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

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

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2022

SURAT PERNYATAAN

Saya yang bertanda tangan di bawah ini:
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Menyatakan bahwa skripsi yang saya buat dengan judul: **DISSOCIATIVE IDENTITY DISORDER PORTRAYED IN "*TELL ME YOUR DREAMS*" BY SIDNEY SHELDON: PSYCHOLOGICAL APPROACH**

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Demikian pernyataan dari saya dengan sebenarnya tanpa adanya paksaan dari siapa pun.

Batam, 20 Januari 2022

Vira Safitri
181210076

DECLARATION OF THE THESIS ORIGINALITY

I, Vira Safitri, with NPM 181210076, undersigned below

Hereby declare that the paper with the title:

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

Is my original work and I am aware that this thesis has never been published in another medium, either partially or totally, in my or others' names.

Batam, 20th January 2022

Vira Safitri
181210076

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

Robby Satria, S.S., M.Hum.
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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

First of all, I would like to say grateful to Allah subhanahu wa ta'ala *to give me such a wonderful life and to make me survive this life. Because of His abundance, finally I finished this thesis. Shalawat and salaam are also always given to the Prophet Muhammad* ﷺ*.*

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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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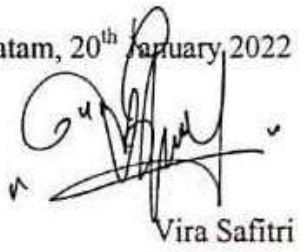
Batam, 20th January 2022



Vira Safitri

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