

LONELINESS OF MARI ASAI REFLECTED AT HARUKI MURAKAMI'S

***AFTER DARK* (2004):**

A PSYCHOANALYTIC APPROACH



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ABSTRACT

The major problem of this study is loneliness that happened to the main character, Mari Asai. Because of some bad school experiences and her parent that do not care to her, caused Mari feel that she will never get friends, and begin to depend on herself. The objective of this study is to analyze Haruki Murakami's *After Dark* based on the structural elements and analyze this novel based on the Psychoanalytic Approach. The Researcher employs qualitative method. The Researcher uses two data sources: primary and secondary. The primary data source is about the novel itself. Then, the secondary data sources are the books about psychoanalysis, references from internet about *After Dark*, and other sources, which have relation to the analysis. The method of data collection is library research and the techniques of data collection are reading novel and note taking. Based on the analysis, the Researcher gets some conclusions. This study shows that the problem faced by the major character is her own frustration and psychological condition -which is shown by her eagerness to be alone- and it is proved by she wants to be alone in the midnight when she spends her spare time in cafe. The role of parents, religion, teachers, lectures and good society effect the teenager development.

Keywords: Social anxiety, Loneliness, Frustration.

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ABSTRAK

Masalah utama dari penelitian ini adalah Kesendirian yang terjadi pada karakter utama, Mari Asai. Karena beberapa pengalaman sekolah yang buruk dan orang tuanya yang tidak peduli padanya, menyebabkan Mari merasa bahwa dia tidak akan mendapatkan teman, dan mulai sendiri. Objek dari penelitian ini adalah untuk menganalisa After Dark karya Haruki Murakami berdasarkan struktur elemen dan menganalisa novel ini berdasarkan Psychoanalytic Approach. Penulis menggunakan metode kualitatif. Peneliti menggunakan dua sumber data: utama dan kedua. Sumber data utama adalah tentang novel itu sendiri. Kemudian, sumber data kedua adalah buku tentang psychoanalisis referensi dari internet tentang After Dark, dan sumber lainnya, yang mempunyai hubungan dengan analisis. Metode pengumpulan data yang digunakan dengan mencari di perpustakaan dan teknik pengumpulan data dengan membaca dan menulis catatan. Menurut analisa, Peneliti mendapatkan beberapa kesimpulan. Penelitian ini menunjukkan bahwa masalah yang dihadapi oleh karakter utama adalah frustasi dan kondisi psikologinya sendiri –yang menunjukkan keinginannya untuk sendiri- dan ini dibuktikan dengan dia ingin sendiri di malam hari ketika dia menghabiskan waktu luangnya di cafe. Peran orang tua, agama, guru, dosen dan masyarakat yang baik berefek pada perkembangan pelajar.

Kata kunci: *Kecemasan sosial, Kesendirian, Frustasi.*

A. Introduction

Psychoanalytic is still an interesting topic that we can explore until now. Psychology is a part of human behavior, and there are so many things about human behavior. Sometimes we do not realize it, but it happens in our daily life with our consciousness or unconsciousness. In this world, human is a social creature, they cannot live alone. They must be together with another people to live in this world. But sometimes there are some people that they want to walk on this world by them self. They feel hard with another people. They have their own reason to do that and this is a difficult reason to explain what their reason is. One of that reasons is a frustration. Frustrating experience can cause human feel alone. Sometimes loneliness is our friend to walk on some conditions or loneliness is part of our life. Psychology expert, Hilgard (1962: 498) says that frustrating event is one in which goal to directed activity is blocked, slowed up, or otherwise interfered with. Frustration is also analyzed in Sigmund Freud's psychoanalytic theory. According to Freud in Lundin (1969:18), frustration is anything that prevented a painful or uncomfortable excitation within the personality from being relieved pleasure principle, the goal of the id, is denied.

Several more formal definitions of loneliness have been offered by social scientist. Many different definitions of loneliness have been offered (Peplau and Perlman, 1982, 4). The varying definitions of loneliness reflect differing theoretical orientations. These theoretical biases are related to some important aspects of the ways in which loneliness is conceptualized. In

particular, these differences center around the nature of the social deficiency experienced by lonely individual.

According to Perlman and Peplau (1981, 31) Loneliness is the unpleasant experience that occurred when a person's network of social relations is deficient in some important way, either quantitatively or qualitatively. As mentioned previously, this definition shares three points of agreement with the way most other scholars view loneliness. First, loneliness results from a deficiency in a person's social relationships. Loneliness occurs when there is a mismatch between a person's actual social relations and the person's needs or desires for social contact. Sometimes loneliness results from a shift in an individual's needs rather than from a change in their actual level of social contact. Second, loneliness is a subjective experience; it is not synonymous with objective social isolation. People can be alone without being lonely, or lonely in a crowd. Third, the experience of loneliness is aversive. Although loneliness may be a spur to personal growth, the experience itself is unpleasant and distressing (Peplau and Goldston, 1984 : 15).

Loneliness can be caused by frustration that happened in human experience. Frustration is one of so many reasons that can make human feel stressed, and this frustration makes human feel they cannot live with other humans and they feel loneliness is a way to relax their mind. Without any pressure from other humans, they feel their life is more comfortable. In essence, frustration refers to a condition of sustained motivation without

satisfaction, an important recurring aspect of all people's experience. Most people are accustomed to thinking of frustration as special or "undesirable" circumstance. Oftentimes, people who suffer advanced frustration usually make a strange behavior. That strange behavior is always alone in every condition. Alone is a way to relax their mind, and they do not need to meet with another people, because there is no pressure from another people, so they feel comfortable by being alone.

According to Peplau & Goldston (1984:23), many factors can contribute to the experience of loneliness. We find it helpful to distinguish between *predisposing* factors which make people vulnerable to loneliness and *precipitating* events that trigger the onset of loneliness. Predisposing factors can include characteristics of the person (e.g., shyness, lack of social skill), characteristics of the situation (e.g., competitive interaction, social isolation), and general cultural values (e.g., individualism). Precipitating events are factors such as the breakup of love relationship or moving to a new community which change a person's social life in some significant way. As mentioned above, loneliness can be caused by some reason. There are two factors that are mentioned above, but there is one more factor, this is cognitive factor.

Cognitive factors can also play a role in loneliness. Once loneliness occurs, the intensity of the loneliness experience depends in part on thought processes. As one example, considerate role of causal attributions, that is, of the explanations that people create to explain their own loneliness. Scientists

are not the only ones who try to figure out the causes of loneliness; lonely people are also motivated to do this. And the answers they arrive at having an impact to the course of their loneliness.

The protagonist of the novel, Mari Asai is described as an ordinary-looking, nineteen-year old college freshman who is out late at night spending it away from home and perhaps to get away from home. She is described by the other characters, and it is sometimes even implied by what she tells of herself, that she is a hardworking lady who is sure of herself and is strong-willed, even if she does not come off that way initially or thinks of herself that way. And yet, as the novel progresses and the reader learns about her life bit by bit, one can notice how she leads a lonely life that may have its own pockets of peaceful solitude but it becomes quite clear that she struggles to not drown in her lonely, whether it was forced on her or self-imposed or even both.

Psychological and mental cases are interesting objects to be explored. These themes are often used by authors of literary work to build their story. One conflict of writers which reveals about psychological and mental is Japanese author Haruki Murakami in his novel entitled *After Dark*. It was originally published in 2004. Then this novel was translated into English by Harvill Secker and published again in 2007 with English language.

Haruki Murakami was born in Kyoto in 1949. He was born in post World War II Japan to parents who both taught Japanese literature. As a child he read the works of various American authors like Kurt Vonnegut, Richard

Brautigan and Jack Kerouac. His works focus on fiction and non-fiction critically acclaimed around the world and not just in Japan. Considered a significant figure in postmodern literature, his works are characterized by elements of surrealism and nihilism. He got the sudden inspiration to write a novel when he was watching a baseball match and since then there has been no looking back. He wrote his first piece of literary work, a 200-page novel which he sent to a writing contest for new writers. He won the first prize and was inspired to write more. Following the publication of his first novel in Japanese in 1979, he sold the jazz bar he ran with his wife and became a full-time writer.

The original title of the Haruki Murakami novel is *After Dark*. The story begins before the middle of the night in Tokyo. Then switch to a Denny's restaurant where not all the customers are alone except for a young woman who was reading a book. The young woman named Mari Asai (*After Dark*: 2004). He does not look or wait for someone to eat dinner, but only wants to spend time reading books at night with the restaurant while drinking coffee. Not long after that there was a man with a trombone going in and looking familiar. The man named was Takahashi, a jazz musician who used to practice at night around the place and intended to stop by the restaurant for dinner. After that he tried to say hello and let them both having a conversation that is long enough because Takahashi is a man who is quite chatty. After a few moments, Takahashi separated with Mari for training and Takahashi

advised not to go anywhere because he will be back after practice (*After Dark*: 2004).

In summary of Haruki Murakami (*After Dark*: 2004) then shortly after, there was a big tall woman entered the restaurant and looked around the room Denny's. And it turns out he was looking for Mari. He knows Mari from Takahashi story. The woman asked for help intending to translate the language of a prostitute from china abused by customers. The woman is named Kaoru Love Hotel manager.

In other places, there is a beautiful woman who was sleeping in his room. Sleeping soundly as if no matter what happens to her around. The woman name is Eri Asai, Mari sister which is the famous TV model. However, for some reason, she was stressed with his job and began to shut himself in his room all day. Then back to Mari setting, Mari and Kaoru finally know that the man who hurt the Chinese prostitutes is an employee of the game company that is very well known. The employee named is Shirakawa (*After Dark*: 2004).

Based on the background above, the researcher proposes to conduct a research entitled **“Loneliness of Mari Asai reflected in Haruki Murakami’s *After Dark* Novel (2004): A Psychoanalytic Approach.”**

B. Research Method

In this research, the researcher uses a qualitative research. It is a library research while data sources need literary data. This kind of research has purpose to analyze literature using a psychoanalytic approach. There are some steps to

conduct the research. They are (1) determining the type of the study (2) determining the object of the study (3) determining data and data source (4) determining technique of data collection, and (5) determining technique of data analysis.

1. Object of the Study

The object of the study is Loneliness of Mari Asai in *Haruki Murakami's After Dark* (2004). It is analyzed by using a psychoanalytic approach.

2. Data Source

There are two data sources which are needed to conduct this research. They are primary data source and secondary data sources.

a. Primary Data Source

The source of primary data is Haruki Murakami's *After Dark* novel (2004). It is published by Tokyo: Kodansha.

b. Secondary Data Sources

The sources of secondary data are taken from other sources related the study, such as: website, dictionary, and some books which support the research.

3. Data Source

There are two data sources which are needed to conduct this research. They are primary data source and secondary data sources.

c. Primary Data Source

The source of primary data is Haruki Murakami's *After Dark* novel (2004). It is published by Tokyo: Kodansha.

d. Secondary Data Sources

The sources of secondary data are taken from other sources related the study, such as: website, dictionary, and some books which support the research.

4. Technique of Data Collection

The technique of collecting data are reading novel and note taking, the steps are as follows:

- a. Reading the original novel *After Dark* several times.
- b. Determining the characters of novel.
- c. Taking notes of important things for both of primary and secondary data source.
- d. Classifying data by determining the relevant data.
- e. Technique of Data Analysis

The technique used in analyzing the data is descriptive analysis. The steps which it taken by the researcher in analyzing the data is as follows: the first is analyzing the data based on its characters and structural elements. Focus will be paid on the character and the structural of analysis of the novel. The second step is analyzing the data based on psychoanalytic approach. Focus will be paid on loneliness toward the main character.

C. Finding and Discussion

Based on the Psychoanalytic Analysis above, the researcher finds that the major character has a rather bad psychology condition because of frustration. It is proven by her loneliness, because of her social relationship that she cannot do. The element such as *Id*, *Ego*, *Superego*, and loneliness, give the important part in constructing the minor mental condition.

In *After Dark* novel, Haruki Murakami gives attention to the personality elements and focuses both to the two characters who have activities in different place. The story of Mari Asai has setting place in the outside of the room. Then, the story of Eri Asai which is setting in her room. Mari's personality is really different from Eri's personality that makes this novel really interesting. Mari's personality is rather tomboy and not feminim. But, Eri is really beautiful and feminim woman.

Mari's personality and condition showed she is just alone because her loneliness that she gets because of her frustration in her social relationship. But, occasionally Haruki shows that she still wants to talk to other people and help another people although she prefers alone and reading book to spend her time. She sometimes follows her *Ego*, prefers alone and feels alone for result. Her *Ego* still thrives and rises because her parents did not give her enough care and frustration in her mind. Haruki makes Mari Asai character in not good position because her characteristic as a younger sister, but she does not close to her older sister, Eri Asai, whereas two sisters in a family usually close each other.

Haruki Murakami presents conflict between every character which is so complicated. It is shown from conflict between two sisters Mari Asai and Eri Asai that are not close each other. Second complicated, it is shown from conflict between owner Alphaville hotel Kaoru and Chinese gang because the prostitution. Third complicated, it is shown from conflict between Kaoru with Shirakawa. It makes this Haruki novel "*After Dark*" really unique because not every conflict has a resolve problem or the resolution. And also the resolution of this novel depends in our wish.

Actually, in normal condition, a novel has generic structure Orientation, complication, and resolution. Haruki chooses to make different style of novel story to make original art work by himself. Wellek and Warren (1956: 81) stated that the psychological study of the writer had been seen by psychological of literature. Psychological of literature has meant as type and as individual, or the study of the creative process, or the study of psychological types and laws present in the course of works of literature, or finally, the effects of the literature study upon it is readers or the reader psychology. Then, Wellek and Warren append that to tell a story, one has to be concerned about what is happening, not merely about the outcome. Actually, there is a kind of reader who must look ahead to see how a story 'appears'. Then, one who reads only 'concluding chapter' of a twenty century novel would be somebody who incompetent to make the interesting story, which is process even through process towards an end (Wellek and Warren, 1956: 215).

Haruki Murakami presents the conflict *Id*, *Ego*, *Superego* on every character. Haruki shows it by relating it to psychoanalysis, which correlates with human being in this novel. In this novel, Mari's personality is dominated by the *Ego* as an authority in regulating mind and psychology. The *Ego* is the mind code of a person taking part in her personality. Mari is college freshman age her life is hard from the beginning. Actually she is a kind person and smart student, but she becomes lonely girl.

This changing personality focuses on the conflict between *Id* and *Ego* from Mari Asai that makes her more feel alone in her day life. Mari Asai is a normal college. She has a normal appearance and not too pretty. Her life in school and her house is not good. In this condition, an adolescent student like Mari Asai will feel alone in her life. Her life as a teenager is not fun as the other. Her daily life is very flat. It makes her life is so boring, loneliness always accompanies her in every time.

Her *Id* begins to appear and force her *Ego* to take charge of her mind. The frustration of social relationship of Mari shows that her *Ego* is stronger than his *Superego*. The principle of *Ego* is according to the reality principle (Boeree, <http://www.ship.edu/html>). Its function is to decide what to do by considering in both *Id* and *Superego*. It then can be concluded that a person *Ego* determines and motivates her to be stressed.

Social anxiety is also the causes of Mari Asai's loneliness. According to Burger (1986: 59) anxiety is an unpleasant emotional experience which is similar but not incidental to feelings of nervousness, worry, agitation, or

panic. Awareness of certain unacceptable materials creates anxiety. In this novel the researcher finds that social anxiety is the result of *Ego* conflict which causes loneliness to Mari Asai. This social anxiety makes Mari Asai prefers alone in more condition than with the other people.

Haruki Murakami makes correlation conflict between frustration and social anxiety to make loneliness feeling as a result. As though Haruki wants to tell the reader if somebody who does not get friend in their school will feel lonelier than the other people, and also in their house they do not get enough care too. With this loneliness, Haruki shows that every teenager especially girl is really susceptible struck of social anxiety. The girl social anxiety brings effect loneliness as the result. Because of that, the researcher makes conclusion that does not having relationship, less of care, stress, frustration and social anxiety really have become the major cause to make loneliness. So that Haruki Murakami wrote this novel to warn the readers about this loneliness will disturb growth for teenager. Because of course, teenagers need entertain their self with their friend, not with lonely day. *After Dark* by Haruki Murakami presents not only about the entertainment, but has many messages and knowledge which are indicated in the characteristics and personality of the character in this novel.

The author makes a good relation between *Id*, *Ego*, and *Superego* in Mari's personality. He shows the conflict between two different characteristics and also the conflict between *Ego* and the *Superego*. The result is *Ego* has greater influence than the *superego* that determines the Mari's

characters behavior. It can be said that *Ego* does not obey the *Superego*, and then the consequence of the domination of *Ego* makes the character have loneliness. But in some conditions, her *superego* is stronger, this is strong enough to help the other people.

D. Conclusion

The researcher deduces several conclusions after analyzing *After Dark* novel using psychoanalytic approach. First, the structural analysis of this *After Dark* novel consisted of character and characterization, setting, plot, point of view, style, and theme related solid unity. Haruki Murakami employs some complex plots which are many setting of places and every character tells their own stories and conditions. The story that is begun with the exposition followed by conflict and climax, but exactly ended with end float. Haruki Murakami doesn't clearly explain the end of the story but gives the readers to choose the end of the story by themselves. That the author wants to deliver how every human has had stressed and frustration then the effects from their mental load especially Mari Asai character. Haruki Murakami creates a character which has loneliness life named Mari Asai to deliver the message.

Second, based on the psychoanalytic analysis, it can be concluded that in *After Dark* by Haruki Murakami there is an illustration of a psychological phenomenon in which the character has internal and external experiences conflicts. He showed the conflict by creating two sisters named Mari Asai and Eri Asai character. Through Mari Asai character's psychological condition, the researcher uses psychoanalysis (*Id*, *Ego* and *Superego*). It was proved by

Mari Asai's loneliness that happened by stress and frustration which *Id* and *Ego*'s dominate her decision. Haruki showed personality conflict that Mari Asai's *Superego* has lost by her *Id* and *Ego*. But in some conditions, her *Superego* is stronger, this is strong enough to help the other people.

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