

**THE CONCEPTS OF NARCISSISM AND SUBLIMATION IN
DEXTER MAYHEW AND EMMA MORLEY'S CHARACTERS
IN DAVID NICHOLLS' NOVEL *ONE DAY***

TERM PAPER

The term paper is submitted to the Faculty of Letters in partial fulfillment of the requirements for obtaining the Strata One (S-1) Degree



**STRATA ONE (S-1) ENGLISH DEPARTMENT
FACULTY OF LETTERS
DARMA PERSADA UNIVERSITY
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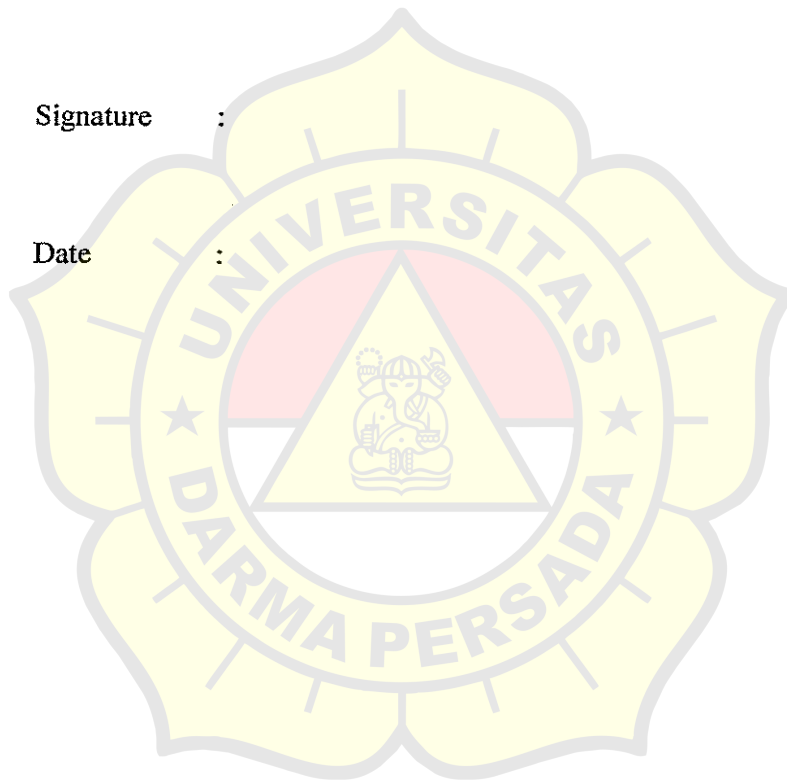
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PREFACE

Thank God for His blessing I can finish my study at University of Darma Persada, Jakarta. I realize that only by His grace I can complete this term-paper. This term-paper is submitted to the Strata One Program, English Department, University of Darma Persada as a part fulfillment of the requirements for obtaining the Strata One (S-1) degree.

The most important value that I got from studying in this university is the knowledge transfer about English from the lecturers. Hopefully in the future I can transfer this knowledge to my children and my students. Besides the knowledge transfer, there are also characterization building and soft skills. Both of them are given to broaden the students' mind and make them ready to work when they have graduated from this university. I am grateful for having the expert lecturers in this university who give their knowledge, suggestion and support to my dream as a student. I really thankful to the people who helped during my study.

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12. My college friend, Arista Utari, who always helps me whenever I have difficulties. My other college friends: Chris Diana, Desy Yuni Sihombing, Endah Kusumawati Kartina, Adrey Nugroho and all friends that I cannot mention one by one. Thank you for sharing the moments during my study in the university. I am going to miss all of your cheerfulness.

This term-paper is far from perfect. Suggestions and constructive criticism are welcome to improve this term-paper. I hope this term-paper is useful for the readers.

Jakarta, June 2012

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ABSTRAK

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Skripsi ini membahas tema karya sastra berupa novel menggunakan pendekatan intrinsik dan ekstrinsik. Melalui pendekatan intrinsik, penulis menganalisis perwatakan, latar dan alur. Melalui pendekatan ekstrinsik, penulis menganalisis melalui pendekatan psikoanalisis, yaitu narsisisme dan sublimasi. Skripsi ini termasuk riset berdasarkan kualitatif yang mengkombinasikan pendekatan sastra dan sekaligus pendekatan psikologi, berdasarkan novel *One Day* karya David Nicholls.

Kata kunci: Tema, perwatakan, latar, alur, Narsisisme dan Sublimasi.

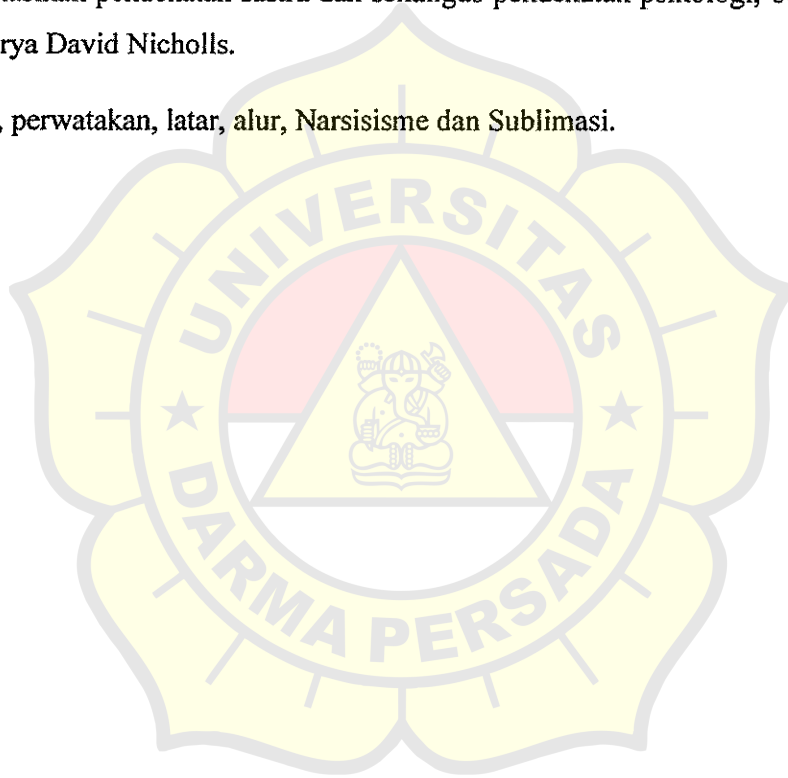


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**ATTACHMENT:
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CHAPTER ONE

INTRODUCTION

A. Background

A few months ago we were shocked by the news of Whitney Houston tragic death. She was found drown in hotel's bathtub after consuming anti-depressant medicine.¹ She got hugely successful and became a diva in her era. She won many Grammy awards and got huge money from her records. Unfortunately, she cannot fight her drugs addiction which she got from her ex-husband, Bobbi Brown. Her life ended with a sad story. In other part of the world, in Jakarta, Indonesia precisely, Prihartono Anton Mirzaputra, usually called Anton, the vocalist of Jamaica Café band, was born imperfectly.² Although he only has one small hand and imperfect legs, his parents never treat him differently. They sent him to public school instead of special-needs school. His parents' support makes him feel confident to develop his singing skill and now his band become one of well-known bands in Indonesia.

From the two stories above we can conclude that every human being has their own way to face their problem. Whitney Houston faced her life disappointment with drugs; meanwhile Anton faced his limited physical condition by developing his talent. Based on this point of view the writer tried to analyze David Nicholls's novel *One Day*, which has two best friends as its main characters who faced their life differently. The first main character spoil his life and ruin himself and his career as a TV presenter, meanwhile the second main character try the best she can to face her problems in life and finally became successful in her career as a writer.

¹ *Whitney Houston's Final Coroner Report released*. <http://www.vibe.com/post/whitney-houstons-final-coroner-report-released-132627>. Sunday, 8 April 2012.

² *Kisah Anton Jamaica Café Dari Kantin ke Kafe kafe*. <http://www.tabloidnova.com/Nova/News/Peristiwa>. Sunday, 8 April 2012.

The author of this novel, David Alan Nicholls³, was born in East Leigh, Hampshire, England on 30 November, 1966. He studied English Literature and Drama at the University of Bristol. Having graduated, he won a scholarship to study at the American Musical and Dramatic Academy in New York, before returning to London in 1991. He worked as an actor and several other jobs for years before finally he became a full time writer for film and TV as well as fiction. He has been twice nominated for BAFTA awards. His novel *One Day* has been featured in film version with the same title. *One Day* is directed by Lone Scherfig, released in August, 2011, starring Anne Hathaway, Jim Sturgess, and Patricia Clarkson.

The novel⁴ is started with Dexter and Emma spends the night together following their graduation from Edinburgh University in 1988. They talk about how they will be once they are 40. While they do not become romantically involved completely, this is the beginning of their friendship. The novel visits their lives and their relationship on July 15 in successive years in each chapter for 20 years. Emma wants to improve the world and begins writing and performing plays, which remain unsuccessful, while Dexter travels through the world, drinking and hooking up with women. Eventually both move to London where Emma becomes a waitress in restaurant, while Dexter becomes a successful television presenter. While they have relationships with other people, they stay best friends, each secretly longing for the other. They are drawn together closer through a holiday together and the death of Dexter's mother. Ian, Emma's boyfriend breaks up with her after he realizes that she is in love with Dexter and not with him. During this time Emma is able to find a job as a teacher; Dexter meanwhile develops a drinking and drug problem and watches his career collapse. The friendship between Emma and Dexter grows more and more difficult, after Emma is constantly hurt by Dexter who attempts to hide his feelings for her from both her and himself. After being treated rudely by Dexter at a restaurant, Emma

³ *About David* http://www.davidnichollswriter.com/about_david. Sunday, 8 April 8, 2012.

⁴ David Nicholls. 2009. *One Day*, (London: Hodder & Stoughton Ltd.)

breaks up the friendship. At the wedding of Emma's former roommate, Emma and Dexter meet again. Emma admits that she wants Dexter back, but she was disappointed to find that Dexter has fallen in love with another woman, Sylvie, who is pregnant. Emma eventually overcomes her problems and publishes a book, while Dexter is unemployed and overwhelmed by his role as a father. After realizing this, he and Emma for the first time have sex. They do not get together and Emma leaves to go to Paris to write her second novel. When Dexter visits her in Paris, he learns that she met someone and likes him and for the first time admits his feelings to her. After talking about their relationship, Emma chooses Dexter. Emma and Dexter get married and are happy together, however Emma wants a child. The couple finds themselves frustrated by the failing attempts to have a child. Dexter however is able to open a deli-cafe and finds himself suddenly successful again. On the anniversary of the day they got together, Emma and Dexter have an appointment to see a house. While travelling there, Emma has a bike accident and died. After her death, Dexter finds himself in despair. He starts to drink again and provokes people in bars in order to get beaten. He is comforted through his ex-wife Sylvie, his father and his daughter. The upcoming year he travels together with his daughter to Edinburgh where he and Emma met and they climb the same mountain together that Emma and Dexter climbed 19 years ago.

The handsome and rich Dexter Mayhew was spoiled by his mother. This condition leads him to seek nothing but pleasure, while Emma Morley who has lack of confidence has to struggle in her life as a waitress and then a teacher to get her dream to be a successful writer. Though they have different lives, they stayed as best friends for many years until both of them realized that they love each other.

B. Identification of the Problem

Based on the background, I identified the problem of the research is Dexter Mayhew feels that he is a young, rich, handsome and interesting young man. He thinks that he is a great man, likes to be complimented, and feels proud

of himself. Meanwhile Emma Morley who is a pretty and smart but unconfident young woman, loves Dexter, but hides her true feeling to him and pursuing her career as a writer. Therefore, I assume that the theme of this novel is the *The Concepts of Narcissism and Sublimation in Dexter Mayhew and Emma Morley's Characters*.

C. Limitation of the Problem

Based on the identification of the problem, the writer limits the problem in the research of characterization of Dexter Mayhew, Emma Morley and Alison Mayhew through the intrinsic approach—point of view/first-person participant, setting and plot and symbol—and through extrinsic approach, the Psychoanalytic Approach to Personality—the concepts of narcissism and sublimation—.

D. Formulation of the Problem

Based on the limitation of the problem, the formulation of the problem is that whether the theme of this novel is *The Concepts of Narcissism and Sublimation in Dexter Mayhew and Emma Morley's Characters*. To answer these questions, the writer formulates the problems as follow:

1. Can the direct (*telling*) and indirect (*showing*) method be used to analyze the characterization?
2. Can the setting and plot be used to analyze this novel?
3. Can the symbol in this novel be used to strengthen the characterization?
4. Can the concept of Narcissism and Sublimation be used to analyze this literary work?
5. Can the theme of this novel be reinforced by using the result of the analysis of the intrinsic and extrinsic approaches?

E. Objectives of the Research

Based on the formulation of the problem, the objectives of this research are to prove whether the theme of this novel is *The Concepts of Narcissism and Sublimation in Dexter Mayhew and Emma Morley's Characters*. To get the point, the writer does some steps as follows:

1. Analyzing the characterization by using the direct (*telling*) and indirect (*showing*) methods.
2. Analyzing the setting and plot of this novel.
3. Analyzing the symbol in this novel to strengthen the characterization.
4. Analyzing this literary work by using the concepts of Narcissism and Sublimation.
5. Reinforcing the theme of this novel by using the result of analysis of the intrinsic and extrinsic approaches.

F. Framework of the Theory

Based on the above mentioned formulation of the problem, in this research the writer uses the concepts of intrinsic and extrinsic approaches. For the intrinsic the writer uses literature approaches. Meanwhile, for the extrinsic the writer uses the psychological approach.

1. Intrinsic Approaches

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

a. Characterization

Characterization is the logical quality and the feeling of the characters in a literature work, which include not only the behavior of the character and habit, but also appearance.⁵

In determining the character of the characters in this novel, the writer uses these methods:

1) Direct Method (*Telling*)

Direct Method (Telling) relies on exposition and direct commentary the author. It includes Characterization through the Use of Names, Characterization through Appearance, and Characterization by the Author. In telling – a method preferred and practiced by many very older fiction writers – the guiding hand of the authors is very much evidence. We learn and look only at what the author calls to our attention...⁶

a) Characterization through Appearance

Although in real life most of us are aware that appearance are often deceiving, in the world of fiction details of appearance (what a character wears and how he looks) often provide essential clues to character.⁷

b) Characterization by the Author

In the most customary form of telling the author interrupts the narrative and reveals directly, through a series of editorial comments, the nature and personality of the characters, including the thoughts and feelings that enter and pass through the characters' minds. By doing so the author asserts and retains full control over characterization. The author not only directs our attention to given character, but tells us exactly what our attitude toward that character ought to be. Nothing is left to the reader's imagination.⁸

⁵ Pickering dan Hoepfer. 1981. *Concise Companion to Literature*. (New York: Macmillan Publishing). p. 27.

⁶ *Ibid*, p. 28

⁷ *Ibid*, p. 29.

⁸ *Ibid*, p. 30.

2) Indirect Method (*Showing*)

*Indirect Method (Showing) involves the author's stepping aside, as it were, to allow the characters to reveal themselves directly through hand their actions. With showing, much of the burden of character analysis is shifted to the reader, who is required to infer characterization the basis of the evidence provided in the narrative.*⁹

a) *Characterization through Dialogue*

*First the reader must pay attention the substance of a dialogue, whether it is important enough to be used to reveal his innermost character and personality. The task of establishing character through dialogue is not a simple one. Some characters are careful and guarded in what they say: they speak only by indirection, and we must infer from their words what they actually mean.*¹⁰

b) *Characterization through Action*

*Henry James wrote, which is quoted by Pickering and Hoeper, that conduct and behavior are logical and necessary extensions of psychology and personality. Inner reality can be measured through external event. What a given character is revealed by what that character does. In short, the single most important and definitive method of presenting and revealing character is through action.*¹¹

3) *Characterization through Figurative Language*

*Figurative language: language which employs various figures of speech. Some examples are metaphor, simile, antithesis, hyperbole and paradox. In general, figurative language is that kind of language which departs from the language employed in the traditional, literal ways of describing persons or objects. The using of figurative language is making imaginative descriptions in fresh ways. It is usually immediately obvious whether a writer is using figurative or literal language.*¹²

⁹ *Ibid*, p. 27.

¹⁰ *Ibid*, p. 32.

¹¹ *Ibid*, p. 34.

¹² Albertine Minderop. 2005. *Metode Karakterisasi Telaah Fiksi*. (Jakarta: Yayasan Obor Indonesia). pp. 51-52.

a) *Symbol*

A symbol, according to Webster's dictionary, is "something that stands for or suggests something else by reason of relationship, association, convention, or accidental resemblance... a visible sign of something invisible. "Symbols, in this sense are with us all the time, for there few words or objects that do not evoke, at least in certain contexts, a wide range of associated meanings and feelings. For example, the word home (as opposed to house) conjures up feelings of warmth and security and personal association of family, friends, and neighborhood, the American flags suggest country and patriotism. ... In literature, however, symbols – in the form of words, images, objects, settings, events and characters – often used deliberately to suggest and reinforce meaning, to provide enrichment by enlarging and clarifying the experience of the work, and to help to organized and unify the whole."¹³

b. Setting

Setting helps the reader visualize the action work, and thus credibility and unfair of authenticity to the characters. In order to understand the purpose and function of setting, the reader must pay particular attention to the descriptive passages in which the details of setting are introduced. The most important fictional settings are those that are "dramatic," those that are organic, essential, and directly relevant to the work considered as a whole. Setting in fiction is called on to perform a number of desired functions. Setting may serve (1) to provide background for the action; (2) as an antagonist; (3) as a means of creating appropriate atmosphere; (4) as a means of revealing character; and (5) as a means of reinforcing theme.¹⁴

1) *Setting as Background for Action*

Fiction requires a setting or background of some kind, even if it only resembles the stage set of a daytime television soap opera. Sometimes this

¹³ Pickering and Hoepfer, *Op.Cit.*, p. 69

¹⁴ *Ibid*, pp. 37-38

background is extensive and highly developed, but in other cases, setting is so slight that it can be dispensed with in a single sentence or two or must be inferred altogether from dialogue and action.¹⁵

2) *Setting as an Antagonist*

Setting in the form of nature can function as a kind of causal agent or antagonist, helping to establish plot conflict and determine the outcome of event.¹⁶

3) *Setting as a Means of Creating Appropriate Atmosphere*

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. Some authors are not only providing the details of setting, but tell the reader just how to respond to them too.¹⁷

4) *Setting as a Means of Revealing Character*

Very often the way in which a character perceives the setting, and the way he or she reacts on it, will tell the reader more about the character and his state of mind than it will about the actual physical setting itself. This is particularly true of works in which the author carefully controls the point of view. An author can also use setting to clarify and reveal character by deliberately making setting a metaphoric or symbolic extension of character.¹⁸

5) *Setting as a Means of Reinforcing Theme*

Setting can also be used as a means of reinforcing and clarifying the theme of a novel or short story.¹⁹

¹⁵ *Ibid*, pp. 38-39.

¹⁶ *Ibid*, p. 39.

¹⁷ *Ibid*, pp. 40-41.

¹⁸ *Ibid*, pp. 41-42.

¹⁹ *Ibid*, p. 42.

c. Plot

E.M. Forster wrote, which is quoted by Pickering and Hoepfer, that plot is a narrative of events arranged in their time sequence. A plot is also a narrative of events, the emphasis falling on causality.²⁰ The elements of plot are as follows:

1) Exposition

*The exposition is the beginning section in which the author provides the necessary background information, sets scene, establishes the situation, and dates the action. It may also introduce the characters and the conflict, or the potential for conflict. The exposition may be accomplished in a single sentence or paragraph, or, in the case of some novels, occupy an entire chapter or more. Some plots require more exposition than others.*²¹

2) Complication

*The complication, which is sometimes referred to as the rising action, breaks the existing equilibrium and introduces characters and the underlying or inciting conflict (if they have not already been introduced by the exposition). The conflict is then developed gradually and intensified.*²²

3) Crisis

*The crisis (also referred to as the climax) is that moment at which the plot reaches its point of greatest emotional intensity; it is the turning point of the plot, directly precipitating its resolution.*²³

4) Falling Action

*Once the crisis, or turning point, has been reached, the tension subsides and the plot moves toward its appointed conclusion.*²⁴

²⁰ *Ibid*, p. 13.

²¹ *Ibid*, p. 17.

²² *Ibid*.

²³ *Ibid*.

²⁴ *Ibid*.

5) Resolution

The final section of the plots is its resolution; it records the outcome of the conflict and establishes some new equilibrium or stability (however tentative and momentary). The resolution is also referred to as the conclusion or dénouement, the latter a French word meaning "unknotting" or "untying"²⁵

2. Extrinsic Approach

a. Literature Psychology

The Psychology of Literature has four terms, namely (1) the study of psychology as a type or a personal author, (2) the study of creative processes, (3) the impact on readers and literary studies and (4) the type of law, which is the law that applied psychology literature. Understanding the latter is most relevant to the field of literature.

Literature is writing that includes: epic, drama, lyric, novel, short story, and ode. A writing can be classified as a literary work if such work has superior quality and authenticity and contains the values of aesthetics and artistic.

Literature. A Vague term denotes which usually works the which belong to the major genres: epic, drama, lyric, novel, short story, an ode. If we describe something as: literature ", as opposed to anything else, the term carries with it the which imply qualitative connotations That the work in question has superior qualities; That is well above the ordinary run of written works²⁶.

The work of psychological fiction is a term used to describe a novel which is struggling with spiritual, emotional and mental health of the characters, more than just examine characterization or plot events. Over the last 200 years, many psychological novels written by the novelist.

Psychological novel. A Vague term to describe that kind of fiction the which is for the most part concerned with the spiritual, emotional and mental lives of the characters

²⁵ *Ibid.*

²⁶ Albertine Minderop. 2010. *Psikologi Sastra*, (Jakarta: Yayasan Obor Indonesia) p. 2.

*and with the analysis of character rather than with the plot and action. Many novelists during the last 200 years have written psychological novels.*²⁷

b. Personality Psychology

Psychology comes from the Greek word *psyche* meaning soul and *logos* meaning science. So psychology means the science of the soul or the investigating and studying the science of human behavior.²⁸

*Personality refers to the characteristic patterns of behavior and ways of thinking that determine a person's adjustment to his environment. Personality is shaped by inborn potential as modified by experiences common to the culture and subculture group (such as sex roles) and the unique experiences that affect the person as individual. The major theoretical approaches to an understanding of personality include trait, psychoanalytic, social learning, and humanistic theories.*²⁹

c. Psychoanalysis

*Psychoanalysis is a discipline that was begun around some sixty years by Sigmund Freud. ... What we call psychoanalytic theory, therefore, is a body of hypotheses concerning mental functioning and development in a man. ... it is a part of general psychology and it comprises what are by far the most important contributions that have been made to human psychology today.*³⁰

1) Narcissism

Narcissism is a term used to describe a focus on the self and self-admiration that is taken to an extreme. The word "narcissism" comes from the Greek myth in which a handsome young man named Narcissus sees his reflection in a pool of water and falls in love with it.³¹

²⁷ *Ibid*, p. 53.

²⁸ *Ibid*

²⁹ *Ibid*, p. 4

³⁰ *Ibid*, p. 11

³¹ *Narcissism*. <http://www.wikipedia.com/narcissism>. Tuesday, April 10, 2012.

Almost everyone has some narcissistic traits, but being conceited, argumentative, or selfish sometimes (or even all the time) doesn't amount to a personality disorder. Narcissistic Personality Disorder is a long-term pattern of abnormal thinking, feeling, and behavior in many different situations. The traits on this page will seem peculiar or disturbing when someone acts this way—i.e. you will know that something is not right, and contact with narcissists may make you feel bad about yourself. It's not unusual for narcissists to be outstanding in their field of work. But these are the successful people who have a history of alienating colleagues, co-workers, employees, students, clients, and customers—people go away mad or sad after close contact with narcissists. The characteristics of a person with Narcissistic Personality Disorder i.e. amoral, authoritarian, care only about appearances, critical of others, cruel, don't recognize own feelings, feel entitled, flirtatious or seductive, hate to live alone, hypersensitive to criticism and impulsive.³²

2) Sublimation

Sublimation is part of defense mechanism in which a drive or feeling is shifted to a substitute object, one that psychologically more available. For example, aggressive impulses may be displaced, as in scapegoating, upon people (or even inanimate objects) that are not sources of frustration but are safer to attack.³³

Defense mechanism includes repression, sublimation, projection, displacement, rationalization, reaction formation, regression, aggression and apathies, and the last one is fantasy and stereotype. In this novel the writer will analyze about sublimation.³⁴

Furthermore, sublimation occurs when the actions are socially beneficial, to replace discomfort feelings. Sublimation is actually a form of diversion. For example, an individual has a high libido, and then he turned

³² <http://www.halcyon.com/jmashmun/npd/traits.html#alone>. Tuesday, April 10, 2012.

³³ *Ibid*, p. 29

³⁴ *Ibid*, pp. 32-39

his discomfort to the actions that are socially acceptable to be an artist's nude model body painter.³⁵

Sublimation is a defense mechanism that Freud thought occurred when libidinal energy is channeled into socially acceptable, approved activities. Freud had a background in chemistry, where sublime means to pass from a solid to a vaporous state. The defense mechanism of sublimation causes earthy id impulses to be channeled into refined and civilized behavior. Alfred Adler called sublimation "the healthy defense mechanism" because it produced socially beneficial outcomes for humanity.³⁶

G. Methods of the Research

Based on the theoretical framework, the writer uses the research method with variety of qualitative; type of research literature, the research tendency is interpretative or analyzing by method of data collection from literary texts.

H. Benefits of the Research

Based on the methods of research, the benefits of this research are: firstly, it could be beneficial for students or researches who want to explore more deeply about David Nicholls' Novel *One Day*; secondly, this research may be beneficial because it has been done through the new perspective by applying the Psychoanalytic Approach to Personality theory which can show something new for further researches.

³⁵ *Ibid*, p. 34

³⁶ http://www.psywww.com/intropsych/ch11_personality/defense_mechanisms.html. Sunday, 8 April 2012

I. Organization of the Presentation

Related with the title of this research, the systematic presentation is written as follows:

CHAPTER ONE entitled INTRODUCTION, consists of: background, identification of the problem, limitation of the problem, formulation of the problem, objectives of the problem, framework of the theory, methods of the research, benefits of the research, organization of the presentation.

CHAPTER TWO entitled ANALYSIS *ONE DAY* THROUGH INTRINSIC APPROACHES, consists of: characterization (telling, showing, and figurative language), plot, and setting.

CHAPTER THREE entitled THE CONCEPTS OF NARCISSISM AND SUBLIMATION IN DEXTER MAYHEW AND EMMA MORLEY'S CHARACTERS, consists of: analysis of theme by using the result of intrinsic and extrinsic approaches.

CHAPTER FOUR entitled CLOSING, consists of conclusion that show that the theme of this novel is *The Concepts of Narcissism and Sublimation in Dexter Mayhew and Emma Morley's Characters*. It presented an overview of the research subjects in the previous chapters as well as implications from studies of other variables.

BIBLIOGRAPHY

ATTACHMENT