of the feeling from guilt which makes the individual force the sexual and aggressive impulses (as cited in Rosenberg & Kosslyn, 2011). The superego is the agency of human's conscience. It represents the morality and social standards. The presence of ego is explained below. The passage below is from previous research about psyche structure of the main character from "Divergent" novel.

I shiver, and goose bumps appear on my arms. My curiosity is a mistake, a betrayal of Abnegation values (Wiyani et al., 2017).

The superego presence is showed in the passage above. Beatrice, the main character felt guilty of what she feels about her curiosity towards Abnegation. The superego played the role in her mind if what she had done was not appropriate. She thought that the curiosity towards her family faction was a mistake.

2.1.6 DID

Mental disorder unknowingly can affect anyone without any exception. Someone who suffers from mental disorder has abnormal in their behavior. In the DSM-V, DID or DID is classified as one of dissociative disorders (American Psychiatric Association, 2013). Dissociative disorder is a classification of mental disorder by disruption of and/or discontinuity in the normal integration of self—identity, memory, consciousness—which make one personality whole (Nevid et al., 2014, p. 207). DID is the present of two or more distinct personality who live in one tangible body or experience of strange possession not caused by spiritual activity (American Psychiatric Association, 2013). Each identity of a person who

lives with DID experiences simultaneously active and subjectively autonomous of profoundly separated events in significant way.

The term of DID is firstly introduced in DSM-IV and its text revision (DSM-IV-TR). DID was named multiple personality disorder or MPD used in DSM-III. The term of MPD is a misleading in the pathology. MPD was suggested if every personality in the body is literally a separate part (Howell, 2011). Moreover, each person in one body of DID sufferer is parts of one person. DID greatly affects someone's life. The detailed explanation about the symptoms, terminology, cause, and treatment is presented below.

2.1.6.1 Symptoms

The symptoms of DID have various of its criterion. The symptoms of DID are amnesia, identity alteration, identity confusion, depersonalization, and derealization. These symptoms are comprised in the DSM-V (American Psychiatric Association, 2013).

a. Amnesia

People who suffer from DID experiences recurrent episode of amnesia (American Psychiatric Association, 2013). DID sufferer meet the criteria of having dissociative amnesia which is also the part of dissociative disorder. It is characterized by markedly poor recall for crucial event as well as personal information (Rosenberg & Kosslyn, 2011). They cannot recall anything of what they were doing in certain time. There are recurrent gaps of the memory which they cannot remember as normal person. They might experience black out as well. Sometimes, the sufferers cannot

remember their important personal information such as name, address, age, and more. They might find discovery evidence in their daily life which they do not have the memory of doing it. This amnesia is inconsistent from ordinary forgetting.

b. Identity alteration

Identity alteration is the alterations or discontinuity sense of self or body (American Psychiatric Association, 2013). They feel detached from their body. They have no power to control themselves and hard to stop it. The sufferers might also report that they can hear voices inside their head. The voices can be child's voice, crying, voice of spiritual being, other voice that is not theirs. Strong emotion, speech, or can be urge might appear suddenly. The look, attitude, personal preference, or even the sound of voice might shift and shift back. The sufferers might be aware and unaware of the identity alteration.

c. Identity confusion

Identity confusion is major distress from having confusion of self (American Psychiatric Association, 2013). They might confuse about 'who am I' most of the time. Someone might tell them about their strange behavior that they do not feel doing. Some of people who suffer from DID also tend to address themselves with pronoun 'we.' This causes impairment in social environment.

d. Depersonalization or derealization

Depersonalization is the feeling of observing the thoughts, mind, body, or part of body from outside of the body (American Psychiatric Association, 2013). When someone is in the state of depersonalization, they feel like a robot and have no control of the body. The sense of any sensation is also numb. The primary symptom of depersonalization is a continuous sense of being separated from individual's mental processes or body (Rosenberg & Kosslyn, 2011). Derealization is the state that when someone feels like living in a dream or two-dimensional place (American Psychiatric Association, 2013). The surrounding feels like blurry, colorless, or artificial. Derealization makes someone feel distortion of distance and size of the things around.

e. Having alter(s)

Alter is referred to each identity that someone has if they suffer from DID. Alter itself comes from altered state of consciousness (Howell, 2011). Alter is dissociated part of the sufferer. Each alter has their own criteria and personal preference as well as one person. The alter might have their own name, sex, sexuality, personal history, characteristics, opinion, perspective, and more. Moreover, alter can have different voice and accent from the host. There are many types of alter in one body of DID sufferers. Different person with DID has different kinds and number of alter. There are apparently normal parts (ANP) or the host, persecutor, child alter, trauma-holder, protector, and more (Howell, 2011).

- i. **Host** is the most normal part of the alter who has controlled the body for almost of the time (Howell, 2011). Host is mostly the part which is unaware of what happens of the body until she or he knows if he or she has diagnosed with DID. Host is not the original personality or identity of DID sufferer. There is no original personality or identity in the body.
- ii. **Persecutor** is the alter who is often called devil alter. This part mostly has abusive behavior that might commit self-harm or self-sabotage. This kind of alter has function as trauma shield to protect person from horrifying memories and defending against helpless feeling (Putnam, 1989).
- iii. **Child alter** is the alter who mostly holds the trauma. Child alter acts and speaks like a kid. Child alter in adult body is not a real child even though they have childlike ego-states (Shusta-Hochberg, 2004).
- iv. **Trauma-holder** is the alter who holds trauma the most. They are different from child alter who holds trauma. Trauma-holder might be child alter as well or is not categorized as child alter. Some of the trauma holder has psychotic behavior or such (Howell, 2011).
- v. **Protector** is the alter who protects and defends themselves against something harmful. Protector can be rescuer, caretaker, or soother depending on their responsibility for the body (Howell,

2011). They are protective and referring themselves as the caretaking part.

- vi. **System** is all of the parts participate in one overall personality system, as well as sharing one body (Howell, 2011). Every alter in the one body is the part of the system. People with DID tend to refer themselves as a system rather than a person. It is because they exist in one same body with another alter inside.

f. **Switching**

Switching is when the another alter is prone to take control the body from the previous alter who is in the state of conscious. Switching is also known as full dissociation (Dell, 2009). When the another alter takes control of the body, they might not know what is happening currently. This in general is the result of the amnesia. There are types of switching which are the state of fronting and co-consciousness.

- i. **Fronting** is the state that the alter is in taking control of the body (Howell, 2011). It means that the alter is in the state of the consciousness. It is the same as switching, fronting can be the result of the amnesia for certain alter in the body. The other alter might know or might not know what the alter in the front or taking control of the body is doing.
- ii. **Co-consciousness** sometimes happens when another alter also tries to be in the front and aware of what is happening at the time. Full dissociation is not always the case of DID (Howell, 2011).

People with DID might experience co-conscious. Co-conscious is the state that two or more alter take control the body in the same time. It is also called partial dissociation.

2.1.6.2 Treatments

According to Kluft (1999), DID is still difficult to treat. DID requires psychotherapy from psychoanalysis technic for the treatment. The patient and the therapist need to make the cooperation with the alters. Every alter in the system needs to work together to be treated. The therapist and the patient need to learn more about the historical of the alters. The patient also needs to learn coping skills with the trauma. The treatment of DID needs the good cooperation between the alters to make the system whole and work together in the same body.

However, in the late of 20s century, the treatment of DID had misconception with the meaning of integration. Acceptance or ownership of all ideas, feelings, anxieties, beliefs, experiences, and memories as me or mine is simply referred to as integration (Downing, 2003). On the other hand, according to psychiatrist named Bromberg (1993), self-expression and human sense of belonging will eventually conflict, but health is not integration. Health is the ability to exist in the spaces between realities without losing any of them. Self-acceptance and creativity entails, is the ability to feel like one self while being many. Thus, what the sufferer needs is all about the acceptance of being a whole and alters are the part of selves.

2.1.6.3 Causes

According to DSM-V, DID is developed in childhood. This disorder is related with overwhelming experience, traumatic events, or long-term physical,

emotional, or sexual abuse in childhood (American Psychiatric Association, 2013). Traumatic events from war or natural disaster can be the cause of this mental disorder. Psychologically, personal identity is still developed in childhood as well as the brain and other physic. A child does not have the ability to deal with the overwhelming distress. In order to endure the pain of traumatic experience, the brain unconsciously cope with dissociation.

2.2 Previous Research

The first previous research is from Afkarina and Mila (2019), they analyzed the personality development of main character in the “*Moana*” movie. The research used the theory of human psychic structure which are id, ego, superego by Sigmund Freud and personality development by Kurvati and Malipati. The researchers used psychoanalysis approach to analyze the data. In conducting to analyze the data, the researchers used descriptive analysis. The result of the research is the factor of Moana’s personality development which are from physical, family, cultural, and social role environment.

Pratiwi et al. (2019) observed the psychology of the folklore main character named Hang Tuah. The data source of this research is the book entitled “*The Tale of Hang Tuah.*” The research used descriptive analysis to analyze the data. In this research, the approach of psychoanalysis is used to apply the analysis. The research also used the psychoanalytic theory by Sigmund Freud as well. The result of this research is Hang Tuah actually had consistent in his personality.

Pangestu and Sunardi (2016) used the theory of psychoanalytic by Sigmund Freud in their research. The researchers investigated about defense mechanism and

core issues of the main character in the novel entitled “*The Fault in Our Stars*.” This research applied psychoanalysis approach as the approach to analyze the main character. The method used in the research was descriptive qualitative method. The development of the main character in the novel had no evidence. Therefore, the researchers obtained that the novel is incomplete psychological novel as the conclusion.

Qodariyah et al. (2017) conducted the analysis of psychological conflict of major characters in “*Sharp Object*” novel by using psychological theory by Sigmund Freud. The conflicts found by the researchers are approach-avoidance and avoidance-avoidance. The research used descriptive qualitative as the method to analyze the data. As the approach, the researchers used psychoanalysis approach by Sigmund Freud. The major characters in the novel had conflicts each other. The research showed the result about the inconsistency of id, ego, and superego from all of the major characters in the novel.

Waita (2019) investigated on four African Folktales which were recorded from Central Kenya. The folktales were in Kikuyu language and then translated into English. The research used the psychoanalysis approach as the theoretical framework. The researcher observed about the role of folktales in human psycho-social development. The result in this research is folktales have the important elements of psychological maturation both of psycho-social and psycho-sexual development.

Sarjani et al. (2019) investigated the main character of “*Holy Mother*” novel named Honami. The research used descriptive qualitative as the method to analyze

the data. Psychoanalysis approach is used in this research as the approach. The researchers observed the data using psychoanalytic theory by Sigmund Freud. In the research, there is applied the theory of human psychic structure—id, ego, superego, the following theory of psychoanalytic. The conclusion found in the research is the main character personality developed and effected by the domination of the ego. Therefore, the superego of Honami, the main character in the novel is defeated by the ego.

The last is Respatio (2018) who analyzed the main character's dreams and hallucination in the "*Rebecca*" novel. The research used descriptive qualitative method as the research design. The approach of this research is psychoanalysis approach. In the research, the researcher applied psychic structure—id, ego, and superego—of human theory, dreams and symbol—the manifest and the latent, and Oedipus complex theory. All of the theory is from psychoanalytic theory by Sigmund Freud. The researcher concluded that the main character in the "*Rebecca*" novel had developed in her personality. The main character could handle herself from anxiety and frustration.

The previous research applied the psychological approach and psychoanalytic theory invented by Sigmund Freud. This present research applies the same approach and theory as previous research. Moreover, this research has different data source and data object from previous research. This present research takes DID as the object of the data. The previous research which was related with psychoanalytic theory had different object of the data. This present research has

novelty of investigating on DID which is still rare on other research regarding psychoanalytic theory.

2.3 Theoretical Frameworks

This research uses the psychoanalysis as the approach. The object of this research is DID. In analyzing the object, the researcher applies the theory of psychoanalytic by Sigmund Freud as cited in books of Abnormal Psychology from Nevid et al. (2014), Rosenberg & Kosslyn (2011), and other sources from psychology book. The researcher also applies the theory from DSM-V by American Psychiatric Association (2013) and theory of DID by Howell (2011). The theories are to analyze the object in data source which is *“Tell Me Your Dreams”* novel by Sidney Sheldon.

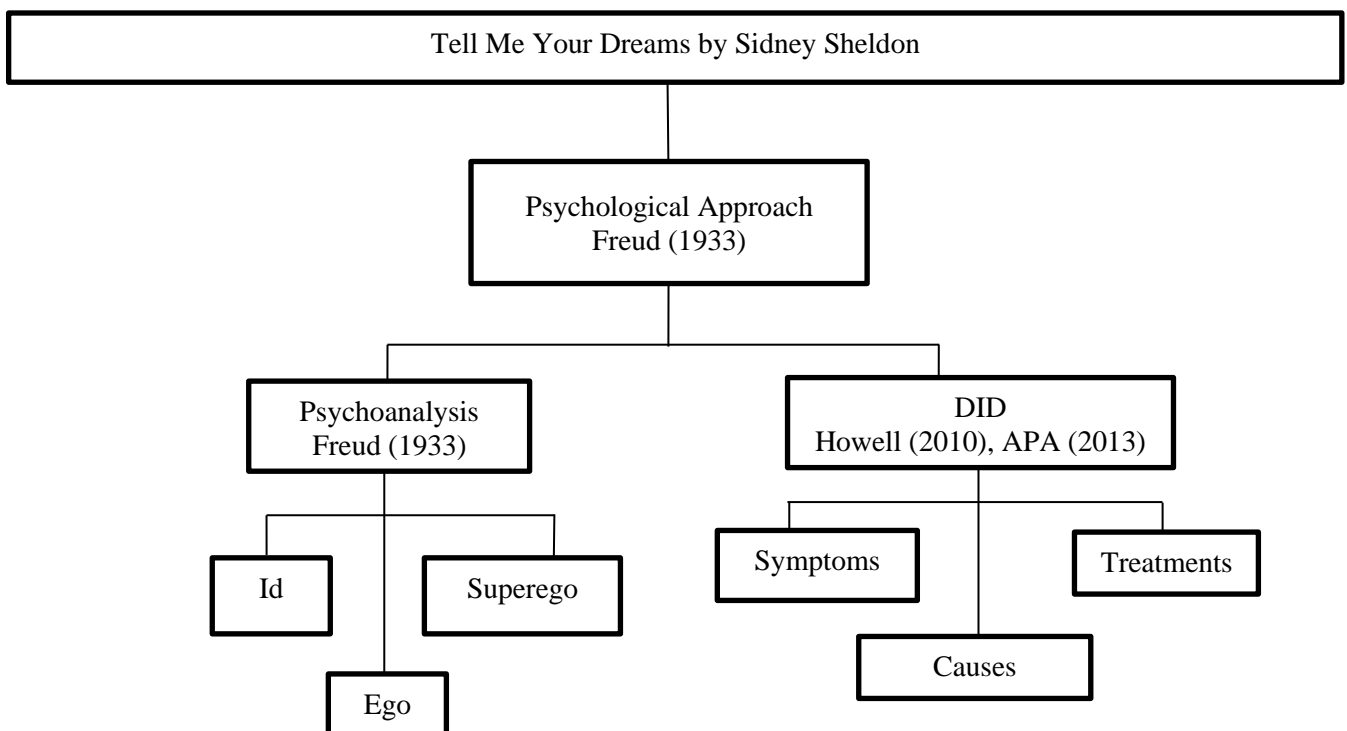


Figure 2 Theoretical Framework

CHAPTER III

RESEARCH METHODOLOGY

This chapter provides an overview of the research methodology used to answer the research questions, data analysis tools employed, and research method limitations.

3.1 Research Design

In conducting the research, research design is needed. According to Abbot and McKinney (2013), research design is defined as the modes of observation that allow the researcher collect the data from the observation systematically structured. There are two types of research design method used in thesis which are qualitative design and quantitative design. In this research, the researcher focused in using qualitative design method. Qualitative research is a research that use interpretive or theoretical frameworks in conducting the study research problems to understand and explore the meaning of individuals or groups which is the cause of social or human problem (Creswell and Poth, 2018). In conducting this research, the researcher used descriptive qualitative method to collect the data. Descriptive data is the data which collected from written words or someone's utterance. This research applied the psychoanalytical theory discovered by Sigmund Freud and his follower. The theory is used to analyzed about DID in this research.

3.2 Object of the Research

Conducting research cannot be done without the object. The object of this research is DID in Tell Me Your Dream novel. The researcher will analyze how DID reflects in the novel. To analyze about DID, the researcher used the theory

found in DSM-V by American Psychiatric Association and psychoanalytical theory by Sigmund Freud. The main character of the novel was diagnosed as DID sufferer. DID is still uncommon issue in the society which is appropriate to be investigated. “Tell Me Your Dreams” is a novel written by American author Sidney Sheldon and published in 1998. It tells about DID (dissociative identity disorder) who was known as MPD (multiple personality disorder). This novel is one of The New York Times bestseller lists, within 372 pages, and published in 1998 by Warner Books publisher. Consequently, the researcher chose the main character in “Tell Me Your Dreams” novel as the data source of the research.

3.3 Method of Collecting Data

There are several methods of collecting the data in qualitative research. In this research, the researcher used observer as participant or non-participant method of collecting the data. Creswell and Poth (2018) stated that there is no direct involvement of the researcher as the observer in the data of the research. This method has several steps in collecting the data. First, the researcher read the novel of “Tell Me Your Dreams” by Sidney Sheldon several times to comprehend the story also take the data. By reading the novel, the researcher as the same time filtered and highlighted the utterances and the narratives from the novel. Finally, the researcher took note from the novel regarding to the issues about object of the research.

3.4 Method of Analyzing Data

After the data from the source is collected, the researcher analyzed the data. The method of descriptive analysis is used to analyze the data in this research.

Descriptive analysis is the method used to elaborate and interpret the data. According to Ratna (2004), descriptive analysis is done by describing the facts found in the data source, after that continued to the analysis. By using descriptive analysis, the data is not just interpreted but the data also needs to be explained to make enough explanation and understanding. The collected data is described by following the psychoanalytical theory by Sigmund Freud and DID which explained in DSM-V and the book of Abnormal Psychology. As the result the data analysis will be concluded.

3.5 Method of Presenting Research Result

After analyzing the data, the researcher presents the result of the analysis with qualitative strategy. Qualitative research is a method of investigating and comprehending the meaning of individuals or groups who explain a social or human issue. The qualitative strategy refers to presenting research findings using descriptions and themes derived from the data collected for the study (Creswell and Poth, 2018). Data is typically acquired in a participant environment, data is inductively constructed from specifics to broad themes, and the researcher interprets the data. Finally, qualitative research is a research technique in which descriptive data of study is recorded or spoken and can be observed. In the designated informal technique, the research results will be presented using words and sentences without the use of symbols, tables, diagrams, or numbers. The result in this research will only be delivered descriptively and simply by using words and sentences to make the readers easy to understand.