

**DEXTER'S PERSONALITY DEVELOPMENT  
REFLECTED IN DAVID NICHOLLS' *ONE DAY* (2009):  
A PSYCHOANALYTIC APPROACH**

**RESEARCH PUBLICATIONS**



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Pembimbing I

Pembimbing II

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**Abstract**

*This study is about Personality Development. The problem of this study is to reveal how the personality development in major character during time to time for almost twenty years is reflected in One Day novel created by David Nicholls published in 2009. There are two objectives: the first is to analyze the novel in term of structural elements and the second is to analyze the novel based on Psychoanalytic Approach.*

*The object of the study is One Day novel by David Nicholls. It used Psychoanalytic Approach. This study belongs to qualitative research. In this research, there are two types of data, namely primary and secondary data source. The primary data source is the novel and the secondary data is other material related to the study. Both data are collected through library research and analyzed by descriptive analysis.*

*The result of the study shows the following conclusions. First, based on the structural analysis it is clear that in the One Day novel, David Nicholls deliver message that personality development is important in everyone's life because it is absolutely needed. Second, based on the psychoanalytic approach the result shows that the most influential aspect in the personality development is the avidity from ourselves.*

**Keywords:** *Personality Development, One Day, Psychoanalytic Approach*

## A. Introduction

*One Day* is an international best seller romantic novel created by David Nicholls, an English writer. This novel was first published by Hodder and Stoughton General Division on June 11, 2009 in United Kingdom. In *One Day* novel contains of 448 pages (23 chapters), it is a wonderful and moving love story which takes place over in the late twentieth century to early twenty-first century.

This novel are not only tell about true love story, but also tells about friendship and career. Each chapter in this novel covers the personality development of the main character during time to time. David Nicholls has adapted this novel into a film with the same title *One Day*, was released in August 2011.

*One Day* is a wonderful and moving love story which takes place over in the late twentieth century to early twenty-first century. There are four reasons the researcher is interested in studying this novel. First, this novel is very interesting to study because of the difference in character between the two main characters which fell in love. This novel describes the changing character of the two main characters in dealing the problem of life over 20 years. Second, the researcher is very interested about the story of this novel because it is very emotional and complicated. Both of main characters in this novel are best friend who love each other but they don't want to reveal their feelings for a long time. Third, the researcher is interested in setting of the story which takes place over in the late twentieth century to early twenty-first century in the UK. The last is about writing style. The writing style of this novel is very captivating, the author gives a detailed description of faces, characters, places and events of the time, so it can creates imagination of the readers.

The study on *One Day* novel is first being conducted in this thesis due to its latest publication that is in 2009. The researcher has researched through local and digital libraries and found none of it. The library of

UMS, UNS, UNDIP have reported zero call on the research of *One Day* novel. Thus, this study is first conducted at least in UMS.

In this study, the researcher focuses this study in analyzing on Dexter's personality development as reflected in *One Day* novel using psychoanalytic.

The problem of this research are what is Dexter's personality development reflected in David Nicholls' *One Day*? And how is Dexter's personality development reflected in David Nicholls' *One Day*?

The objectives of the study is to analyze about Dexter's personality development reflected in David Nicholls' *One Day* and to explain how Dexter's personality development reflected in David Nicholls' *One Day*.

There are two benefits in this study, they are theoretical and practical benefit. In theoretical benefits, the study is hoped to give contributions to the development of the larger body of knowledge. Especially in the study of *One Day* novel by David Nicholls and the aspects of psychoanalytic study. Whereas in practical benefit, the result of the study is expected to broaden the researcher's own comprehension about David Nicholls' *One Day* novel.

In this study, the researcher uses some underlying theory which taken from the book that related with the study to support the data and help the researcher in order to analyze *One Day* novel. In this study, the researcher tries to employ Psychoanalytic Approach consisting of the notion of psychoanalysis, the levels of personality, the structure of personality, and the notion of personality development.

Psychoanalysis is branch of Psychological study. Psychoanalytic theory and practice originated in the late nineteenth and early twentieth century in the work of Sigmund Freud (1856-1939). Psychoanalysis has reflected changing values in our society and has itself played a role in the changing of these values (Pervin, 1984: 64).

According to Freud “Psychoanalysis aims at and achieve nothing more than the discovery of the unconscious in mental life” (Pervin, 1984: 71).

Based on Freud’s original conception (Schultz and Schultz, 2008: 56) divided personality into three levels: the conscious, the preconscious, and the unconscious.

1. The conscious, as Freud defined the term, corresponds to its ordinary everyday meaning (Schultz and Schultz, 2008: 56).
2. Freud considered the conscious a limited aspect of personality because only a small portion of our thoughts, sensations, and memories exists in conscious awareness at any time (Schultz and Schultz, 2008: 56)
3. Between these two levels is the preconscious. This is the storehouse of memories, perceptions, and thoughts of which we are not consciously aware at the moment but that we can easily summon into consciousness (Schultz and Schultz, 2008: 56).

In the theory of Psychoanalysis, Freud revised his conceptual model of mental life and introduced three basic structures in the anatomy of personality: *id*, *ego*, and *superego* (Hjelle and Ziegler, 1992: 88).

According to Erikson (in Simanowitz and Pearce, 2003: 33) states that personality can be said to develop according to steps predetermined in the human organism’s readiness to be driven towards, to be aware of, and to interact with widening social radius, beginning with the dim image of a mother and ending with mankind, or at any rate that segment of mankind which counts in the particular individual’s life.

In this study, the researcher applies qualitative research. There are two data sources that are needed to do this research. They are primary data source and secondary data source. The primary data source is *One Day* novel created by David Nicholls. While, the secondary data is taken from the other data, which have a relationship with the study.

The technique of data collection is library research, the steps are: reading the novel repeatedly, searching some important information, taking some important notes, and classifying the data into groups according categories of elements of literary study. The technique used in analyzing the data is descriptive analysis. It concerns with the analysis elements of the novel and a psychoanalytic approach.

## **B. Research Finding and Discussion**

In this research finding, the researcher determines some points to analyze *One Day* novel (2009) as follows:

The first research finding is based on the structural elements of the novel, the researcher analyze the characters and characterization, setting, plot, point of view, style, and theme.

Based on the analysis of the character and characterization of the major and minor character in the novel, it shows that the major character, Dexter Mayhew is physically described as a handsome and elegant young man, he has a fine nose, eyebrows fine, sensual mouth, lips a shade too dark and full, short hair, and muscular body. Mentally, a young Dexter Mayhew is shallow minded and not too smart. He is a popular student in college, funny, and arrogant. In his middle-age, he becomes an independent man. After living with Emma, he leaves his bad habit, his arrogant, and his hedonist lifestyle. Morally, Dexter is a bad boy. In his youth, he is known as a playboy because of his habit which is like going out with many different girls.

“ . . . *Forty* or something. What do you want to be when you’re forty?”  
“*Forty?*” He too seemed to be struggling with the concept. “Don’t know. Am I allowed to say ‘rich’?”  
“Just so, so shallow.”  
“Alright then, ‘famous’.”

Based on the analysis of the setting, it is divided into two parts. They are setting of place and setting of time. Based on the setting of place, *One Day* novel sets in many places in the world. It takes places in many

city and country like Rome, India, and Paris, much of the novel occurs in England. Every place is explicitly listed in each chapter of the novel. Based on the setting of time, One Day novel takes place in the late twentieth century to early twenty-first century. Each chapter in this novel tells the story of one day in every year, begin in 1988 to 2007. Each year listed explicitly in each chapter.

Based on the analysis of the plot, it can divided into four parts. They are exposition, complication, climax, and resolution. In the exposition, the story begin when Emma Morley and Dexter Mayhew meet for the first time on the night of their college graduation from Edinburg University on July 15, 1988. They spent the whole night together in Emma's apartment, talking about their dreams and their future. Then, in the complication there are internal conflict and external conflict. The internal conflict is come from Emma who dreamed of being a famous writer, but she felt less confident and insecure. She does not realize her potential and afraid to develop herself. She felt that she was not able to do it and let herself sink into a career which she does not like. The external conflict occurs between Dexter and his father, Stephen Mayhew. His father felt angry with him because he was drunk when he came home. In effect, his father took his car and it makes Dexter angry to his father. The climax of the novel occurs when Emma died from an accident stuck by car. After Emma's death, Dexter feels very frustrated and upset. He returned to his old life, he returned to drink and go to nightclubs to forget his grief. He often made a mess in club and did not care anymore about his cafe business. The last is resolution, finally Dexter get past all the grief caused by Emma's death with the help and support by his friends, father, daughter and his ex-wife. He finally aware and be ashamed of his bad behavior that makes the people around him hard and worried. He is back to being a good person and start his life once again.

Based on the analysis of point of view, it shows that David Nicholls tells every character in the novel clearly, he uses point of view



omniscient non-participant. He does not use pronoun “I” to express the major character. He uses the third person in deliver characters.

Based on style, *One Day* novel uses Standard English and Non Standard English. Standard English is used by Dexter’s family. Sylvie also uses Standard English in her daily activity. Gary and Sid use Non Standard English when they spoke to their friends in theater. Dexter also uses Non Standard English when he spoke to Emma. It means that Standard English used by the upper class and educated people, while Non Standard English used by the lower class and people who have close relation.

Based on the analysis of theme in *One Day* novel, David Nicholls presents a theme “Personality Development”. Personality development is very important and needed in life. Basically, everyone should be able to develop to be a better person. People’s attitude and behaviors will be develop and change as they grow older. There are many factors that influence the personality development, such as environment and friends. Dexter and Emma were friends for almost twenty years. They also develop in personality and influence each other.

From the explanation above, the structural analysis of *One Day* shows and makes the unity of the story. It is because every element supports other elements and cannot be separated. The structural analysis can helps the readers to conceive the story deeply.

The second research finding is based on the Psychoanalytic Analysis. It can divided into two parts, they are Dexter’s personality and Dexter’s personality development.

### **1. Dexter’s Personality**

The *Id* occured when Dexter spent the graduation night with Emma without having sex and makes him annoy, Dexter wanted to slip out and away without permission when Emma was sleep. He wanted to continue his life without Emma as previously and met other beautiful girls.

When Dexter wanted to slip out when Emma was sleeping, his *superego* worry if Emma felt disappointed and Emma would be angry because of it.

His *ego*, first decided to slip out when Emma was sleeping, but when he realized Emma woke up and knew him slip out, his ego decide to change his decision. He stayed to spend one more day again with Emma.

## **2. Dexter's Personality Development**

In *One Day* novel, Dexter undergoes several personality development stage of his life. His personality development stage are explain into as follows

### **a. Puberty to young adulthood**

Since childhood, Dexter raised from the upper-class background and wealth family. In effect, he grew into a little bit arrogant. In college, he was known as a boy who was handsome, a little bit arrogant, shallow-minded and playboy. He spent his youth to have fun and always place forward his *Id*. He liked travelling in many country and never thought about his future.

In young adulthood, he began to think about his career. He wanted a job that was sound cool to show off to the girls. A good career development in television made him more arrogant and turned into a jerk man, it made his relation with his friends and family going tenuous. During time to time, he grew up began an adult and began to slightly change. He got married and stopped dating many girls. Dexter made a resolution in his life when he became a father, he determined to stop drank and changed into a better person.

### **b. Middle Age**

The divorce and lost the job had change him into a mature person. He really stop drank and began a real relationship with Emma. He left his old lifestyle and started a

new life independently became an entrepreneur man. In the middle age, he often placed forward his *superego* and left his fun.

### **C. Conclusion**

Referring to the problem statement and the analysis in the previous chapter, the researcher finally takes some conclusions. Personality development is very important in everyone's life. Dexter who is in his youth is arrogant and have a glamour lifestyle become more arrogant when he has a career in television. After through a lot of problem in his life, he experience the personality development. During time to time, he change into a better person.

The researcher suggest to the other researchers to analyze *One Day* novel from the other perspective such as Individual Psychological because there is an opposite character between the major character, Dexter and Emma. Although they have a different character, they can become a good friend for almost twenty years.

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