

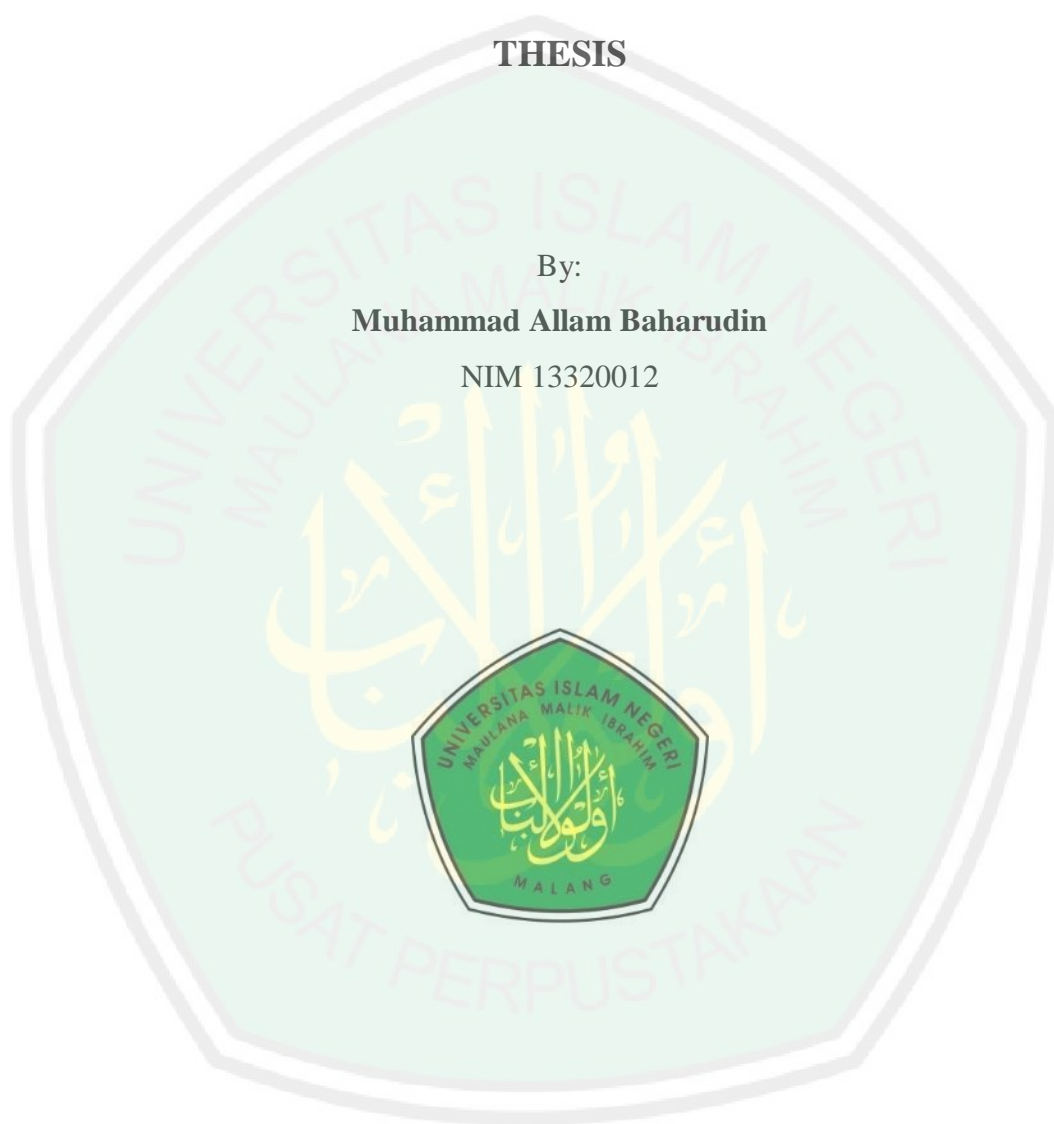
**ELLIOT'S STRUGGLE TO OVERCOME SCHIZOPHRENIA IN SAM ESMAIL'S
*MR. ROBOT: RED WHEELBARROW***

THESIS

By:

Muhammad Allam Baharudin

NIM 13320012



DEPARTMENT OF ENGLISH LITERATURE

FACULTY OF HUMANITIES

UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG

2019

Elliot's Struggle to Overcome Schizophrenia in Sam Esmail's *Mr. Robot: Red Wheelbarrow*

THESIS

Presented to
Universitas Islam Negeri Maulana Malik Ibrahim Malang
In Partial Fulfillment of the Requirement for the Degree of *Sarjana Sastra* (S.S.)

By:
Muhammad Allam Baharudin
NIM 13320012

Advisor:
Dr. Syamsudin, M.Hum.
NIP 196911222006041001



**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG
2019**

STATEMENT OF AUTHORSHIP

I state that the thesis entitled **Elliot's Struggle to Overcome Schizophrenia in Sam Email's *Mr. Robot: Red Wheelbarrow*** is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. Hereby, if there is any objections or claims, I am the only person who is responsible for that.

Malang, May 29, 2019

The researcher




Muhammad Allam Baharudin

NIM 13320012

APPROVAL SHEET


This is to certify that Muhammad Allam Baharudin's thesis entitled **Elliot's Struggle to Overcome Schizophrenia in Sam Esmail's *Mr. Robot: Red Wheelbarrow*** has been approved for the thesis examination at Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of *Sarjana Sastra* (S.S.).


Malang, May 29, 2019

Approved by

Advisor,

Head of Department of English Literature,



Dr. Syamsuddin, M.Hum.
NIP 196911222006041001


Rina Sari, M.Pd.
NIP 197506102006042002

Acknowledged by

Dean,




Dr. Hj. Syafiyah, M.A.
NIP 196609101991032002

LEGITIMATION SHEET

This is to certify that Muhammad Allam Baharudin's thesis entitled **Elliot's Struggle to Overcome Schizophrenia in Sam Esmail's *Mr. Robot: Red Wheelbarrow*** has been approved by the Broad of Examiners as one of the requirements for the degree of *Sarjana Sastra* (S.S.) in Department of English Literature.

Malang, May 29, 2019

- the Broad of Examiners
1. Dr. Siti Masitoh, M.Hum.
NIP 196810202003122001 (Main Examiner)
 2. Dra. Andarwati, M.A.
NIP 196508051999032002 (Chair)
 3. Dr. Syamsudin, M.Hum.
NIP 19690532003122003 (Advisor)

Signatures



Approved by
Dean of Faculty of Humanities



Dr. Hj. Syafiyah, M.A.
NIP 196609101991032002

MOTTO

“The perfect Jihad or greatest Jihad is your struggle with yourself”

(Ulama)



DEDICATION

This thesis is dedicated to Universitas Islam Negeri Maulana Malik Ibrahim
Malang.

To everyone and everything that supports the thesis completion, I can't even begin
to explain how much their help meant to me.



ACKNOWLEDGEMENTS

Alhamdulillah, I would like to express his deeper gratitude to “Allah” *Subhanahu Wa Ta’ala* who has been giving me mercies and blessings. *Shalawat* and *salam* always be given to my Prophet “Muhammad” *Shallallahu Alaihi Wasallam* who has guided me to struggle and spread his lesson of struggle to the world.

I would like to express his gratitude to the people who helped me to complete this undergraduate thesis, especially Dr. Syamsudin, M.Hum. a.k.a. *Pak Syam* as my advisor who supports me by sharing ideas and guiding in the research.

I would also like to extend my gratitude to:

1. Dr. Syafiyah, M.A., the Dean of Faculty of Humanities of Universitas Islam Negeri Maulana Malik Ibrahim Malang.
2. Bu Rina Sari, the Head of English Letters Department.
3. Dr. Siti Masitoh, M.Hum. and Dra. Andarwati, M.A., the thesis Examiners.
4. All my respectable lectures of English Letters Department and the functionaries. Thanks for knowledge, teaching, experience and inspiration.
5. My parents who support me to take the higher education in university. May Allah protect you and give you His endless blessings.
6. My brother and my sister, thanks for your cooperative support.

7. All my friends in Universitas Islam Negeri Maulana Malik Ibrahim Malang. Thanks for giving interesting experiences. Also, thanks to Jimly due to your recommendation analyzing *Mr. Robot: Red Wheelbarrow* book.
8. Everyone who becomes part of my life. My life is meaningful with your existence around.

I hope that the analysis could contribute to society, especially in the field of literary studies. As human being, I realize that the analysis is so far from perfection and it may contain several mistakes. However, it is written with the struggle to pursue the better research in the future. Any criticism and suggestions are welcome.

Malang, May 29, 2019

The researcher,

Muhammad Allam Baharudin

ABSTRACT

Baharudin, Muhammad Allam. (2019). *Elliot's Struggle to Overcome Schizophrenia in Sam Esmail's 'Mr. Robot: Red Wheelbarrow'*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Dr. Syamsudin, M.Hum.

Key words: Struggle, schizophrenia, individual psychology

Mr. Robot: Red Wheelbarrow is a fiction written by Sam Esmail. Elliot is a fictional character who acts as one of the main characters in the novel. It tells about the journey of a young programmer who had begun to spend his time in prison after the incident of "5/9 hack" which makes him guilty as a criminal. The novel is presented in Elliot's handwriting while he was in a prison. Beside that the story has good quality, there are many people are also interested in giving literary criticism. According to Bartolone (2018, p. 21), Elliot suffers from dissociative identity and cultural pathologies such as clinical depression, social anxiety, paranoia and schizophrenia. The researcher is interested in analyzing the novel because *Mr. Robot: Red Wheelbarrow* has an adequate main character for schizophrenia analysis. Besides, the writer also wants to describe Elliot struggle overcome schizophrenia.

The researcher is interested to investigate what happened to Elliot's mind, especially his struggle through individual psychology perspective. The problem of this study will focus on revealing Elliot's schizophrenia symptoms and type also his struggle to overcome schizophrenia. Based on the background of selecting the subject above, the researcher states the problem of study as follows: what are the symptoms and type of schizophrenia suffered by Elliot also how is the struggle of Elliot to overcome schizophrenia reflected in *Mr. Robot: Red Wheelbarrow*?

The research found that Elliot suffered paranoid schizophrenia indicated by disturbance of language and thought, delusion, hallucination, isolation from others and paranoia. Elliot's struggle can be described with individual psychology approach. Due to his inferiority feeling that he felt being controlled by schizophrenia, he strived for controlling himself. He created a lifestyle by planning the routine with several rules of regimen. As one of his schizophrenia symptoms, which Elliot tried to isolate from others, he also began to show his social interest by being friend with Carla. Therefore, Elliot's creative-self had developed several strategies such as to create a regimen, to avoid using computer, consuming Adderall and consulting to psychiatrist. At the end, he encouraged himself overcoming schizophrenia and decided to work together with Mr. Robot as his fictional finalism.

ABSTRAKSI

Baharudin, Muhammad Allam. (2019). Perjuangan Elliot Mengatasi Skizofrenia pada Novel *Mr. Robot: Red Wheelbarrow* Karya Sam Esmail. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Dr. Syamsudin, M.Hum.

Kata Kunci: Perjuangan, skizofrenia, psikologi individu

Mr. Robot: Red Wheelbarrow adalah sebuah karya fiksi yang ditulis oleh Sam Esmail. Elliot merupakan tokoh fiksi yang berperan sebagai karakter utama dalam novel. Kisah ini menceritakan tentang perjalanan seorang *programmer* muda yang mulai menghabiskan hidupnya di dalam penjara setelah insiden “5/9 hack” yang membuat Elliot merasa bersalah sebagai pelaku kriminal. Novel ini disajikan dalam bentuk tulisan tangan Elliot ketika ia sedang berada di dalam penjara. Selain cerita yang berkualitas, banyak kritikus yang tertarik memberikan kritik sastra pada novel ini. Menurut Bartolone (2018, h. 21), Elliot menderita gangguan identitas disosiatif, patologi budaya seperti depresi klinis, kecemasan sosial, paranoia dan skizofrenia. Peneliti tertarik menganalisis novel karena *Mr. Robot: Red Wheelbarrow* memiliki karakter utama yang cocok untuk analisis skizofrenia. Selain itu, peneliti juga ingin menggambarkan perjuangan Elliot mengatasi skizofrenia.

Peneliti tertarik untuk menyelidiki apa yang terjadi dalam pikiran Elliot, terutama perjuangannya melalui perspektif psikologi individu. Masalah penelitian ini akan fokus pada pengungkapan gejala dan jenis skizofrenia pada Elliot serta perjuangannya untuk mengatasi skizofrenia. Berdasarkan latar belakang pemilihan subjek di atas, peneliti membuat rumusan masalah sebagai berikut: apa saja gejala dan jenis skizofrenia yang diderita Elliot serta bagaimana perjuangan Elliot untuk mengatasi skizofrenia yang tercermin dalam *Mr. Robot: Red Wheelbarrow*?

Penelitian ini menemukan bahwa Elliot menderita jenis skizofrenia paranoid yang ditandai dengan gangguan bahasa dan pikiran, khayalan, halusinasi, isolasi dari orang lain dan paranoia. Perjuangan Elliot dapat digambarkan dengan pendekatan psikologi individu. Kerena perasaan inferiorinya bahwa dia merasa dikendalikan oleh skizofrenia, dia berusaha keras untuk mengendalikan dirinya sendiri. Dia menciptakan gaya hidup dengan merencanakan rutinitas dengan beberapa aturan resimen. Sebagai salah satu gejala skizofrenia, ketika Elliot mencoba mengisolasi diri dari orang lain, ia juga mulai menunjukkan minat sosialnya dengan berteman dengan Carla. Oleh karena itu, diri kreatif Elliot menghasilkan beberapa strategi seperti menciptakan resimen, menghindari penggunaan komputer, mengonsumsi Adderal dan berkonsultasi dengan psikiater. Pada akhirnya, Elliot mendorong dirinya sendiri mengatasi skizofrenia dan memutuskan untuk bekerja sama dengan *Mr. Robot* sebagai finalisme fiksinya.

مستخلص البحث

محمد علام بحر الدين. (٢٠١٩). كفاح البيوت للتغلب على مرض انفصام الشخصية في سام إسماعيل سيد روبات: عربية حمراء. أطروحة جامعية. قسم الأدب الإنجليزي، كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج. المشرف: الدكتور شمس الدين الماجستير. الكلمات الرئيسية: كفاح، انفصام في الشخصية، علم النفس الفردي

سيد روبات: عربية حمراء قصة خيالية كتبها سام إسماعيل. البيوت هو شخصية وهمية الذي يعمل بوصفه واحدا من الشخصيات الرئيسية في الرواية. إنها تحكي عن رحلة ميرمج شاب بدأ في قضاء وقته في السجن بعد حادثه "9/5 اختراق" مما جعله مذنباً كمجرم. تم تقديم الرواية بخط يد البيوت أثناء وجوده في السجن. إلى جانب أن القصة ذات نوعية جيدة، هناك الكثير من الناس مهتمون أيضاً بإعطاء النقد الأدبي. وفقاً لبارتولون (٢٠١٨، ص. ٢١)، يعاني البيوت من الهوية الانفصالية والأمراض الثقافية مثل الاكتئاب السريري والقلق الاجتماعي وجنون العظمة والفصام. يهتم الباحث بتحليل الرواية لأن سيد روبات: عربية حمراء لديه شخصية رئيسية كافية لتحليل مرض انفصام الشخصية. بالإضافة إلى ذلك، يريد الكاتب أيضاً وصف صراع البيوت للتغلب على انفصام الشخصية.

يهتم الباحث بالتحقيق في ما حدث لعقل البيوت، خاصة كفاحه من خلال منظور علم النفس الفردي ستركز مشكلة هذه الدراسة على الكشف عن أعراض مرض الفصام في البيوت، وكذلك كتابة كفاحه للتغلب على مرض انفصام الشخصية. استناداً إلى خلفية اختيار الموضوع أعلاه، يوضح الباحث مشكلة الدراسة على النحو التالي: ما هي أعراض ونوع الفصام الذي عانى منه البيوت أيضاً كيف يُعتبر كفاح البيوت للتغلب على مرض انفصام الشخصية المنعكس في سيد روبات: عربية حمراء؟

وجد البحث أن البيوت عانى من مرض انفصام الشخصية الذي يشير إلى اضطراب اللغة والفكر والوهم والهلوسة والعزلة عن الآخرين والجنون العظمة. يمكن وصف صراع البيوت بنهج علم النفس الفردي. بسبب إحساسه بالانقص الذي يشعر به أنه يسيطر عليه مرض انفصام الشخصية، سعى جاهداً للسيطرة على نفسه. ابتكر أسلوب حياة من خلال التخطيط للروتين مع العديد من قواعد النظام. كواحد من أعراض مرض انفصام الشخصية، والتي حاول البيوت عزلها عن الآخرين، بدأ أيضاً في إظهار اهتمامه الاجتماعي من خلال كونه صديقاً لكارلا. ولذلك، كان البيوت الإبداعي الذاتي وضعت عدة استراتيجيات مثل لخلق نظام، لتجنب استخدام الكمبيوتر، وتستهلك اديرال والاستشارات لطبيب نفسي. في النهاية، شجع نفسه على التغلب على مرض انفصام الشخصية وقرر العمل مع السيد روبات باعتباره نهائيته الخيالية.

TABLE OF CONTENT

THESIS COVER	i
STATEMENT OF AUTHORSHIP	ii
APPROVAL SHEET	iii
LEGITIMATION SHEET.....	iv
MOTTO.....	v
DEDICATION.....	vi
ACKNOWLEDGEMENTS	vii
ABSTRACT	ix
TABLE OF CONTENT	xii
CHAPTER I: INRODUCTION.....	1
A. Background of the Study	1
B. Research Question.....	4
C. Objective of the Study	4
D. Scope and Limitation.....	4
E. Significance of the Study.....	5
F. Definition of Key Terms	5
G. Research Method.....	6

1. Research Design	6
2. Data Source	6
3. Data Collection	7
4. Data Analysis	7
CHAPTER II: REVIEW ON RELATED LITERATURE.....	8
A. Psychological Literary Criticism	8
B. Schizophrenia.....	12
1. The Symptoms.....	12
2. Types of Schizophrenia.....	16
3. Struggle to Overcome Schizophrenia	18
C. Previous Studies	24
CHAPTER III: FINDING AND DISCUSSION	26
A. Schizophrenia Symptoms Analysis	26
B. Schizophrenia Types Analysis	31
C. Elliot's Struggle to Overcome Schizophrenia	33
CHAPTER IV: CONCLUSION AND SUGGESTION	43
A. Conclusion	43
B. Suggestion.....	43
BIBLIOGRAPHY.....	45
CURRICULUM VITEAE.....	49



CHAPTER I

INTRODUCTION

This chapter establishes an overview of the background of the study, research questions, and objective of the study. The researcher limits the area of the study described in scope and limitation section. The significance of the study will be followed by key term definitions in *Mr. Robot: Red Wheelbarrow*. Furthermore, in the end of the chapter describes about the research method.

A. Background of the Study

Mr. Robot: Red Wheelbarrow is a fiction book written by Sam Esmail and Courtney Looney. Elliot is a fictional character who acts as one of the main characters within the story. *Mr. Robot: Red Wheelbarrow* book is a full-length reproduction of Season 2 of Mr. Robot Drama Series (USA Network, 2015-present), represented in Elliot Alderson's point of view as explained in Mr. Robot Wiki (2019, para. 1).

The story is about the journey of a young programmer who had begun to spend his time in prison after the incident of “5/9 hack”. In the second season of the drama-series, Elliot started to write his journal (named Red Wheelbarrow) to give a try overcoming his psychological disease. According to Bartolone (2018, p. 21) Elliot suffers from dissociative identity and cultural pathologies such as clinical depression, social anxiety, paranoia and schizophrenia. The researcher found within the story that Elliot tried to overcome his imaginary friend, Mr. Robot, who sometimes took over him by writing sentences to journal in capital letters.

The book *Mr. Robot: Red Wheelbarrow* gained good rating (4.31) many positive reviews from 90 reviews based on the data found in May 18, 2019 at “<https://www.goodreads.com>” (Goodreads). One of reviews was written by Mindi on November 06, 2016. According to her, the book looked authentic that she could feel as if she was really holding Elliot’s journal in her hands. Although she already finished reading the book, she would revisit the book to reread because she found that there are codes and hidden clues inside.

As mentioned in USA Network Blog (USA Network, 2016, para. 6), Sam Email as the creator of the book, told that what inside the book is Elliot authentic representation. The script in the book is not included in the drama show. It shows that he is a huge fan of real interactive engagement with a show (USA Network, 2016, para. 4).

Nowadays, psychological thriller narrative calls attention to the reader investigating the story. It is already embodied in *Mr. Robot: Red Wheelbarrow*, which makes the story attractive. The term “psychological novel” was infrequently applied outside twentieth-century criticism. It refers to a type of novel the primary interest is solid upon the explanation of a single character in its full psychological complexity (Hauser, 1975, p. 145). Psychological complexity in one of the main characters, Elliot Alderson becomes the reason why the researcher got interested in analyzing the book.

According to Wellek (1942, p. 85-86), psychology can illuminate the creative process. The characters in plays and novels are judged by the reader to be true psychologically. The reader praised situations and accepted plots

because of the same quality. Therefore, psychology theories are necessary for analyzing *Mr. Robot: Red Wheelbarrow*.

“Through Individual Psychology we begin to understand all the various types of human beings; and, after all, human beings are not so remarkably different from one another” (Adler, 1932, p. 197). Besides, individual psychology also does not concern with finding out what causes someone fear, but rather with identifying its purpose (Adler, 1932, p. 128). The researcher tries to find Elliot’s struggle as a survival strategy for the future life rather than to find what cause Elliot suffers from schizophrenia. Therefore, the researcher uses Individual Psychology proposed by Alfred Adler.

The struggle in Islam doesn’t only exist in the field of society. The of struggle or *jihad* is also related with psychological self of human. As written by Niam (2016, para. 1), *Rasulullah* explained that the biggest struggle is to struggle against self-temptation (*hawa nafsu*).

Beside physical illness, human potentially suffers from psychological illness. Schizophrenia is a severe mental disorder that inhibits productivity and could break relation with others (Arif, 2006, p. 3). However, as schizophrenic sufferer, Elliot developed several strategies in the journal he wrote, “Red Wheelbarrow” with the result that the researcher is getting excited about the character’s struggle for overcoming schizophrenia.

There researches, which analyzes the aspect of struggle in *Mr. Robot: Red Wheelbarrow* novel has not been conducted yet. Besides, the researcher has not found any researches, which analyze the aspect of struggle in

overcoming schizophrenia. Therefore, in this position the researcher tries to fill the gap in the previous studies.

B. Research Question

The problem of this study will focus on Elliot's struggle to overcome his mental disorder known as schizophrenia. Struggle here will explain Elliot's symptoms and type of schizophrenia the struggle how he dealt with Mr. Robot and. Based on the background of selecting the subject above, the researcher states the problem of study as follows:

1. What are Elliot's schizophrenia symptoms?
2. What is Elliot's schizophrenia type?
3. How is Elliot's struggle to overcome a schizophrenia reflected in Sam Esmail's *Mr. Robot: Red Wheelbarrow*?

C. Objective of the Study

There are three objectives of the studies in this research. The first is to analyze Elliot's symptoms in *Mr. Robot: Red Wheelbarrow* written by Sam Esmail and Courtney Looney. Secondly, the type of schizophrenia experienced by Elliot will be analyzed. The researcher subsequently analyzes the struggle of Elliot to overcome schizophrenia as the major character based on individual psychology perspective.

D. Scope and Limitation

The researcher chooses to analyze the major character, named Elliot Alderson. What will be analyzed is Elliot's schizophrenia symptoms and type also the struggle to overcome schizophrenia in Sam Esmail's *Mr. Robot: Red*

Wheelbarrow. In addition, this study would like to describe the theory of individual psychology proposed by Alfred Adler.

E. Significance of the Study

The theoretical significance of this research is that the analysis will discover find about Elliot's schizophrenia symptoms also, this analysis will discover find about Elliot's schizophrenia type and Elliot's struggle to overcome a schizophrenia. The practical significance is that analysis could be used by other readers as reference who are interested in field of mental disorder as well as literary work. The analysis could also be used by other researcher as references who wants to develop deeper about analyzing struggle to overcome schizophrenia and individual psychology.

F. Definition of Key Terms

1. Struggle is trying hard to do something or move somewhere when it is difficult (Oxford University Press, 2008, p. 441);
2. Schizophrenia is an illness in which the mind becomes separated from actions (Oxford University Press, 2008, p. 392);
3. "Overcome" does not mean to beat or to heal Elliot's schizophrenia. The schizophrenia remains in existence yet, Elliot could master and deal with it.
4. Individual Psychology is an approach proposed by Alfred Adler, which is used by the researcher to describe the aspect of struggles in *Mr. Robot: Robot Red Wheelbarrow* novel.

G. Research Method

Methods will guide the direction of literary criticism from time to time. Method is the way how critics can understand and interpret many literary works sharply. Method contains clear steps to make literary criticism better (Endraswara, 2013, p. 175). Therefore, the researcher adds research design, data source, data collection and data analysis as follows:

1. Research Design

To analyze the aspect of struggle in the novel, the researcher applies descriptive method in literary criticism methodology. To analyze the symptoms of schizophrenia in Elliot, the researcher uses schizophrenia theory explained by Arnold H. Buss and Edith H. Buss. The individual psychology perspective subsequently used to interpret Elliot's struggle to overcome schizophrenia. Individual psychology theory is proposed by Alfred Adler based on basic concepts that can be divided into six general headings. They are inferiority feelings, striving for superiority, style of life, social interest, creative self and fictional finalism.

2. Data Source

The data source of this study is the novel entitled *Mr. Robot: Red Wheelbarrow* which was published by Abrams publisher that consists of 160 pages. The data are in the form of words, phrases, sentences, paragraphs, or dialogues between or among characters referring to the struggle to overcome schizophrenia in the novel.

3. Data Collection

The researcher conducts close reading to understand the general information and the plot of the story. Afterwards, to get the better focus on the issue of schizophrenia the researcher does the second reading. The data are highlighted and collected to analyze and interpret based on six basic concepts of individual psychology.

4. Data Analysis

To analyze the data, the researcher will do some steps. The first step is reading and understanding Mr. Robot: Red Wheelbarrow novel and the secondary data source. The second step is identifying the data that can be analyzed and classifying data into some categories. The final step is determining the relevant theory of literature and looking for previous studies about related theory.

CHAPTER II

REVIEW ON RELATED LITERATURE

This chapter elaborates the related literature about the theories and related studies. Several theories and related studies are used to analyze Elliot's struggle in Sam Esmail's *Mr. Robot: Red Wheelbarrow* i.e. individual psychology proposed by Alfred Adler, theory of schizophrenia and psychological literary criticism.

A. Psychological Literary Criticism

Criticism and literary studies are inseparable. The both supports each other to manifest good quality of literary work. According to Olson (1957), the study about criticism already existed a quarter of a century ago in England and America. In the both countries, literary criticism had developed, which intended in the genre of poetry.

The new literary criticism began to develop and brought up various genres of criticisms. Several genres of criticisms, according to Olson (1957) had developed and tried to associate with anthropology, psychology, linguistics and economics. The extent of literary criticism genre indicates that there are many movements, which try to dissect literary works in the new spirit of criticism (Endraswara, 2013, p. 9).

One of literary criticism genres is *psychological school*. *Psychological school* believes that the author of literary work is the footage of author's life. Thus, in order to learn a literary work, the reader needed to investigate the complexity of the author's mind while creating the literary work (Endraswara, 2013, p. 11).

The term of (literary) criticism originated from Greek, *krites* which, means judge. *Krites* comes from *krinein* that means to judge. The word *criterion* means judgement and *kritikos* means literary judge. Literary criticism means the effort to judge literature proportionally. However, basically, literary criticism is an activity or behavior to look for intrinsic value of literary work through the deep understanding (Endraswara, 2013, p. 33-34).

Endraswara (2013, p. 38-39) explained that the main principles of literary criticism are objectivity, not heavy side, responsible and innovative spirit. When the presence of literary criticism weakens the climate of literature instead, it means the principle of literary criticism has not been applied. The main principles of literary criticism produce interpretations. There are two kinds of interpretations frequently conducted by critics.

The first is loose interpretation. The meaning of literary work is not absolute, having loose characteristic, lots of hiatus and the reader can complement it. The criticism reader has chance to debate because the literary criticism is open. The second is strict interpretation. Literary criticism as if it forces, emphasizes the meaning. It leads the leader not to move. The work of criticism produced is absolute.

Literary criticism according to Damono (1984) can be written by anyone who has good taste, which exceed literary work readers. The criticism is not merely for the great literary work. Instead, those are not categorized as

“the great literary work” need accentuation from critics (Endraswara, 2013, p. 43).

Literary criticism can be divided into two forms, theoretical criticism and practical criticism. “*Theoretical criticism undertakes to establish, on the basis of general principles, the distinctions and categories to be applied to literature, and the general criteria, or “standards”, by which it is to be judged as good or bad*” (Abrams, 1957, p. 20). Endraswara (2013, p. 49) argued that the outdated theories need to be replaced by the more relevant theories. A critic makes use of theory to analyze, interpret and evaluate a literary work until he can determine that a literary work is good or bad.

The second form of literary criticism is practical criticism. Practical criticism, or “applied criticism”, has direct impact to literature development. Practical criticism always takes place in discussion and seminars. Yet, the criticism is usually instant, it depends on what needed (Endraswara, 2013, p. 49).

In literary criticism studies, facts could become the data but not all facts are data. The data meant are as the relevant facts and logically related with (1) the problem, which will be answered, called research question, and (2) theoretical framework or paradigm used as a tool for answering the problem. The data needed can be qualitative or quantitative or the both, qualitative and quantitative data (Endraswara, 2013, p. 63).

There are three intertwined activities in literary criticism, they are analysis, interpretation and evaluation. Wellek (1976) stated that literary

work is a structure consists of element of norms. Thus, a literary work needs to be analyzed so that the reader can understand it. Besides, interpretation is needed in literary criticism because of literary works' complexity. With analysis and interpretation, readers can evaluate the literary works (Endraswara, 2013, 248-249).

In literature, Launder (1974, p. 18) argued that the greatest psychological interest has come from psychoanalysis. The dominance of psychoanalysis is either in classical version or in modern version. There found about 90 percent of approximately 4,500 psychological references to literature oriented in psychiatric or psychoanalytic.

Many literary critics had been pessimistic regarding any connection with psychology. Not only to psychoanalysis but objections are also raised to the more objective psychological approach. A scientific approach to literature, were it considered possible, would be judge as narrow and irrelevant (Lindauer, 1974, 29).

However, psychological analysis of literature according to Wilson (1970) is useful because it can "*throw one more bridge over the chasm between the humanities and social sciences, at once illuminating both personality and literature*" (Lindauer, 1974, p. 34). Literature also offers charming illustrations to psychologist and many feels that literature is a source of valid psychological explanations, hypothesis and theories (Lindauer, 1974, p. 41-69).

A variety of topics of psychological interest, such as attitudes, motives and emotion are referred by literature. Literary content and structure can generate imagery, meaning and sense of style in reader as cognitive reference. Many different literary forms have been investigated for the psychological content, including the traditional forms (especially poetry), quotations, metaphoric expressions, and children's readers (Lindauer, 1974, p. 139).

B. Schizophrenia

1. The Symptoms

Generally, symptoms of schizophrenia are not seen in individuals who are younger than twelve years old, yet some individuals can occur that young in rare cases (Landau, 2004, p. 36). Buss (1969, p. 2) explained that there are two kinds of symptoms schizophrenia. The first is categorized as cognition symptoms. Cognitive symptoms are related to the cognitive, perception or conceptual experience. The second is categorized as social withdrawal symptoms. Social withdrawal symptoms are related to withdrawal in social context.

The cognitive symptoms are:

- a. Disturbance of language and thought

Person with schizophrenia may speak in a monotonous tone. The sufferer may display few facial expressions. Likewise, some children may speak about things that only their parents could understand. (Landau, 2004, p.37-40). According to The

National Institute of Mental Health, schizophrenia is a chronic, severe and disabling brain disease. It also causes a breakdown a breakdown in the thinking process (Landau, 2004, 8).

b. Distortion of the body image

According to Institute for Psychology of Eating (2015, para. 2), people with negative body image will see their body in unrealistic way. Common signs of a person with negative body image are feeling ashamed, anxious, or guilty about the body; believing that the body is not thin, beautiful or fit enough; and feeling uncomfortable physically.

c. A retreat from reality to fantasy

Landau (2004, p. 45) gave an example about a person with schizophrenia that experience this symptom. The person could have his or her own fantasy world and spent many days lost in it. He or she can have one particular friend that no one else could see except himself or herself.

d. Hallucinations

People with schizophrenia are often disturbed by clear hallucination. When hallucinating, the person sees, hears, feels, or smells something that is not there. There are various voices or sounds. The person may sound like those of people the ill person knows or of people he or she is unfamiliar (Landau, 2004, p. 35).

e. Delusion

Delusion is a false belief (Oxford University Press, 2008, 118). For most people who suffer schizophrenia, antipsychotic medications work to stop delusions. Through critical thinking skill, some therapists help the sufferer to deal with delusions (Landau, 2004, p. 66).

The symptoms of social withdrawal are:

a. Fear of others

The sufferer of schizophrenia could be afraid of others. An example case given by Landau (2004, p. 15). A young person named Eric, was sure that someone was trying to poison him. After his mother giving him a bowl, he screamed and said, “Why did you put that poison in my soup?”. Whereas, there was no any poisons.

b. Avoidance of relationships with others

Many of individuals with schizophrenia tend to withdraw socially and avoid contact with others. They frequently have nothing to say when placed in social situations (Landau, 2004, p. 40).

c. Isolation from others

Due to feeling uncomfortable around people, individuals with schizophrenia were affected to become isolated (Landau, 2004, p. 16-17).

Afterwards, Buss (1969, p. 3) mix the schizophrenic symptoms into three forms:

a. Depression

Depression is a common and severe medical condition that has a negative impact on how person feels, thinking, and acting. The symptoms of depression are such as feeling sad, changes in appetite, trouble sleeping or too much sleeping, thought of death or suicide and feeling worthless or guilty. Luckily, it can also be treated as reviewed by Parekh (2017, para. 1-2).

b. Atypical Psychosis

"Atypical" in Alleydog.com's online glossary is psychological diagnosis that refers to symptoms that are recognized as part of mental illness but do not rise to the level required for diagnosis as part of recognized syndromes or do not respond to external stimuli in the most common manner to a syndrome.

Being labeled atypical does not mean that the symptoms being seen are uncommon or rare, mainly that they do not conform to the conditions or syndromes formally recognized. Psychotic symptoms are also seen as part of multiple disorders related to physical, neurological, psychiatric or substance.

c. Paranoia

According to Mental Health America, paranoia involves intense feelings and thoughts of anxiety or fear, often associated with persecution, threat, or conspiracy. In many mental disorders, paranoia occurs, but is most commonly found in psychotic disorders.

When irrational thoughts and beliefs become so fixed that nothing (including the opposite evidence) can convince a person that what they think, or feel is not true. Paranoia can become delusions.

2. Types of Schizophrenia

As Landau (2004, p. 20) explained, over a period, one person with schizophrenia may be diagnosed with various types of the disease. Each type is characterized by a defining behavior or feature, which occurs most frequently in that phase. Arif (2006, p. 20-23) divides schizophrenia into five types:

a. Paranoid Schizophrenia

The characteristics are distraction in talking, flat affection and catatonic or motoric which is not predominate. Another characteristic is anxiety, anger, keeping distance and liking to argue (Arif, 2006, 20). In addition, Landau cited from National Mental Health Association and noted that “this subtype is characterized by feelings of suspicion, persecution, or grandiosity

(such as thinking that he or she is God), or a combination of these (2004, p. 20)".

b. Disorganized Schizophrenia

Disorganized schizophrenia centers on disorganization in a person's thought process. The sufferer is often incoherent in speech and thought but may have delusions (Landau, 2004, p. 20). It is characterized by distraction in talking, distracted affection, distracted behavior and flat affection or inappropriate (Arif, 2006, p. 21).

c. Catatonic Schizophrenia

Arif (2006, p. 21) explained that catatonic type dominates by immobility motoric, excessive motoric activity, extreme negativism (without any clear motivations behaving to reject any instructions or keeping a rigid posture refusing to be moved), typical movements which are uncontrolled, echolalia (imitating others' words) or echopraxia (imitating others' behaviors). A person "who is diagnosed with this subtype often experiences disturbances in movement; he or she is withdrawn, mute, negative and often assumes unusual body positions or facial expressions (Landau, 2004, p. 20)".

d. Undifferentiated Schizophrenia

This type is difficult to be categorized in certain type of schizophrenia.

e. Residual Schizophrenia

There is no prominent delusion, hallucination, distracted talking, distracted behavior or catatonic behavior (Arif, 2006, p. 22). A person with this type of schizophrenia as explained by Landau (2006, p. 20), is not motivated or not having interest in life; the sufferer is no longer experiencing delusions or hallucinations.

3. Struggle to Overcome Schizophrenia

The definition of struggle is particularly evident over the meaning of concepts involved in constitution of cultural difference (West, 2002, p. 31). In Islam, Abdullah (2010, p. 61) explained that “*Struggle is the key to all worship and Shariah and its soul*”. It means that struggle in another word is hardship and it is opposition to self. Struggle psychologically describe a person who strives for life. In another way, when a person struggle for life, he is striving for life. In the process of struggle, a person will face various obstacles either from others or from herself or himself.

People with schizophrenia struggle in various ways. One struggled not to be afraid of others (Landau, 2014, p. 68). Another one struggled by taking different drugs in varying doses (Landau, 2004, p. 63) and struggled by telling other people what they can see as schizophrenia sufferer (Landau, 2004, p. 53).

According to Alfred Adler (1932, p. 71-72), understanding a human being is not an easy task. “Individual Psychology is perhaps the most difficult of all psychologies to learn and to practice”. The task of individual psychology is to interpret completed concept like temperament, affect, character, will and indeed, every psychic characteristic (Adler, 1925, p. 59-60).

The practical importance of individual psychology as Adler (1925, p. 100) explained, is to be sought in the vivid degree with which individual’s life-plan lifelines can be determined from his attitude toward life, toward society, the normal and necessary problems of communal life, his plans of obtaining prestige and the nature of his group consciousness. Adler (1932, p. 197) stated that “through Individual Psychology, we begin to understand all the various types of human beings; and, after all, human beings are not so remarkably different from one another”.

In order to describe Elliot’s struggle to overcome schizophrenia, the researcher maps the struggles based on six basic concepts of individual psychology proposed by Alfred Adler, inferiority feeling, striving for superiority, style of life, social interest, creative self and fictional finalism as explained in the following points.

a. Inferiority Feeling

Imagine an individual is discouraged; imagine he cannot understand if he makes realistic efforts he will improve the

situations; “He will still be unable to bear his feelings of inferiority he will still struggle to get rid of them; but he will try methods which bring him no farther ahead (Adler, 1932, 51)”.

Commonly, inferiority feelings are experienced by all people. People are in position; which they wish they are able to improve the current position. If people kept their courage, they should get rid of those inferiority feeling by direct, realistic and satisfactory, which means improving the situation. There is no human being that can bear a feeling of inferiority in a long time. Human will reach a condition, which requires some kind of action (Adler, 1932, p. 51).

Adler explained that “...under the influence of his inferiority feeling, he has been constructing his plans for the future (1925, p. 37)”. People with inferiority feelings will plan something to struggle in the future. Everybody’s goal generally is to be great, powerful, strong, ruling, in sort to be *superior*. It is because everybody was once small, weak, helpless, ruled, in sort of being *inferior*. The smaller and more inferior a person feels, the deeper he wishes for strength and power also the higher he sets the goal. (Murphy, 1932, p. 207).

Starno (2005, p. 81) noted that a feeling of inferiority is not universal. It is not a disease (Adler, 1969). It can become important to understand the constructs of human striving.

Inferiority feelings are neither positive nor negative. Yet, striving or struggle could dictate either its “usefulness” or its “uselessness”.

b. Striving for Superiority

Adler (1932, p. 128) explained that individual psychology does not concern about identifying the cause of fear. Individual psychology rather concerns about identifying the purpose of it. “The neurotic system, the life-plan of the nervous man lies between these two points—his feeling of inferiority and his striving for superiority (Adler, 1925, p. 37)”. In the question about what the expression of inferiority feeling are, we need to learn about “the striving for superiority”.

As Murphy (1932, p. 211) explained, Alder discovered that the biological principle of compensation, as a phenomenon of all living things is just as active in mental life as in physical life. The inferiority feeling is able to generate a compensatory striving. Thus, the stronger the inferiority feeling, the greater the striving. To achieve the *superiority* goal, certain behaviors are tried and trained if found effective including stubbornness, obedience, lying, blind confidence, raw aggressiveness and shy reverse (Murphy, 1932, p. 215-216).

c. Style of Life

Everyone's style of life is distinctive and unique. A person style of life dictated what he will learn, how he will behave, how he will think, and what experience will be integrated into his personality. The style of life is developed and established by the creative self. (Nordby, 1974, p. 8-9).

Individual psychology views that "the feelings are never in contradiction to the style of life (Adler, 1923, 30)". Alfred argued that a symptom or a single must not be treated but the whole style of life must be discovered (Adler, 1932, 47). It means that rather than concerning about individual as separate component, it is necessity to concern individual as a whole person.

d. Social Interest

Social interest is a man's innate characteristic that makes him want to contribute to a society to make it more perfect. Individuals try to make it more perfect in society than can be perfected in themselves. According to Adler, it is the ultimate compensation for the inferiorities of individual human beings. Social interest causes a person to subordinate private profit to the welfare of the public (Nordby, 1974, p. 10).

Social interest is necessary for striving for superiority. Without social interest, feeling of alienation and threat leave individual never being able, for long, to feel quite strong enough

whatever individual goal of superiority is centered on, according to Crandall (1981, p 21). He also argued that without tendency to strive for superiority, social interest could lose much of its constructive nature and motivational force.

e. Creative Self

Creative self is the main concept of Adler. The creative self is a personal subjective system that interprets the individual's experiences and makes them meaningful. It seeks experiences and even creates experiences that will help the individual fulfill his unique lifestyle. The creative self gives the personality the qualities of unity, consistency and individuality. It is human life's active principle (Nordby, 1974, p. 8).

People's creative power models the style of life (Essays, 2018, para. 14). It means that creative self takes an important role for people lifestyle. Good lifestyle indicates the existence of individual's creative self.

f. Fictional Finalism

People often believe that left and right are contradictions, that man and woman, hot and cold, light and heavy, strong and weak are contradictions. From a scientific standpoint, they are not contradictions, but varieties. They are degrees of a scale, arranged in accordance with their approximation to some ideal fiction (Adler, 1932, p. 95-96).

Unlike Freud, Adler believed that a person is motivated by his expectations for the future than by experiences of the past. These future expectations may be purely fictional-ideally which

are not capable of being realized-yet it can exercise a great influence on a person's behavior. It encourages a person to a greater and greater achievement (Nordby, 1974, p. 9).

C. Previous Studies

The previous research, which is regarding to schizophrenia symptoms analysis was conducted by Angelia (2015). She examined Hannibal abnormal behavior. The goal is to show that Hannibal is suffering from mental disorder through the characteristic and type. This research concludes that Hannibal is suffered from schizophrenia based on the characteristics (autistic and social withdrawal, ambivalence, inappropriateness of affect, hallucinations, delusions, and distortion of memory) found in his behavior and personality throughout Thomas Harris' tetralogy novels. The study helps the researcher to choose the proper theory for analyzing Schizophrenia symptoms and type in *Mr. Robot: Red Wheelbarrow*.

The individual psychology study was previously conducted by Triutami (2014) and Hartomy (2011). The writer found a theoretical framework is used to analyze another novel which is researched by Fathonah Wahyu Triutami. Tritutami analyzed a novel named *Eleven Minutes*. The research aimed to knowing the survival strategy of Maria as fraud victim reflected in Paulo Coelho's *Eleven Minutes* novel. The study conducted by Andre Hartomy analyzed *GUILLIVER'S TRAVELS* (1926) novel. An individual psychological approach was also applied by the

researcher to analyze the major problem about how the striving is to stay alive of Gulliver's Travels is reflected in the novel. Drilandoyo (2014) also conducted a research that using individual psychological approach. He analyzed Dave Pelzer's Autobiography *A Child Called "It": One Child's Courage To Survive* (1999). This study was aimed to analyze the novel in term of structural elements and the second is to analyze the novel based on Individual Psychological Approach. The studies mentioned, give the researcher to important information and mapping about analyzing the aspect of struggle using individual psychology approach.

CHAPTER III

FINDING AND DISCUSSION

This chapter discusses the research findings about Elliot's struggle to overcome schizophrenia in *Mr. Robot: Red Wheelbarrow*. First, the researcher will find Elliot's symptoms of schizophrenia. Subsequently, the researcher analyzes and determine Elliot's type of schizophrenia. The following analysis will describe how the struggle of Elliot to overcome schizophrenia.

A. Schizophrenia Symptoms Analysis

Before finding Elliot struggles and strategies, the researcher will elaborate the symptoms experienced by Elliot to show the type of schizophrenia in the following points.

1. Disturbance of Language and Thought

In the beginning of the journal. Mr. Robot showed for the first time in the middle of page to take over Elliot body (preview in appendix 1). "Take over" here means that Elliot showed unusual writing style. He used to write in normal uppercase letter when writing, yet he wrote all the sentences in a paragraph in capital letter.

"... I would tell you and I would start by saying Hello friend.... you may wonder why I've put myself ... I DON'T LIKE THAT HE'S WRITING ALL THIS TO YOU AND TRYING TO PUT ME IN THE DEEP FREEZE HERE, ..." (p. 1).

Based on what the researcher found, Elliot encountered disturbance of thoughts while writing in sixteen times. The quoted paragraph above is the first Elliot's abnormal writing. The symptom

above did not only happen once. The next three days Elliot wrote another writing in capital letter.

“A LINE MUST BE DRAWN. HE AND I ARE AT WAR, BUT NOW HE’S TURNING TO GOD?!? THIS KID’S MORE FUCKED UP THAN I THOUGHT. YOU SEE THAT NEEDS ME, RIGHT? YOU CAN’T JUST STAND BY WATCH HIM GET COUGHT UP IN THIS. AND IF YOU DON’T, I WILL. IT’S MY JOB TO PROTECT HIM...” (p. 18).

On another time, Elliot wrote like another person who wanted to communicate with him and worked together as shown in the following quote.

“MY ANSWER IS THIS AND ALWAYS THIS, I WANT TO WORK TOGETHER, BUT I WANT TO WORK FOR WHAT W AGREED UPON. FOR WHAT YOU CREATED ME TO HELP YOU DO. WE CAN’T DO THAT FROM IN HERE, SO I WANT OUT WE COULD BE GREAT... DOING AMAZING THINGS. SO MY QUESTION TO YOU IS: WHY DON’T YOU LET US BE US?” (p. 48).

However, during the time when Elliot had disturbance of though, Elliot still recognized his sister. This symptom happened after Darlene visited Elliot when he was in the prinson.

“I FEEL THE NEED TO STATE FOR THE RECORD THAT MY SIDE OF THE MIND SAYS, “FUCK YEAH, DARLENE.” I’M PLEASED TO HEAR AT LEAST ONE OF THE ALDERSONS HAS GOT THE CAJONES TO FOLLOW HIS THING THROUGH. IF I ACTUALLY WAS YOUR FATHER. I’D BE BEAMING WITH PRIDE. GIRL’S GOT GUTS AND HEART, AND IF THIS COACH WASN’T SIDELINED, I’D BE RIGHT THERE WITH HER” (p. 51).

From the sentence above it showed that Elliot recognized his relatives and families, the family of Alderson. In some conditions, Elliot also write abnormally similar to the way how a computer operating system like after trying not to sleep in three days by consuming 200mg of Adderall pills.

"[3448015.307991]Code: 30fa 58 80 4c 39 2c 08 75 04 0f0b eb fe 48 c7 c0 40 fa 58 80 eb if 65 48 8b..."

"[[3448015.307991] ---[end trace 604fbc4aela5e660]---"

"[[3448015.307991]Kernel panic – not syncing: Aiee, killing interrupt handler!" (p. 148).

The writings he mimicked is *kernel panic* message of Linux or Unix-Like Kernel operating system when it detects an internal fatal error on the system. Another thing, which is similar to *blue screen of death* (BSOD) in Windows operating system.

In disturbance of though condition, it showed that Elliot could not stand staying inside prison. Elliot acted like he wanted to get out from the prison right away.

"...SO HE'S THE HE IN THIS SITUATION, NOT ME. WE GOTTA HELP HIM BREAK OUT OF THIS TRANCE HE'S IN BEFORE IT'S TOO LATE. HE DOESN'T NEED SELF-HELP. HE IS THE HELP. HE'S THE ONLY THING THAT IS ACTUALLY MAKING THIS WORLD A BETTER PLACE, AND NOW HE'S CHOSEN TO JUST SIT BACK AND BETTER PLACE, AND NOW HE'S CHOSEN TO HUST SIT BACK AND TIE MY HANDS, OUR HANDS. THERE'S SO MUCH MORE TO BE DONE" (p. 76).

2. Delusion

During the lifetime in prison, Elliot intentionally managed false beliefs. He recognized some buildings wrongly. He created his own delusion and thought that the place where he stayed was like a normal house instead of a prison.

"I just found it all a little easier to handle if I imagined my surroundings differently. More specifically, I've mentally turned this place into my mother's house" (p. 3).

As shown in appendix 2 and appendix 3, Elliot drew the sketch of house, some buildings (p. 4) and basketball court (p. 15). He believed that dinner is actually a prison lunchroom and the support group in church is a session of prison therapy.

“It’s weird how much I dream in here-or at least how much I remember my dreams- but I had another strange one last night. Krista, Angela, Carla and Darlene were all having dinner in my mom’s house. (The house I’m “living” in right now.)” (p. 82)

3. Hallucination

Elliot could see when Mr. Robot was talking to him. When Mr. Robot did something.

“HE showed up out of fucking nowhere and SHOT ME IN THE FUCKING HEAD. I fell back into the toilet (thank god I’d already cleaned it) from the impact. I looked up and my brains were splattered all chunky and disgusting against the wall.” (p. 109)

In the statement above, the pronoun “HE”, which is written in capital letter refer to MR. Robot. Not only seeing what Mr. Robot did. Elliot could feel what Mr. Robot did to him even though it is just hallucination.

“HE attacked me again, I’m not even going to write down what HE did. May be not giving HIM that satisfaction will burn HIM just a little. HIS actions aren’t enough for me to put to print.” (p. 116)

Sometimes, when Elliot felt panic, he could see things that other people cannot see.

“I can’t do this... there was blood squirting all over this page. Do you see it?” (p. 113)

The above statement indicates Elliot's hallucination that he saw squirting blood on the page of the paper in the journal he wrote. Whereas, the page is clean without any bloodstains. A preview of the page will be attached in appendix 4.

Elliot had hallucination that he saw smoke that came out from his pencil. He felt like he was writing so fast. Afterwards, he wrote some messy texts in his journal.

"I feel like there is some coming out of m pencil. I'm writing so fast. (p. 146)"

4. Isolation from Others

What cause Elliot intentionally went to prison is because he wanted to isolate himself from society.

"I'm not falling into any traps of frustrating anyone, and I don't need any friends. Im better off solo for my stay. In fact, NEED to be solo." (p. 6)

The statement above showed that Elliot does not want to socially interact with people. During early time in the prison, Elliot insisted not to need any friend in daily basis. He also avoided eye contact when he was in the church group because he did not want to share his story.

"How do people just sense when you want to be left alone and then completely ignore it? The chaplain kinda had it in for me tonight. She kept looking at me and giving me weird, encouraging looks, big secret she's gonna want me to share at some point. That's not going to happen." (p. 46).

Several days later, Elliot decided to leave the group because he thought that he drew too much attention.

“That’s definitely going to be the last time I talk in church group for a while. I may lie low for a bit too. It drew too much attention.” (p. 64).

5. Paranoia

The second day in the prison Elliot experienced paranoia. Elliot woke up after the previous day that Mr. Robot left some notes before he was going to sleep.

“I woke up in a panic. The way you do when you think you’ve forgotten to do something. What I realized when I looked back here is that I didn’t forget to do anything at all – HE went out and did something. As usual, HE left me a treat that you can see I’ve circled.” (p. 34)

The above statement indicates that Elliot felt panic. It showed that Elliot had intense feeling and thought of fear and anxiety. Another day when he woke up, he still felt anxious.

“Still anxious after yesterday’s takeover. Is this regimen stupid? Am I wasting my time in here like HE says? He keeps arguing to get out of here, but I voided any chance for a plea bargain with my guilty plea anyway. Did I do the wrong thing? I wish Krista was around.” (p. 54)

Elliot depression also caused his paranoia. He encounters trouble of sleeping several times followed by the next statement, which made Elliot felt at the place of death.

“I could go back to sleep, I tried everything. Breathing methods, shutting my eyes, counting fucking sheep... which, by the way, is the dumbest idea for trying to get some sleep.” (p. 107)

B. Schizophrenia Types Analysis

In the previous analysis of Elliot schizophrenia symptoms, the researcher analyzed about cognitive symptoms such as disturbance of

language and thought, distortion of the body image, a retreat from reality to fantasy, hallucinations and delusion; also social withdrawal symptoms such as fear of others, avoidance of relationships with others and isolation from others.

Through the analysis, not all symptoms are experienced by Elliot. The researcher found some data about that can be divided into five categories of symptoms, which, is experienced by Elliot as follow:

1. Disturbance of language and thought

Elliot encountered disturbance of thoughts especially when he was writing a journal. He wrote unconsciously and write the way how a computer operating system like after trying not to sleep in three days by consuming 200mg of Adderall pills.

2. Delusion

Elliot believed that the place where he stayed was like a new home or normal apartment even though it was a prison. He saw the warden as his mother, a prison lunchroom as a dinner place and session of prison therapy as the support group in church.

3. Hallucination

When Elliot felt panic, he could see things that other people could not see. Elliot's behavior indicates hallucination he experienced. For example, when he saw squirting blood on the page of the paper in the journal, he wrote even though the page is clean without any bloodstains.

4. Isolation from others

Socially, Elliot does not want to interact with people. In the beginning time in the prison, Elliot stated that he did need any friend in daily activity. He also avoided eye contact when he was in the session of prison therapy because he did not want to share any stories about him.

5. Paranoia

Elliot experienced paranoia indicates by the time when he woke up after realizing that he unconsciously wrote a paragraph in a journal. Elliot felt panic and had intense feeling and thought of fear and anxiety. He felt anxious when he woke up. It causes his paranoia which, made Elliot felt at the place of death.

Based on the symptoms collected, the nearest type of schizophrenia category that suffered by Elliot is **Paranoid Schizophrenia**. Elliot showed distraction in talking and thinking, flat affection he also had anger characteristic and liking to argue.

C. Elliot's Struggle to Overcome Schizophrenia

As schizophrenia sufferer, Elliot struggle in various way to overcome schizophrenia. The following points will describe Elliot's struggle based on individual psychology.

1. Inferiority Feeling

Elliot struggle began with his inferiority feeling. Elliot had been struggled to isolate himself from previous life that made him regret.

“Do you think I made the biggest mistake of my life doing this? If you do, you may not be wrong.” (p. 2).

Elliot felt depressed because of his schizophrenia symptoms. He thought like someone was controlling him.

“It’s even more depressing when HE keeps telling me that HE knows it’s only a matter of time.” (p. 8).

“I feel like a zombie locked in a fake video-game world with a bunch of other zombies living robot overlords.” (p. 8).

Aside from being depressed and regretful, there is another obstacle. Every day, Elliot felt annoyed because of the disturbance of thought. He struggled between life and death for each day.

“The other inmates were getting pretty riled and then HE came right up to me., yelling about what a mess I’ve gotten us into and how it’s basically a life-or-death struggle to survive each day in here no matter what I do” (p. 11).

In relationship with a friend Elliot was pessimistic. One of symptoms he had of being schizophrenia indicated that he tried to avoid social relationship with others.

“I’m not so sure I’m an ideal candidate for a friend.” (p. 54).

Elliot also tried to avoid eye contact to a person the he recognized as chaplain. He avoided eye contact because he did not want to share his story with other.

“I just ignored here and kept avoiding eye contact, but it’s no big secret she’s gonna want me to share at some point, that’s not going to happen.” (p. 46).

2. Striving for Superiority

The more inferior Elliot felt, the higher he sets the goal. After analyzing some inferiority feelings, the researcher needs to identify the striving of superiority, which Elliot experienced. Elliot's inferiority feelings generate some behaviors of struggle.

"Obviously that was HIM. HE's still mad at me for putting us in here. He's still fighting me and Im... fighting back. Trying to anyway." (p. 1)

As shown the statement above. Mr. Robot taking over Elliot's mind to interrupt and writing some sentences to the journal. Therefore, Elliot wanted to fight Mr. Robot back. The inferiority feeling of being a schizophrenia person had made Elliot to strive fighting back over Mr. Robot.

Elliot previously tried to avoid social relation with people. He said that he did not need any friends (p. 6). Even, he was so pessimistic that he could make friend with Carla (p. 54).

These feelings of inferiority generate Elliot to improve his current situation because he could not bear the position of being uncontributed to society for a long time. Thus, he wanted to reach a better condition which require some actions.

"First order of business: Find Carla" (p. 91)

Elliot struggled to make friend with Carla proved by his time during the end of May at his journal, he prioritized to find Carla right

after waking up. Elliot also wanted to protect his childhood friend, Angela. He did not want Angela to be involved in Elliot problems.

“And I don’t want her involved in any more steps of this shit. She still has a chance to claim innocence, but not if she actively has a role in what we’re about to do. I have to protect her from what I’ve already done.” (p. 155)

The above statements showed that Elliot had willing to gain strength and power. The superior goals will influence his style of life.

3. Style of Life

Elliot created a routine that manage him to overcome schizophrenia as explained on the following table:

Time	Activiy
6:30 AM	Wake up
8:00 AM	Breakfast
10:00 AM	Kitchen duty
12:00 AM	Lunch
2:00 PM	Rectime
4:30 PM	Laundry duty
5:00 PM	Dinner
10:30 PM	Lights out

During the lifetime in prison, Elliot plan to do the exact same thing at the exact same time. He tried not to break the routine he established under any circumstances.

“Every minute planned and accounted for. That shouldn’t be too hard in a place that already has a boring ass routine set up for me. And I’m going to keep track of every single thing here in this journal. Everything recorded, time-stamped and in print. There will be no chance for HIM to steal time without me knowing it” (p. 10).

The reason he established the regimen is to avoid his hallucination about Mr. Robot. Elliot believed that Mr. Robot will have no chance to steal his time without known.

4. Social Interest

In the middle of the journey, Elliot showed his social interest.

He wanted to be friend with Carla.

“Hilarious. yes, that was sarcasm, HE’s already made it abundantly clear HE hates that I look out for Carla... but I know that what HE hates even more is that we’re actually becoming friends.” (p. 71).

Elliot tried to make his contribution to society. Elliot’s social interest could cause him striving quite strong. Elliot’s social interest is one of motivational source for him to struggle.

5. Creative Self

In prison, either communication or information is limited. Elliot wanted to get a newspaper. According to his friend “Leon”, someone named Bob had stacks of newspaper in his cell. Elliot found a way how to get the newspaper from Bob.

“I have to find something that’s worth it to trade me for it. So... what is that going to be?” (p. 49).

Finally, Elliot succeeded to get Bob’s newspaper.

“HOLY SHIT! It worked. Bob has a thing for salt packets. I think I’ve turned him on to a new boarding passion that could potentially even spread to sugar and pepper packets.” (p. 54)

The creative self is showed by several strategies developed by Elliot during the lifetime in the prison to overcome schizophrenia as follows:

1. Creating delusion

Elliot managed to create his own delusion. This method is used to make him easier handle his schizophrenia as mentioned in the beginning of the novel.

“More specifically, I’ve mentally turned this place into my mother’s house. It’s just a way to cope” (p. 3).

2. Creating a regimen

Elliot create a routine to prevent himself being distracted caused by schizophrenia.

“I’m gonna make my own set of rules to follow- strict and regimented to keep myself from being distracted, ticked or used by HIM.” (p. 10)

Elliot decided to write journal to track every activity to evaluate his schizophrenia symptoms especially the distraction of thought about caused by Mr. Robot.

“Here’s the plan and it’s simple: Everyday I’m going to do the exact same thing at the exact same time. Establish a routine that I will not break under any circumstances. Every minute planned and accounted for. (p. 10).

As mentioned in Elliot's style of life, he created a routine. The regimen aimed to track his activity when he was unconscious due to the distraction of thought.

"There will be no chance for HIM to steal time without knowing it." (p. 10).

3. To avoid using computer

Elliot was a computer lover. This could be proved by his schizophrenia symptoms when he encountered the distraction of thought, he wrote like a computer operating system language as explained in first chapter of this analysis.

The process of creative self is shown when Elliot tried to avoid using computer in order to prevent schizophrenia. He decided to go to the library rather than going to surf on the internet.

"I want to get away from HIM, so I went to the library to hole up and just be in quiet. Don't worry. I avoided the computer stations and went to the books." (p. 53).

4. Consuming Adderall

Elliot also tried to consume drugs to overcome schizophrenia. Unfortunately, he consumed the drugs too much and above the dosage.

"Day three of no sleep. I'm up to 200mg. Is that a lot? I think it's a lot. Definitely above the drescribed dosage." (p. 146)

Due to this strategy, Elliot had hallucination. Yet, he thought that he succeeded to drove away Mr. Robot.

“I feel like there is smoke coming out of my pencil. I’m writing so fast. It’s pouring out and I’m just trying to keep up. HE’s gone. HE’s gone. (p. 146).

5. Consulting to a psychiatrist

As his chief strategy, he made decision to meet Krista.

Krista is a psychiatrist. Before he decided to meet Krista Elliot tried to figure out the way how to overcome his schizophrenia.

“I’ve been thinking about my dilemma and what I would say to Krista if I could talk to her to help solve this. I really need her input on things, but I’m just not ready to go full disclosure with her about HIM yet. (p. 55).

Elliot did not want to tell Krista about Mr. Robot and any kinds of his thought distraction.

“On the topic of keeping control (and without a Krista presence to tell me what to fucking do) ... this sound totally dopey, but whatever, I’m not trying to impress anyone anyway.” (p. 56).

Therefore, he went to the library and found out some methods to overcome schizophrenia.

“Okay, so, I went to the library and looked up a book that had some methods of how to work on staying present.” (p. 56).

Elliot read book and summed up what he found by writing five steps therapy as follows:

a. Taking a deep breath.

“Feel them flowing in and out of your lungs. Breath for five counts, hold it for five counts and breath out for five counts.” (p. 56)

b. Trying to reach down and feel something concrete.

“... if you’re sitting in a chair, touch the legs that go to the ground and are holding you stable. Literally feel your presence in the chair,

you can do this with anything as long as you really feel it to bring you to thinking about where you are in the moment.” (p. 56)

c. Listening.

“Stop to take in all the sounds around you-air conditioner, a car passing, people’s conversations. Let them in to make your body’s sensations less overwhelming.” (p. 56)

d. Looking around the environment.

“Look around you and name everything that you see in your environment. You can do this in alphabetical order if you’re really wanting to take it up a notch.” (p. 56).

e. Tapping.

“While you’re talking about what makes you emotional or anxious, you’re supposed to tap certain points on your body and it’s supposed to make you feel better or something.” (p. 56).

6. Fictional Finalism

To encourage himself overcoming schizophrenia, Elliot decided to achieve some future expectation. The first fictional finalism is that Elliot wanted to control him self because previously, he felt depressed being controlled by another person. Elliot wanted to control himself fully. Based on Elliot experiences, he always failed to achieve the expectation above. Yet, Elliot always tried to struggle with it even though he was not capable to fully control himself.

Secondly, Elliot made expectation to work together with Mr. Robot. In the end of the journal, Elliot realized that he created

Mr. Robot as imaginary figure to work with and help each other.

In the end he come to understanding.

“I’ve said it before and I’ll say it again, the truth I find is rarely good. This time wasn’t any different. That’s what we are... WE. We have to do this together or we can’t do anything at all.” (p. 158)



CHAPTER IV

CONCLUSION AND SUGGESTION

This chapter sums up the analysis results on Elliot's struggle to overcome schizophrenia. The suggestions are followed in the end of this chapter.

A. Conclusion

Elliot suffered from schizophrenia as shown by several symptoms. The symptoms are disturbance of language and thought, delusion, hallucination, isolation from others and paranoia. Based on the symptoms of schizophrenia found, it indicates that Elliot type of schizophrenia is Paranoid Schizophrenia by considering the nearest type in analysis.

The researcher described Elliot's struggle to overcome schizophrenia with individual psychology perspective. Due to his inferiority feeling that he felt being controlled by schizophrenia, he strived for controlling himself. He created a lifestyle by planning the routine with several rules of regimen. As one of his schizophrenia symptoms, which Elliot tried to isolate from others, he also began to show his social interest by being friend with Carla. Therefore, Elliot's creative-self had developed four strategies such as to create a regimen, to avoid using computer, consuming Adderall and consulting to psychiatrist. At the end, he encouraged himself overcoming schizophrenia and decided to work together with Mr. Robot as his fictional finalism.

B. Suggestion

Elliot inferiority feeling is influenced by his previous life, which was told in the episodes of *Mr. Robot* drama series. In other words, *Mr. Robot: Red*

Wheelbarrow relates to other episode of *Mr. Robot* drama series. Therefore, the researcher recommends the next researcher applying intertextuality studies to broaden the analysis.



BIBLIOGRAPHY

- Abdullah, Hazrat Qutb-e-Alam Mohammad. (2010). *Islamic Tasawwuf Shariah & Tariqah: Mysticism (Sufism) from Qur'an and Hadith according to Mujaddid Rhanwi*. New Delhi: Adam Publisher & Distributors. Retrieved May 19, 2019, from https://ia801300.us.archive.org/22/items/IslamicTasawwufShariahAndTariqahByProfessorMuhammadAbdullah_201512/IslamicTasawwufShariahAndTariqahByProfessorMuhammadAbdullah.pdf.
- Abrams, M.H. (1957). *A Glossary of Literary Terms*. New York: RINEHART & COMPANY, INC. Retrieved May 19, 2019, from <https://archive.org/details/glossaryoflitera0000abra>.
- Adler, Alfred. (1925). *The Practice and Theory of Individual Psychology (Internet Archive)*. Retrieved November 9, 2018, from https://ia801604.us.archive.org/24/items/in.ernet.dli.2015.188513/2015.188513.Thr-Practice-And-Theory-Of-Individual-Psychology_text.pdf.
- Adler, Alfred. (1932). *What Life Should Mean to You*. London: George Allen & Unwin LTD. Retrieved May 18, 2019, from <https://ia801602.us.archive.org/3/items/in.ernet.dli.2015.234444/2015.234444.What-Life.pdf>.
- ANGELIA, N. (2015). *SCHIZOPHRENIA AS SEEN IN THOMAS HARRIS TETRALOGY: A PSYCHOANALYTIC APPROACH*. Undergraduate Thesis. Yogyakarta: Universitas Gadjah Mada. Retrieved April 19, 2019, from <http://etd.repository.ugm.ac.id/downloadfile/78431/potongan/S1-2015-305030-abstract.pdf>.
- Arif, Imam Setiadi. (2006). *Skizofrenia: Memahami Dinamika Keluarga Pasien*. Bandung: Refika Adimata.
- Atypical Psychosis*. (n.d.). In Alleydog.com's online glossary. Retrieved May 20, 2019, from: <https://www.alleydog.com/glossary/definition-cit.php?term=Atypical+Psychosis>.
- Batrolone, Guilia. (2018). *The tension between Utopia and Dystopia under late capitalism: control, alienation and resistance in "Mr. Robot" and "Black Mirror" (Master's Thesis)*. Leiden: Leiden University. Retrieved November 9, 2018, from <https://openaccess.leidenuniv.nl/bitstream/handle/1887/65652/MA%20THESIS%20Giulia%20Bartolone.pdf?sequence=1>.
- Buss, Arnold H. and Edith H. Buss. (1969). *Theories of Schizophrenia*. Ney York: Atherton Press. Retrieved May 19, 2019, from <https://archive.org/details/theoriesofschizo00buss>.

- Crandall, James E. (1981). *Theory and Measurement of Social Interest*. New York: Columbia University Press. Retrieved May 21, 2019, from <https://archive.org/details/theorymeasuremen00cranrich/page/n9?q=Alfred+Adler%27s+basic+concepts+and+implications?q=Alfred+Adler%27s+basic+concepts+and+implications>.
- Drilandoyo, R. (2014). *Struggle For Life Reflected In Dave Pelzer's Autobiography A Child Called "It": One Child's Courage To Survive (1999): An Individual Psychological Approach*. Undergraduate Thesis. Surakarta: Universitas Muhammadiyah Surakarta. Retrieved April 20, 2019, from http://eprints.ums.ac.id/29796/9/PUBLICATION_ARTICLE.pdf.
- Endraswara, Suwardi. (2013). *METODOLOGI KRITIK SASTRA*. Yogyakarta: Penerbit Ombak.
- Eps1.91_redwheelbarr0w.txt*. (n.d.). In Mr. Robot Wiki. Retrieved May 20, 2019, from https://mrrobot.fandom.com/wiki/Eps1.91_redwheelbarr0w.txt.
- Esmail, Sam and Courtney Looney. (2016). *MR. ROBOT: Red Wheelbarrow: (eps1.91_redwheelbarr0w.txt)*. New York: Abrams.
- Essays, UK. (2018). *Sigmund Freud And Alfred Adler Psychology Essay*. Retrieved May 21, 2019, from <https://www.ukessays.com/essays/psychology/sigmund-freud-and-alfred-adler-psychology-essay.php?vref=1>.
- Hartomy, Andre. 2011. *THE STRIVING TO STAY ALIVE REFLECTED IN JONATHAN SWIFT GULLIVER'S TRAVELS (1926): AN INDIVIDUAL PSHYCHOLOGICAL APPROACH (Research Paper)*. Surakarta: Universitas Muhammadiyah Surakarta. Retrieved November 14, 2018, from <http://eprints.ums.ac.id/11750/1/Bab1.pdf>.
- Hauser, Hellen Ann. (1975). *A MULTI-GENRE ANALYSIS OF MELVILLE'S PIERRE: THE PATTERNS ALMOST FOLLOWED*. Dissertation. Florida: University of Florida. Retrieved May 18, 2019, from <https://ia800303.us.archive.org/4/items/multigenreanalys00hausrich/multigenreanalys00hausrich.pdf>.
- Institute for the Psychology of Eating. (2015). *What is Body Image?*. Retrieved May 20, 2019, from <https://psychologyofeating.com/body-image/>.
- Kelly, Autumn Noel. (2016). *'Mr. Robot' Season 2 Episode 7 Recap: Why Is Elliot in Jail?*. Retrieved May 19, 2019, from <https://www.player.one/mr-robot-season-2-episode-7-recap-why-elliott-jail-551628>.
- Landau, Elanie. (2004). *Schizophrenia*. New York: Franklin Watts. Retrieved May 16, 2019, from <https://archive.org/details/schizophrenia0000land>.

- Lindauer, Martin S. (1974). *The psychological study of literature*. Chicago: Nelson-Hall. Retrieved May 16, 2019, from https://archive.org/details/unset0000unse_t8r6.
- Mr. Robot: Red Wheelbarrow: by Sam Esmail*. (n.d.). In Goodreads. Retrieved May 18, 2019, from <https://www.goodreads.com/book/show/29873086-mr-robot>.
- Murphy, Gardner and Friedrich Jensen. (1932). *APPROACHES TO PERSONALITY*. New York: Coward-McCann, Inc.
- Niam, Mukafi. (2016). *Merdeka Melawan Hawa Nafsu*. Retrieved May 18, 2019, from <http://www.nu.or.id/post/read/70585/merdeka-melawan-hawa-nafsu->.
- Nordby, Vernon J. and Calvin Springer Hall. (1974). *A Guide to Psychologists and Their Concepts*. San Francisco: W.H. Freeman and Company.
- Oxford University Press. (2008). *Oxford LEARNER'S POCKET Dictionary* (4th ed.). Oxford: Oxford University Press.
- Paranoia and Delusional Disorders*. (n.d.). In Mental Health America. Retrieved May 20, 2019, from <https://www.mentalhealthamerica.net/conditions/paranoia-and-delusional-disorders>.
- Parekh, Ranna. (2017). *What is Depression?*. American Psychiatric Association. Retrieved May 20, 2019, from <https://www.psychiatry.org/patients-families/depression/what-is-depression>.
- Strano, D. A., & Petrocelli, J. V. (2005). *A Preliminary Examination of the Role of Inferiority Feelings in the Academic Achievement of College Students*. *Journal of individual psychology*, 61(1). Retrieved May 20, 2019, from https://www.researchgate.net/profile/John_Petrocelli/publication/268521067_A_Preliminary_Examination_of_the_Role_of_Inferiroty_Feelings_in_the_Academic_Achievement_of_College_Students/links/546f5e330cf216f8cfa9d914.pdf
- Triutami, Fathonah Wahyu. 2014. *Survival Strategy Of Fraud Victim In Paulo Coelho's Eleven Minutes Novel: An Individual Psychological Perspective*. Undergraduate Thesis. Surakarta: Universitas Muhammadiyah Surakarta. Retrieved November 7, 2018, from http://eprints.ums.ac.id/29798/9/PUBLICATION_ARTICLE.pdf.
- USA Network. (2016). *Sam Esmail Explains Why He Wanted to Do a Mr. Robot Book*. Retrieved May 18, 2019, from <https://www.usanetwork.com/mrrobot/blog/sam-esmail-explains-why-he-wanted-to-do-a-mr-robot-book>.
- Wellek, Rene and Austin Warren, (1942). *Theory of Literature*. New York: Harcourt, Brace and Company. Retrieved May 18, 2019, from

https://ia800600.us.archive.org/7/items/lit_theory/theoryofliteratu00inwel1.pdf.

West, Thomas R. (2002). *Signs of struggle: the theoretical politics of cultural differences*. Albany: State University of New York Press.



CURRICULUM VITAE

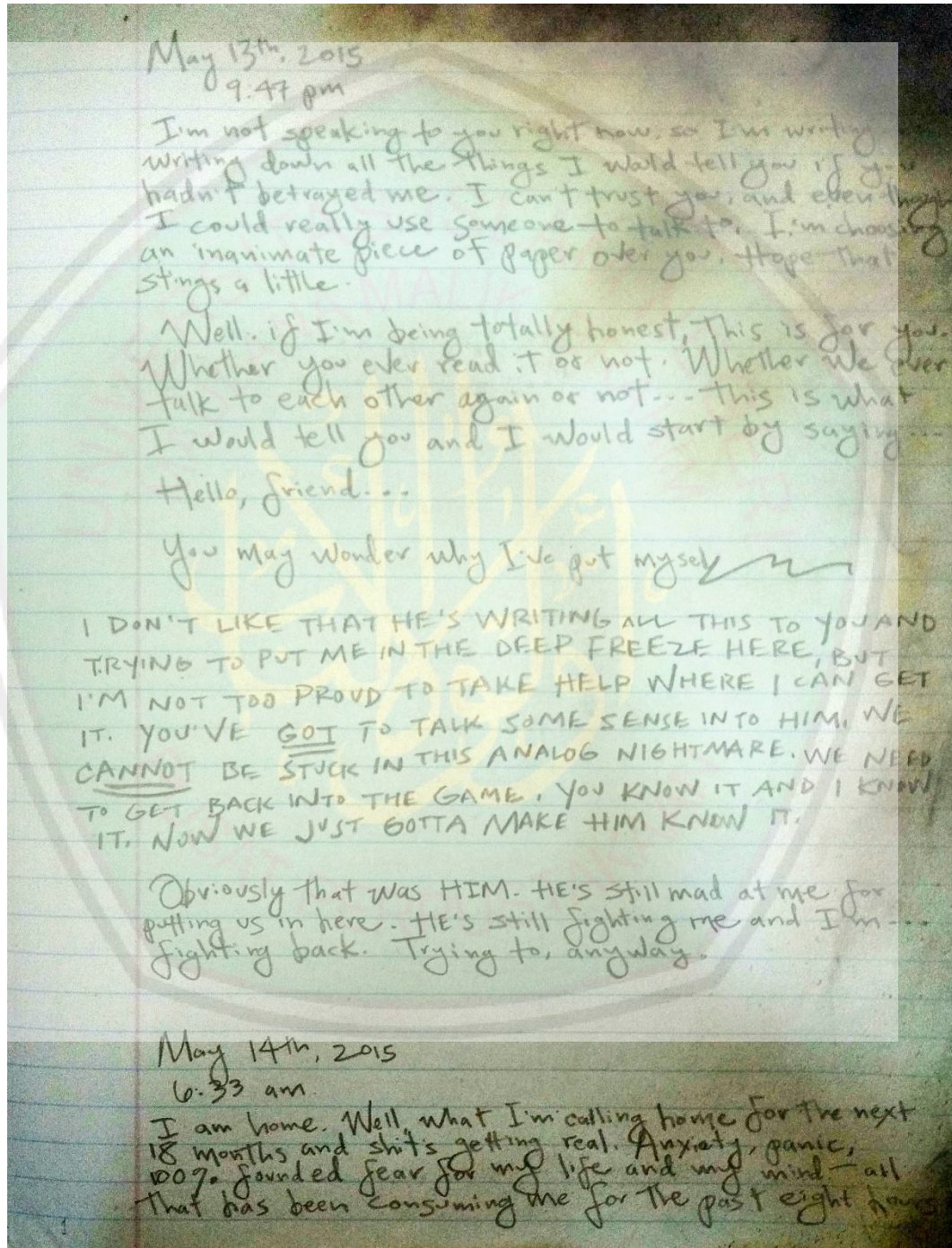


Muhammad Allam Baharudin was born on Malang in November 10, 1994. He graduated from MASS Tebuireng Jombang in 2013. After that, he started to study in UIN Maulana Malik Ibrahim Malang at English Letters Department in 2013.

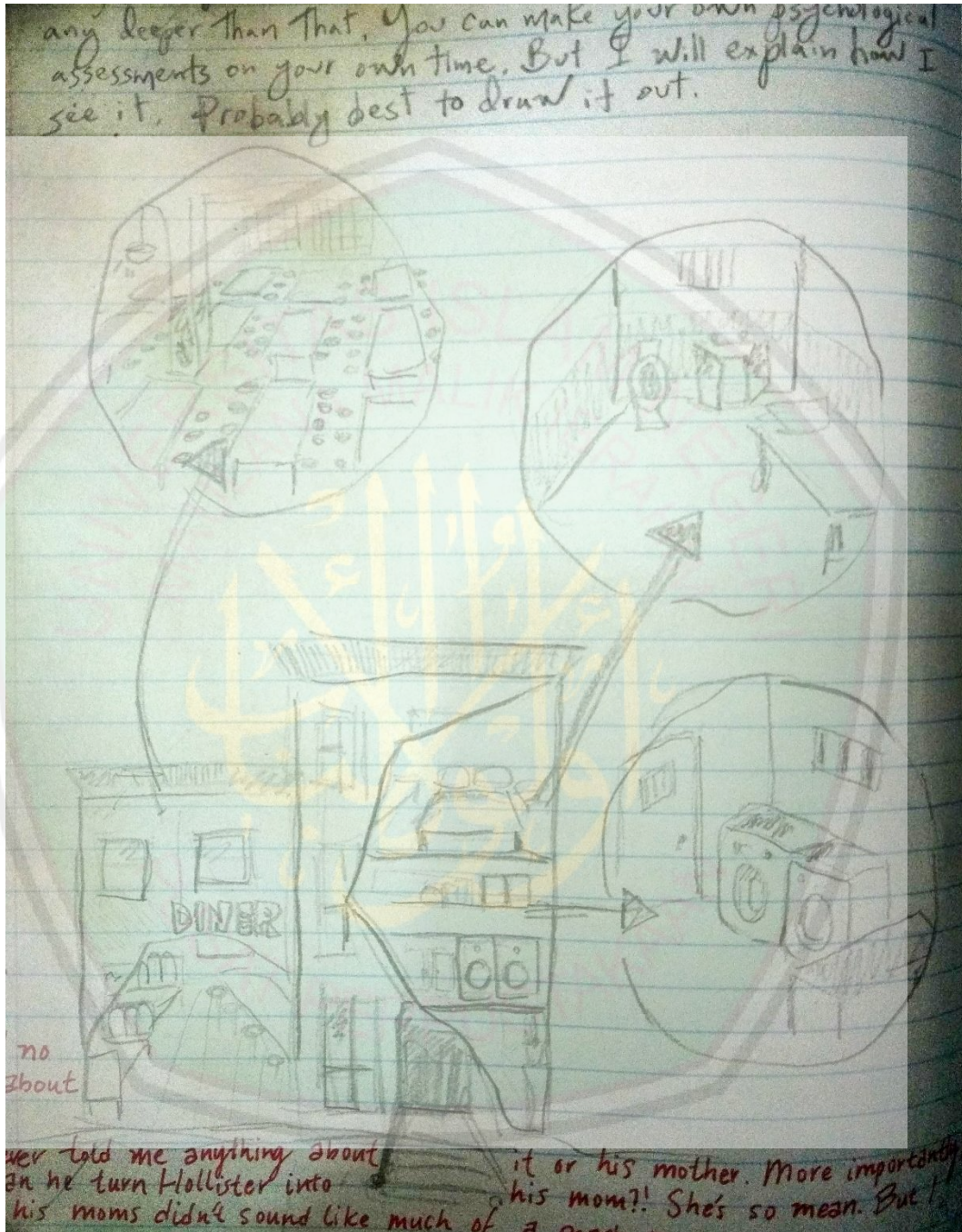


APPENDIX

Appendix 1



Appendix 2



Appendix 3



Appendix 4

