

**THE PERSONALITY DEVELOPMENT OF EMMA AND DEXTER
REFLECTED IN DAVID NICHOLLS' *ONE DAY* (2009):
A PSYCHOANALYTIC APPROACH**



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Surakarta, Agust 8th2019

The Researcher



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Abstrak

Penelitian ini bertujuan untuk menemukan kepribadian dari karakter utama yang tercermin dalam Novel *One Day* dari David Nicholl. Penelitian ini mengkorelasikan elemen struktural dan perspektif psikoanalisis yang dikemukakan oleh Sigmund Freud. Teori sastra Sigmund Freud digunakan untuk menjelaskan element sastra seperti karakter dan karakterisasi, sudut pandang, ironi dan simbol. Sementara itu, teori psikoanalisis untuk menemukan aspek psikologi dari karakter utama dalam novel *One Day*. Penelitian ini menggunakan metode kualitatif. Pengambilan sumber data dari metode ini mengambil data dari data primer dan sekunder. Pengambilan sumber data primer terdapat dalam novel *One Day* yang di tulis oleh David Nicholl melalui kalimat, dialog, konflik dan peristiwa dari novel tersebut. Sementara itu, pengambilan sumber data sekunder terdapat dalam sumber utama yang terkait di dalam novel *One Day* karya David Nicholl. Pengumpulan data ini menggunakan teknik penelitian kepustakaan. Analisis yang digunakan peneliti untuk menganalisis data tersebut adalah Analisis Deskriptif.

Keyword : *kepribadian, tokoh utama, one day, psikoanalisis*

Abstract

This study aims to discover the personality of the main character reflected in the *One Day* novel by David Nicholl. This study correlates the structural elements and psychoanalytic perspectives put forward by Sigmund Freud. Sigmund Freud's literary theory is used to explain literary elements such as character and characterization, point of view, irony and symbols. Meanwhile, the theory of psychoanalysis is to discover the psychological aspects of the main characters in the *One Day*. This study uses a qualitative method. Retrieval of data sources from this method takes data from primary and secondary data. Retrieval of primary data sources contained in the *One Day* novel written by David Nicholl through sentences, dialogues, conflicts and events from the novel. Meanwhile, the retrieval of secondary data sources is contained in the primary source that is related in David Nicholl's *One Day*. This data collection uses library research techniques. The analysis used by researchers to analyze the data is Descriptive Analysis.

Keyword : *personality development, the main character, one day, psychoanalytic approach*

1. INTRODUCTION

Literature is a work that involves many people as an aspect of human life. In addition to textual potential, processing aspects production at that time also affected it. The thing to consider as a strong effect of production is when the writer has to say what figures he wants to convey to the reader. Literature can help us understand more about human life. Understand human characters and emotions that are influenced by their environment. Understand more about certain aspects of human life, such as social, cultural, political, educational, etc.

Literature consists of poetry, drama, fiction, and a lot of non-fiction writing, as well as oral, dramatic, and broadcast compositions, not necessarily in written format such as films and television programs. Literary works are the result of human thinking that tells about life related to feelings, ideas, and problems. (Julien Bonn, 2010:93).

Emotional response patterns, Attitudes, and Behavior of an individual are special combinations that affect human personality. Personality is broken down into components called Big Five, namely openness to experience, awareness, extroversion, conformity, and neuroticism (or emotionality). Emotion as the driving force behind motivation, positive or negative. It was shown in the *One Day* novel by David Nicholl.

One Day is a novel published in 2009 by David Nicholls. In each chapter the novel discusses the lives of two protagonists on July 15, when St. Swithin twenty years ago. This novel tells about the peronality of Emma Morley and Dexter. When in 1998, after graduation from Edinburgh University Emma and Dexter spent the night together. They talk about how they will become. Although that is the beginning of their friendship which is not fully involved in a romantic way. This novel tells the life and their relationship that began on July 15 to 20 years in a row in each chapter. After graduation, Emma wanted to improve the world of her writing and display the results of her writings, but to no avail. While, Dexter traveled the world, drinking and dealing with women. Eventually, Dexter and Emma moved to London, Emma became a waitress in Kentish Town in a Tex-Mex retaurant, while Dexter became a successful television presenter.

There are four reasons why the writer chose this novel. First, it is unique and interesting because the story of the novel is about friendship and love, but it is not a fairy tale. *One Day* is truly about the loneliness and casual savagery of destiny, the tragic gap between young aspirations and the compromise that we ultimately tolerate. Second, because of the novel we can find the phenomenon of psychological problems in character. Third, there are many meanings presented in the novel. The last, because this novel teaches about personality changes, from a bad personality to a better personality. From the author's reason, the author finally decided to make the title Personality of Emma and Dexter reflected in David Nicholl's *One Day* novel (2009): a psychoanalytic approach. But, as far as the author is aware, no researcher has raised the David Nicholl's *One Day* novel before. So, this study is the first study.

Based on this explanation, the writer can observe the *One Day* novel by using the Psychoanalytic Approach “ How is the personality of Emma and Dexter reflected in the David Nicholl's *One Day* novel?”. In this study, the writer will focus on the analysis of the

personality and ego of the main characters (Emma and Dexter) using a psychoanalytic approach. In accordance with the statement above, this study aims to analyze the novel based on the structural elements of the movie, and analyze the novel based on the psychoanalytic approach.

There are two benefits expected from this research. First, the theoretical benefit expected from this research is that it can contribute in the study of literature, especially the study of psychoanalysis on the personality literature. Second, the practical benefit that can be expected by this research is to be able to understand more about novels, especially personality in *One Day* novels from a psychoanalytic approach.

In this study, researcher used several underlying theories to analyze a *One Day* novel. The theory taken from books directly related to the research to support data and help researcher to analyze *One Day* novel. In this study, researcher tried to use a psychoanalytic approach consisting of the idea of psychoanalysis, the level of personality, the structure of personality, and the idea of personality development. Psychoanalysis is a branch of psychological studies. Psychoanalysis of theory and practice begins at the end of the 19th century and the beginning of the 20th century in the work of Sigmund Freud (1856-1939). Psychoanalysis has played several roles in changing personality values and can be reflected in changes in values in our society (Pervin, 1984:64).

Sigmund Freud is known as the father of psychoanalysis. Psychoanalysis focuses on aspects of the personality that are not realized. Understanding how much influence the mind has in shaping our personality and behavior is a major interest of Freud. The fundamental belief is that the most powerful influence on individual actions is influenced by the mind. Although this cannot be studied objectively and scientifically, he put forward the concept that our mind has three components. They are conscious, preconscious, and unconscious.

According to Freud, Every human mind has a high level of awareness and can be seen, but the subconscious level of the human mind is more hidden and inhibits one's personality. In 1923, Freud introduced three structural models, namely: id, ego, and superego.

1. Id

Id is the original personality system, exist from birth. Id is closely related to the physical process to get the psychic energy used to operate the system of other personality structures.

2. Ego

Ego develops from id to get people to handle reality; so, ego operates following the principle reality. The Ego is the executive (executor) of the personality, which has two

main tasks; First, choose which stimuli you want respond and or which instincts will be satisfied according to the priority needs.

3. Superego

Superego is the moral and ethical power of the personality, which operates uses the idealistic principle as opposed to the id satisfaction principle and the realistic principle of ego. Superego develops from the ego, and unlike ego, it has no energy of its own

In this study, researcher will analyze a *One Day* novel using a theory from Sigmund Freud that describes personality psychoanalysis using three psychical elements, they are : id, ego, and superego.

According to Erikson (in Simanowitz and Pearce, 2003:33), The steps that have been determined in the readiness of human organisms to encourage social interaction with human beings in calculating in certain individual lives can be said to develop in accordance with the personality.

2. METHOD

In this study, researcher implement qualitative research. There are two data sources needed to conduct this research, they are: the primary data source and secondary data source. Primary data sources are *One Day* novel made by David Nicholl. While, secondary data sources are taken from other data, which has a relationship with the research.

This study uses a literature study data collection technique, the steps are : reading novels repeatedly, looking for some important notes, and classifying data into groups according to categories of literary study elements. The technique used in analyzing data is descriptive analysis. This is related to analysis novel elements and psychoanalytic.

3. FINDING AND DISCUSSION

In this research finding, researcher determined several points for analyze the *One Day* novel (2009) as follows: The first research finding are based on the structural elements of the novel, the reseacher analyze the character and characterization, setting, plot, point of view, style, and theme. From the research finding, *One Day* structural analysis shows and makes the story unified. It is because each elements and cannot be separated. Structural analysis can help the reader to understand the story in depth. The second research finding is based on psychoanalytic analysis. It can be divided into two parts, they are Dexter and Emma's personality and Dexter and Emma's personality development.

The Researcher describes that human personality can be change and it is shown in the major character, Emma and Dexter. *One day* is built in standard and non standard grammatical structures in dialogue or narration. That can be seen from the narration during the story. There are also standard and non standard grammatical structures in dialogue.

In the brief explanation mentioned above, it can be concluded that David Nicholls uses all structural elements in the story including character and characterization, background, plot, point of the view and style to build the theme. All parts of this structural element support each other to make a single story. Image, character, and characterization arrangements support themes can be elements to unite plots. Meanwhile, the point of view gives the writer the opportunity to move easily between the character's thoughts and motives. Style, however, can determine their character identity or even their social circumstances, or characterization by considering the way they speak. Each element is inseparable from each other because it affects the story and theme.

The analysis of the personality of the main character in the structural element gave the important point about the main character's life and condition. Based on the explanation in the structural element, the researcher analyzed the main character personality. David nicholls in *One Day* shows the different personality in Emma Mayhew and Dexter. The structure of personality : the id, the ego and the superego influence their personality.

The id of Emma when **“she has a jealous with Dexter, because she loves him. But, Dexter comes into his restaurant with another girl”**. The id of Dexter when **“he 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”**. The Ego of Emma when she chooses that **“she never be married with dexter or another boyfriend”**. The Ego of Dexter when **“he 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”**. The Superego of Emma when **“she look the reality, Dexter married with her and Dexter to be her husband”**. The Superego of Dexter when **“he is worry if Emma felt disappointed and Emma would be angry because of it”**.

In *One Day* novel, David Nicholls gave the two major aspects. They were psychology aspect and the avidity aspect. First was based on psychology aspect, it showed that the Dexter and Emma character experienced the personality development. Basically, everyone should be developed in their personality over the time, it was very important in order to reach the maturity.

The second aspect was avidity of the Emma and Dexter character. It was consist of moral and social value. From the moral aspect, the Dexter character was raised from the upper-class background made the main character became an arrogant person and had a glamour lifestyle. He was known as a person who had a bad moral. The Emma character was tried to overcome her problems and begins to write her novel. She was known as a person who had a good moral.

From this study, the researcher concluded that the personality development gave the great effects toward the main character's life in gaining their future and happiness.

4. 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. *One Day* is not an ordinary romance novel. Emma and Dexter are so real. There is no fabrication in this novel, it feels like the fate of Emma and Dexter's storyline. In this novel, both the nature of Emma and Dexter are found, their lives which sometimes above sometimes below, continue to spin like the wheel of life in general, there is no excessive romance or romantic things like soap opera.

The main character of *One Day*, Emma and Dexter are stubborn or selfish people. In their case, their stubbornness or ego which causes their love to be hampered and that also affects their personality. The cause of the stubbornness makes it difficult for them to unite and have mental consequences.

David Nicholls wants to deliver moral message in this *One Day* novel that the good personality is the process to be good confidence. The people must be confidence in this life. We can achieve our dream if we have good confidence. The novel tells how the personality of Emma and Dexter to be good confidence.

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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