

**THE REFLECTION OF PARASOMNIA (NIGHT TERRORS
AND SLEEPWALKING) AND LUCID DREAMING THAT
LEADS TO OUT-OF-BODY EXPERIENCE IN SARAH
PINBOROUGH'S NOVEL *BEHIND HER EYES***

TERM PAPER



By:

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**STRATA ONE (S-1) OF ENGLISH LANGUAGE AND CULTURE
DEPARTMENT
FACULTY OF LANGUAGE AND CULTURE DARMA PERSADA
UNIVERSITY**

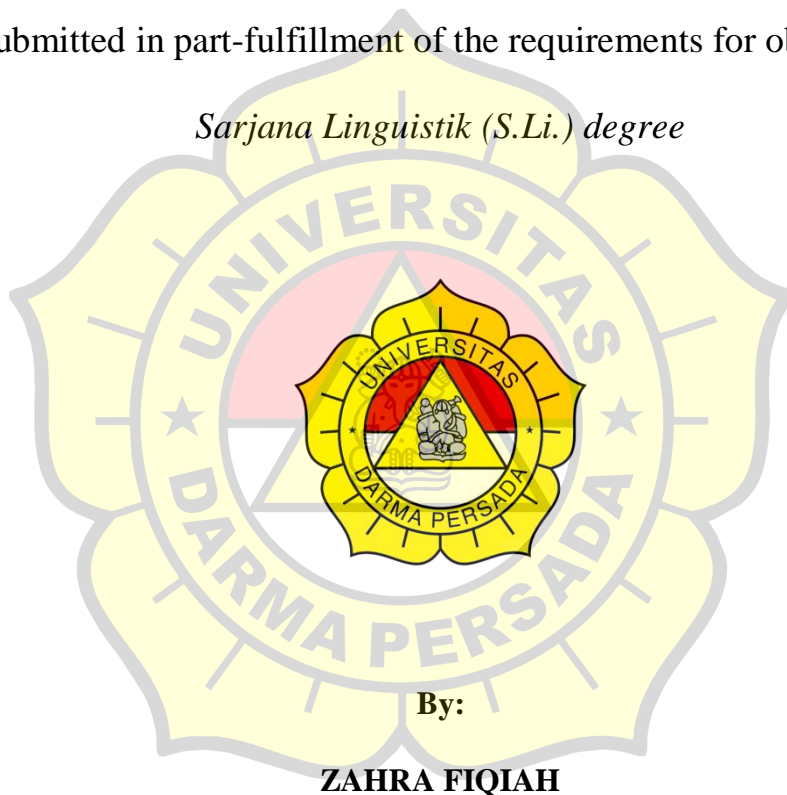
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TERM PAPER

Submitted in part-fulfillment of the requirements for obtaining

Sarjana Linguistik (S.Li.) degree



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**FACULTY OF LANGUAGE AND CULTURE DARMA PERSADA
UNIVERSITY**

2021

LETTER OF APPROVAL

On recommendation of respective Supervisor, Academic Advisor, and Head of the Department, the term-paper submitted by Zahra Fiqiah entitled “The Reflection of Parasomnia (Night Terrors and Sleepwalking) and Lucid Dreaming That Leads to Out-of-Body Experience in Sarah Pinborough’s Novel *Behind Her Eyes*” has been approved and forwarded to the English Language and Culture Department, Darma Persada University, for final evaluation before the thesis defence for obtaining *Sarjana Linguistik* (S.Li.) degree to the respective candidate.

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Head of English Language and Culture Department	Signature	Date
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Dr. Yoga Pratama, M.Pd.	
Academic Advisor		

Name	: Zahra Fiqiah
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INTELLECTUAL PROPERTY STATEMENT

I hereby declare that the term-paper is the result of my own work and not plagiarism of another work, the contents has become my responsibility. All the sources of my research and quoted or referenced have been stated correctly.



Jakarta, 13th July 2021

(Zahra Fiqiah)

TEST FEASIBILITY APPROVAL PAGE

The term-paper submitted by:

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Registration Number : 2017130027
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Title of the Term-paper : The Reflection of Parasomnia (Night Terrors and Sleepwalking) and Lucid Dreaming That Leads to Out-of-Body Experience in Sarah Pinborough's Novel *Behind Her Eyes*

has been approved by Advisor, Examiner, and Head of Board Examiner to be examined in front of the Board of Examiners on 28 July 2021 at the English Language and Culture Department, Faculty of Languages and Cultures, University of Darma Persada.

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Head of Board Examiner

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TERM PAPER VALIDATION

The Term Paper on July 28, 2021 has been academically tested and defended in front of

THE BOARD OF EXAMINERS

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Alhamdulillah *rabbil 'aalamiin*, all praises and gratitude for Allah SWT who has given the gracious mercy and has blessed the priceless strength to me to be able to finish completing my term-paper entitled “The Reflection of Parasomnia (Night Terrors and Sleepwalking) and Lucid Dreaming That Leads to Out-of-Body Experience in Sarah Pinborough’s Novel *Behind Her Eyes*”. This term-paper is submitted in part-fulfilling for obtaining the degree of *Sarjana Linguistik* (S. Li) in English Language and Culture Department.

This term-paper would not have been finished without contribution and guidance from all of my lecturers, advisors, colleagues, friends, and, of course, family. In this opportunity I would like to express my appreciation, respect, and honor for those who have given their support until this term-paper can be accomplished.

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2. Mr. Dr. Yoga Pratama, M. Pd as the Head of English Language and Culture Department.
3. Mr. Dr. Eko Cahyono, M. Eng as the Dean of Faculty of Language and Culture.
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Overall, I realize if this term-paper is far from being perfect. I hope this term-paper is beneficial for the readers. For this reason, suggestions and constructive criticism are welcome.

Jakarta, 13th July, 2021

The Writer

(Zahra Fiqiah)

ABSTRACT

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Study Program : Strata One (S-1) Degree of English Language and Culture
Title of the Term-paper : The Reflection of Parasomnia (Night Terrors and Sleepwalking) and Lucid Dreaming That Leads to Out-of-Body Experience in Sarah Pinborough's Novel *Behind Her Eyes*

In a literary work, various problems faced by humans are poured into the author's imagination and create an interesting conflict. Humans are not free from life problems that have an impact on their psychological condition and lifestyle. Life's problems certainly require a solution. Sarah Pinborough, in her novel *Behind Her Eyes* packs this concept by adapting the theory of sleep disorders; the night terrors and sleepwalking that the main characters face and lucid dreaming as a solution to the problem as well as the out-of-body experience as the impact. Departing from this theme, this study discusses the reflection of the concept of sleep disorders; night terrors and sleepwalking, and lucid dreaming that leads to out-of-body experience in the main characters using an intrinsic approach; through characterization, plot and setting, and extrinsic approach through the theory concerned; night terrors, sleepwalking, lucid dreaming and out-of-body experiences. The type of this research is qualitative, type of literature research, interpretive analysis using data collection methods in the form of literary texts from the novel *Behind Her Eyes* by Sarah Pinborough as a primary source and supported by some literatures to relate the theories, concepts and the relevant definitions as a secondary source.

Keywords: parasomnia, lucid dreaming, out-of-body experience

ABSTRAK

Nama : Zahra Fiqiah
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Judul Skripsi : *The Reflection of Parasomnia (Night Terrors and Sleepwalking) and Lucid Dreaming That Leads to Out-of-Body Experience in Sarah Pinborough's Novel Behind Her Eyes*

Dalam sebuah karya sastra, ragam persoalan yang dihadapi manusia dituangkan ke dalam imajinasi pengarang dan menciptakan sebuah konflik yang menarik. Manusia tidaklah luput dari permasalahan hidup yang berdampak kepada kondisi psikologis dan gaya hidup mereka. Permasalahan hidup tersebut tentunya membutuhkan sebuah solusi. Sarah Pinborough, di dalam novelnya yang berjudul Behind Her Eyes mengemas konsep tersebut dengan mengadaptasi teori gangguan tidur; teror malam dan tidur berjalan yang dihadapi karakter utama dan mimpi jernih sebagai solusi dari masalah tersebut serta pengalaman keluar dari tubuh paska menjalani mimpi jernih. Berangkat dari tema tersebut, penelitian ini membahas tentang cerminan dari konsep gangguan tidur; teror malam dan tidur berjalan, dan mimpi jernih yang menyebabkan pengalaman keluar dari tubuh pada karakter utama menggunakan pendekatan intrinsik; melalui karakterisasi, alur dan latar, dan pendekatan ekstrinsik melalui teori yang bersangkutan; teror malam, tidur berjalan, mimpi jernih dan pengalaman keluar dari tubuh. Jenis dari penelitian ini adalah kualitatif, jenis penelitian kepustakaan, analisis interpretatif menggunakan metode pengumpulan data berupa teks sastra dari novel Behind Her Eyes oleh Sarah Pinborough sebagai sumber primer dan didukung dengan beberapa literatur untuk menghubungkan beberapa teori, konsep dan definisi yang relevan sebagai sumber sekunder.

Kata Kunci: *parasomnia, mimpi jernih, pengalaman keluar tubuh*

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