

**MENTAL DISORDER REFLECTED IN NOVEL “ A WORLD
WITHOUT YOU” WRITTEN BY BETH REVIS (2016) : A
PSYCHOANALYTIC APPROACH**



**Submitted as a Partial Fulfillment of the Requirements
For Getting Bachelor Degree of English Education**

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APPROVAL

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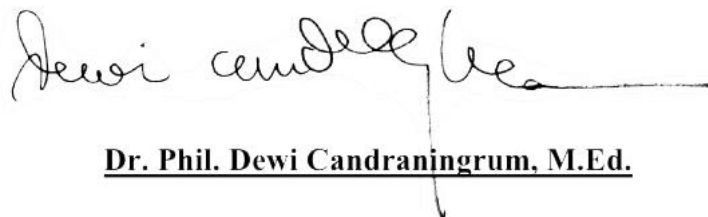
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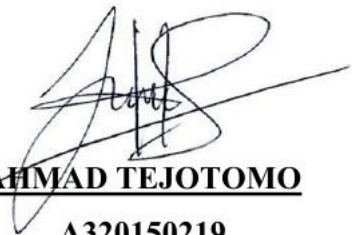
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Surakarta, 6th March 2020

The researcher,



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Abstrak

Penelitian ini bertujuan untuk menjelaskan tentang bagaimana mental disorder yang terjadi di dalam novel *A World Without You* oleh Beth Revis, tentang bagaimana seorang remaja bernama Bo yang memiliki mental disorder, dan teman-temannya dalam satu akademi yang sama yang juga memiliki mental disorder. Dalam melakukan analisis novel ini, penelitian ini menggunakan teori psikoanalitik dari sigmund freud. Penelitian ini menjelaskan tentang bagaimana yang sebenarnya terjadi kepada mereka yang memiliki mental disorder, tentang apa yang mereka alami sebenarnya, serta bertahan diantara orang-orang yang menganggap mereka sebagai orang aneh. Hal hal ini dapat dikemukakan dengan bagaimana perjuangan dari seorang tokoh utama, dimana semua orang tidak ada yang setuju atau mempercayai apa yang dikatakan olehnya. *A World Without You* memberikan gambaran cukup jelas untuk pembaca tentang bagaimana kehidupan yang sebenarnya dialami oleh mereka yang memiliki mental disorder.

Kata Kunci : mental disorder, psikoanalitik, *a world without you*

Abstract

This research aims to explain about how mental disorder that occurs in the novel *A World Without You* by Beth Revis, about how a teenager named Bo who has mental disorder, and his friends in the same academy who also has mental disorder. In analyzing this novel, this study uses the psychoanalytic theory of Sigmund Freud. This research explains about how it actually happens to those who have a mental disorder, about what they experience, and survives among people who think they are strange. This can be seen by how the struggle of the main character, where everyone does not agree or believe what is said by him. *A World Without You* show the readers about how life is actually experienced by those who have mental disorders.

Keyword : mental disorder, psychoanalytic theory, *a world without you*.

1. INTRODUCTION

Mental disorder also called mental illness is a behavioral or mental problem that causes significant distress or impairment of personal functioning. Such features maybe persistent, relapsing and remitting, or occur as a single episode. Many disorders have been described, with signs and symptoms that vary widely between specific disorders. Such disorders may be diagnosed by a mental health professional. Such conditions may affect someone's ability to relate to others and function each day. Each

person will have different experiences, even people with the same diagnosis. Recovery, including meaningful roles in social life, school and work, is possible, especially when you start treatment early and play a strong role in your own recovery process. A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment and lifestyle influence whether someone develops a mental health condition.

A World Without You is a novel by Beth Revis, published in July 2016 by Razorbill. This novel was her second stand alone novel after *The Body Electric*. Beth Revis is an American author of fantasy and science fiction. She is best known for the *Across the Universe* trilogy, which consists of the novels *Across the Universe*, *A Million Suns* and *Shades of Earth*. Her first published novel, *Across the universe* that published in January 2011, there have been two sequels to the book: *A Million Suns* (Published in January 2012) and *Shades of Earth* (Published in January 2013), and the standalone novel set in the same universe *The Body Electric* (Published in 2014). *A World Without You*, tell the story of teenager who suffered mental disorder when he was 15 years old and lost his girlfriend when he was 17. He want to make sure to everyone that her girlfriend actually is not dead, but just got trapped in the past. From this novel Beth Revis want the readers can understand about the condition of them who suffered mental disorder actually inside, how they feel when nobody believe in them, when everyone believes that they are sick, they are weird. Beth Revis want the readers actually feel about their pain inside from this novel.

The researcher chooses *A World Without You* as the object of the research because in this novel tells about a person who fixes mental disorders fighting for his true love, love regulates, and about how he himself tries to ensure that others require super powers as well as with friends in the academy. by using psychoanalytic methods, where researchers want to discuss here how to deal with things about him that are considered by others related to mental disorders until finally meeting the same people, who are related to super, at the time that they were all teenagers who have mental disorders but with different things, such as one example Bo, the main character who corrects delusions, Sofia who fixes depression, Harold with auditory hallucinations, and various characters with different mental disorders.

2. METHOD

In analyzing the novel *A World Without You*, the researcher used method employed descriptive qualitative method. The word qualitative implies an emphasis on the qualities of entities and on processes and meanings that are not experimentally examined or measured in terms of quantity, amount, intensity, or frequency. The main material object of the study is *A World Without You* novel written by Beth Revis. The second material object is by using internet to gather some information and collect the article related to the object of study and then identify the problem to find the data. The third, analyze the data by using psychoanalytic theory.

3. FINDING AND DISCUSSION

3.1 Finding

This novel tells about some teenagers who lived inside an academy for students who suffered mental disorder and need special treatment. Bo, as the main character in this novel, have mental disorder kind of delusion. Bo thinks that mental disorder according to him and his friends is a superpower that can be controlled and only occurs to certain people. Sofia, Ryan, Harold, and Gwen are the support characters in this novel that has the same mental disorder like Bo, but each of them has different mental disorder.

Out of all of us, Ryan has more power and control than sofia ever did, but sofia is the kind of quiet, attentive student that teachers like. (A World Without You, 2016, p.6)

In Berkshire Bo is not alone, there are some friends who also have the same mental disorder with Bo but with a different type, Gwen who has Impulse Control Disorder, Ryan has Sociopathic Tendencies, Sofia has depression, and Harold who has Trust and Abandonment Issues. And in the novel, each mental disorder has different super power.

Even so, Harold rises to the occasion. "I speak to ghost." His voice is almost a whisper. (A World Without You, 2016, p.36)

"Well I can do something useful," Ryan says. He flicks his hand up, and the blue plastic chairs we're all sitting in start to float.

...Ryan casually waves his hand, and the chairs crash back down. (A World Without You, 2016, p.37)

She Goes completely invisible.

I jerk my arm back, shocked, but the Doc just give her a nod and a smile. I wait for her to return to visibility, but she doesn't. (A World Without You, 2016, p. 37)

"My Turn," Gwen says, and she lights her hair on fire, shaking the sparks out like glitter. (A World Without You, 2016, p. 37)

3.3 Discussion

The researcher will discuss how is mental disorder depicted in the novel, and the risk of mental disorder from this novel. This novel told about the story of teenager who had mental disorder in his life, before he was 15 years old, Bo was just a normal boy who lived like usually boy. His first experience occurred in a history class in a class at his school before berkshire, he felt really was in a place that was being explained by his teacher. Some mental disorders contained in the novel include delusion, impulse control disorder, extreme narcissism, anger issues, sociopathic tendencies, depression, and psychosis. adolescents who experience some mental disorder consider themselves to have different "superpowers" based on their respective diagnoses. besides that, it was also told about the love story of the main character who was diagnosed with delusion, with Sofia Muniz, a girl who also suffered from depression because her family died in a car accident, and only she herself survived.

Until one day, Sofia chose to end his own life by suicide, and she do suicide when she was with Bo. Bo himself apparently could not accept the fact that Sofia had died, because Bo felt when it happened he and Sofia were hand in hand to go to the past and accidentally let go of Sofia's hand, it became one of the strong reasons that Bo felt he had left Sofia and did not want to acknowledge the fact that Sofia had died. Bo who still does not believe that he tries to convince everyone that he can bring back Sofia, but unfortunately the delusion he suffered can be said to be getting worse with the death of Sofia.

The stronger his efforts to save Sofia, the worse he gets in his illness which makes him increasingly unable to understand what is reality and what is merely an illusion. Until finally Berkshire suffered a fire, and he tried to save one of his friends trapped in the fire, he again tried the "superpower" that was in him and he thought he had managed to save his friend, but apparently his friend managed to save himself by breaking down the door there, not with help from Bo.

Besides in Berkshire, Bo's life in his own family is also written in the novel. Being in his own family, Bo felt strange because he felt that only he had "superpower" while his parents and sisters did not. The atmosphere in the family feels quite cold, the family for Bo is just a formality to have a father and mother, and home is a place for him to stop on weekends. His own father is one who is too focused on working and earning money, and his mother is a housewife who loves her two children.

When Bo was about to be introduced to Berkshire, the father rejected the proposal, inversely proportional to his mother who seemed to want healing and the best for her child. His father refused to send Bo to Berkshire because he did not want any record that his son was not a normal child like the others, and he did not want his son to be considered a strange person by others.

The risks of mental disorder contained in the novel are about how a Bo tried to insist on trying to convince outsiders, but no one else wants to believe in him, so that it has a heavy effect on his burden and the burden on his mind. The burden for Bo himself was that he tried as hard as possible to do something that in reality would never be able to revive the dead, but because of the delusion he suffered made Bo become worse and worse. In addition, the burden of thought causes Bo to try to be alone without trusting anyone else, and makes him no longer recognize what is reality and what is merely illusion. Things like this cause those who suffer from mental disorder are reluctant to talk to outsiders, he could even be reluctant to talk with family who are the closest people to them. But they prefer to shut down and this can be a trigger for the mental disorder to become more severe.

Based on some of data above, and if it is associated with psychoanalytic that was written in the previous chapter by the researcher, it can be stated that the impact of

mental disorder can affect the *id*, *ego*, or *superego* of someone. From the main character in the novel, Bo. He might still have an understanding from his subconscious about *Id*, which is about his need that he needs Sofia to accompany him in his life, and also he still wants to bring Sofia back. But about the *ego* Bo can't have control on his own ego, this is can be seen where Bo cannot recognize which one on his life is reality and which is only an illusion, this happens on him because of his efforts are too hard to save his girlfriend, Sofia. fortunately, Bo did not lose control of his *superego* in him, he could still understand what was good or bad.

4. CONCLUSION

After analyzing the novel *A World Without You* by Beth Revis using a psychoanalytic approach, the researcher found a correlation between the issue raised that is mental disorder and the underlying theory used by the researcher. The first, it's about mental disorders that occur in the main character, Bo is a type of delusion mental disorder. This happened to him when he took a history class in his class at a normal school, when it happened Bo became the center of attention by everyone in the class and when he realized he was secretly leaving the class because basically he was the only one who experienced it without anyone understood what made him scream suddenly in the classroom. The events that occurred in the class made him a little more closed to others because some students began to think he was a little strange, other than to people at school, Bo even covered up what happened to his own family. This makes his psychology indirectly weakened because no one can understand the psychological condition of Bo, and Bo himself does not trust anyone, until finally he must be moved to school for a special school for students with mental disorders.

A World Without You, is a kind of a romance novel, but with the different ways. The novel make the reader understand about what is actually felt by those who have mental disorders, when everyone thinks they weird, making them inclined to be introverted. As well as the struggle of a main character who has a mental disorder want to save his girlfriend, although in the end it can not save people who have died. And readers can also feel what is actually felt in people with mental disorders, when no one wants to believe what he said.

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