



**SELF-CONCEPT AS A RESULT OF BORDERLINE  
PERSONALITY DISORDER PORTRAYED IN HARUKI  
MURAKAMI'S *NORWEGIAN WOOD***

A final project

submitted in partial fulfillment of the requirements for the degree of  
*Sarjana Sastra* in English

Indah Permatasari

2211415077

**ENGLISH DEPARTMENT  
FACULTY OF LANGUAGES AND ARTS  
UNIVERSITAS NEGERI SEMARANG  
2020**

## APPROVAL

This final project was approved by Board of Examiners of English Department of Faculty of Languages and Arts of Semarang State University on 19 May 2020.

### Board of Examiners:

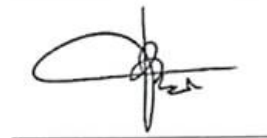
**1. Chairperson**

Dr. Hendi Pratama, S.Pd., M.A.  
NIP. 198505282010121006



**2. Secretary**

Widhiyanto, S.Pd., M.Pd., Ph.D.  
NIP. 197309052005011001



**3. First Examiner**

Bambang Purwanto, S.S., M.Hum.  
NIP. 197807282008121001



**4. Second Examiner**

Fatma Hetami, S.S., M.Hum.  
NIP. 197708272008122002



**5. Third Examiner/ Advisor I**

M. Ikhwan Rosyidi, S.S., M.A.  
NIP. 198012062009121001



Approved by  
Dean of Faculty of Languages and Arts  
  
Dr. Sri Reteki Urip, M.Hum.  
NIP. 196202211989012001

## PERNYATAAN

Dengan ini saya:

Nama : Indah Permatasari

NIM : 2211415077

Prodi/Jurusan : Sastra Inggris / Bahasa dan Sastra Inggris

Menyatakan dengan sesungguhnya bahwa skripsi/tugas akhir/final project yang berjudul:

**Self-Image as A Result of Borderline Personality Disorder Portrayed by Haruki Murakami's Norwegian Wood**

Yang saya tulis dalam rangka memenuhi salah satu syarat untuk memperoleh gelar sarjana sastra ini benar-benar merupakan karya sastra saya sendiri, yang saya hasilkan setelah melakukan penelitian, bimbingan, diskusi, dan pemaparan atau semua ujian. Semua kutipan, baik yang langsung maupun tidak langsung, dan baik yang diperoleh dari sumber lainnya telah disertai keterangan mengenai sumbernya dengan cara sebagaimana lazimnya dalam penulisan karya ilmiah. Dengan demikian walaupun tim penguji dan pembimbing penulisan skripsi/tugas akhir/final project ini membubuhkan tanda tangan keabsahannya, seluruh karya ilmiah ini tetap menjadi tanggung jawab saya sendiri. Jika ditemukan pelanggaran terhadap konvensi tata tulis ilmiah yang berlaku saya bersedia menerima sanksi akademik.

Demikian, harap pernyataan saya ini dapat digunakan seperlunya.

Semarang,

Yang membuat pernyataan,



Indah Permatasari

## **MOTTO AND DEDICATION**

**Everyone you meet is fighting a battle you know nothing about.**

**Be kind. Always.**

**To:**

**My beloved parents**

**My two lovely brothers**

**My dearest friends**

## **ACKNOWLEDGEMENT**

First and foremost, I would like to express my deepest gratitude to Allah SWT for the calamity, blessings, and the grateful He gave me in doing this final project.

Second, I extend my deepest gratitude to my advisors, Mohamad Ikhwan Rosyidi, S.S., M.A., as my advisor, for his supports, corrections, guidance, encouragement and advice in completing this final project, and also to all of the lectures in the English Department for educated and helped me during my study at the English Department.

Third, my dearest gratitude is presented to my parents who support me endlessly; they are Sastro Adi Kusumo and Maemunah. My two brothers who always be there for me, Arif Riyadi and Ali Sandra. My regards are addressed to all of my friends for their support.

Fourth, my special gratitude is addressed to Wanna One, especially Bae Jinyoung and Park Jihoon for always making me happy and being the source of my happiness. Also for Kim Wooseok and Lee Jinhyuk for being the sun and the moon in my life.

Finally, I realize that my final project is not perfect. Therefore, I hope for criticisms and suggestions for the improvement. I hope the final project will be useful for the readers.

Indah Permatasari

## ABSTRACT

Permatasari, Indah. 2020. **Self-Concept as a Result of Borderline Personality Disorder Portrayed in Haruki Murakami's "Norwegian Wood"**. Final Project. English Department. Faculty of Languages and Arts. Semarang State University. Advisor: Mohamad Ikhwan Rosyidi, S.S., M.A.

Keywords: self-concept, Borderline Personality Disorder, psychoanalysis theory.

The study of *Self-Concept as a Result of Borderline Personality Disorder Portrayed in Haruki Murakami's "Norwegian Wood"* is carried out to find out how Borderline Personality Disorder influencing an individual self-concept. There are several research methods used in this study, they are library research and descriptive qualitative research. By using the library research method, I found the data and references dealing with the topic analysis. The data then is written in descriptive in order to answer the research questions, I also employed psychoanalysis theory by Sigmund Freud. It is done to analyze how self-concept is the result of Borderline Personality Disorder. The result indicates that Naoko, the center of the research, is struggling to survive because she has a traumatic past events. Naoko developed five criteria of a person to have Borderline Personality Disorder, they are problem with relationships, unstable emotions, unstable identity, impulsive and self-damaging behavior, and unstable thinking/cognition which developed by the character. Then, there are defenses, anxiety and core issues that influence the behavior of the character. Self-concept is using by the represented character as the result of borderline personality disorder that revealed in the id, ego, and superego.

## TABLE OF CONTENT

<b>APPROVAL</b> .....	<b>ii</b>
<b>PERNYATAAN</b> .....	<b>iii</b>
<b>MOTTO AND DEDICATION</b> .....	<b>iv</b>
<b>ACKNOWLEDGEMENT</b> .....	<b>v</b>
<b>ABSTRACT</b> .....	<b>vi</b>
<b>TABLE OF CONTENTS</b> .....	<b>vii</b>
<b>CHAPTERS</b>	
<b>I. INTRODUCTION</b> .....	<b>1</b>
1.1 Background of the Study .....	1
1.2 Reason for Choosing the Topic.....	6
1.3 Statement of the Problem .....	7
1.4 Objectives of the Study .....	7
1.5 Significances of the Study .....	7
1.6 Outline of the study .....	8
<b>II. REVIEW OF RELATED LITERATURE</b> .....	<b>10</b>
2.1 Review of Previous Studies .....	10
2.2 Review of Related Literature .....	28
2.2.1 The Defenses, Anxiety, and Core Issues .....	28

2.2.2	Psychoanalytic Theory .....	30
a.	The Id.....	31
b.	The Ego.....	32
c.	The Superego .....	32
2.2.3	Personality Disorder .....	33
2.2.4	Borderline Personality Disorder.....	34
2.2.5	Self-Concept .....	36
2.3	Theoretical Framework .....	37
<b>III.</b>	<b>RESEARCH METHODOLOGY.....</b>	<b>39</b>
3.1	Research Design.....	39
3.2	Object of the Study.....	40
3.2.1	The Material Object.....	40
3.2.2	The Formal Object.....	41
3.3	Roles of the Researcher .....	41
3.3.1	Data Collector .....	42
3.3.2	Data Analyzer.....	42
3.3.3	Data Reporter .....	42
3.4	Procedure of Data Collection.....	42
3.4.1	Reading .....	42
3.4.2	Identifying.....	43
3.4.3	Inventorying .....	43
3.4.4	Classifying .....	44



3.4.5	Selecting.....	44
3.4.6	Reporting .....	44
3.5	Procedure of Data Analysis .....	45
<b>IV.</b>	<b>FINDING AND DISCUSSION .....</b>	<b>46</b>
4.1	Borderline Personality Disorder Portrayed by Naoko in Haruki Murakami’s <i>Norwegian Wood</i> .....	46
4.1.1	Defenses.....	49
4.1.2	Anxiety .....	51
4.1.3	Core Issues .....	58
4.2	Self-Concept as A Result of Borderline Personality Disorder Portrayed by Naoko in Haruki Murakami’s <i>Norwegian Wood</i> .....	62
4.2.1	Self-image.....	62
4.2.2	Self-esteem.....	68
4.2.3	Ideal-self .....	69
<b>V.</b>	<b>CONCLUSION AND SUGGESTION .....</b>	<b>72</b>
5.1	Conclusion .....	72
5.2	Suggestion.....	73
	<b>BIBLIOGRAPHY .....</b>	<b>74</b>
	<b>APPENDICES.....</b>	<b>78</b>

# CHAPTER I

## INTRODUCTION

The first chapter deals with the introduction of the study. It contains the background of the study, reasons for choosing the topic, research questions, purposes of the study, significances of the study and outline of the study report.

### 1.1 Background of the Study

Personality disorders are groups of mental illnesses. They involve long-term patterns of thoughts and behaviors that are unhealthy and inflexible. The behaviors cause serious problems with relationships and work. People with personality disorders have trouble dealing with everyday stresses and problems. They often have stormy relationships with other people. The cause of personality disorders is unknown. However, genes and childhood experiences may play a role. The symptoms of each personality disorder are different. They can mild or severe. People with personality disorders may have trouble realizing that they have a problem. To them, their thoughts are normal, and they often blame others for their problems. They may try to get help because of their problems with relationships and work. Treatment usually includes talk therapy and sometimes medicine. (<https://medlineplus.gov/personalitydisorders.html>)

Types of personality disorders are grouped into three clusters, based on similar characteristics and symptoms. Many people with one personality disorder also have

signs and symptoms of at least one additional personality disorder. It is not necessary to exhibit all the signs and symptoms listed for a disorder to be diagnosed. Cluster A is characterized by odd, eccentric thinking or behavior. They include paranoid personality disorder, schizoid personality disorder, and schizotypal personality disorder. Cluster B is characterized by dramatic, overly emotional or unpredictable thinking or behavior. They include antisocial personality disorder, borderline personality disorder, histrionic personality disorder, and narcissistic personality disorder. Cluster C is characterized by anxious, fearful thinking or behavior. They include avoidant personality disorder, dependent personality disorder, and obsessive-compulsive personality disorder. (<https://www.mayoclinic.org/diseases-conditions/personality-disorders/symptoms-causes/syc-20354463>)

Borderline Personality Disorder (BPD) is a type of personality disorder from cluster B. People with Borderline Personality Disorder may experience mood swings and display uncertainty about how they see themselves and their role in the world. As a result, their interests and values can change quickly. People with Borderline Personality Disorder also tend to view things in extremes, such as all good or all bad. Their opinions of other people can also change quickly. An individual who is seen as a friend one day may be considered an enemy or traitor the next. These shifting feelings can lead to intense and unstable relationships. These also lead the people with borderline personality disorder to have trouble with their self-image. (<https://www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml>)

Borderline Personality Disorder (BPD) is a genuine emotional instability stamped by unsteady temperaments, conduct, and connections. In 1980, the Diagnostic and Statistical Manual for Mental Disorders, Third Edition (DSM-III) recorded BPD as a diagnosable disease interestingly. During some early time study in Japan, In the first clinical study of Borderline Personality Disorder (BPD) in Asia, the Diagnostic Interview for Borderlines (DIB) was performed on 85 female outpatients aged 18 to 30 years in Japan. BPD was diagnosed in 32 (38%) of these patients. The DSM-III axis I diagnoses of the DIB-identified BPD patients was affective disorders in 63%, eating disorders in 34%, and substance use disorders in 22%. This study suggests that there are indeed BPD patients in Japan. An exception is made of the low incidence of substance use disorders, and of the fact that most Japanese patients continue to maintain stormy one-to-one or masochistic relationships with their parents because they live at home--their clinical picture is not different from that of American patients. (<https://www.omicsonline.org/japan/borderline-personality-disorder-peer-reviewed-pdf-ppt-articles/>)

Self-concept is an overarching idea we have about who we are—physically, emotionally, socially, spiritually, and in terms of any other aspects that make up who we are (Neill, 2005). The term self-concept is a general term used to refer to how someone thinks about, evaluates or perceives themselves. To be aware of oneself is to have a concept of oneself.

The influential self-efficacy researcher Roy Baumeister (1999) provides the following self-concept definition:

*"The individual's belief about himself or herself, including the person's attributes and who and what the self is".*

A similar definition comes from Rosenberg's 1979 book on the topic; he says self-concept is:

*"...the totality of an individual's thoughts and feelings having reference to himself as an object."*

The self-concept is an important term for both social and humanistic psychology. Lewis (1990) suggests that the development of a concept of self has two aspects, they are **The Existential Self** and **The Categorical Self**. According to Lewis awareness of the existential self begins as young as two to three months old and arises in part due to the relation the child has with the world.

Carl Rogers (1959) believes that the self-concept has three different components: (a) The view you have of yourself (self-image), (b) How much value you place on yourself (self-esteem or self-worth), (c) What you wish you were really like (ideal-self).

In conducting the research, the writer chose the novel entitled *Norwegian Wood* written by Haruki Murakami. *Norwegian Wood* presented as the novel which brings the issue of personality disorder. The novel tells about a girl, her name is Naoko and she is having a personality disorder because of the trauma from her past. This novel put feeling loss and death as an important theme in the novel. The theme puts the second main character as the center of the problem that helped to form and understand about personality disorder.

*Norwegian Wood* tells a phenomenon about how is it having a personality disorder related to psychology aspect. The issues that arose in this story are the past that still holding her and how it influenced her present life. All phenomena gather and bring conflicts of significant differences. Those force the distinction of being some refusals to Naoko where she is becoming quiet and pushing people off from herself after his boyfriend's death, having low self-esteem, extreme mood swings, and having suicidal feelings. Those attitudes of the main character are the characteristic of personality disorder.

There are some reasons why the writer chooses *Norwegian Wood* selected as the object of the study. First is *Norwegian Wood* has much interpretation, people could analyze the novel from every aspect of the story. Second, there is much research about *Norwegian Wood* in every issue, but it has never been analyzed with the Borderline Personality Disorder issue. Next, the readers may be familiar with some personality disorders such as Bipolar Personality Disorder or Post-Traumatic Personality Disorder, but Borderline Personality Disorder is still a rare case and *Norwegian Wood* could help the writer to conduct the research. Last, it can help the reader and the writer to more understand about Borderline Personality Disorder also the novel itself.

There are many researches which also discuss *Norwegian Wood* novel with different kinds of topic. First, Kevin Dawson Gladding's research, *Negotiating Place: Multiscapes And Negotiation In Haruki Murakami's "Norwegian Wood" (2002)*. This study focuses on the character's struggle for self and societal identity. Second,

Jacquelyn L. Zuromski (2004) discusses references to the popular culture of the 1960s combine to help the protagonist establish an identity, in her thesis entitled *Getting To The Pulp of Haruki Murakami's Norwegian Wood: Translatability and The Role of Popular Culture*. Third, Anum Mirza (2017) made a paper entitled *Memories, Loss, and Alienation in Haruki Murakami's "Norwegian Wood"*. The paper focuses to understand the element of memory, loss and alienation or loneliness. Another research by Alan Searles (2012) entitled *The Function of Music in "Norwegian Wood"*. This paper investigates the function of music in the novel and compares it with the function of music in the film adaptation. Therefore, this research will depict the gap from the previous researches, because the issue of Borderline Personality Disorder in this book has not been explored yet.

Finally, the writer intends to find out the impact of personality disorder through the point of view of the character's behavior. Here, the writer will analyze the novel using the Psychological approach with Sigmund Freud's theory. There are many signs of borderline personality disorder as reflected in the novel. Therefore, the writer chooses "*Self-Concept as a Result of Borderline Personality Disorder Portrayed in Haruki Murakami's Norwegian Wood*" as the title of the research.

## **1.2 Reasons for Choosing the Topic**

The writer chooses the topic of this study based on the following reasons:

1. The writer choose the novel entitled *Norwegian Wood* as the object of the study because it contains some interesting aspects. One of the aspects is borderline

personality disorder which showed in Naoko's behaviour, the second main character in the novel.

2. Borderline personality disorder can affect in how we see our self. That is why the writer wants to analyze the personality disorder from the second main character and how it can influence in her self-image through psychoanalysis approach.

### **1.3 Statement of the Problems**

Based on the background of the study, this research would identify the following problems:

1. How is the Borderline Personality Disorder experienced by Naoko described in Murakami's *Norwegian Wood*?
2. How is the self-concept as a result of Borderline Personality Disorder experienced by Naoko described in Murakami's *Norwegian Wood*?

### **1.4 Objectives of the Study**

Based on the research question above, the purpose of this study are:

1. To explain how Borderline Personality Disorder experienced by Naoko described in Murakami's *Norwegian Wood*.
2. To explain how self-concept as a result of Borderline Personality Disorder experienced by Naoko described in Murakami's *Norwegian Wood*?

### **1.5 Significance of the Study**

In this part, the result of this study is conducted for two significances, they are theoretically and practically. Theoretically, this research gives understanding about



borderline personality disorder as well as Freud's concept of id, ego, and superego. In addition, this study presents the relations between self-concept and borderline personality disorder. Through this study, the reader will understand how borderline personality disorder plays a role in constructing the self-concept of an individual. Practically, the aim of this study can be used for other researchers who want to conduct further research on psychoanalysis or personality disorder.

### **1.6 Outline of the Study Report**

In this study, the researcher presents the general outline as follows:

Chapter 1 deals with the introduction of the study. It contains the background of the study, reasons for choosing the topic, research questions, purposes of the study, significances of the study and outline of the study report.

Chapter 2 presents the review of related literature. It discusses review of the previous studies, definition of defenses, anxiety and core issues, Freud's psychoanalytic theory, personality disorder, borderline personality disorder, self concept from Carl Roger and framework of the study.

Chapter 3 presents the method of investigation. It discusses research design, roles of the researcher, object of the study, types of the data, procedures of collecting the data, and procedures of analyzing the data.

Chapter 4 presents the findings and interpretations. In this chapter, the writer analyze the second main character who still dealing with her past and how she deals

with borderline personality disorder and its result on her self-concept reflected on Haruki Murakami's *Norwegian Wood*.

The last is chapter 5 that presents the conclusions and suggestions of all the process of the observation and suggestion.

## CHAPTER II

### REVIEW OF RELATED LITERATURE

This chapters presents the review of related literature. It discusses review of the previous studies, definition of defenses, anxiety and core issues, Freud's psychoanalytic theory, personality disorder, Borderline Personality Disorder, self-concept from Carl Roger and framework of the study.

#### 2.1 Review of Previous Studies

There are some researches related to the object of the study which also discussed about the novel Norwegian Wood with different kinds of topic. As the result, we need to carry out the review of previous studies how the other researchers analyze the same novel with different topics to avoid plagiarism.

Based on the researches that has been done, one of them is included Kevin Dawson Gladding's research, *Negotiating Place: Multiscapes And Negotiation In Haruki Murakami's "Norwegian Wood" (2005)*. This study focused on the narrator's struggle for self and societal identity. The author used some methodologies of co-critical, eco-feminist, eco-psychological and deconstructive procedure for dissecting Murakami's text. The subsequent chapters perform a close reading of Murakami's text, outlining the different scapes and their attempts at establishing identity. In the end, the characters finds his means of self-acceptance through escape, and his escape is a product of his attempts at negotiating the multiple settings or "scapes" in which he finds himself. The

thesis follows the narrator through his navigation of these scapes and seeks to examine the different way that each of these scapes enables him to attempt to negotiate his role in an indifferent and increasingly consumerist society.

Jacquelyn L. Zuromski (2004) discussed different topic with the same novel, her thesis entitled *Getting To The Pulp of Haruki Murakami's Norwegian Wood: Translatability and The Role of Popular Culture*. The thesis showed the novel's references to popular culture of the 1960s combine to help the protagonist establish an identity for himself as well as his place within the universal community. The thesis used methodology of a cultural studies approach and utilizes reader response and reception theories. This thesis seeks to show how the novel's references to popular culture of the 1960s combine to help the protagonist establish an identity for himself as well as his place within the universal community. First, though, the project explores the impact of the translatability issues that arise with each of the novel's two English translations, variations dictated by the needs of differing audiences. The conclusion justifies the subsequent deviations between the translations and argues for the necessity and value of both English versions, but claims Rubin's as the definitive English translation.

Another research was conducted by Alan Searles (2012), his paper research entitled *The Function of Music in "Norwegian Wood"*. This paper investigated the function of music in the novel and compares it with the function of music in the film adaptation. It concludes a detailed analysis of the music in the novel and the way it is used to provide deeper insight into the emotions and psychology of some of the main characters. To

support the research, the writer provided some background theory on adaptation of music from novel to film and investigated the use of music in other novels by Murakami and in other films by Hung. It consists of a detailed analysis of the music in the novel and the way it is used to provide deeper insight into the emotions and psychology of some of the main characters. This is achieved by analyzing the underlying meaning of the songs and lyrics. A contrast is drawn between the use of music in the novel and the score of the film. Music in the film is not part of any diachronic reference system as it is in the novel. Instead, it is mainly used to add emotional depth to certain scenes and enhance the general atmosphere of the film. Although certain songs in the film are associated with characters and themes, they serve a very different function and one that is not synonymous with Murakami's novel.

There are some previous studies which focuses on the author, Haruki Murakami. The first research is from J. P. Dill (2007) which entitled *Murakami Haruki and The Search for Self-Therapy*. This thesis focus on reading of the first eleven novels of popular Japanese novelist Murakami Haruki, as well as a selected number of his short-stories and non-fictional works, as an evolving therapeutic discourse. His resulting therapeutic discourse shares interesting parallels with certain psychoanalytic theories of the twentieth century. Previous psychoanalytic readings of Murakami's work have tended to take either the writings of Carl Jung or Jacques Lacan as their starting point.

Another research is from Johanna Nygren (2010) entitled *A Study of Psychological Symbols in Haruki Murakami's Work*. This paper using *The Wind-up Bird Chronicle*,

which examined through dreams as a psychoanalytical phenomenon or spectacle. The focus in this essay is on the dream symbols in this novel and how they have a narrative function, i.e., how the symbols can be tied to the main character real life problems, more specifically, his problems with femininity. The psychoanalytical approaches used in this essay are Sigmund Freud's and C G Jung's theories on dreams. Material from another novel by Murakami, *Norwegian Wood*, which contains the same type of symbolic imagery as *The Wind-up Bird*, is also included.

Will Slocombe (2004) did a research entitled *Haruki Murakami and the Ethics of Translation*. This paper discussed Murakami's works not as translations from the Japanese but presents an analysis of the theme of translation and its significance in terms of national and global identity in the context of comparative cultural studies. Translation is presented as Murakami's method of defending against hegemonic systems, whether global capitalism, political authoritarianism, or prevailing literary trends.

Vasile Adelina (2012) carried out a research entitled *Subjectivity and Space in Haruki Murakami's Fictional World*. This research explored the relationship between psyche and outer world in some of Haruki Murakami's major novels. The settings in which Murakami's characters appear abound in sterile, bleak and/or murky spaces (vacant plots of land, a Mongolian desert, a walled town called the End of the World, the sewers and the tunnels of the Tokyo underground, forests, dry wells that force characters to confront their inner demons). These spaces characterized by emptiness and darkness are not mere landscapes. The majority of these landscapes

function symbolically as realms of the subconscious, where the ultimate source of the self is rooted. It can be said that the subconscious is the natural habitat of Murakami's characters.

Tria Nur Arista (2016) conducted a research entitled *The Traumatic Experiences as The Hindrance of Charlie's Personality Development In Stephen Chbosky's The Perks of Being A Wallflower, A Psychosocial Analysis*. This research aims to identify how traumatic experiences become the hindrance for the main character of *The Perks of Being a Wallflower* to handle the fifth stage of psychosocial development, and to explain the impact of this failure to his personality in the sixth stage. To answer the objectives, this research employs the psychosocial theory by Erikson. The results show two important points. Firstly, a psychosocial crisis occurs in the main character's life based on Erikson's psychosocial development theory i.e. Identity vs. Role Confusion. In this stage, the result shows that the main character experiences traumatic experiences, which make him suffer from three major problems of identity confusion in his adolescence period: identity diffusion, identity foreclosure, and negative identity. Secondly, the failure brings impact on his personality in adulthood stage: intimacy crisis and isolation. It can be seen through his inability to make an intimate relationship with others, which makes him feel lonely and suffer from depression.

Kolona Budi Lestari's (2015) thesis is entitled *Psychological Conflicts of Annie Character in The Horse Whisperer Novel Written by Nicholas Evans*. The purposes of

this thesis are to analyze the intrinsic and extrinsic elements contained in *The Horse Whisperer* novel written by Nicholas Evans and to analyze the novel deeply using Psychological Theory of Id, Ego, and Superego by Sigmund Freud. From the analysis, the writer can conclude that Annie has Id, Ego and Superego in herself and she has to control it to get balance psychological life. The author shows several psychological aspects which make this novel become attractive.

Aisya Rizka and Naratri Siswo Harsono (2016) conducted a research entitled *Psychological Conflict of Dorian Gray in The Novel Entitled The Picture of Dorian Gray by Oscar Wilde*. This research aim to analyze a novel entitled *The Picture of Dorian Gray* by Oscar Wilde through the psychological conflict of the main character. The book entitled, *The Picture of Dorian Gray*, has two different meaning. The word "Picture" in the book title describes Dorian's personality from two different points of view. Basil portrays "the picture" to enjoy the physical beauty of Dorian, while Henry portrays "the picture" in Dorian's soul through his mislead life philosophy and tries to make an experiment toward life to Dorian. The behavior and personality of Dorian Gray can be studied with three psychology personality aspects by Sigmund Freud. They are Id as libidinal and destructive impulse, ego as love and hate and superego as the nature of perfection affects by Lord Henry.

Achmad Rozaq Nur Utomo (2016) thesis is entitled *The Narrator's Defense Mechanisms on H.G. Wells's The War Of The World*. The aims of the thesis are to explain and to analyze the defense mechanisms of the ego and their effects to the



Narrator's life, the main character in this novel. The theories that underly this thesis are the self defense mechanisms of the ego proposed by Sigmund Freud and the more modern defense mechanisms forms from various modern psychologists. The methods used in this study are library research and internet sources. The analysis shows the Narrator on this novel performs various self defense mechanisms such as intellectualization, regression, acting-out, rationalization, and repression in order to stay alive and to be reunited with his wife again.

Erie Putri Rachmadany & Retno Wulandari (2016) carried out a research entitled *Dynamics of Personality in the Character of Amy Dunne in David Fincher's Movie Gone Girl*. The purpose of this research is to analyze the main character's personality through her behavior by discussing intrinsic and extrinsic aspects in this movie. The focus of this research is Amy Dunne's dynamics. The writer uses psychoanalysis approach by using Sigmund Freud's theory on the dynamics of personality. The result of this research is Amy Dunne's dynamics is leaning on her *id* which makes her personality unstable. These are represented on the distribution and disposal of psychic energy that is shown through the main character, Amy Dunne, towards the conflicts of her life. Her mass of energy is controlled by her *id*, which causes her actions to be impulsive. What one is and does will depend on the distribution of the psychic energy. The disharmony of her *id*, *ego*, and *superego* is resulting maladjustment. These unbalanced organizations of Amy's personality prove that her dynamics is unwise, therefore she shows signs of psychological problems.

Fenita Austriani dan Christina Resnitriwati (2017) conducted a research entitled *Traumatic Experience Resulting from Sexual Abuse in Stephen Chbosky' The Perks Of Being A Wallflower*. This research aim to identify personality and traumatic experience from sexual assault. This research employs the psychological theory and post traumatic stress disorder from American Psychiatric Assosiation. There are five characteristic of post traumatic stress disorder from American Psychiatric Assosiation such as exposure to stressor, re-experiencing of event, avoidance, and arousal. Those characteristics last longer than one month and cause life disruption. The result shows that Charlie, the main character of the novel, is suffered from Post-Traumatic Stress Disorder. Furthermore, the symptoms of PTSD affect Charlie' personality. By avoiding people or memory related to traumatic experience, it makes Charlie as an antisocial person. Also Charlie' self-destructive behaviors make him an emotional person. As the conclusion, Charlie suffers from Post-Traumatic Stress Disorder as a result of traumatic experience from sexual abuse.

Hersi Intan Tarsila's (2016) thesis entitled *The Struggle of Cath Avery Against Her Introvert Personality on Fangirl by Rainbow Rowell*. The main purpose of this thesis is to analyze the intrinsic and extrinsic aspects of the story. In this thesis, the intrinsic aspects will use characters, characterizations, conflicts and settings and the extrinsic aspect will use Carl Gustav Jung's Analytical Psychology Theory. The methods that are used in this thesis are the library research and psychological approach. The result of the analysis shows that Cath Avery's personality is the form of introvert

personality type. The cause of Cath Avery's introvert personality can be seen from the external element. The introvert personality also influences Cath Avery having inferior feeling, feeling uncomfortable toward her surrounding and having trouble with her social life.

Tiyas Widya Septiana's (2016) thesis is entitled *Sycopathic Disorder in David Baldacci'S The Winner*. The purposes of this thesis are to explain about the cause of psychopathic disorder, the characteristics of a psychopath, and the effect of psychopathic disorder. The methods that are used in this thesis are library research and psychological approach. This analysis shows the cause of psychopathic disorder of the antagonist, those are childhood harassment and bullying. He has the characteristics of a psychopath: glibness/superficial charm, grandiose sense of self-worth, need for stimulation/ proneness to boredom, pathological lying, conning/manipulative, lack of remorse or guilt, lack of empathy, and early behavioral problems. Then, the effect of his psychopathic disorder is not only for himself but also his surroundings. In summary, this thesis shows that psychopathic disorder brings bad impact not only for the sufferer, but also his surroundings. It is shown from how the psychopathic disorder ruins the sufferer's personality and gives impacts on how he acts towards his surroundings.

Yohana Febry Chris Suprpto's (2016) did a research entitled *Self Individuation Process in the Main Character of Black Swan Movie*. The objectives of this thesis are to describe both intrinsic aspects which include narrative (theme, character, setting and

conflict) and cinematic elements (mise-en-scene, camera distance, and sound) and to explain extrinsic aspects. To analyze the extrinsic aspects of the movie, the writer uses psychological approach. The writer analyses how Nina finds her true self related to Carl Jung theory about self-individuation process. There are four kinds of archetypes in order to acknowledge the self-individuation process. They are “persona”, “shadow”, “anima and animus”, and “Self”. Eventually, the writer finds that Nina does not experience those four archetypes. The result of this thesis is the “shadow” and “persona” are two archetypes which dominate Nina. It can be stated that the main character does not succeed in the process of self individuation proposed by Carl Gustav Jung.

Abdul Rohim Indra Wibowo (2017) conducted a research entitled *The Representation of Malcolm River's Dissociative Identity Disorder in Identity Movie Directed by James Mangold*. This research aims to analyze the character Malcolm River in *Identity* movie. The result of analyzing the figures Malcolm Rivers is that he suffered multiple personality syndrome or now known as Dissociative Identity Disorder. Malcolm was abused, neglected, and finally abandoned by his mother was a prostitute when he was a child. He felt extremely insecure so he made a new personality or a new identity to protect his original identity. However, this new identity was in fact a killer. As time goes on he made new identities to fight against the identity of the killer and also protect him from any threat.

Putri Mayangsari & Ratna Asmarani (2017) discussed a thesis entitled *An Analysis of Personality Disorder and Abnormal Sexual Behavior that Lead to Crime in Seduction in Death Novel by J. D. Robb*. This thesis is derived from the author's curiosity about the formation process of a personality. Therefore, the aims of this thesis are to learn about the importance of a childhood surrounded by healthy environment and criteria that determine the normality of a person's personality. Two antagonist characters in a novel entitled *Seduction in Death* by J. D Robb are used as the objects of analysis. The writer uses library research as the method of the research. The writer also uses Psychoanalytic theory by Sigmund Freud and Sexual Disorder theory to conclude that a person's personality has been formed since childhood and influenced by his or her childhood experiences and environment. Additionally, a person's childhood experiences also affect whether his or her personality is analyze the objects involving the intrinsic and extrinsic elements of the novel. The writer considered normal or not.

Riza Alun Sudrazat's (2017) study is entitled *Id, Ego, and Superego Represented by The Main Character of Fifty Shades Of Grey Movie Christian Grey*. Omitted of this study analyzes the main character's personality by discussing intrinsic and extrinsic aspects in this movie. The focus of this study is Christian Grey's *id*, *ego*, and *superego*. To figure this out, the writer uses psychoanalysis approach by using Sigmund Freud's theory on the *id*, *ego*, and *superego*. From this analysis, it can be concluded that Christian Grey's personality is leaning on his *id* which is BDSM. BDSM

denotes a set of erotic behaviors involving bondage and discipline, dominance and submission, sadism and masochism, and/or slave and master relationship. Then, his *ego* and *superego* works to restrict the *id* into nondestructive ways.

Kinanti Pelangi & Retno Wulandari's (2017) research is entitled *Sexual Sadism and Masochism in Character Kevin Morano in Novel Seduction in Death by J.D Robb*. The purpose of this final project is to know sexual disorder owned by the character in the novel *Seduction in Death*. The sexual disorder is sadism and masochism. In analysis this novel, the writer uses a literary research method and Sigmund Freud's psychoanalysis theory. The Result shows that there are sexual needs unfulfilled by Kevin Morano that ultimately he commits sadism and masochism. In this thesis the writer uses psychoanalysis theory by Sigmund Freud to analyze Kevin's motive action. On this case Kevin has sexual disorder which he will get satisfaction if he does sexual sadism and masochism. Kevin's sexual disorder is the impact of past experience that relate to his mother. Kevin hates his mother and it become one of factors that influence his sexuality. The sexual sadism and masochism are a form of ego to fulfill his desire (*id*). In this case Kevin uses narcotics to help his sexual sadism and masochism or his ego. He realizes that what he does is a crime and breaks the existing laws in the society and that is a moral judgment given by the *superego*.

Another research comes from a novel entitled *The Perks of Being A Wallflower* by Stephen Chbosky. The writers conduct the research with various topic and theory and mostly discuss about the trauma from the main character, Charlie.

First study from Ulfa Dzikriya (2014) who did a research entitled *Ego Defence Mechanisms of Charlie as the Main Character in Chbosky's The Perks of Being A Wallflower*. This thesis analyzed the ego defense mechanisms experienced by Charlie as the main character. Psychological approach was used to analyze the ego defense mechanisms of Charlie caused by the trauma in his past as a result of bad experience where Charlie was sexually molested by his own Aunt. The result of the analysis shows that Charlie is described as a loner, sentimental, open to experience, honest, aggressive, observant, and optimistic person. He belongs to round and dynamic characters. Charlie experiences two kinds of conflict, internal conflict and external conflicts. He experiences an internal conflict because he is always thinks too much and it affects his feeling about many things in his life. He also experiences external conflict against some people he knows, namely Sam, Mary Elizabeth, his sister, Aunt Helen, and Patrick and Brad. Finally, Charlie's ego defense mechanisms help him to ease his anxiety. He finally accept the truth about his past, able to participate more in real life, fall in love and cherished a friendship with his friends, and move on with his life.

Next, Rina Saraswati and Setya Octaviani (2016) discussed about *Sublimation of Charlie in Stephen Chbosky's the Perks of Being a Wallflower*. This study discussed sublimation as the defense mechanism done by Charlie, the main character, which are associated with his childhood trauma and Oedipus complex. Freudian psychoanalysis theory used as the main theory, especially the discussion of psychosexual development, anxiety, and defense mechanism. This study finds that Charlie's defense mechanism

are associated with his childhood traumas. They are the sexual abuse by his aunt, the death of his aunt, and the death of his best friend. His trauma leads to several anxieties in his life, and to overcome the anxieties he does defense mechanism, that is sublimation. The sublimation is not only the way that he does to overcome his anxieties, but also a kind of symbolization of a friend figure he always wanted to and the symbol on how he wants to inspire other people.

Next, Aurélie Roy (2017) conducted a research entitled *Surviving Childhood: Trauma and Maturation in J.D. Salinger's The Catcher in the Rye, S.E. Hinton's The Outsiders, and Stephen Chbosky's The Perks of Being a Wallflower*. This thesis examines the psychological and social repercussions of trauma on a child's maturation process using three landmark novels of the Bildungsroman genre, J.D. Salinger's *The Catcher in the Rye*, S.E. Hinton's *The Outsiders*, and Stephen Chbosky's *The Perks of Being a Wallflower*. The writer demonstrates that trauma can occupy two contradictory but inextricably linked functions in the maturation process, that of both hindering and catalyzing a child's coming-of-age. It demonstrate that Holden Caulfield, Ponyboy Curtis, and Charlie all display behaviours that suggest the paralyzing nature of trauma and its initial ability to prevent the child from growing up. The writer then argue that trauma, or the acceptance of one's traumatic past, has the potential to accelerate the maturation process. This study also highlights the importance of the testimonial process in the recovery from trauma and the character's ensuing maturity. Because of the omnipresence of testimony in young people's literature, its ramifications and



implications are explored in each chapter of this thesis. Although the studied works propose different types of traumatic negotiation and response, each novel is dialogically linked with the other.

Enita Rahmah (2015) conducted a research entitled *Post-traumatic Growth Experienced by the Main Character in Stephen Chbosky's The Perks of Being A Wallflower*. This study examines the posttraumatic growth experience by the main character namely Charlie who has two traumatic experiences which develop his personality. The aim of this study is describing the influences of traumatic experiences and the relationship with others after having traumatic experiences. This study uses a new theory of Psychological analysis introduced by Martin Seligman and Mihaly Csikszentmihalyi in 2001 called 'Positive Psychology', i.e. Post-traumatic Growth by Richard G. Tedeschi and Lawrence G. Calhoun. The result of this study shows that the environment is the main point to support someone develop his personality after experiencing a trauma. Charlie realizes that he has to do something right in his life rather than blaming himself for his aunt and friend's accident. He moves forward to make his life better by doing something based on what he likes or his skill. He is being active in the school activities, brave to build a new relationship with his friends and starting to consider his job in the future as a journalist because of his writing skill.

Yanandy Ayubrata (2016) conducted a study entitled *Revealing Charlie's Post Traumatic Stress Disorder Through His Behaviours in Stephen Chbosky's The Perks of Being A Wallflower*. The aim of this study is to find out the characteristics of the

main character and the destructive behaviours that lead the main character into his post traumatic stress disorders caused by the traumatic experience. Psychoanalytic theory and post-traumatic stress disorders applied in this study. The result of this study can be formulated as follows. First, the characteristics of Charlie played an important role in giving a deeper understanding about the main character. Second, Charlie's traumatic experience also played an important role in analyzing his post traumatic stress disorder.

Then, Isnani Rahmi Wildani (2017) conducted a research entitled *The Analysis of Charlie's Journey in The Perks of Being A Wallflower*. This research explained how a hero's journey can be fitted in this novel story. Using the theories of a hero's journey, the writer attempts to analyze Charlie's journey from an introverted person to an extroverted person. In this analysis, Joseph Campbell explains that the journey of a hero has phases of Departure, Imitation and Return. As a result, this analysis explains that Charlie can be categorized as a hero, because he follows the stage of a hero's adventure.

Last, is the study from Kurnianingtyas Dita Purwita Sari (2016) did a research entitled *The True Meaning of Wallflower as seen in Charlie in Chbosky's The Perks of Being a Wallflower*. The aim of this study is to find the true meaning of wallflower as seen in Charlie. The theories used in this study are theories of character, characterization personality, personality, motivation and post-traumatic stress disorder through psychological approach. The result of the study shows that Charlie is an honest, thoughtful, intelligent, extrovert and emotionally unstable person. Charlie suffers from

traumatic experience and trapped in his childish state and confused himself. Charlie as a wallflower is someone who needs encouragement to understand himself.

Some researches with various topics also can be found in a novel from John Green entitled *The Fault in Our Stars*. First research from Lia Damayanti (2016) entitled *The Motivation of The Main Characters to Cherish Their Life as seen in John Green's The Fault in Our Stars*. This thesis discussed about the main characters' motivation Hazel Grace and Augustus Waters in John Green's *The Fault in Our Stars*. The aim of the research is to find out the characteristics of the main characters in the novel and to find out the motivation of the main characters to cherish the life. There are two theories that applied in the research, theory of character and characterization and theory of motivation, also psychological approach. The study finds out that Hazel Grace is a loving and considerate person. Her characteristics affected by the existence of Augustus. The findings also point out that Augustus has a strong will to make other people happy. He also aims to achieve his dream with Hazel, while Hazel concerns on how she should treat people with respect and genuine care. She also aims to reach her dream that she has dreamed of while focusing on how to make Augustus happy and optimistic in cherishing their life.

Next, Yulius Galih Bagus Sujiwa (2018) conducted a study entitled *The Meaning of Love as seen in Hazel Grace Lancaster, The Main Character of John Green's The Fault in Our Stars*. The aim of this study is to find the meaning of Hazel Grace's love. Psychoanalytic theory applied in this study. There are two findings as

follows. First, Hazel Grace is kind hearted, and selfless. Second, the meaning of Hazel Grace love is divided into literal meaning and deeper meaning. The literal meaning of Hazel's love is that she loves Augustus because of his physical attraction. The deeper meaning of Hazel's love is that her love to Augustus is pure and sincere.

Then, Rina Mar'atus Sholihah (2016) conducted a research entitled *Patience Reflected in John Green's The Fault in Our Stars Novel: An Individual Psychological Approach*. The individual theory by Alfred Adler is suitable to analyze the novel. There are some factors which influence how the main characters' patience. The result shows that it can be seen Hazel and Augustus has relation to bring their own dreams come true. Hazel and Augustus' patience has relation with the principle of individual psychology. The principle of individual psychology that includes fictional finalism, inferiority feeling and compensation, striving for superiority, social interest, style of life, and creative power in *The Fault in Our Stars* novel.

Last, Nathania Astria Pangestu & F.X. Dono Sunardi (2016) discussed a research entitled *An Incomplete Psychological Novel: a Psychoanalytical Analysis of Hazel Lancaster in John Green's The Fault in Our Stars*. This paper is a psychoanalytical analysis of John Green's *The Fault in Our Stars* (2012), aiming at identifying Hazel Grace Lancaster's, the main character of the novel, self-defense mechanisms and core issues as well as their potential causes. In so doing, this paper employs psychoanalysis theory by Sigmund Freud as its analytical tool. This research focused on the character and characterization of Hazel Grace and compared and

analyzed it along with the theories that are used. The finding of this research is that this novel does contain its main character's self-defense mechanisms and core issues evidence. The potential cause of the self-defense mechanisms can also be inferred from the character's development and childhood. And yet, since this novel does not provide any clue or evidence as to how the main character develop her Berliore issues, we come to the conclusion that this novel is not a complete psychological novel.

Based on the previous studies above, this research is different with other researches above. The writer focuses in personality disorder from the second main characters, Naoko. This research also uses *Norwegian Wood* as the object of the study, but the researcher also takes account on the characters and reveal about the personality disorder represented from the novel by using Sigmund Freud psychoanalysis theory.

## **2.2 Review of Related Literature**

This part discuss about theoretical studies that related to the topic of the study. There are several theoretical studies which applied as follows.

### **2.2.1 The defenses, anxiety, and core issues**

According to Tyson (2006:15), defenses are the processes by which the contents of our unconscious are kept in the unconscious. In other words, they are the processes by which we keep the repressed repressed in order to avoid knowing what we feel we can't handle knowing. Defenses include selective perception (hearing and seeing only what an individual feel they can handle), selective memory (modifying an individual memories so that they don't feel overwhelmed by them or forgetting painful events

entirely), denial (believing that the problem doesn't exist or the unpleasant incident never happened), avoidance (staying away from people or situations that are liable to make us anxious by stirring up some unconscious, repressed, experience or emotion), displacement ("taking it out" on someone or something less threatening than the person who caused our fear, hurt, frustration, or anger), and projection (ascribing fear, problem, or guilty desire to someone else and then condemning him or her for it, in order to deny that they have it themselves).

Tyson (2009:16) added that anxiety can be an important experience because it can reveal core issues. There are some core issues and their relationship to anxiety, first is fear of intimacy, the chronic and overpowering feeling that emotional closeness will seriously hurt or destroy and that it can remain emotionally safe only by remaining at an emotional distance from others at all times. As it explained above, fear of intimacy can also function as a defense. If this particular defense occurs frequently or continually, then fear of intimacy is probably a core issue. Second is fear of abandonment, the unshakable belief that a person's friends and loved ones are going to desert them (physical abandonment) or don't really care about their (emotional abandonment). Third is fear of betrayal, the nagging feeling that a person's friends and loved ones can't be trusted, for example, can't be trusted not to lie, not to laugh behind their backs, or in the case of romantic partners, not to cheat on by dating others. Fourth is low self-esteem, the belief that a person are less worthy than other people and, therefore, don't deserve attention, love, or any other of life's rewards. Then, insecure or unstable sense of self, the inability to sustain a feeling of personal identity, to sustain

a sense of knowing ourselves. This core issue makes a person very vulnerable to the influence of other people, and it may find themselves continually changing the way they look or behave as one become involved with different individuals or groups. Last is oedipal fixation (or oedipal complex), a dysfunctional bond with a parent of the opposite sex that a person don't outgrow in adulthood and that doesn't allow them to develop mature relationships with their peers.

### **2.2.2 Psychoanalytic Theory**

Psychoanalytic can help us to understand human behaviour. The concept of psychoanalytic that the writer wants to discuss are based on the Psychoanalytic principle establish by Sigmund Freud (1856-1939). Freud was born in Austria and spent most of his childhood and adult life in Vienna (Sigmund Freud Biography, 2017). He entered medical school and trained to become a neurologist, earning a medical degree in 1881.

Freud believed that people could be cured by making conscious their unconscious thoughts and motivations, thus gaining insight. The aim of psychoanalysis therapy is to release repressed emotions and experiences, make the unconscious conscious.

According to Freud (1923) psyche structure composed into three parts, the id, ego, and superego. Those are the system, not part of the brain that developing at different stages in a life. Those three elements are workd together to create a complex human behaviours. An individual id comes from their instincts, ego comes from reality and the superego comes from morality. See the table below:

## 4.1 Table of Tri-partite model of psychology

<b>The Psyche</b>	<b>Source</b>
Id	Instincts
Ego	Reality
Superego	Morality

**a. The Id**

According to Freud (1920) id is the only component of personality that is present from birth. The id is entirely unconscious and includes the instinctive and primitive behaviours. The id is driven by the pleasure principle, which strives for immediate gratification of all desires, wants and needs. A state of anxiety or tension is the result if the needs are not satisfied immediately.

The id is not affected by reality, logic or real life, because it is not altered by the passage of time or by the experiences of the person. All of the id's energy is spent for one purpose—to seek pleasure without regard for what is proper or just (Freud, 1923/1961a, 1933/1964).

Feist (2009:34) stated that the id is primitive, chaotic, inaccessible to consciousness, unchangeable, amoral, illogical, unorganized, and filled with energy received from basic drives and discharged for the satisfaction of the pleasure principle.



**b. The Ego**

According to Freud (1920) ego is the only component of personality that is responsible for dealing with reality. Ego mediates between id, superego and the external world. The ego develops from the id and ensure that the impulses of the id can be expressed in the real world. The ego operates on the reality principle, working out to satisfy the id's demand in socially appropriate ways. The ego considers social realistics and norms, ettiquette and rules in deciding how to behave.

Feist stated that according to Freud (2009), the ego becomes differentiated from the id when infants learn to distinguish themselves from the outer world. While the id remains unchanged, the ego continues to develop strategies for handling the id's unrealistic and unrelenting demands for pleasure. At times the ego can control the powerful, pleasure-seeking id, but at other times it loses control.

**c. The Superego**

Freud (1920) proposed that superego combine the values and morals of society which are learned from both parents and society. The superego represents the moral and ideal aspects of personality and is guided by the moralistic and idealistic principles as opposed to the pleasure principle of the id and the realistic principle of the ego.

According to Feist (2009) a well-developed superego acts to control sexual and aggressive impulses through the process of repression. It cannot produce repressions by itself, but it can order the ego to do so. The superego watches closely over the ego, judging its actions and intentions. Guilt is the result when the ego acts—or even intends to act—contrary to the moral standards of the superego. Feelings of inferiority arise

when the ego is unable to meet the superego's standards of perfection. Guilt, then, is a function of the conscience, whereas inferiority feelings stem from the ego-ideal (Freud, 1933/1964).

### **2.2.3 Personality Disorder**

According to Visions vol. 7 (2011) personality disorder is a pattern of feelings, thoughts and behaviours that may have been in one's personality for a long time. Personality disorders affect the way people understand themselves, the way they react to the world around them, the way they cope with emotions and the way they navigate relationships. There are 10 different personality disorders, and each one has different symptoms. It's important to remember that these symptoms are simply patterns of feelings, behaviours and thoughts.

According to Christmas (2008) the causes of each disorder are relatively poorly understood but, for a diagnosis to be made, the dysfunctional patterns of behaviour must be stable, present since late adolescence and not due to any other mental illness or disease. Personality disorders are likely to be caused by a combination of inherited vulnerability and early life experience. Whilst an individual may experience greater difficulties due to the disorder at times of stress, specific life events in adulthood are unlikely to have a role in the causation of the disorder.

Christmas (2008) added that it was believed that personality disorders would not respond well to treatment and that there was little to offer. However, there is some evidence that symptomatic improvements can be obtained from psychotherapy, although there is uncertainty as to which form of therapy is best and which group of

patients will respond. Whatever the answer, for many individuals the improvements from treatment will be modest at best.

#### **2.2.4 Borderline Personality Disorder**

According to National Institute of Mental Health, Borderline Personality Disorder (BPD) is an illness marked by an ongoing pattern of varying moods, self-image, and behavior. These symptoms often result in impulsive actions and problems in relationships with other people. A person with borderline personality disorder may experience episodes of anger, depression, and anxiety that may last from a few hours to days.

National Institute of Mental Health added that people with BPD may experience mood swings and display uncertainty about how they see themselves and their role in real life. As a result, their interest and values to see the world can change quickly. People with BPD also tend to see things in extremes, such as all good or all bad. Their opinions of other people can change quickly, they may see an individual who is seen as a friend can be considered as an enemy or traitor the next. These shift feelings can lead to intense and unstable relationships.

According to Visions Vol. 7 (2010) people with BPD often engage in self-destructive behaviours such as suicide attempts (up to 75% have attempted at least once), self-injury (up to 80% have self-injured) and death by suicide (approximately 9%). Many people with BPD struggle with intense self-hate, shame and feeling of failure. They have difficulty navigating relationships both at work and with loved ones, and difficulty understanding and managing their emotions.

According to Winston (2000), over 85% of people with BPD will have experienced childhood trauma, either physical or sexual. A lack of sense of self has been proposed as the core pathology in borderline personality disorder. In order to deal with childhood trauma, it is postulated that the individual resorts to “defense mechanisms” which often include dissociation (separation of cognitive and emotional functions) and “splitting” (conflicting yet simultaneous emotions/thoughts), the latter of which is frequently encountered inpatient care.

In order to get a diagnosis of BPD, a person has to have five out of nine total criteria, according to the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV-TR). These criteria include: problems with relationships (fears of abandonment; unstable relationships), unstable emotions (frequent emotional ups and downs; high emotional sensitivity), unstable identity (unclear sense of self; chronic feelings of emptiness), impulsive and self-damaging behaviours (impulsive behaviour; self-injury or suicidal behaviour), unstable thinking/cognition (suspiciousness; tendency to dissociate when under stress).

### **2.2.5 Self-Concept**

According to social psychologist Roy Baumeister (1999) self concept should be understood as a knowledge structure. He defines self concept as the individual’s belief about themselves, including the person’s attributes and who and what the self is. People pay attention to themselves, noticing both their internal states and responses and their external behavior. Through such self-awareness, people collect information about

themselves. Self-concept is built from this information and continues to develop as people expand their ideas about who they are.

#### 2.2.5.1 Carl Rogers' Components of Self-Concept

Carl Rogers (1959) was a humanistic psychologist who believes that self-concept has three different components, first component is self-Image or how an individual see themselves. Self-image has been defined as the total subjective perception of oneself, including an image of one's body and impressions of one's personality, capabilities, and so on (another term for self concept). Several other psychologists have said that one's self-image is one's mental picture, one's physical appearance, and the integration of one's experiences, desires, and feelings.

Each individual's self-image is a mixture of different attributes including our physical characteristics, personality traits, and social roles. Self-image doesn't necessarily coincide with reality. Some people might have an inflated self-image of themselves, while others may perceive or exaggerate the flaws and weaknesses that others don't see.

Second component is self-esteem or the value of an individual place upon themselves. Self-esteem refers to the extent to which an individual like accept or approve of themselves, or how much they value themselves. Self-esteem always involves a degree of evaluation and it may have either a positive or a negative view upon oneself. Those evaluations incorporate their personal comparisons to others as well as others' responses to others.

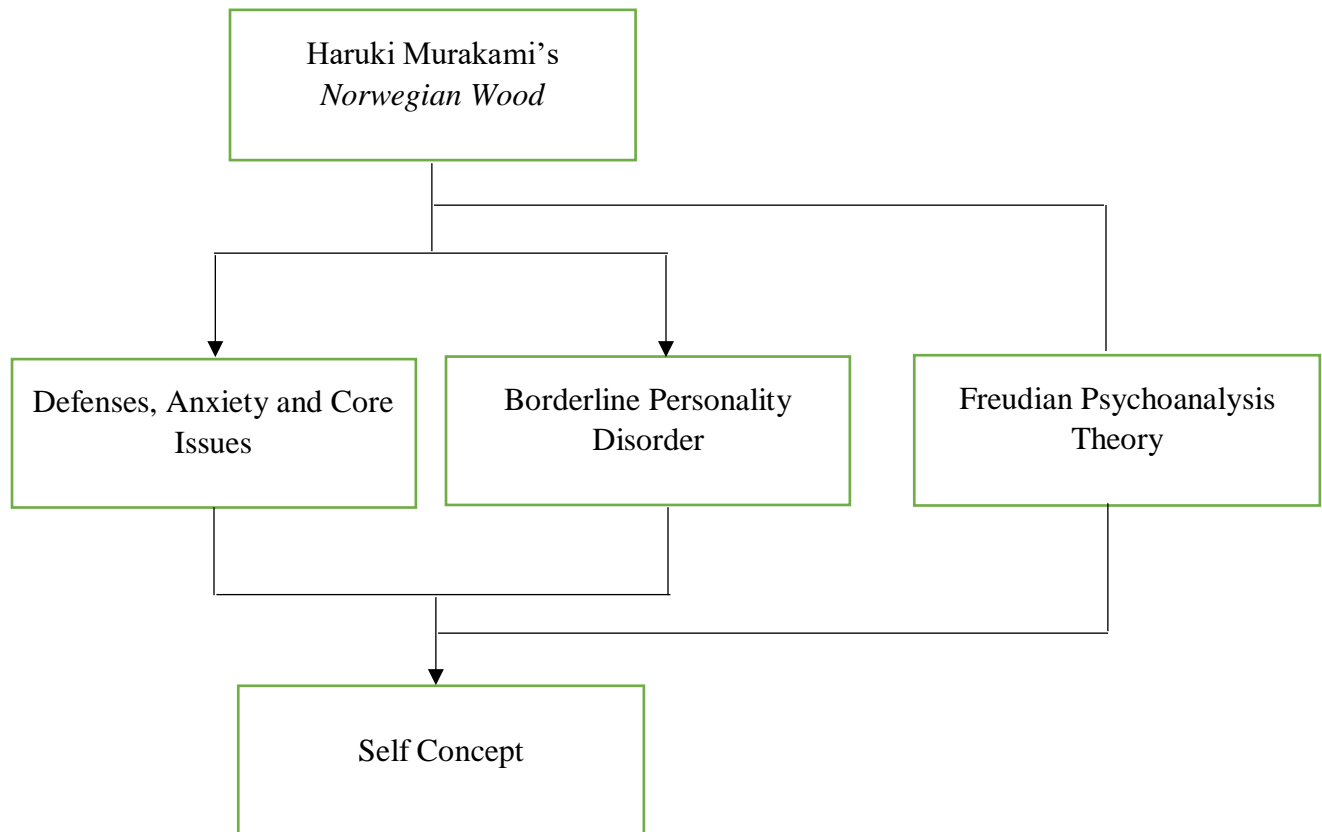
Third component is ideal-self or how an individual wish they could be. A person's ideal self may not be consistent with what actually happens in life and experiences of the person. Hence, a difference may exist between a person's ideal self and actual experience. This is called incongruence, where a person's ideal self and actual experience are consistent or very similar, a state of congruence exists. Rarely, if ever does a total state of congruence exist; all people experience a certain amount of incongruence. The development of congruence is dependent on unconditional positive regard. Roger's believed that for a person to achieve self-actualization they must be in a state of congruence.

According to Carl Rogers (1959), self-image and ideal self can be congruent or incongruent. Congruence between the self-image and ideal self means that there is a fair amount of overlap between the two. While it is difficult, if not impossible, to achieve perfect congruence, greater congruence will enable self-actualization. Incongruence between the self-image and ideal self means there's a discrepancy between one's self and one's experiences, leading to internal confusion (or cognitive dissonance) that prevents self-actualization.

### **2.3 Theoretical Framework**

Based on the literature review, the study focuses on finding out the self concept from the main character, Naoko in *Norwegian Wood* by Haruki Murakami. This study will find out the self concept and the personality disorder on the main character which is shown in the novel. By conducting the study, the writer hope that the result of the study

will give advantage in understanding personality disorder through the novel entitled *Norwegian Wood* novel by Haruki Murakami.



## CHAPTER V

### CONCLUSION AND SUGGESTION

This chapter consists of a conclusion and suggestion after I analyzed the data of this study. It encompasses the main points of the research.

#### 5.1 Conclusion

From the discussion on the preceding chapter, it can be seen that the character developed Borderline Personality Disorder and it influenced her self-concept. It can be seen after identifying the data that the writer's found from the novel. There are five criteria of a person to have a borderline personality disorder. They are problem with relationships, unstable emotions, unstable identity, impulsive and self-damaging behavior, and unstable thinking/cognition which developed by the character. Then, there are defenses, anxiety and core issues that influence the behavior of the character.

As the crystallization of the writer's explanations, thus, the way people define themselves or to other people is different. Everyone has her or his own way to value themselves in life and everyday behavior. From all quotations that have been elaborated before, the psychoanalytic theory led this finding and discussion in analyzing a phenomenon which happened in our everyday life. Self-concept is using by the represented character as the result of borderline personality disorder that revealed in the id, ego, and superego.



## **5.2 Suggestion**

There are several suggestions based on the result of this study:

Firstly, the writer hopes that the readers could pay attention to any kind of personality disorder or mental illness. The readers could seek help and try to get therapy to feel better.

Secondly, for the future researchers could analyze Borderline Personality Disorder wider and deeper, because there are not many people doing research with the Borderline Personality Disorder theory in the form of a literary aspect.

Lastly, the writer hopes that the readers could learn and apply the psychological approach to other forms of literature to analyze other books. By doing so, it can expand our knowledge by understanding more about psychology.

## BIBLIOGRAPHY

- Adelina, V. (2012). Subejctivity and space in Haruki Murakami's fictional world. *Euromentor Journal*, 3(1), 112–131.
- An Analysis of Personality Disorder and Abnormal Sexual Behavior that Lead to Crime in Seduction in Death Novel by J. D. Robb Putri Mayangsari & Dr. Ratna Asmarani, M.Ed., M.Hum. (n.d.).
- Arista, T. N. (n.d.). The traumatic experiences as the hindrance of charlie's personality development in stephen chbosky's the perks of being a wallflower, a psychosocial analysis., 59–65.
- Austriani, F. (2017). Traumatic Experience Resulting From Sexual Abuse in Stephen Chbosky' the Perks of Being a Wallflower. *LANTERN (Journal on English Language, Culture and Literature)*, 6(1), 1–11. Retrieved from <https://ejournal3.undip.ac.id/index.php/engliterature/article/view/14741/14262>
- Baumeister, R. F. (Ed.) (1 999). *The self in social psychology*. Philadelphia, PA: Psychology Press (Taylor & Francis).
- Cherry, K. (2014). Id, Ego, and Superego: Freud's 3 Parts of Personality. Retrieved from <http://psychology.about.com/od/theoriesofpersonality/a/personalityelem.htm>
- Creswell, J. W. (2014). *Research Design*. USA: SAGE Publications.
- Dill, by J. (2007). Murakami Haruki and the Search for Self-Therapy.
- Feist, J. & Feist, G.J.. 2009. *Theories of Personality Seventh Edition*. Boston: McGraw–Hill Primis.
- Freud, S. (1920). *Beyond the pleasure principle*. SE, 1 8: 1 -64.
- Freud, S. (1923). *The ego and the id*. SE, 1 9: 1 -66.
- Freud, S., & Hall, G. S. (1921). A General Introduction to Psychoanalysis. *Southern Medical Journal*, 14(4), 345. <https://doi.org/10.1097/00007611-192104000-00028>
- Gladding, K. (2005). Negotiating Place : Multiscapes And Negotiation In Haruki Murakami ' s Norwegian Wood.

- Hancock, B. (2006). An Introduction to Qualitative Research Authors. *Qualitative Research, 4th*, 504. <https://doi.org/10.1109/TVCG.2007.70541>
- Intan, T. (2016). the Struggle of Cath Avery Against Her Introvert Personality on Fangirl By Rainbow Rowell, 1–19. Retrieved from [http://eprints.undip.ac.id/50225/1/hersi\\_skripsi.pdf](http://eprints.undip.ac.id/50225/1/hersi_skripsi.pdf)
- Kinanti, P., & Retno, W. (2017). Sexual Sadism ad Masochism in Character Kevin Morano in Novel Seduction in Death by J.D Robb. *Lantern (Journal on English Language, Culture and Literature)*, 6(3), 1–19.
- Lapsley, D. K., & Stey, P. C. (2012). Id, Ego, and Superego. *Encyclopedia of Human Behavior: Second Edition*, (October), 393–399. <https://doi.org/10.1016/B978-0-12-375000-6.00199-3>
- Lestari, K. B. (2014). Psychological Conflicts of Annie Character in the Horse Whisperer Novel Written By Nicholas Evans, 57.
- Lewis, M. (1990). Self-knowledge and social development in early life. In L. A. Pervin (Ed.), *Handbook of personality* (pp. 277-300). New York: Guilford.
- McLeod, S. (2007). Id, Ego and Superego [simplypsychology.org/psyche.html](http://simplypsychology.org/psyche.html), (1923), 1–4. Retrieved from <https://www.simplypsychology.org/simplypsychology.org-psyche.pdf>
- McLeod, S. (2008). Self Concept [simplypsychology.org/self-concept.html](http://simplypsychology.org/self-concept.html), (2), 1–6.
- McLeod, S. (2018). Sigmund Freud The Case of Anna O Defense Mechanisms Psychosexual Stages, 1–12.
- Mirza, Anum. (2017). Memories, Loss, and Alienation in Haruki Murakami's Norwegian Wood. *The Criterion: An International Journal in English*, 8(6), 800-805.
- Murakami, Haruki (2000). *Norwegian Wood*. London: The Harvill Press.
- Nygren, J. (n.d.). Johanna Nygren C-uppsats Supervisor: Anna Fåhraeus Examiner: AnnKatrin Jonsson.
- Octaviani, S., & Saraswati, R. (2016). Sublimation of charlie in stephen chbosky's the perks of being a wallflower. *Allusion*, 5(1), 13–20. <https://doi.org/2301-5829>
- Pangestu, N. A., & Sunardi, F. X. D. (2016). an Incomplete Psychological Novel: a Psychoanalytical Analysis of Hazel Lancaster in John Green'S the Fault in Our

Stars. *Journal of Language and Literature*, 16(01), 20–28.  
<https://doi.org/10.24071/joll.2016.160103>

*Personality Disorders*. (2016, September 23). Retrieved from Mayo Clinic:  
<https://www.mayoclinic.org/diseases-conditions/personality-disorders/symptoms-causes/syc-20354463>

*Personality Disorders*. (2016, December 2). Retrieved from U.S. National Library of Medicine: <https://medlineplus.gov/personalitydisorders.html>

PSYCOPATHIC DISORDER IN DAVID BALDACCI 'S THE WINNER Tiyas Widya Septiana 13020112140022 Diponegoro University. (n.d.).

Rogers, C. (1959). A theory of therapy, personality and interpersonal relationships as developed in the client-centered framework. In (ed.) S. Koch, *Psychology: A study of a science. Vol. 3: Formulations of the person and the social context*. New York: McGraw Hill.

Rohim, A., & Wibowo, I. (n.d.). THE REPRESENTATION OF MALCOLM RIVER 'S DISSOCIATIVE IDENTITY DISORDER IN IDENTITY MOVIE, 1–11.

Saul McLeod. (2014). Carl Rogers [simplypsychology.org/carl-rogers.html](https://www.simplypsychology.org/carl-rogers.html), 1–5. Retrieved from <https://www.simplypsychology.org/simplypsychology.org-carl-rogers.pdf>

Searles, A. (2012). The Function of Music in Norwegian Wood The Function of Music in Norwegian Wood, (May).

Slocombe, Will. (2004). Haruki Murakami and the Ethics of Translation. *CLCWeb: Comparative Literature and Culture*, 6.(2): <https://doi.org/10.7771/1481-4374.1232>

Sudrazat, R. A. (n.d.). Id , Ego , and Superego Represented By the Main Character of Fifty Shades of Grey.

Sujiwa, Y. G. B. (2018). the Meaning of Love As Seen in Hazel Grace Lancaster, the Main Character of John Green'S the Fault in Our Stars. *Final Project SANATA DHARMA UNIVERSITY*.

Suprpto, Y. C. (n.d.). SELF INDIVIDUATION PROCESS IN THE MAIN CHARACTER OF BLACK SWAN MOVIE.

Teusch, R. K. (2015). Sadomasochistic relations between ego and superego in anorexic patients. *Psychoanalytic Psychology*, 32(1), 191–212.

<https://doi.org/10.1037/a0037903>

Tyson, L. (2006). *Critical Theory Today*. New York: Routledge.

Zuromski, Jacquelyn. 2004. "Getting To The Pulp Of Haruki Murakami ' S Norwegian Wood : Translatability."`