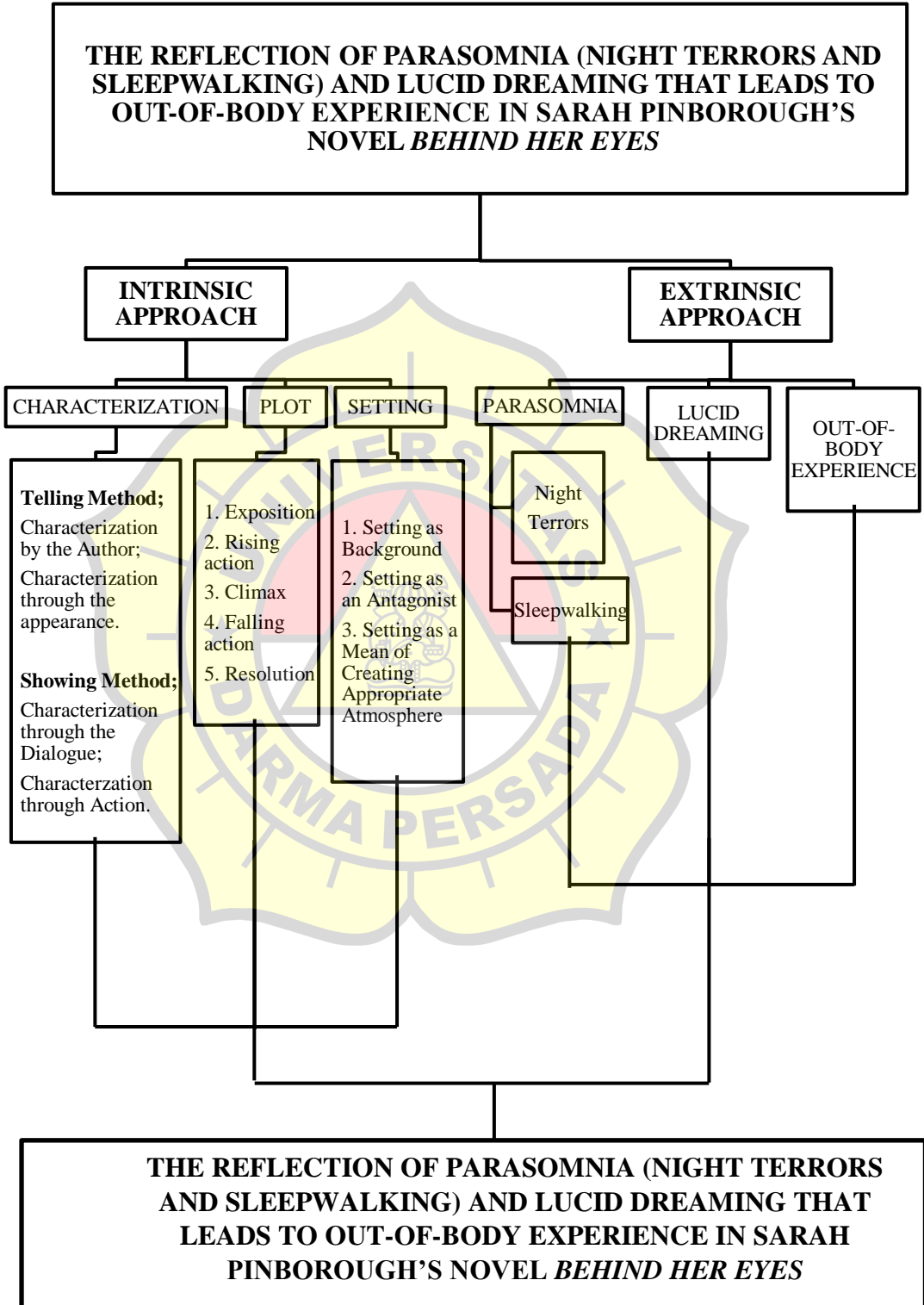


APPENDIX 1

SCHEME OF THE RESEARCH



APPENDIX 2

POSTER OF THE RESEARCH

The poster features a dark blue background with gold and white text and decorative elements. At the top left is the University of Darma Persada logo. The title is centered at the top. A central box contains the author's name and affiliation. The poster is divided into sections: Background, Research Finding, Benefit, Method of the Research, and Conclusion. A large watermark of the university logo is visible in the background.



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*

ZAHRA FQIAH
2017130027

STRATA ONE (S1)
ENGLISH LANGUAGE
AND
CULTURE

UNIVERSITY OF DARMA
PERSADA

BACKGROUND

Novel is literary works that often adopt the uniqueness of human life. In a novel, language is used as a medium of expression so as to interpret man, existence and culture, personality and individual differences which have always been studied and discussed by writers, philosophers, artists, psychologists and psychiatrists. The uniqueness of human life and experience is poured attractively in Sarah Pinborough's novel, *Behind Her Eyes* (Jan, 2017).

Behind Her Eyes is a psychological thriller novel that presents the incredible story of an accidental but deliberate encounter of Adele Martin and Louise Barnsley. Adele befriends Louise and Louise reluctantly settles into their new friendship. In the same time, Louise and David are secretly having an affair. But then Adele helps her to manage her night terrors and sleepwalking with controlling her dreams that she also experienced on the past. Louise's suffered from the night terrors when she was young. She always finds herself waking up from her nightmare dream in a random place, and she almost kills herself.

This novel reflected the main characters' experience of parasomnia (night terrors and sleepwalking) and lucid dreaming that leads to out-of-body experience. The main characters who experience those problems are Adele Rutherford Campbell, Louise Barnsley and Rob Hoyle/Adele Martin.

RESEARCH FINDING

This research can help us to know more about night terrors, lucid dream and out-of-body experience by understanding the characterization, plot, setting and psychology theories which exists in this term paper. This research is helpful for those who have interest to deepen their knowledge about related topic.

BENEFIT

This research is expected to be useful for them who are interested in learning and getting deeper understanding about *Behind Her Eyes* Novel. This study also can enrich the references for them who wants to analyze a literature by the theory of night terrors, lucid dream and out-of-body experience

METHOD OF THE RESEARCH

In this research, I use a variety of qualitative research methods with, the type of library research, the nature of research in the form of analysis using the method of data collection in the form of Sarah Pinborough's novel *Behind Her Eyes* as a primary source and supported by several references related to the theory and concept suitable as a second source. I use two approaches. First, the intrinsic approach, there are characterization, plot and setting. Second, extrinsic approach, there are theories of parasomnia (night terrors and sleepwalking), lucid dreaming and out-of-body experience which are related to psychological concepts.

CONCLUSION

Through this research, I conclude that *Behind Her Eyes* novel by Sarah Pinborough reflects the theory of parasomnia (night terrors and lucid dream), lucid dream and out-of-body experience through its intrinsic analysis; characterization, plot and setting.

APPENDIX 4
CURRICULUM VITAE



ZAHRA FIQIAH

English Language and Culture
University of Darma Persada

 Jl. Cemara I Blok C1 no.35 RT 009/002
Rawabuntu, Serpong, Kota Tangerang Selatan

 ofczahra@gmail.com

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PERSONAL PROFILE

Hard worker, quick learning, energetic, multitasking, creative, communicative and willing to learn new things.

ORGANIZATIONAL EXPERIENCES

- SMPN 3 Jakarta as member of OSIS
- PT TPLINK INDONESIA as a Sales Assistant
- PT MPM-RENT as a Sales Administration

INTERESTS

-  Public Speaking
-  Literature
-  Journalistic
-  Design
-  Movie

RESEARCH EXPERIENCE

- Intrinsic analysis of Harlan Coben's novel *Don't Let Go*
- Intrinsic analysis of Robert Frost's poetry *Stopping by Woods on a Snowy Evening*.
- Intrinsic analysis of William Gibson's drama *Miracle Worker*
- Intrinsic analysis of Nick Cassavets' film *The Notebook*
- *Sociology of Literature, The Marxism Values Analysis in The Notebook Film*
- *Poetry Analysis, the intrinsic analysis of Every Breath You Take by The Police*
- *The Analysis of Australian Family Institution In "Looking For Alibrandi" Novel By Marlina Marchetta*
- *Colonial Education in New South Wales Australia during Emancipation Era (1822-1850)*
- *The Analysis of Manifest and Latent Function in American Political Institution Case Study: Violence and Murder by Police Officer in California on June 2020*

EDUCATIONAL BACKGROUND

SDNP Manggarai 01 Pagi
(2002-2008)

SMP Negeri 3 Jakarta
(2008-2011)







SMK Negeri 8 Jakarta
(2011-2014)





University of Darma Persada
2017-Present

APPENDIX 5

LAPORAN KEMAJUAN PENULISAN SKRIPSI

Nama Mahasiswa : Zahra Fiqiah
Dosen Pembimbing : Dra. Karina Adinda, MA
Judul Skripsi : The Reflection of Parasomnia (Night Terrors and Sleepwalking) and Lucid Dreaming That Leads to Out-of-Body Experience in Sarah Pinborough Novel *Behind Her Eyes*
Mulai Bimbingan : 17 Maret 2021
Tahun Akademik : 2021/2022

No	Hari & Tanggal	Catatan Pembimbing	Paraf
1	Rabu, 17 Maret 2021	Pilih tema yang lebih dominan yang ada di dalam novel untuk menentukan teori apa yang harus dianalisis.	
2	Jumat, 19 Maret 2021	Penyerahan Bab I	
3	Jumat. 23 April 2021	Pemilihan dan bimbingan terhadap literature review	
4	Kamis, 29 April 2021	Penyerahan Bab II	
5	Minggu, 9 May 2021	Bimbingan tentang penentuan karakterisasi harus dengan sifat-sifat yang ada pada karakter	
6	Minggu, 16 May 2021	Bimbingan tentang karakter Rob Hoyle, Adele Rutherford Campbell dan Adele Martin (yang sebenarnya adalah Rob Hoyle yang masuk ke tubuh Adele)	

7	Senin, 21 Juni 2021	Penambahan teori yang perlu dianalisis (out-of-body experience) dan revisi Bab I dan Bab II dengan penyesuaian teori nya	
8	Minggu. 27 Juni 2021	Penyerahan Bab I sampai dengan Bab V yang telah direvisi	
9	Rabu, 30 Juni 2021	Revisi grammar, minimalisir halaman dan merubah judul referensi yang sebelumnya diberikan tanda kutip menjadi cetak miring	
10	Minggu, 4 Juli 2021	Penyerahan Bab I sampai dengan Bab V yang telah direvisi dan dilengkapi oleh lampiran	

Jakarta,

Menyetujui :

Pembimbing



(Dra. Karina Adinda, MA)

Mengetahui :

**Pembimbing Akademik,
a.n. Ketua Program Studi
Bahasa dan Kebudayaan Inggris**

**Ketua Program Studi
Bahasa dan Kebudayaan Inggris**



(Dr. Yoga Pratama, M. Pd)



(Dr. Yoga Pratama, M. Pd)

APPENDIX 6
TOEIC CERTIFICATE

ETS TOEIC LISTENING AND READING OFFICIAL INSTITUTIONAL SCORE REPORT

KNOW ENGLISH. KNOW SUCCESS. KNOW ENGLISH. KNOW SUCCESS. KNOW ENGLISH. KNOW SUCCESS. KNOW ENGLISH. KNOW SUCCESS.	Zahra Fiqiah		LISTENING		TOTAL SCORE
	Name		Your score 460		
	2017130027	1996/09/29	5		840
	Identification Number	Date of Birth (yyyy/mm/dd)	READING		
2021/01/23	2023/01/23	5		Your score 380	
Test Date (yyyy/mm/dd)	Valid Until (yyyy/mm/dd)				

Client/Institution Name: Putra Pratama Raya, PT

PT International Test Center-TOEIC Center Indonesia, Plaza Sentral, 17th Floor, Jl. Jend. Sudirman, Kav 47, Jakarta, Indonesia, 12930
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APPENDIX 7

PRESENTATION SLIDES



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



ZAHRA FIQIAH
2017130027
ENGLISH LANGUAGE AND CULTURE DEPARTMENT
DARMA PERSADA UNIVERSITY
JAKARTA 2021

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Gratitude to :



Advisor
Dra. Karina Adinda, MA



The Head of Board Examiner
Dr. Yoga Pratama M.Pd



Examiner
Nurul Fitriani, S.S., M.Hum



**UNIVERSITAS
DARMA
PERSADA**

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Background of The Problem

Novel is literary work that often adopt the uniqueness of human life.

The uniqueness of human life and experience is poured attractively in Sarah Pinborough's novel.



The Main Characters



Louise Barnsley

Adele Rutherford Campbell

Rob Hoyle / Adele Martin

Parasomnia
(Night Terrors and Sleepwalking)

Lucid Dreaming

Out-of-Body Experience

Intrinsic Approach

Extrinsic Approach

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Formulation of The Problem



What are the reflections of parasomnia (night terrors and sleepwalking) theory contained in the intrinsic elements of Sarah Pinborough's novel Behind Her Eyes?

What are the reflections of lucid dreaming theory contained in the intrinsic elements of Sarah Pinborough's novel Behind Her Eyes?

What are the reflections of out-of-body experience contained in the intrinsic elements of Sarah Pinborough's novel Behind Her Eyes?

What is the relation between Parasomnia (night terrors and sleepwalking) and lucid dreaming that leads to Out-of-Body Experience reflected in Sarah Pinborough's Novel Behind Her Eyes?

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Objective of The Research



To identify the reflections of parasomnia (night terrors and sleepwalking) theory contained in the intrinsic elements of Sarah Pinborough's novel Behind Her Eyes.

To identify the reflections of lucid dreaming theory contained in the intrinsic elements of Sarah Pinborough's novel Behind Her Eyes.

To identify the reflections of out-of-body experience contained in the intrinsic elements of Sarah Pinborough's novel Behind Her Eyes.

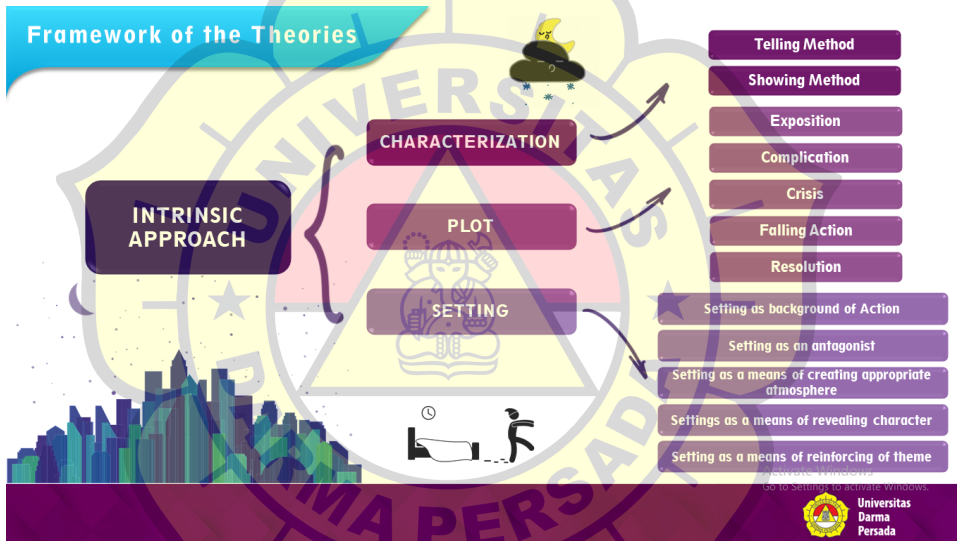
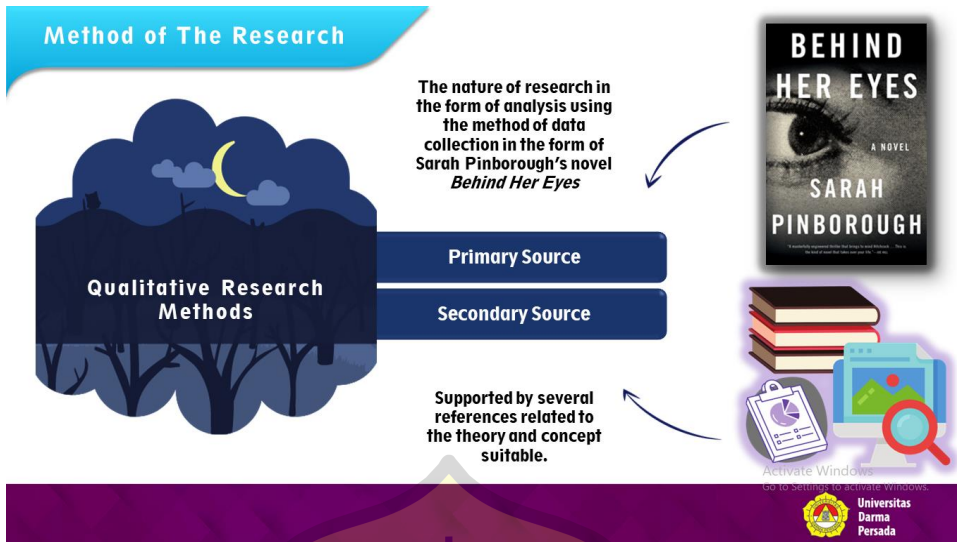
To identify the relation between Parasomnia (night terrors and sleepwalking) and lucid dreaming that leads to Out-of-Body Experience reflected in Sarah Pinborough's Novel Behind Her Eyes.

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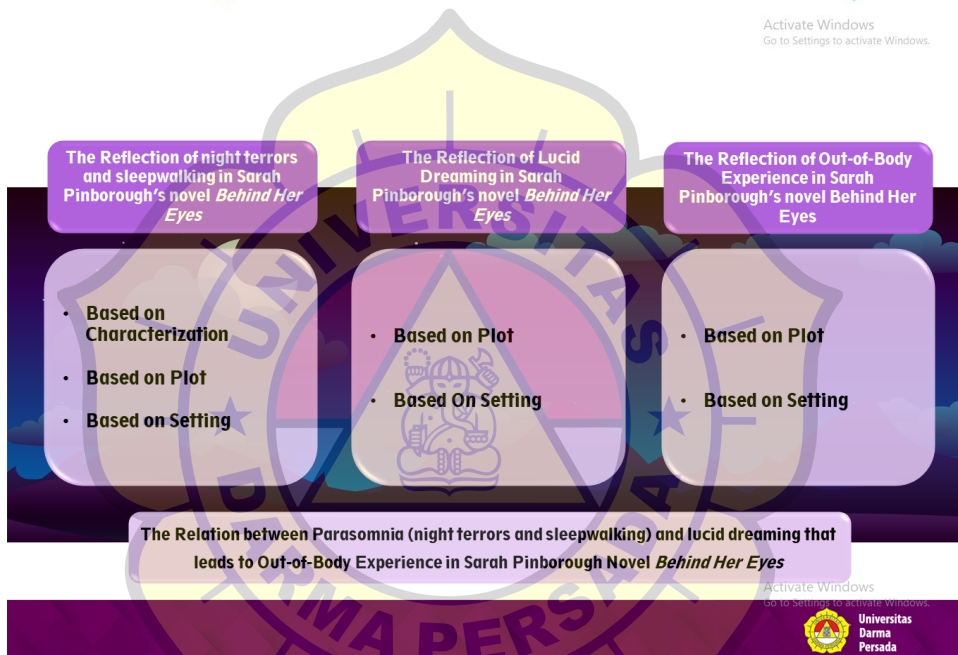




Research Finding and Analysis



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CONCLUSION



1

Sarah Pinborough's novel *Behind Her Eyes* reflects the concept of parasomnia (night terrors and sleepwalking), lucid dreaming and out-of-body experience through the characterization, plot and setting of the novel.

2

The author specially describe that the main characters; Louise Barnsley, Adele Rutherford Campbell and Rob Hoyle/Adele Martin are having the same sleep problems; night terrors and sleepwalking.

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CONCLUSION



3

In the novel, the author makes the solution of night terrors and sleepwalking that the main characters have with lucid dreaming which lead to out-of-body experience.

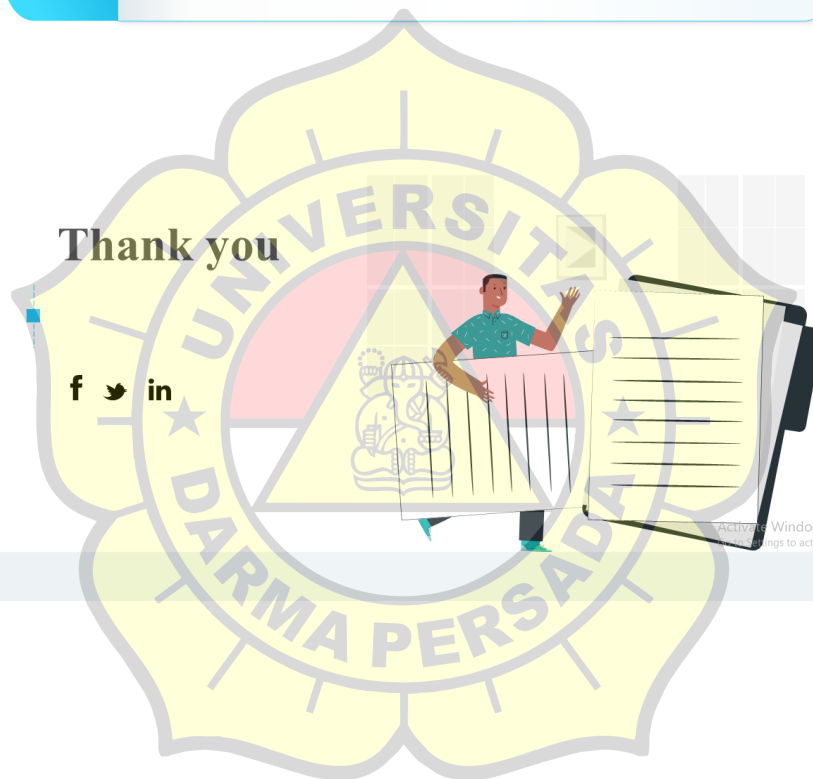
4

Moral of the story: We should never believe in people who we only know for a while even though we can feel the comfort from those people. We can offer help to those people, especially who have illnesses of problems in their life, but we need to be aware that some kind of illness may be connected to some mental health issues that make the people have some tendencies to be harmful towards us. We need to add our knowledges and increase our awareness of mental health issues and those connections to other disorders.

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Thank you

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