

**THE MULTIPLE PERSONALITY OF SYBIL CAUSED BY
HER MOTHER'S SCHIZOPHRENIC DISORDER
IN NOVEL *SYBIL* BY FLORA RHETA SCHREIBER**

Term Paper

Submitted in Part-Fulfillment for Obtaining Strata One (S-1) Degree



**STRATA ONE (S-1) OF ENGLISH DEPARTMENT
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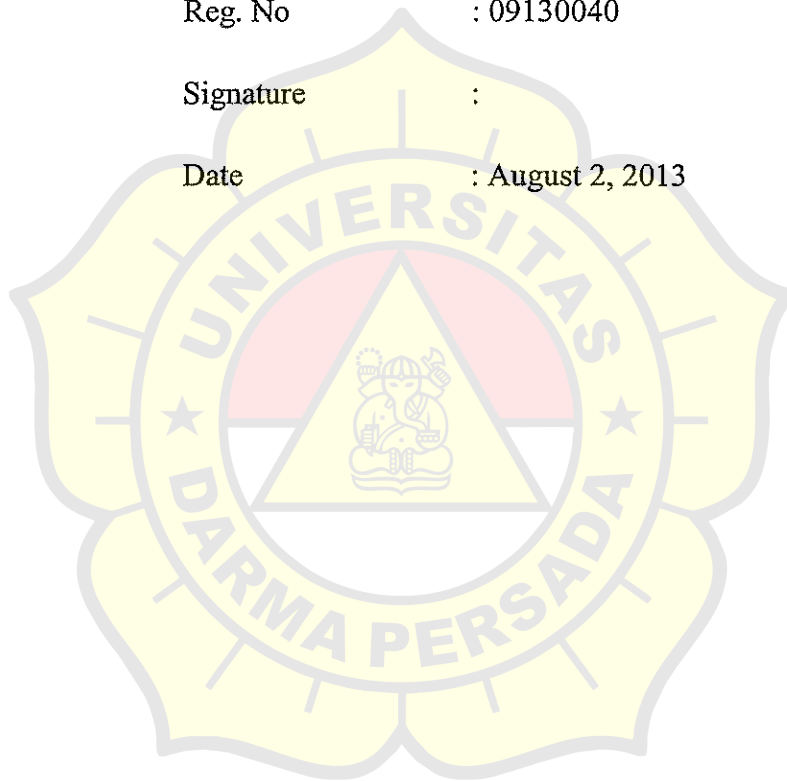
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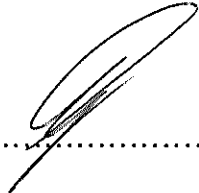
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PREFACE

The very first gratefulness is delivered to The Almighty, Allah SWT: The Greatest Creator and The Best Motivator to His everlasting and mercy keeping me tough during my writing; therefore, this term is finally completed. Without Him, the writer will have no chance to finish this term paper. This research titled *The Multiple Personality of Sybil caused by Her Mother's Schizophrenic Disorder in the novel Sybil By Flora Rheta Schreiber*.

This paper is submitted to the Strata One English Department of Darma Persada University as a partial fulfillment of the requirements for obtaining the Strata One (S1) degree. The writer is aware that this paper is still far from perfect.

For this chance also the writer wants to say thanks you very much for every people who given their hand to help the writer in the process of writing, they are as follow:

1. Agustinus Hariyana, SS, M.Si as the Adviser who has spent his valuable time to help and motivate her finishing this term paper. The writer can do nothing to repay all your kindness.
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Nobody is perfect. Therefore she enthusiastically welcomes the objective criticism and constructive suggestion for the improvement of this paper. Hopefully this paper could be beneficial to the language education.

Jakarta, July 2013

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Nuri Tri Nursanti

ABSTRAK

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Judul : *The Multiple Personality of Sybil Caused by Her Mother's Schizophrenic Disorders in the Novel Sybil by Flora Rheta Schreiber*

Skripsi ini membahas tentang karya sastra novel dengan menggunakan Pendekatan intrinsik dan ekstrinsik. Melalui pendekatan intrinsik penulis menggunakan perwatakan, latar dan alur, melalui pendekatan ekstrinsik penulis menggunakan Psikoanalisis, yaitu konsep Multiple Personality, Schizophrenic Disorders oleh Sigmund Freud. Skripsi ini merupakan penelitian kualitatif yang mengkombinasikan pendekatan sastra dan psikoanalisis. Skripsi ini menggunakan novel Sybil karya Flora Rheta Schreiber sebagai sumber primer, dan didukung oleh beberapa literatur yang terkait dengan teori, konsep, dan definisi yang relevan sebagai sumber sekunder.

Kata kunci: Multiple personality, Schizophrenic Disorders, Mental Disorder

ABSTRACT

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Entitled : The Multiple Personality of Sybil Caused by Her Mother's Schizophrenic Disorders in Novel *Sybil* by Flora Rheta Schreiber

This term paper discusses a literary novel by using intrinsic and extrinsic approaches. For the intrinsic approaches the writer uses characterization, setting and plot; and for the extrinsic approach, the writer uses psychoanalysis, the Multiple Personality and Schizophrenic Disorders by Sigmund Freud. The term paper is a qualitative research that combines literature and psychology approaches. It uses novel *Sybil* by Flora Rheta Schreiber as the primary source, and is supported by some literatures related to relevant theories, concepts and definitions, as secondary sources.

Keywords: *Multiple Personality and Schizophrenic Disorders, Gangguan Mental*

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CHAPTER I

INTRODUCTION

A. Background of the Problem

Perhaps no one is able to really understand the complicated issue of split personality. In previous times, particularly, before the 20th century, such psychological symptoms were linked with the idea of a person being possessed. However, 20th century psychologists refused to see it as demonic possessed, instead, they referred to such symptoms as Multiple Personality Disorder (MPD). Although, when the term was no longer fit for purpose, this symptom was renamed as Dissociative Identity Disorder (DID). People who have this disorder actually have a single personality, like everyone else, but they will experience multiple identities that have their own distinguished and unique ways of thinking, attitudes, grammar, memory, experiences and interaction of differing situations.

Flora Rheta Schreiber, the author of "Sybil," conveys a story about a woman with multiple personalities. Schreiber, a professor of English and speech at John Jay College of Criminal Justice, first gained recognition with "Sybil," her 1973 case study chronicling the life and psychoanalysis of a woman with 16 personalities. The book became a best seller and was turned into a two-part NBC television movie in 1976."¹

In the novel "Sybil," Schreiber identifies the cause of Sybil multiple personalities, as being Sybil's mother, known as Hattie Dorset. Hattie who is Sybil's mother kept forcing and torturing her since childhood. Hattie did many things to her as a consequence of Hattie's father who always prevented her from doing what she wanted when she was child, she had no choice, and cannot say no when her father

¹ "Flora Rheta Schreiber": August 16, 2012 : available from <http://www.nytimes.com/1998/11/04/obituaries/flora-schreiber-70-the-writer-of-and-of-shoemaker.html>

says something. So, she thinks Sybil deserves to get that in the same way as she get. Nobody helps Sybil, even her father, Willard Dorsett. Her father does not help her too. Her father always listens to Hattie, Sybil's mother and never asks or listens to Sybil. It makes Sybil becomes an introvert girl in her adolescence. She does not like to socialize and she keeps herself solitude. There is a key impact upon Sybil's personality from her childhood, leaving her severely scarred for life.

The reason why the writer chooses this novel is because she is interested in analyzing the story which discusses the psychology of someone who suffers from mental disorder such as multiple personality and schizophrenic disorders. In this case of multiple personality, they have their own age, sex, race and etc. Each has her or his own postures, gestures, and distinct way of talking. As a result, the story seems very complicated. This makes the writer wants to know more about this novel. That is why the writer becomes deeply interested in analyzing the story. The key issue that the writer is going to analyze from this novel is the idea of multiple personality of Sybil caused by her mother's Schizophrenic disorders. Sybil has multiple personality since her childhood. She becomes like that because of her mother's tendency to commit sexual, physical and emotional abuses, with no reason and also because Sybil's Mother's own childhood, when she is often formerly abused by her father as well.

B. Identification of Problem

Based on the background of the problem above, the writer identifies the focus of the research as: Sybil, who has multiple personality in order to deal with a very traumatic childhood. Her mother always thinks badly about her and always tortures her. It is also because of her mother's father, who does the same thing to her, and then it makes Sybil be an introvert person who has sixteen personalities. The writer assumes that the theme of this novel is "the multiple personality of Sybil caused by her mother's schizophrenic disorders" in the novel Sybil by Flora Rheta Schreiber.

C. Limitation of the Problem

Based on the identification of the problem, the writer limits the research on the characters Sybil Isabel Dorsett, Hattie Dorsett and Willard Dorsett. The theories and concepts the writer uses are – intrinsic approaches that consist of characterizations, plots, and settings. And extrinsic approach is the psychological approach that consists of the multiple personality and schizophrenic disorders by Sigmund Freud.

D. Statement of the Problem

Based on the limitation of the problem, the statement of the problem is that whether the theme of this novel is *the multiple personality of Sybil caused by her mother's schizophrenic disorders*. To answer the questions, there are some steps that the writer takes.

1. Can the characterization, plot, setting method be used to analyze this theme?
2. Can the concept of multiple personality and Schizophrenic Disorders be used to analyze this literary work?
3. Can the theme of the literary work be reinforced by using the result of analysis of the intrinsic and extrinsic approaches?

E. Objectives of Research

Based on the formulation of the research, the aim of this research is to prove whether the theme of this novel is *the multiple personality of Sybil caused by her mother's schizophrenic disorders*. To fulfill this purpose, the writer has to take some steps:

1. To analyze the theme by using characterization, setting and plot methods.

2. To analyze the theme by using the concepts of the multiple personality and Schizophrenic Disorders.
3. To reinforce the theme by using the intrinsic and extrinsic approaches.

F. Framework of the Theories

Based on what is mentioned above, in this research, the writer uses the concepts of intrinsic and extrinsic approaches. For the intrinsic method, the writer uses literature approaches. Instead, for the extrinsic approach, the writer uses the psychological approach.

1. Intrinsic Approach

Through this approach, the writer uses the concepts of characterization, setting, and plot.

a. Characterization

The purpose of characterization is creating characters for a written description. This includes a process of describing information about characters. It may be used in dramatic works of art or everyday conversation. Characters may be presented by means of description, through their actions, speech, or thoughts.²

In defining the characters in the novel, the writer uses these methods:

1. Direct Method (Telling)

Direct Method (Telling) - relies on descriptive and direct commentary by the author. Telling method is preferred and practiced by many older fiction writers. In this method the author's input is very much in evidence. Direct method is made up of a display or characterization, through the use of names, characterization through

² "Characterization": October 12, 2012 : available from <http://en.wikipedia.org/wiki/Characterization>

appearance, and characterization by the author.³ But in this case, the writer only explains characterization by the Author.

a. Characterization by the author.

In the most common form of telling, the author breaks the written description and directly shows, through a comment or writing, the nature and personalities of the characters, including the thoughts and feelings that enter and pass through the characters minds.⁴

2. Indirect Method (Showing)

There are two key methods of indirect characterization by showing: characterization through dialogue (what characters say) and characterization through action (what characters do).⁵

a. Characterization through dialogue.

The task of finding out about a character through dialogue is not a simple one. Some characters are careful and hide themselves in what they say: they speak indirectly, and what must be realized from their words, is to work out what they actually mean. Other characters are open and honest; they tell us, or appear to tell us, exactly what is on their minds. Some characters exaggerate and overstate; others understate. It is rare in fiction, that an author does not use dialogue in some way to show the real character, or build the character.⁶

b. Characterization through action.

³James H. Pickering & Jeffrey D. Hooper, *Concise Companion to Literature* (New York: Macmillan Publishing Co., Inc., 1981), p. 27.

⁴*Ibid.*, p. 30.

⁵*Ibid.*, p. 31.

⁶*Ibid.*, p. 32.

To build character on the basis of action, it needs to analyze the several events of the plot for what they seem to tell about the characters, about their unconscious emotional and psychological states as well as about their conscious attitudes and values.⁷

b. Setting

Setting is the place and time at which the action of a play, novel, and so on, takes place.⁸ Setting may serve as:

1. Setting as background for action⁹ is to see whether setting acts as a key element in the fiction, or whether it exists only as an enhancing and irrelevant background. A question as a result of this arises: Could the work in question be set in another time and another place without doing it damage? If the answer is yes, then the setting can be argued to exist as a decorative background.
2. Setting as an antagonist, is Setting in the form of nature can function as an antagonist, helping to set plot conflict and specify the outcome of events.¹⁰
3. Setting as a means of creating appropriate atmosphere; is many authors manipulate their settings as a means of arousing the reader's expectations and establishing an appropriate state of mind for events to come.¹¹

⁷ *Ibid.*, p. 34.

⁸ *Oxford Advanced Learner's Dictionary* (Oxford: Oxford University Press, 2005), page 1218.

⁹ James H. Pickering & Jeffrey D. Hoeper, *op. cit.*, p. 38.

¹⁰ *Ibid.*, p. 39.

¹¹ *Ibid.*, p. 40.

4. Setting as a means of revealing character; is an author can also use the setting to clarify and reveal character by deliberately making setting a metaphoric or symbolic extension of character.¹²
5. Setting as a means of reinforcing theme is setting can also be used as a means of reinforcing and clarifying the theme of a novel or short story.¹³

c. Plot

Plot is the sequence of events that make up a story. It is divided into 5 parts. There are: Exposition, Rising Action, Climax, Falling action and Resolution.

1. Exposition

The exposition is when the story starts. This is the early part of the plot. The author provides information about character names, character scene, and others.¹⁴

2. Rising Action

This section breaks the existing equilibrium and introduces the characters and the underlying or inciting conflict. The conflict is then developed gradually and intensified.¹⁵

¹²*ibid.*, p. 41.

¹³*ibid.*, p. 42.

¹⁴*ibid.*, p. 16.

¹⁵*ibid.*, p. 17.

3. Climax

The climax is the moment when the highest tension in a story. It is the turning point in the plot, directly precipitating its resolution. This is the most emotional part of the story.¹⁶

4. Falling Action

The part of the plot that happens after climax has been reached and the conflict has been resolved and then the plot move to the resolution.¹⁷

5. Resolution

The final section of the plot is its resolution; it is the point when the problem of the conflict resolved.¹⁸

d. Theme

Theme is a critical term that means very different things for different people. For some people who think that literature is something for teaching, preaching, encouraging favorite idea or encouraging some form of correct conduct, theme could be mean the moral or lesson that can be extrapolated from the work.¹⁹

There are some concepts of extrinsic approaches that the writer uses to analyze this novel:

a. Psychology of Literature

There are three aspects of the psychology of literature. First, examining the psychology literature for more in-depth aspects of characterization, second, with this

¹⁶*Ibid.*

¹⁷*Ibid.*

¹⁸*Ibid.*

¹⁹*Ibid.*, p 61.

approach it will give feedback to the researchers about the disposition, and the third aspect, this study is very helpful in examining psychological issues. Literature and Psychology may need each other. Both have a role in human life. Both have relation in the issue of humans as social beings. Both are made of human experience as material that can be studied. Therefore it is very important in psychological approaches for the study of literature²⁰

b. Psychoanalysis

Psychoanalysis theory is developed by Sigmund Freud. This theory gives many benefits and very helpful in the study of psychology literature. The writer mentions that the literature contains many stories which aspects of the human psyche. The study of the psychology literature has developed more seriously.²¹

This theory can help neurotic patients who have psychological disorders experienced by neurotic patients. Freud also says that control the aggressive impulses is very difficult.²²

1. Multiple Personality

The most dramatic but least common dissociative disorder is multiple personality. Individuals suffering from the disorder have two or more distinct personalities or selves, much like Dr. Jekyll and Mr. Hyde. Each personality has its own memories, and relationship: one of the personalities dominates the individual at one point,

²⁰Albertine Minderop. 2010. *Psikologi Sastra*, (Jakarta: Yayasan Obor Indonesia), p. 2.

²¹*Ibid.*, p. 2.

²²K. Bertens. 1991. *Sigmund Freud Memperkenalkan Psikoanalisa*. (Jakarta: PT Gramedia Pustaka Utama) hlm: 7-8.

another at another point. The person who has these personalities are not aware and the shift from one the other usually occur suddenly under distress.²³

Here is a summary of research that shows several factors causing mental disorders. The most important factor is sexual and physical abuse in an early age. It is said that multiple personality caused by sexual abuse is 56%. For example, a mother who tends to moderate depression, and fathers are not close to his children, alcoholic and often tortured.²⁴

People who have multiple personality usually have fugue state. The condition happens when the patient leaves and forgets essential details about himself and his life. According to Freud fugue is caused by inability of someone to solve the problems that really hard for them or conflict with other people. This make them actually remove themselves physically from the situation by wandering away from home and either partially or completely assuming a new identity.²⁵

2. Schizophrenic Disorders

Patients with schizophrenia go through personal disintegration. Emotional and intellectual behaviors become ambiguous, as well as seriously changed, and can lead to a total regression or dementia. They will run away from the realities of life and stay in their fantasy world. Apparently they cannot understand the environment, and their response does not always make sense. Feelings are not always suitable; experiencing severe intellectual reduction, so that their mind skips without direction.²⁶

²³ Santrock, J.W. *The Science of Mind and Behavior* (USA: Wm. C. Brown, 1985), p. 486.

²⁴ *Ibid.*, p. 487.

²⁵ "Fugue" May 10. 2013 : available from <http://www.humanillnesses.com/Behavioral-Health-Femu/Fugue.html#b>

²⁶ Kartono Kartini, *Psikologi Abnormal dan Abnormalitas Seksual*(Bandung: CV. Mandar Maju, 2009), p. 167.

Psychological symptoms as follows:

1. Their Intellect, memories can be very backward. They are also can be very introverted. They are even very little contact with their environment.
2. They sometimes experience regression or mental degeneration. They can be very uncaring to the environment and apathetic.
3. They can become squalid and filthy. Their sense of feeling intimacy and affection is decreased. They often do not know shame. Their behavior can become extremely abnormal.
4. They have personality disorders. For example, frequent sudden they become very angry for no reason and can be very dangerous. They can hurt the people around them and even kill them.

There are 3 types of Schizophrenia. They are:

1. Hebephrenic schizophrenia
2. Catatonic schizophrenia
3. Paranoid schizophrenia

From of all three types of schizophrenia above, Hattie Dorsett figures over the number 2 is Catatonic Schizophrenia. Catatonic Schizophrenia²⁷ is Schizophrenia characterized by marked disturbance, which may involve stupor, negativism, rigidity, excitement, or posturing; sometimes there is rapid alternation between the extremes of excitement and stupor.

²⁷ "Catatonic Schizophrenia"; May 13, 2013; available from <http://www.medicalnewstoday.com/articles/192263.php>

The characteristics of Catatonic Schizophrenia are as follows:

1. Waxy flexibility is a condition where the patient becomes stiff. If they have taken a position such as standing, squatting, and so on, they could act like that in a whole day.
2. Excessive mobility - the patient moves excitedly with what appears to have no specific or useful purpose. This may include pacing around energetically, walking in circles, making loud and unusual utterances.
3. Unusual behavior - the patient may repeat words or *echocalia*, they sometimes obsessed with lining things up in a specific way.

Causes of Catatonic Schizophrenia are as follows:

1. Genetics - children with a family history of schizophrenia have a higher risk of developing it themselves. If there is no history of schizophrenia in your family your chances of developing it (any type, child-onset or adult-onset schizophrenia) are less than 1%. However, that risk rises to 10% if one of your parents was/is a sufferer.
2. Stress during early life –some experts say that severe stress early on in life may contribute as a factor towards the development of schizophrenia. Stressful experiences often precede the emergence of schizophrenia. Before any acute symptoms are apparent, people with schizophrenia habitually become bad-tempered, anxious, and unfocussed. This can trigger relationship problems.
3. Childhood abuse and trauma.

G. The methods of the research

Based on the theoretical framework above, there are some steps that the writer has to use: the research of literature, the methods of qualitative from the novel *Sybil* by

Flora Rheta Schreiber as the main source, and several theories are needed to analyze this novel.

H. The benefit of the research

Based on method of the research, the benefits of this research is it could be give knowledge to the students and the readers who want to explore about the novel Sybil by Flora Rheta Schreiber. The research is expected to be useful because it uses psychological concepts like multiple personality and schizophrenic disorders.

I. Systematic Presentation of the Term Paper

CHAPTER I: INTRODUCTION

It Consist of: Background of the Problem, Identification of Problem, Limitation of the Problem, Formulation of the Problem, The Aim of the Research, Theoretical Framework, The Method of the Research, The Benefits of the Research, The Systematical Organization of the Research.

CHAPTER II: THE ANALYSIS OF THE NOVEL SYBIL BY FLORA RHETA SCHREIBERBY USING THE INTRINSIC APPROACHES.

It contains characterization (telling and showing method), plot, and setting.

CHAPTER III: THE MULTIPLE PERSONALITIES OF SYBIL CAUSED BY HER MOTHER SCHIZOPHRENIC DISORDERS

It consists of analysis of theme by using the result of intrinsic and extrinsic approaches.

CHAPTER IV: CONCLUSION.

It Consists of : attachment which show the theme of this novel is “The Multiple Personality of Sybil caused by her mother Schizophrenic disorders”. This chapter presents an overview about the research subject which is contained in chapters and implication from research of other variables.

