

CHAPTER V

CONCLUSION & SUGGESTION

In this chapter, the researcher will explain about the conclusion and suggestion of the analysis about the novel. The conclusion is gotten from the analysis of the main character Ashley's and her alters' psychic structure and the symptoms and related of DID in the novel. The suggestion is made to offer insights for future research.

5.1 Conclusion

After analyzing "Tell Me Your Dreams" by Sidney Sheldon, the researcher takes conclusion about the main character Ashley's and her alters' psychic structure and DID portrayal from the novel. Freud believed that human personality is composed of three components: id, ego and superego, which reside within each individual. The id follows the pleasure principle in seeking instinctual gratification to fulfill all needs, desire, impulses unconsciously without regard for social rules. The ego follows the reality principle to intercede id to fulfill demands according to reality. Last, the superego is the agency of human's conscience and it represents the morality and social standards.

The mind structure needs to be balance in order to not suffer from mental disorder. In this novel, the character appeared to be the suffer of DID which relates with the unbalance of the mind structure. Every alter inside Ashley's body, including herself, has their own structure of mind. In general, a given alter is just like the same as another individual, which means alter has their own id, ego and superego (Schore, 2009). Ashley, Toni, and Alette have unbalance psychic structure

resulting Ashley having DID since she was six years old. Ashley is dominated by superego because of her father expectation and it results her to suppress her own trauma and created Toni to cope with her trauma. Meanwhile, Toni is dominated by her id because of the sexual abuse they received when they were kid. Alette is also affected by id domination of Toni's because of her ego could not reach the reality principle.

The symptoms of DID in this novel are noticeable as Ashley having strange amnesia even more making her moved to some place where she did not know how she could get there. She also greatly disturbed by identity alteration caused her to feel like she was being stalked by unknown person. It turned out that her body was taken and switched by other alters. Ashley also got depressed after knowing that she was having strange mental disorder as she started confusing about herself and disturbed by derealization which causing her to feel strange with her surroundings. In the end of the story, Ashley had combination of treatment which are hypnotherapy, group therapy, and art therapy. She had to deal with other alters, Toni and Alette to know what caused her to have DID. The causes of DID which Ashley suffered finally revealed in the end of the story.

5.2 Suggestion

After conducting in this research, the researcher has some suggestions for future researcher to explore deeply about "Tell Me Your Dreams" novel. Future researchers can use different approaches such as psychoanalysis or use different theory such as about defense mechanism as well. This novel can be analyzed with many theories related with psychological aspect. Moreover, the researcher also

suggests future researchers use different novel and use the same theory about DID and apply psychological approach as well. It is because DID is still interesting topic to be discussed more in order to introduce it to the others.

The researcher hopes that the reader can learn about DID and how human mind structure can affect individual's mental state. DID and psychoanalysis theory are interesting knowledge to make the reader's know about human's mental health even more. The benefits of learning about DID theory and psychological approach also for English Literature Department of Putera Batam University in conducting another research with similar issues.