

BORDERLINE PERSONALITY DISORDER

EXPERIENCED BY DAWSON COLE IN *THE BEST OF ME*

BY NICHOLAS SPARKS

THESIS

By:

Afiyati Amlul Jariyah

NIM 15320155



DEPARTMENT OF ENGLISH LITERATURE

FACULTY OF HUMANITIES

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IBRAHIM MALANG

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THESIS

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By:

Afiyati Amlul Jariyah

NIM 15320155

Advisor:

Dr. Syamsudin, M. Hum.

NIP196911222006041001



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

2020

STATEMENT OF AUTHORSHIP

I state that the thesis under the title **Borderline Personality Disorder Experienced by Dawson Cole in *The Best of Me* by Nicholas Sparks** is my original work. I do not include any materials previously written or published by another person, except those ones that are cited as references and written in the bibliography. Due to this fact, I am the only person responsible if there is an objection or claim.

Malang, June 17th, 2020

The Researcher



Afiyati Amlul Jariyah

NIM 15320155


APPROVAL SHEET

This is to certify that Afiyati Amlul Jariyah's thesis entitled **Borderline Personality Disorder Experienced by Dawson Cole in *The Best of Me* by Nicholas Sparks** has been approved for thesis examination at the Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of *Sarjana Sastra* (S.S.).

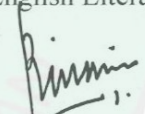
Malang, June 17th, 2020

Approved by

Advisor


Dr. Syamsudin, M. Hum.
NIP 196911222006041001

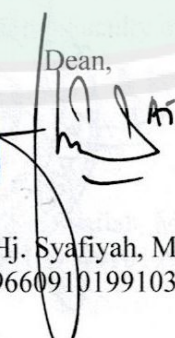
Head of Department
of English Literature


Rina Sari, M.Pd.
NIP 197506102006042002

Acknowledged by



Dean,


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

LEGITIMATION SHEET

This is to certify that Afiyati Amlul Jariyah's thesis entitled **Borderline Personality Disorder Experienced by Dawson Cole in *The Best of Me* by Nicholas Sparks** has been approved by the Board of Examiners as the requirement for the degree of *Sarjana Sastra* (S.S.) in Department of English Literature.

Malang, June 17th, 2019

The Board of Examiners

Signatures

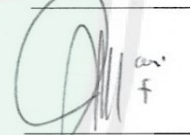
Dr. Siti Masitoh, M.Hum.
NIP. 196810202003122001

(Main
examiner)



Asni Furaida, M.A.
NIP. 19880711201802012182

(Chair)



Dr. Syamsudin, M. Hum.
NIP. 196911222006041001

(Advisor)



Approved by

Dean of the Faculty of Humanities



Dr. D. Syafiah, MA
NIP. 196609101991032002

MOTTO

“Being entirely honest with oneself is a good exercise.”



DEDICATION

I dedicate this thesis to my beloved parents, all my families, all my close friends who have always support me, the next researcher who read this thesis and especially to my lovely self.



ACKNOWLEDGEMENT

Alhamdulillah, all praises to Allah SWT, who has given me strength, guidance, and blessing so that I can finish my thesis entitled “Borderline Personality Disorder Experienced by Dawson Cole in *The Best of Me* by Nicholas Sparks”. Also, to the greatest prophet, Muhammad SAW, who guides and spreads the truthfulness and brightness.

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Researcher

Afiyati Amlul Jariyah

ABSTRACT

Jariyah, Afiyati Amlul. 2020. *Borderline Personality Disorder Experienced by Dawson Cole in The Best of Me by Nicholas Sparks*. Thesis. Department of English Literature. Faculty of Humanities. Universitas Islam Negeri Maulana Malik Ibrahim Malang.

Advisor : Dr. Syamsudin, M. Hum.

Keywords : *Borderline Personality Disorder, Repression, The Best of Me*.

Borderline Personality Disorder is a mental health disorder that characterized by unstable interpersonal relationships, moods, emotions, and behavior, along with impulsivity. This personality disorder has causes and impacts that influenced the patient's life. This personality disorder usually begins in early adulthood with a worse condition and may gradually improve with age. The personality disorder happens because of the impacts of the repressed feeling, thoughts, and memories of an embarrassing or painful moment that can cause a high level of anxiety.

This research analyzes Dawson Cole as the main character that experienced Borderline Personality Disorder in the novel *The Best of Me* written by Nicholas Sparks. The researcher identifies and analyzes the causes and impacts of Dawson Cole's Borderline Personality Disorder and also to know the way Dawson Cole overcomes his Borderline Personality Disorder. Borderline Personality Disorder is the impact of the repression. Repression theory as the Self-Defense Mechanism was developed by Sigmund Freud, which explore the psychology in someone's personality. The method of this research is literary criticism, by reading, identifying, classifying, and analyzing the data related to the Borderline Personality Disorder undergone by Dawson Cole in *The Best of Me* novel.

The results indicate that Dawson Cole undergone Borderline Personality Disorder. Thus, there are some causes strengthen the Borderline Personality Disorder of Dawson Cole. Some factors are the causes of Borderline Personality Disorder that gets from the environmental and individual causes. For example, when he was toddler his father had been beaten him in his back and chest that caused him get the painful memories since he was children. That causes have made an impacts on Dawson Cole's personality on relationships, law, and physical health. Furthermore, as Dawson Cole experienced that personality disorder, he started to find a way to overcome his Borderline Personality Disorder by grounding exercises and practice some self-care.

ABSTRAK

Jariyah, Afiyati Amlul. 2020. *Gangguan Kepribadian Ambang yang Dialami oleh Dawson Cole dalam The Best of Me Karya Nicholas Sparks*. Skripsi. Jurusan Sastra Inggris. Fakultas Humaniora. Universitas Islam Negeri Maulana Malik Ibrahim Malang.

Pembimbing : Dr. Syamsudin, M. Hum.

Kata kunci : *Gangguan Kepribadian Ambang, Represi, The Best of Me*.

Gangguan Kepribadian Ambang adalah gangguan kesehatan mental yang ditandai oleh hubungan interpersonal yang tidak stabil, suasana hati, emosi, dan perilaku yang impulsif. Gangguan kepribadian ini memiliki sebab dan dampak yang dapat mempengaruhi kehidupan pasien. Gangguan kepribadian ini biasanya dimulai pada awal masa dewasa dengan kondisi yang semakin buruk dan secara bertahap tidak dapat membaik seiring bertambahnya usia. Gangguan kepribadian ini terjadi karena dampak dari perasaan, pikiran, dan ingatan yang tertekan, dalam keadaan yang memalukan atau menyakitkan yang dapat menyebabkan tingkat kecemasan yang tinggi.

Penelitian ini menganalisis Dawson Cole sebagai karakter utama yang mengalami Gangguan Kepribadian Ambang dalam novel *The Best of Me* karya Nicholas Sparks. Peneliti mengidentifikasi dan menganalisa penyebab serta dampak dari Gangguan Kepribadian Ambang pada Dawson Cole, juga untuk mengetahui cara Dawson Cole mengatasi Gangguan Kepribadian Ambangnya. Gangguan Kepribadian Ambang adalah dampak dari represi. Teori Represi sebagai Mekanisme Pertahanan Diri yang dikembangkan oleh Sigmund Freud, teori ini mengeksplorasi psikologi kepribadian seseorang. Metode penelitian ini adalah kritik sastra, dengan membaca, mengidentifikasi, mengklasifikasikan, dan menganalisis data terkait dengan Gangguan Kepribadian Ambang yang dialami oleh Dawson Cole dalam novel *The Best of Me*.

Hasil penelitian menunjukkan bahwa Dawson Cole mengalami Gangguan Kepribadian Ambang. Dengan demikian, ada beberapa factor penyebab yang memperkuat Gangguan Kepribadian Ambang pada Dawson Cole. Beberapa faktor adalah penyebab Gangguan Kepribadian Ambang yang didapat dari lingkungan dan individu. Sebagai contoh, ketika Dawson masih balita, ayahnya telah memukuli punggung dan adanya yang menyebabkan dia mendapatkan kenangan menyakitkan sejak dia masih anak-anak. Penyebab itulah yang telah membuat dampak pada kepribadian Dawson Cole dalam hubungan, hukum, dan kesehatan fisik. Selain itu, selama Dawson Cole mengalami gangguan kepribadian itu, dia mulai menemukan cara untuk mengatasi Gangguan Kepribadian Ambangnya melalui latihan-latihan dasar dan mempraktikkan beberapa perawatan diri.

مستدخسة البحث

جارية ، أفياتي أملول. 2020. عتبة اضطرابات الشخصية التي عانى داونسون كول في " The Best of Me" من قبل نيكولاس سباركس. قسم الأدب الإنجليزي. كلية العلوم الإنسانية. جامعة مولانا مالك إبراهيم الإسلامية الحكومية في مالانغ

مش :Dr. شمس الدين, M. Hum.

كلمة المفتاحية : اضطرابات الشخصية العتبه ، القمع ، أفضل ما لدي

ومزاج غير مستقرة عتبه اضطراب الشخصية هي اضطراب في الصحة العقلية يتميز بعلاقات شخصية وعواطف وسلوك متهور. هذا الاضطراب في الشخصية له أسباب وآثار يمكن أن تؤثر على حياة المريض. عادة ما يبدأ اضطراب الشخصية هذا في مرحلة البلوغ المبكر بحالة أسوأ ويمكن أن يتحسن تدريجياً مع تقدم العمر. يحدث اضطراب الشخصية هذا بسبب آثار المشاعر والاكتئاب والذكريات المكتتبه في ظروف محرجه أو مؤلمة .يمكن أن تسبب مستويات عالية من القلق

العتبه الشخصية باعتبارها الشخصية الرئيسية التي تعاني من اضطراب Dawson Cole تحلل هذه الدراسة من قبل نيكولاس سباركس. يقوم الباحثون بتحديد وتحليل أسباب وآثار The Best of Me رواية في اضطرابات الشخصية العتبه على داونسون كول وكذلك لمعرفة كيفية تعامل داونسون كول مع اضطرابات الشخصية العتبه. عتبه اضطرابات الشخصية هي آثار القمع. نظرية القمع كآلية للدفاع عن النفس طورها سيجموند فرويد ، والتي تستكشف علم النفس في شخصية المرء. طريقة البحث هذه هي النقد الأدبي ، من خلال قراءة وتحديد وتصنيف وتحليل البيانات المتعلقة باضطرابات الشخصية العتبه التي يعانها داونسون كول في رواية The Best of Me.

العوامل هناك العديد من أظهرت النتائج أن داونسون كول كان يعاني من اضطراب الشخصية. وبالتالي ، التي تعزز اضطرابات الشخصية عتبه في داونسون كول. هناك العديد من العوامل التي تسبب اضطرابات الشخصية العتبه التي تم الحصول عليها من البيئة والأفراد. على سبيل المثال ، عندما كان طفلاً صغيراً ، ضرب والده ظهره وصدوره مما جعله يحصل على ذكريات مؤلمة عندما كان طفلاً. لقد أثر هذا السبب على شخصية داونسون كول في العلاقات والقانون والصحة البدنية. بالإضافة إلى ذلك ، أثناء اضطراب شخصية داونسون كول ، بدأ في إيجاد طرق للتغلب على اضطرابات الشخصية العتبه من خلال التمارين الأساسية وممارسة بعض الرعاية الذاتية.

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CHAPTER I

INTRODUCTION

This section is an introduction to the thesis that contains information about research background, research problem, objective of the research, the significance of the research, scope and limitation, definition of key terms, previous studies, and research methodology.

1.1 Research Background

Humans have mental and physical needs to be handled. When humans are physically healthy, they may not be mentally healthy. Sigmund Freud said that mental health is more important than physical health. It is because physical health is easy to be affected by mental health. Based on psychoanalysis, Sigmund Freud explains that humans are more conditioned by their subconscious. This subconscious region is not realizing by humans but determines almost their entire life (Sehandi, 2014).

Psychoanalysis is one of the social sciences that relate to literary theories, such as structuralism, semiotic, feminism, and sociology of literature. This theory is a comprehensive system in psychology developed by Sigmund Freud to deal with people experiencing neurosis and other mental problems. The task of psychoanalysis is to treat mental and neurological disorders, explain how the human personality develops and works, and presents theories about how individuals can socialize in personal and community relations (Sehandi, 2014).

Furthermore, ten types of mental disorders can affect human personality. One of them is Borderline Personality Disorder, also known as an emotionally unstable personality disorder (EUPD). Borderline personality disorder is a mental health disorder that can affect how people think and how they feel about themselves and others. This personality disorder has an intense fear of abandonment and may cause the patient to experience difficulty with tolerance. Furthermore, inappropriate anger, impulsivity, and mood swings can often drive others away from the patient, even if they want to have a loving and lasting relationship. This disorder usually begins in early adulthood with a worse condition and may gradually improve with age (Brune, 2016).

Sigmund Freud was the key figure who developed the Psychoanalysis theory. Freud was a neurologist and neuropsychiatric, as well as the discoverer of the theory of psychoanalysis. He divided human personality structure into three types; Id, Ego, and Superego. He also divided the mind into consciousness, pre-consciousness, and unconsciousness. He had a work that marked the founding of the school of psychoanalysis entitled *Studies in Hysteria* (1875). His work contained ideas and discussions about therapeutic techniques carried out by Freud (Sehandi, 2014).

Other than Sigmund Freud, other psychoanalytic theory figures are Alfred Adler (1870-1937) and Carl Gustav Jung (1875-1961). Both of them are the main students of Freud. Adler developed the concept of inferiority organs. His theory of inferiority is due to physical deficiencies that humans try to overcome. Meanwhile, Jung was emphasizing the unconscious aspect of the

collective unconscious. This concept is transpersonal, which can be proved through the structure of the human brain that does not change (Sehandi, 2014). Thus, the researcher chose Sigmund Freud's theory because his theory had the aspects that will be analyzed.

The object of literary criticism can be divided by prose, poetry, and drama. Among all, novel which part of prose is the literary work that has various elements to be analyzed. It begins with the characters, characterization, plot, setting of place and time, and so on. It makes the researcher interested in choosing a novel as the object of research. A novel that caught the researcher's attention was a novel by Nicholas Sparks. His novels were able to bring the readers through his imagination. Some of his stories had an unpredictable and even tragic ending.

The Best of Me is a novel published by Grand Central Publishing in New York in September 2010 and written by Nicholas Sparks. The novel tells about a guy named Dawson Cole. Dawson was born in Oriental city, California. He was a Cole family that famous with its criminal background. His family also had a complicated problem around them. He always treated cruelly by his cousin and even by his father. Because of his family's treatment, he decided to leave his house. After that, he met Amanda that became his girlfriend when he was young. Before it happened, he met Tuck Hostler, an older man in Oriental that has taken care of him as his stepfather. Accidentally, he met Dr. Bonner's family that will change his life in the future. Dawson's problem arose when Tuck Hostler passed away, and he invited to see Tuck's attorney. The problem that happens to

Dawson was the inner conflict between his emotion and his mind. It also called the personality disorder. After that moment, Dawson life was changed and brought him to his deep regrets about the person he loved in his life.

The Best of Me is a novel that has a bittersweets story written by Nicholas Sparks. The researcher chose this novel to be analyzed because he awarded as the First of New York Times Bestselling Author for this novel and all his novels such as *The Notebook*, *Every Breath*, and so on. The story of *The Best of Me* novel focuses on the middle-aged character that can easily be affected by any personality disorders. Personality disorder happens caused by the repressed feeling in a human's mind. It is relevant to the theory of repression that the researcher will employ. Thus, based on this novel, the researcher wants to analyze the novel using repression theory as the defence mechanism by Sigmund Freud.

There are some of the previous studies related to the object or the theory. First, there is a thesis by Blasius Yoga Puspa Krisanta (2016) entitled *The Influences of Dawson's First Love on His Life as Seen in Nicholas Sparks' The Best of Me*". It analyzed the changing personality of the main character in the novel used the Psychological approach.

Second, the research by Ghulam Muhammad (2016) entitled *Personality of the Main Character in MacKinlay Kantor's A Man Who Had No Eyes and Blue Eyes Far Away*. It analyzed the personality of the main character in

MacKinlay Kantor's short stories to expose the personality of the main character, using the basic principle of personality by Sigmund Freud.

Third, the research by Rizkian Hasim (2018) entitled *Ralph's Anxiety in The Wildlife in Lord of The Flies Novel*. It analyzed the anxiety in William Golding's in *Lord of The Flies* novel, miscellaneous anxiety, and self-defence by the main character, using the Psychological approach in the theory of anxiety and self-defence by Sigmund Freud.

Thus, the previous researches above have similarity and differentiation. The similarity of the research is that those researches use the same approach that is the Psychological approach. While the differentiation is the theory used in those research are dissimilar. Also, some of the previous studies used different personality disorders in their research.

1.2 Research Problems

Based on the explanation above, the researcher is going to find the answer to the following problems.

1. What are the causes of Dawson Cole's Borderline Personality Disorder in *The Best of Me* novel?
2. What are the impacts of Borderline Personality Disorder to Dawson Cole in *The Best of Me* novel?
3. How does Dawson Cole overcome his Borderline Personality Disorder in *The Best of Me* novel?

1.3 Research Objectives

Following the research question above, this study aims:

1. To identify the causes of Dawson Cole gets Borderline Personality Disorder in *The Best of Me* novel.
2. To find out the impacts of Borderline Personality Disorder to Dawson Cole's personality in *The Best of Me* novel.
3. To know the way Dawson Cole overcomes the Borderline Personality Disorder in *The Best of Me* novel.

1.4 Research Significance

The significance of the study is:

The research presents more understanding about the Borderline Personality Disorder experienced by the main character in literary work, especially in *The Best of Me* novel. Also, to give more understanding about literary work, in this case, is a novel.

Moreover, the researcher hopes; theoretically, it can be a reference for the analysis using a similar theory or object in the future. As well as the theory of repression is scarce to use in literary work, so the researcher hopes it can give more knowledge about it.

1.5 Scope and Limitation

This research will focus on analyzing Dawson Cole as the main character in *The Best of Me* novel by Nicholas Sparks, published in New York, 2010. It will discuss Borderline Personality Disorder found in the main character of the novel. The analysis focused on Borderline Personality Disorder that analyzed with repression theory describes in the novel through the narrator explanation and the dialog written by Nicholas Sparks.

1.6 Definition of Key Terms

1. **Borderline Personality Disorder:** A mental health disorder characterized by unstable interpersonal relationships, moods, emotions, and behaviour, along with impulsivity (Pedneault, 2019).
2. **Repression:** A type of self-defence mechanism that repressed all the things involved thoughts, instincts, or memories that have been experienced, which is painful or embarrassing and causes a high level of anxiety (Cherry, 2019).

1.7 Previous Studies

Some of the previous researches that the researcher uses as references within the same object or theory and have some contribution in this research are:

First, the research entitled *The Influences of Dawson's First Love on His Life as Seen in Nicholas Sparks' The Best of Me* by Blasius Yoga Puspa Krisanta (2016) from Department of Language and Arts Education, Faculty of Teachers

and Training Education at Sanata Dharma University of Yogyakarta. It analyzed the changing personality of Dawson Cole as the main character in the novel used the Psychological approach. Hence, the finding of this research showed the portrayal of Dawson Cole as the main character. He was elaborating on the development of love that divided into infatuated love, romantic love, and consummate love. The influences of Dawson Cole's love had on his past and current life. This research gives some contributions to the researcher on the same novel in understanding the conflict of the main character in *The Best of Me* novel.

Second, the research by Rizkian Hasim (2018) entitled *Ralph's Anxiety in The Wildlife in Lord of The Flies Novel* from the Department of English Literature, Faculty of Humanity at State Islamic University of Maulana Malik Ibrahim Malang. It analyzed the anxiety in *Lord of The Flies Novel* by William Golding's; miscellaneous anxiety, and self-defence by the main character, using the Psychological approach in the theory of anxiety and self-defence by Sigmund Freud. From the analysis, he found that Ralph as main character had a conflict between his ego and superego that ended as anxiety. The anxiety is caused by many external problems. Then, he performs the self-defence mechanism in solving the problem of anxiety. This thesis gives some contributions to the researcher in understanding the Psychological approach, the theory of Self-Defence Mechanism, and Repression theory by Sigmund Freud. It gives inspiration for the researcher in analyzing the research.

Third, the research by Ghulam Muhammad (2016) entitled *Personality of main characters in MacKinlay Kantor's A Man Who Had No Eyes and Blue*

Eyes Far Away from the Department of English Literature, Faculty of Humanity at State Islamic University of Maulana Malik Ibrahim Malang. He analyzed the personality of the main character in MacKinlay Kantor's short stories in order to expose the personality of the main character. In analyzing the personality, the researcher used the basic principle of personality by Sigmund Freud. As a result of the analysis, the researcher found several aspects classified into three basic principles of personality: Id, Ego, and Superego. This thesis gives the researcher an understanding of the personality of the main character who used the basic principle of personality by Sigmund Freud.

1.8 Research Methods

The research methods include the research design, data and data sources, data collection, and data analysis.

1.8.1. Research Design

This research applies literary criticism because literary work is the object of analysis. The research contains several characters that show some indications of psychological problems. Hence, this research concerns on analyzing, evaluating, and interpreting the purpose of literary work. Furthermore, the analysis will be in descriptive form. Then, it will define the case in terms of long descriptions. Thus, the researcher uses the Psychological approach in the theory of repression as the self-defense mechanism which declared by Sigmund Freud in analyzing the research.

1.8.2. Data and Data Sources

The researcher sets the novel entitled *The Best of Me* written by Nicholas Sparks as the main data source, with the related information beyond the novel. *The Best of Me* contains three hundred and four pages and published by Grand Central Publishing in New York, in September 2010. This novel has twenty three chapters and about seventeen chapters that are based on Dawson Cole as the main character's point of view. The researcher will read the novel to get a critical analysis of the object. Hence, the researcher determines every utterances and narrator explanation that exist in the novel *The Best of Me* written by Nicholas Sparks as the research data.

1.8.3. Data Collection

In collecting the data, firstly, the researcher reads the novel. Then the researcher will focus and note some events associated with the main character that has Borderline Personality Disorder. Secondly, the researcher will understand the story's plot and conflict deeply to support the main character's analysis. Then the researcher will analyze the data using repression theory in this research.

1.8.4. Data Analysis

In analyzing the data, the researcher used an objective approach based on factual data in *The Best of Me* novel. The data collected will be analyzed based on the repression theory. While analyzing the data, the researcher will use

supporting data from books, internet, journals, websites, and articles, and then end with a conclusion.



CHAPTER II

REVIEW OF RELATED LITERATURE

This section presents the review of related literature that contains some topics to support the analysis in this research. Those are Psychology in Literature, Psychological Approach, and Borderline Personality Disorder.

2.1 Psychology in Literature

Psychology and literature have a relation in reality. Both related to human behaviors, motivation, thought, and expression. Psychology is the science of human behavior (Kartono, 1980). Also, the relation between literature and psychology is that psychology helps to clarify some literary problems, and literature presents insights into psychology. Then, to gain a deeper understanding, literature can be studied by various approaches includes psychological approach (Cohen, 1971).

There are four definitions of the psychology of literature. First, the psychology of literature is the author's psychological understanding as a human being. Second, the creative process as an assessment is important. Third, the application of psychological precepts is required in analyzing literary works. Fourth, the psychology of literature has interpreted as the study of the impact of literature on psychological condition (Wellek and Austin, 1955).

Moreover, the psychology of literature will be analyzed from the reaction of the psyche through its behavior. This study also can solve the human

problem. The aspects of psyche can be explained clearly through the characterization. The way how the characters play and the author expressed cannot separate from the role of psychology. Therefore, there is an opinion stated that literary work is a reflection of real life. It marked that there are similarities in the problem that appear in literary work (Siswantoro, 2005).

The similarities that psychology and literature have are both starts from human and life as the main object of the analysis (Endaswara, 2011). There are three ways to understand psychological criticism. First, understands the psychology of the author as the writer. Second, understands the psychology of the characters in literary work. Third, understands the psychology of the reader while reading literary work (Ratna, 2004). Then, the psychological criticism in this research will be to focus on understanding the psychology of the main character in literary work. Therefore, the content or plot of literary work has to relate to the theory of psychology.

2.2 Psychological Approach

The research used a Psychological approach in analyzing literary work. The key figure of the Psychoanalysis theory was Sigmund Freud. Psychoanalysis theory is a comprehensive system that deals with people experiencing neurosis or other mental disorders, and it discusses human behavior (Sehandi, 2014). People believe that every individual has their personality characteristics. It must observe the most profound symbolic signs and thoughts to understanding

someone's personality characteristics deeply. The assumption above gets the central place in Sigmund Freud's theory about personality (Minderop, 2003).

In *A Handbook of Critical Approaches to Literature*, it is stated that Freud has anatomy about mental personality distinguished between the conscious and unconscious levels of the mental activity. It is because human's actions are most motivated by psychological forces which have minimal control by human itself. There are three premises of his theory. The first major premise is the individual's mental processes. The second premise is the human behavior motivated by what we called sexuality or libido. The third premise is the repressed memories or desires due to the dominant social taboos (Guerin, 2005).

From those three premises, Sigmund Freud divided human's three psychic zones or also called by tripartition, that are Id, Superego, and Ego (Guerin, 2005).

- a. The id is the basic structure of the human personality that is entirely unconscious. It is the first form of the system that we have had since we were born. It can be called human is a pure id due to the biological demands. It is also considered the pleasure principle which drives life to please the people and make them comfortable. Besides, this principle avoids the unpleasant (Guerin, 2005).
- b. The Superego is moral sensory that reflects social values and makes individuals aware of moral demands. According to Freud, he categorizes Superego into two parts, Conscience, and *Ideal Ego*. Conscience is the

value resulting from the punishment and guilt that gained when doing wrong behaviour. On the contrary, the Ideal Ego is the value resulting from the reward and praise that gained when doing a good behaviour. It is dominated by the morality principle that demands morality in thought, word, and action related to social aspects (Guerin, 2005).

- c. The Ego is a human personality structure that controls consciousness and makes decisions about human behaviour. It is the realistic part of the personality that can be said as the personality which able to differentiate between reality and fantasy. Besides, it is also the mediator between the Id and the Superego. Thus, it is governed by the reality principle that the Ego will adjust the actions taken to satisfy the urge of pleasure under real conditions (Guerin, 2005).

Besides, Freud divided the mind into consciousness, pre-consciousness, and unconsciousness. He also illustrated that the human mind is like the "Iceberg metaphor". It explains that consciousness is the small part of the mind that has a connection with reality, and it is at the top of the iceberg that can be seen. While the pre-consciousness is a connector between the conscious and unconscious mind, which contains accessed memories or ideas. Meanwhile, the unconscious mind is the most dominant and important thing in determining human behaviour. It is most of all parts of the iceberg in the water, which cannot be seen (Sehandi, 2014).

The other controversial Freud's theory about childhood is Child Psychology. According to this theory, there are three stages of personality

development, such as Infantile, Latent, and Genital. Personality development develops the following age. The stage of infantile has three steps, like Oral, Anal, and Phallic. This period happens during the first five years of life. The child reaches the stage of oral from early birth until the first age of life. Then, the step of anal reaches from first until four years of life.

Furthermore, the child reaches the phallic stage around five. It is the time of the Oedipus complex manifest itself. This infantile stage is the phase of building a mental foundation. It means that what had seen at that age will form its character. While the stage of latent reaches six until twelve, and the stage of genital reaches above twelve (Guerin, 2005).

Besides the theories of personality development, Freud has another theory of personality that is anxiety. Almost all the personality theories used anxiety as an important variable. It is because anxiety raises the defence mechanism in the Ego. Usually, anxiety develops due to conflict in the Ego (Boeree, 2008). It also defined as an unpleasant feeling that has symptoms like fear, worry, and jittery in every different level of anxiety (Miller, 2007). Thus, Freud divided the anxiety into three types, such as neurotic anxiety, realistic anxiety, and moral anxiety.

- a. The neurotic anxiety appears when the frightening feelings about the Id or instinct cannot be fulfilled or controlled (Corey, 2010). Usually, who feels this anxiety will worrying about something unknown or unrealistic. It is when the Ego wants to do something, but the Id denied that (Guerin,

2005). For example is diet. When someone wants to have a body goal, and then do the diet, says the Ego. Meanwhile, the Id says do not need a diet, but just have a healthy lifestyle.

- b. Although realistic anxiety appears when humans perceive themselves to be in a dangerous situation, this type of anxiety easier to be solved because it is an external problem. It comes from the external problem that easier to solve (Guerin, 2005). When someone is afraid of going home at night in case of the villain, make sure that she is going home before night or getting dark.
- c. While moral anxiety comes from the conflict between Ego and Superego. It appears when there is a social value that humans violate, and it makes worry that comes from the deep heart (Berry, 2001). It happened when the Ego crashed the Superego (Guerin, 2005). An example of it is lying. When someone is lying, the Ego allowed it. While the Superego, of course, denied about that because of its value.

2.2.1. Self-Defence Mechanism

According to Psychological science, anxiety is a mechanism that raises signals inside the human. It makes human feel that there is something dangerous. That signals which come from terrible things make our personal defence aware of it. Therefore, when someone feels anxiety, the mechanism of it will automatically solve the problem. That mechanism called a self-defence mechanism. Typically, every individual has a self-defence mechanism in reducing a feeling of pain caused by anxiety (Freud, 2006). On the contrary, if

the self-defence mechanism does not work correctly, it can make an abnormal attitude for an individual (Setiadi, 2006). Besides an unusual attitude, it can bring up personality disorders like Borderline Personality Disorder and others.

Furthermore, this defence mechanism is useful in human being's life. Still, when it used a lot, it produces an emotional problem that exactly can be dangerous for the personalities of a human being (Travis, 2007). When anxiety takes over the human mind, Ego will take resistance, and it will prevent any impulses to be something that can be more accepted. Those impulses raise the anxiety will be pressed into the unconscious mind so that fear becomes not dangerous anymore (Zaviera, 2007). Pushing the anxiety into the unconscious mind is called repression, which will explain according to Freud's perspective.

2.2.2. Repression

The concept of repression was described and identified by Sigmund Freud. According to him, the most powerful and extensive mechanism of ego defense is repression. Repression is a type of defense mechanism that repressed all the things involved such as thoughts, instincts, or memories that have been experienced, which is painful or embarrassing and causes a high level of anxiety. The purpose of repression is to keep the unacceptable thoughts or desires out from the conscious mind to minimize the feelings of anxiety (Cherry, 2019). Repression is the foundation of the workings of all ego defense mechanisms. Furthermore, it is very dangerous if their unconscious mind is no longer able to

contain, then these anxieties will surface in the form of excessive emotional reactions (Susanto, 2015).

According to Koeswara (1991), repression is the mechanism by which the Ego relieves anxiety by suppressing the impulses or desires that cause anxiety into the unconscious. In an effort to ease this repression, repressed impulses are still active in the unconscious and require a great amount of psychic energy to keep them from coming up to the conscious level. The mechanism of repression was originally proposed by Sigmund Freud, who often entered the realm of psychoanalytic theory. Repression is an effort to avoid feelings of anxiety. As a result of repression, the individual is unaware of the impulses that cause anxiety and does not remember the emotional and traumatic experiences of the past (Minderop, 2003).

The repression process involves pushing the painful or embarrassing experience into the unconscious mind in order to forget that moment. The important note is that repression is more than just avoiding problems or trying not to think about them. But oppression, according to Freudian, involves something that hidden from consciousness. However, hidden feelings that include repressed thoughts or feelings will influence your behavior and relationships. Then, the whole process of Freudian psychoanalysis rests on the idea that bringing an unconscious feeling into consciousness can cause relief from psychological distress (Cherry, 2019).

Some effects arise from repression. One of them is painful thoughts that hidden from consciousness through repression that may not be realized, but it can still cause someone to feel pain and anxiety. It is because the things that suppressed do not just disappear. Otherwise, if it does not work in overcoming these thoughts or feelings properly, it can eventually build to the point where it begins to emerge through feelings of anxiety or dysfunctional behavior. These feelings of anxiety and disturbing behavior may not know why or where it originates because of the source hidden from consciousness. Things that suppressed may begin to enter consciousness in subtle ways (Cherry, 2019).

2.2.2.1. Stages of Repression

According to Sigmund Freud, repression is divided into two different stages as follow:

a. Primary Repression

According to the American Psychological Association, this is the first type of repression where the ideas related to instinctive desires were filtered out and prevented from becoming conscious. It refers to hidden material, which is undesirable before reaching awareness. But this process occurs completely unconscious. Although the information may be hidden from consciousness, sometimes the information can come in subtle forms (Cherry, 2019).

b. Secondary Repression

According to the American Psychological Association, it is a type of repression acting on conscious desires and experiences to make them unconscious. It also called secondary repression. It occurs when a person becomes aware of the material being suppressed. But then, deliberately tries to remove it from consciousness (Cherry, 2019).

If bad things had to be remembered continuously, it could cause fear and anxiety to the high level. Thus, there are some examples of repression explain to gain deep understanding according to the Psychology (Sabarini, 2018). It is divided into five parts, as follows:

1) Feelings of Fear

One defence of the unwanted feeling is fear. Feelings of fear of something that will not necessarily happen; everyone certainly has a feeling of fear. If this not handled in a positive way of thinking, it will damage the soul and mind. Therefore, think of something beautiful, kind, and optimistic a powerful way to maintain feelings (Sabarini, 2018).

2) Feelings of Depression

Prolonged stress levels can affect feelings of depression. Depression is the lowest feeling someone has in facing reality or extreme fears. One repression that can be done to deal with these feelings is to think a lot in healthy and positive while try to open to the outside world, get closer to God and look for therapies that are suitable for consultation or counselling (Sabarini, 2018).

3) Feelings of Frustration

Frustration is a feeling of anxiety and despair. This is an example of repression in psychology that can be handled with many positive activities, such as channelling frustration with positive activities, such as sports, singing, traveling and so on. Thus, that taste can be avoided and the mind becomes fresher (Sabarini, 2018).

4) Inner conflict

Inner conflict can be in the form of feelings that are contrary to the mind that can be felt because of feelings of doubt between the heart and mind. This can cause feelings of confusion, fear, and even stress. Inner conflict often occurs when someone does an action that actually it is doubtful to do (Sabarini, 2018).

5) Nightmare

Everyone must have dreamed, whether the dream was a bad or good dream. Feelings that occur when experiencing a nightmare can affect feelings of confusion, anxiety, and fear. On the contrary, a good dream will lead to feelings of pleasure, happiness and also joy and hope that the dream will come true. The way to defend oneself from the fear of the nightmare is someone should think and feel optimistic and positive thinking (Sabarini, 2018).

2.3 Borderline Personality Disorder

One of the psychoanalysis tasks is to treat mental and neurological disorders (Sehandi, 2014). There are three major traditions of psychological theory orientation in explaining and predicting human behaviour. The first is behaviour caused by internal factors. The second is behaviour caused by

environmental factors or learning processes. The third is behaviour caused by human interaction with the environment. Meanwhile, in this research, the researcher will focus only on the internal factors. It is because the main character's behaviour as the object of study is most suitable for analyzing the theory that will be used.

Thus, ten types of mental disorders can affect human personality. One of them is Borderline Personality Disorder, also known as Emotionally Unstable Personality Disorder (EUPD). According to the American Psychiatric Association, Borderline Personality Disorder is a mental health disorder characterized by unstable interpersonal relationships, moods, emotions, and behaviour, along with impulsivity. It begins in early adulthood then continues over many years. A person who has Borderline Personality Disorder may appear insecure, overemotional, and even possessive. But that condition is just to those who know that person well. The important note is that Borderline Personality Disorder may be connected with a traumatic history of childhood in some cases such as childhood abuse, violence, or neglect (Pedneault, 2019).

In general, having a personality disorder means having a rigid and potentially self-destructive or degrading self-pattern of thinking and behaving no matter the situation. It causes stress in life or disruption of the ability to carry out routine activities at work, school, or other social conditions. Disturbances in this category stem from personality development that is not ripe and distorted. It is because they experience undue developmental processes; certain individuals have a perspective, a way of thinking, and dealing with the world around them

mal-adaptively. As a result, they do not function as they should, and in certain cases, they suffer (Brune, 2016).

Other problems related to Borderline Personality Disorder are risk-taking behaviours, and depression occurs together under the same conditions. People who are depressed usually avoid the risk instead of dealing with it. It is intense relationships with rapid change, being afraid of abandonment, often felt empty, and an unstable mood is the descriptive diagnostic criteria from Borderline Personality Disorder. The typical behaviour of Borderline Personality Disorder will probably be meaningful, comprehensive, and even logical by considering insight into ecological behaviour, cognition, and emotions (Brune, 2016). Thus, there are some symptoms, causes, impacts explaining about Borderline Personality Disorder, and also the efforts in overcoming Borderline Personality Disorder.

2.3.1. The Symptoms of Borderline Personality Disorder

According to the American Psychiatric Association, Borderline Personality Disorder can interfere with someone's abilities to enjoy life or achieve fulfilment in relationships, work, or school. Furthermore, the symptom of Borderline Personality Disorder was usually begins in adolescence. The mental health professionals diagnosed the symptoms of it into nine major categories (Smith, 2019). It is explained below:

a. Unstable Relationships

Generally, people with Borderline Personality Disorder tend to have an intense and short-lived relationship with their friends, family, and loved ones, characterized by many conflicts and arguments. Borderline Personality Disorder is also associated with a strong sensitivity to neglect includes an intense fear of being abandoned by their loved ones. Usually, this is caused difficulties in trusting anyone and can make suspense on interpersonal relationships. It is because the short-lived relationship made a quick disappointment (Smith, 2019).

b. Unclear or Shifting Self-image

People with Borderline Personality Disorder have difficulties in stabilizing their self-sense. They had feel ups and downs about their feelings in themselves. Sometimes they might feel good about themselves, but another time they feel bad or even evil about themselves. As a result, they may change jobs, friends, and lovers frequently (Smith, 2019).

c. Extreme Emotional Swings

Emotional instability is a key feature of Borderline Personality Disorder. It can be said that the patients can feel the roller coaster mood in a few minutes or hours to days and often intense. Feelings of anger, anxiety, and overwhelming emptiness or loneliness are common for patients with Borderline Personality Disorder. The little things that are put aside by others can make them feel very emotional (Smith, 2019).

d. Fear of Abandonment

People with Borderline Personality Disorder are often terrified of being left alone or abandoned. It is because Borderline Personality Disorder is associated with a strong sensitivity to neglect even by their loved ones (Smith, 2019).

e. Impulsive, Self-destructive Behaviours

People with Borderline Personality Disorder tend to have risk and impulsive behaviour, especially when they are upset. Such as shopping a lot, drive recklessly, or drinking excessive amounts of alcohol or using drugs. These risky behaviours made them feel better in the moment, but it hurt them and the people around them (Smith, 2019).

f. Self-harm

Borderline Personality Disorder is common with suicidal behaviour and deliberate self-harm. Suicidal behaviour includes things related to suicide, such as thinking about it, making threats or gestures, or making an effort. Moreover, common forms of self-harm include cutting or burning and attempting suicide (Smith, 2019).

g. Chronic Feelings of Emptiness

People with Borderline Personality Disorder often talk about feeling emptiness, as there is a hole inside them. They might feel as they are "nothing" or "nobody" when in the extreme moment. They know that this feeling is

uncomfortable, so they try to fill the hole with things like drugs, eats, or sex, but they feel nothing truly satisfying (Smith, 2019).

h. Explosive Anger

People with Borderline Personality Disorder may struggle with intense anger and short temperaments. They may also have difficulty controlling their selves after the violence appears, such as shouting, throwing things, or becomes consumed by anger. The important note that this anger not always directed outward, but they might spend a lot of time feeling angry with their selves (Smith, 2019).

i. Feeling Suspicious or Out of Touch with Reality

People with Borderline Personality Disorder often struggle with paranoia or suspicious thoughts about others. When they are in stress conditions, they might change their thought, like paranoid thought or dissociation (Smith, 2019).

2.3.2. The Causes of Borderline Personality Disorder

The development of Borderline Personality Disorder is complex, and there are likely a variety of its causes. Most mental health professionals believe that Borderline Personality Disorder develops as a result of environmental and individual factors (Pedneault, 2019).

2.3.2.1. Environmental Causes

A person affected by trauma and not helped to heal might be unable to cope with stress in the future. Trauma can increase a person's chance of experiencing Borderline Personality Disorder. The type of Borderline Personality Disorder includes traumatic childhood experience that may be associated with:

- a. Physical or sexual abuse
- b. Early separation from caregivers
- c. Emotional and physical neglect
- d. Parental insensitivity

An invalidating emotional development was one in which a child's emotional needs were not met. This invalidating development did not always happen to those who have experienced it, but it could be hidden and even disguised as praise (Pedneault, 2019).

2.3.2.2. Individual Causes

There are several factors in an individual cause. It includes genetic and biological factors and the factor of neurological function.

- a. Genetic and Biological Factor

Genetic and biological factors can be observed from his family history and from innate when he was born. In particular, the studies have shown that a variation in a gene that controls the way the brain uses serotonin as a natural

chemical in the brain might be related to Borderline Personality Disorder. It appears when someone who has this variation of the serotonin gene may be experienced stressful childhood events like separation from the supportive caregivers like a mother. Borderline Personality Disorder has been associated with excessive activity in parts of the brain in controlling the experiences and expressions of emotion (Pedneault, 2019).

b. The Factor of Neurological Function

Furthermore, the factor of neurological function has more activation of the limbic system. Limbic is an area of the brain system that controls the circulation of human emotions, including stimulation of emotions in oneself or others, such as fear, anger, and aggression. It may be related to the instability emotional as the symptoms of Borderline Personality Disorder (Pedneault, 2019).

2.3.3. The Impacts of Borderline Personality Disorder

The symptoms of Borderline Personality Disorder had explained above, which can affect every part of life. Intense emotional pain and feelings of emptiness, desperation, anger, hopelessness, and loneliness are common. Borderline Personality Disorder can have some major impact on relationships, work or school, law, and physical health (Pedneault, 2019). The impacts are listed below:

1. Relationships

Borderline Personality Disorder can have an impact on the relationships through the conflicts and arguments with loved ones. Even the difficulties feeling to the family, friends, or partner can change from hour to hour or day to day (Pedneault, 2019).

2. Work or School

Besides, Borderline Personality Disorder impacts on working. They might found themselves in trouble with bosses, workers, or teachers (Pedneault, 2019).

3. Law

Borderline Personality Disorder can also impact the law. Anger that associated with it can cause aggression, such as assaulting others, throwing things, or acting against other people's property and impulsive behaviour such as careless driving, substance abuse, shoplifting, or engaging in other illegal actions (Pedneault, 2019).

4. Physical Health

Unfortunately, Borderline Personality Disorder can have an impact on physical health. It is also associated with unhealthy lifestyle choices such as smoking, alcohol use, and lack of exercise (Pedneault, 2019).

2.3.4. The Effort in Overcoming Borderline Personality Disorder

According to The Recovery Village, there are two ways to overcome the Borderline Personality Disorder. The ways in overcoming the disorder with treatment and without treatment is a little bit different (Wandler, 2019).

2.3.4.1. Overcoming with Treatment

Borderline Personality Disorder has the primary treatment approach, psychotherapy, also known as talk therapy. It focuses on improving functionality, managing emotions, and reducing impulsiveness. One of the methods used for treatment is Dialectical Behaviour Therapy (DBT), which includes the combination of group and individual therapy. This therapy helps patients manage emotions that deal with stress and improve relationships (Wandler, 2019).

According to the Food and Drug Administration (FDA), there are no drugs approved specifically for Borderline Personality Disorder. Medicine is still a prescription to help mental health disorders. Some medications that can be used by people with Borderline Personality Disorder include anti-depressants and mood stabilizers (Wandler, 2019). The drug given may be the first step towards active treatment, but some other steps could be taken to manage Borderline Personality Disorder, such as:

1. Be an Active Part of the Treatment Plan.

Borderline Personality Disorder does require treatment, and the patients must strive to be an active participant and involved in any program. If they learn more, they will be more open and honest with care providers, even if it takes time to heal. It is because no treatment plan works for people with Borderline Personality Disorder (Wandler, 2019).

2. Grounding Exercises.

The objective of grounding exercises is to think about the present instead of what happened in the past or what could happen in the future. There are different types of grounding exercises such as:

- a. Visual and auditory grounding exercises used senses to bring back to the present. Take a breath, look around, and try to notice the small details in visual activities. While in the auditory exercises, try to see the slightest sounds and their differences.
- b. Tactile grounding exercise is to feel the present through the sense of touch. For example, taking a cold shower, wearing a rubber band around the wrist and snapping it lightly can be helpful.
- c. Listening to a meditation in the application would help to stay focused and bring back into a clearer headspace.
- d. Using essential oils for aromatherapy can help to stay present and feel calm. Moreover, the good scents for it are lavender and chamomile.

e. Breathing exercise. It learns about the exhale and inhale system to focus on how it feels and relaxes with it (Wandler, 2019).

3. Have an Emergency Safety Plan.

Create a specific plan to lead mental health emergencies, especially when patients feel clearly-headed and in a good place. When they are in the midst of a potentially harmful situation, they might not think as clearly as when they created the plan (Wandler, 2019).

4. Get Support.

Start thinks about joining a support group for other people who have Borderline Personality Disorder to develop relationships. And it is critical to have a social support network that can rely on and trust like friends or family (Wandler, 2019).

5. Practice Self-Care.

Being physically healthy can help patients better to manage their Borderline Personality Disorder as well. They are finding ways to relax and reduce enjoyable stress. It includes a healthy diet, exercise, and getting enough sleep (Wandler, 2019).

2.3.4.2. Overcoming Without Treatment

It is possible to overcome Borderline Personality Disorder without medication, but it must follow the guidance and treatment plan set by the doctor or health care provider. Although, not all Borderline Personality Disorder's

symptom that can use this medication. It only used to treat specific symptoms such as depression and mood swings. The important thing is to find strategies that work for patients and to shift their thinking from negative to positive. They might also be honest and speak openly to their loved ones about the needs or try to help their loved ones understand how to help them when they are in unstable emotional condition (Wandler, 2019).



CHAPTER III

ANALYSIS

In the following chapter, the researcher divided this analysis into three parts. In the first part, the researcher presents the data found in the novel concerning the causes of Borderline Personality Disorder. In the second part, the researcher presents the data found in the novel concerning the impacts of Borderline Personality Disorder. In the last section, the researcher discusses how Dawson Cole, as the main character overcome his Borderline Personality Disorder based on the novel.

3.1 The Causes of Dawson Cole's Borderline Personality Disorder

In the novel written by Nicholas Sparks, *The Best of Me*, the plot has a circle in the lives of Dawson Cole as the main character, which is affected by Borderline Personality Disorder. According to the American Psychiatric Association, it characterized by unstable interpersonal relationships, emotions, and behaviour along with impulsivity. Borderline Personality Disorder may be connected with traumatic experiences in childhood (Pedneault, 2019). The researcher will present the causes of Borderline Personality Disorder in this part. Most mental health professionals believe that it develops as a result of environmental and individual factors (Pedneault, 2019).

3.1.1. Environmental Causes

Trauma can increase a person's chance of experiencing any personality disorder, especially Borderline Personality Disorder. If it has not handled correctly, it might be unable to cope with stress or anxiety in the future. Borderline Personality Disorder caused by the environmental factor that includes childhood experience. It might be an invalidating emotional development that has not always happened to those who experienced it. But, it can be hidden or repressed and even disguised as praise. It is associated with physical or sexual abuse, early separation from caregivers, emotional or physical neglect, and parental insensitivity (Pedneault, 2019).

3.1.1.1. Physical or Sexual Abuse

The first environmental cause is physical or sexual abuse. Meanwhile, Dawson Cole, in the novel, experienced only physical abuse. It showed by the author in the narration below:

“One of his teachers mentioned to a drinking buddy of his dad’s that he was the best student in his class; aunts and uncles began to notice that he alone among the cousins was staying within the bounds of the law. In a family that prized loyalty and conformity above all else, he was different, and there was no worse sin.

It infuriated his father. Though he’d been beaten regularly since he was a toddler—his father favored belts and straps—by the time he was twelve the beatings became personal. His father would beat him until Dawson’s back and chest were black and blue, then return an hour later, turning his attention to the boy’s face and legs.”(p.13)

It is when Dawson Cole's teacher said that he was the best student in his class to one of Dawson's dad's drinking men. Since that time, his aunts and

uncles realized that he was different from his cousins. He was the one who stayed within the bounds of the law. While according to Cole's family, the prize of loyalty and conformity to the family is above everything. Thus, according to them, this is the worse sin because he was different in his family. Those teacher's words made Dawson's father getting angry. That made Dawson had beaten by his father even though he had beaten him since he was a toddler.

Dawson father favoured belts and straps when beating him. Time by time, the beatings are becoming personal when Dawson was only twelve. He will be beaten until his back and chest were black and blue. After an hour, his father will be beating him back in other parts of his body, such as his face and legs. There was oppression in Dawson's mind that he felt painful memories when he was a child. It causes Dawson's behaviour to become close to the environment. It is because when at home he could not get the love that should be obtained by children his age. That moment makes him feel anxious about his family, and that anxiety can affect his behaviour (Pedneault, 2019).

Furthermore, the physical abuse did not end with his father, but he has two cousins who had beaten him beside his father. It stated in the narration below:

“Abee and Crazy Ted, his older cousins, jumped him more than once, beating him as bad as his father—Abee because he thought Dawson had it coming, Crazy Ted just for the hell of it. Abee tall and broad with fists the size of ham bones, was violent and short-tempered but smarter than he let on. Crazy Ted, on the other hand, was born mean.”(p.14)

Abee and Crazy Ted are Dawson's older cousins. They fight him more than once and beating him like his father. They are easily beating each other because of their culture and history of Cole's family. Abee is tall and has a size of fists as the ham bones, violent and short-tempered, but he is smart. On the other hand, Crazy Ted was born to become sinister for his own life. Abee thought that Dawson would come to them, but it is not, and Crazy Ted was just doing what he wants to do to Dawson. This kind of family made him felt the experience of physical abuse that a child-like him would not be felt physical abuse as bad as his family. It has been repression in Dawson's mind that he felt painful memories. Those painful memories made him feel anxious about his family, and that anxiety affects his life, especially it affects Dawson's behaviour (Pedneault, 2019).

Hence, according to Sigmund Freud's repression, Dawson's reaction is included in both primary and secondary repression stages. It reinforced by the statement that Dawson has experienced physical abuse from his father since he was a toddler until twelve years old, and he also get it from his two older cousins. It causes Dawson's behaviour to become close to the environment. It is because of the painful moment and memories in his life since he was a toddler. It relates to the theory of secondary repression that occurs when a person becomes aware of the material being suppressed (Cherry, 2019).

3.1.1.2. Early Separation from Caregiver

The second environmental cause is early separation from the caregiver. The caregiver is important in children's life to guide them in their thoughts, memories, and behaviour. Hence, Dawson lost that figure in his life since he was three. As stated narration below:

“He was an only child, his mom had run off when he was three, and his dad had done the world a favor by drinking himself to death. Dawson hadn't talked to anyone in his family in years, nor did he intend to renew their acquaintance now.”(p.10)

He was three years old when his mother ran away from the family. It is because his mother can no longer face the attitude of his father, who was drunk all his life. He is not only a drunkard, but he is also a famous villain in the country. It is related to the family's name 'Cole' which is famous for its crimes. And that makes Dawson did not talk to anyone in his family in many years. It is because he thought that his mom had run off due to his dad and his family's behaviour. For many years Dawson has suppressed the fear of his father's family and the sad feeling of losing a caregiver that made him feel depressed. This childhood experience had made it difficult for him to get to know new people around him (Sabarini, 2018).

Therefore, what happened to Dawson is included in both stages of primary and secondary repression. It is reinforced by the statement that he has lost the figure of his mother for three years, and it accidentally causes depression in his adult age. The grim experiences of childhood had caused a lot to his

behaviour in adults. It signed with his acts on conscious desires in order to make them unconscious (Cherry, 2019).

3.1.1.3. Emotional and Physical Neglect

The third environmental cause is emotional and physical neglect. Emotional neglect means that the anxiety of loneliness or afraid of being left behind. While physical neglect meant that it is not maintaining good physical health. The researcher shows the emotional neglect first then continues to physical neglect.

The author shows the emotional neglect in the narration below:

“Over time, he learned that the more he screamed, the more his father beat him, so he kept his mouth shut. As violent as his father was, he was also a bully, and Dawson knew instinctively that bullies fought only the battles they knew they could win. He knew there would come a time when he’d be strong enough to fight back, when he would no longer be afraid of his father.”(p.14)

It was when his father beat him over time, and he learned that the more he screamed, the more his father beat him. Since that time, he kept his mouth shut. He realizes that his father also a bully and that bullies fought only to whom they knew they could win. It caused Dawson to neglect his personal emotions because, however, he tried to avenge his father's abusive treatment and would be hurt. Then, he realized that there would come a time to be strong enough to fight back to his father when he would not be afraid anymore to him. This attitude will occur when a child holds back emotions in his childhood. He will save that and reciprocate when he becomes an adult. When he was little, he could not do anything to fight who was older than him.

Therefore, the author shows the secondary repression in Dawson that he was afraid of his father (Cherry, 2019). It presents that he neglected his personal feeling of fear in his heart and mind. It is because he was too young to fight his rough father. Then, he could not do anything to fight him. At the same time, he feels an inner conflict caused by the feeling of fear (Sabarini, 2018).

By saying that Dawson was afraid of his father, it showed that there are a bullying every time by his father or even by his family member. The bullying has happened in the form of a verbal and nonverbal. This situation showed by the author in the following:

“”Runnin’ off, seeing that rich girl, making plans. And where do you end up? In jail.” He saw the malicious glee in his father’s expression. “You thought you was better than me, but you ain’t. You’re just like me.””(p.49)

In the dialogue above, it shows the verbal bullying. It occurred when Dawson's father visited him in prison. A normal father will give his son support to face his life in prison. On the contrary, Dawson's father was bullying and also mocking him when he met him. It shows in the statement that 'he saw the malicious glee in his father's expression'. In this situation, Dawson lost the person he was supposed to respect. A father who is not worthy of respect makes him burdened because, after all, his father is still his father. This kind of emotion greatly affected Dawson's mentality until he felt there was nothing he could trust. Those are, the mother who was left him and the father who always insulted him. Therefore, what happened to Dawson is included in secondary repression. It had happened when he was an adult in him that occurs when his father was saying

those words (Cherry, 2019). For Dawson, that makes him frustrated because of the feeling of anxiety and despair from those words (Sabarini, 2018).

Further, the author shows the feeling of emotional neglect of Dawson in his relationship with Amanda Collier. It stated in the narration below:

“As he sat alone in Tuck’s garage, he knew he’d been lying to himself in thinking that he’d moved on as well. He hadn’t. He always assumed she’d left him behind, but it was confirmed now. Somewhere deep inside, he felt something shift and break loose.”(p.91)

It is when Dawson was sitting alone in Tuck’s garage. He realized that he had been lying to himself about Amanda. All this time, he thinks that he had moved on from Amanda as well, but evidently, he had not. He assumed that she had left him for over the years, but it confirmed for now. Because of the confirmed assumption, he felt something shifted and detached somewhere deep inside his heart. That assumption made him neglect and repressed his feeling of affection to Amanda. Therefore, what happened to Dawson is included in secondary repression. It had happened when he was an adult, and he becomes aware of the material being suppressed (Cherry, 2019). That assumption also made him felt the inner conflict between his heart and his mind. That inner conflict can cause a feeling of confusion, fear, and even stress for him (Sabarini, 2018).

His other emotional neglect in the relationship with Amanda had shown by the author in the narration below:

“His thoughts drifted back to Amanda, and he was gripped by a sense of intense loneliness.”(p.280)

It is when he was in the cemetery of Dr. David Bonner. Unexpectedly, his thought drifts to remembering about his ex-girlfriend before she left him for a reason. By remembering that moment only, it can make him feel a deep loneliness. It is like a nightmare for him that Amanda was left him for a reason. That nightmare can affect feelings of confusion, anxiety, and fear for him (Sabarini, 2018). But in that situation, he had to hold back his feelings not to recall and remember Amanda in sadness because, after all, Amanda was just her past. Therefore, the author also shows repression in him on the stage of secondary repression. It occurs when he becomes aware of the material being suppressed (Cherry, 2019).

After all the analysis of Dawson's emotional neglect, there is an analysis of his physical neglect. The author showed in the statement below:

“He was a man now. His face was weathered and tanned, like someone who spent long hours in the sun, and his hair had thinned only slightly.”(p.59)

It is when Dawson met Amanda for the first time after a long time. Dawson was a man when they met for the first time in Tuck's garage. The statement above showed of Dawson's physical neglect. His physical neglect showed from his face by the weathered and tanned skin. It was like someone who spent hours sunbathing.

Moreover, it was not only showed from his face and skin, but also from his slightly thin hair. Therefore, what happened to Dawson is included in primary repression. It refers to hidden material, which is undesirable before

reaching awareness, but this process occurs completely unconscious (Cherry, 2019). For Dawson, his physical neglect was caused by his feeling of frustration because of anxiety and despair from his life (Sabarini, 2018).

3.1.1.4. Parental Insensitivity

The last environmental cause is parental insensitivity. The sensitivity of parents is important in children's life. It is because they are a role model for the kids in their childhood. The author showed the insensitivity of Dawson's parents in narration below:

“How or why his mom had ever married him was a question that Dawson couldn't begin to answer. He didn't blame his mom for running off. For most of his childhood, he'd wanted to run off, too. Nor did he blame her for not taking him. Men in the Cole family were strangely proprietary about their offspring, and he had no doubt his father would have hunted his mom down and taken him back anyway. He'd told Dawson as much more than once, and Dawson had known better than to ask his dad what he would have done had his mom refused to give him up. Dawson already knew the answer.”(p.12)

It is when Dawson began to questions the complicated relationships that occurred in his family. It is starting from the disharmony between his mother that caused her to leave him at the age of three. He began to question why his mother had left without taking him too. But he also already knew the answer. His father's abusive nature may endanger his mother if he takes him along. In this case, Dawson lives in an environment that is not harmonious and without a mother who accompanies. Moreover, his father's attitude could not be a role model for him. Meanwhile, the primary model of children are their parents and their family environment. When all these things have been lost from a child, it can easily cause a person to have Borderline Personality Disorder.

Hence, according to Sigmund Freud's repression, what happened to Dawson is included in both stages of primary and secondary repression, it is because he did not get the affection of his parents from an early age so that it affects his behaviour in adult (Cherry, 2019).

3.1.2. Individual Causes

The particular studies have shown that Borderline Personality Disorder could be caused potentially by individual aspects, such as genetic and biological factors and the factor of neurological function. The first factor can be observed from family history and from innate when he was born, while the second factor has more activation in the area of the brain that controls the human emotions called by the limbic system. That gene controls the way of the brain in using serotonin as a natural chemical in the brain. This serotonin gene appears when someone may be experienced a difficult childhood moment (Pedneault, 2019).

In this case, the researcher found the genetic and biological factor only of Dawson Cole's Borderline Personality Disorder in the novel. The author stated in the narration below:

“It wasn't easy being a Cole anywhere in Pamlico County, Oriental in particular. As far as he knew, every Cole in the family tree going back as far as his great-grandfather had spent time in prison. Various members of the family had been convicted of everything from assault and battery to arson, attempted murder, and murder itself, and the rocky, wooded homestead that housed the extended family was like a country with its own rules.”(p.11)

The narration above stated that in Pamlico County is not easy being a Cole, especially in Oriental. It is because he knew that the family tree in every Cole was going back to his great-grandfather that had spent all his time in prison.

Every Cole member had been punished from assault to arson, attempted murder, and murder itself. They also had their own rules in their homestead like a country. From that family tree, Dawson's behaviour quite affected as long as he lived with the family. As long as he lived with them, he also feels the inner conflict between his heart and mind. It is because he hesitated about leaving them or not, but they are still his family. He wanted to leave them because of family history. He thought about it until he felt frustrated because of his anxiety, being a Cole is a despair (Sabarini, 2018).

Hence, according to Sigmund Freud's repression, what happened to Dawson is included in secondary repression. It is reinforced by the author's statement that "it is not easy being a Cole in Pamlico County." That statement made him feel frustrated and felt the inner conflict between his heart and mind because of the pressure on Cole's family's name. It is because Cole was always going back to the great-grandfather that had spent his time in prison. It relates to the theory of secondary repression that occurs when a person becomes aware of the material being suppressed (Cherry, 2019).

Another Borderline Personality Disorder that includes a genetic and biological factor has been associated with excessive activity. That activity is the parts of the brain that controls the experiences and expressions of the emotion (Pedneault, 2019). The author stated the narration below:

"The Coles were moonshiners and drug dealers, alcoholics, wife beaters, abusive fathers and mothers, thieves and pimps, and above all, pathologically violent. According to an article that had been published in a now defunct magazine, they were at one point regarded as the most vicious,

revenge-driven family east of Raleigh. Dawson's father was no exception. He'd spent most of his twenties and early thirties in prison for various offenses that included stabbing a man with an ice pick after the man had cut him off in traffic. He'd been tried and acquitted twice for murder after witnesses had vanished, and even the rest of the family knew enough not to rile him up."(p. 11-12)

Furthermore, in the previous narration, the author stated about murder and assault to arson. Besides, in this narration, the author shows other genetic and biological factors of Borderline Personality Disorder in the Cole family. They were moonshiners and drug dealers, alcoholics, wife beaters, abusive parents, thieves, pimps, and were pathologically violent. According to a published article in a magazine that no longer exists, they regarded as the most vicious and revenge-driven family in the east of Raleigh. Based on those articles, Cole's family is famous for its crime. There is no exception to Dawson's father. He had spent his twenties and early thirties in prison with various offenses. One of the offenses is he had stabbed a man with an ice pick because he had cut him off in the traffic. He had been tried and also released twice for murder after the witnesses have disappeared. Thus, the whole member of the Cole family knew enough to do not upset him.

Hence, Dawson Cole genetically affects Borderline Personality Disorder. It reinforced by both the data above that being a Cole is not easy in the city because Cole's name was always going back to his great-grandfather, and he was pathologically violent. It relates to the theory of Borderline Personality Disorder individuals because the gene controls the way of the brain using serotonin, which appears when someone may experience a difficult childhood moment (Pedneault, 2019).

The last supporting data about Borderline Personality Disorder that includes a genetic and biological factor showed in the dialogue below:

“In the silence, Amanda touched his arm. “It was an accident,” she whispered.

Dawson said nothing, but when he shuffled his feet, Amanda asked the obvious. “Why did you go to jail? If you weren’t drinking or speeding?”

When he shrugged, she realized she already knew the answer. It was as clear as the spelling of his last name.”(p.82)

It is when Dawson and Amanda were eating together in the Tuck’s house. He told her about one of the stories he always remembered scene by scene, which is like a nightmare for him. As Amanda heard the story, she touched his arm and whispered to him that it was an accident. She obviously asked him when his reaction is nothing. She asked why he was going to jail if he was not drinking or speeding at that night. However, his response to that question was just shrugging his shoulders. At that time, Amanda realized that she knew the answer. It is because as clear as the spelling of his last name, "Cole".

Furthermore, the unforgotten story was like a nightmare for him. It is because that nightmare can affect his feeling of anxiety, fear, and confusion (Sabarini, 2018). Hence, what happened to Dawson was included in a stage of secondary repression. It occurs when a person becomes aware of the material being suppressed (Cherry, 2019).

3.2 The Impacts of Dawson Cole's Borderline Personality Disorder

Borderline Personality Disorder can affect every part of life. The common things of Borderline Personality Disorder are intense emotional pain and feelings of emptiness, desperation, anger, hopelessness, and loneliness. It has some major impacts on relationships, work or school, law, and physical health (Pedneault, 2019). Meanwhile, the researcher showed the impacts of Dawson Cole's Borderline Personality Disorder on his relationships, law, and physical health based on the data in the novel.

3.2.1. Relationships

As mentioned above, Borderline Personality Disorder has an impact on relationships. It includes relationships with friends, family, or even partners. The impact of Borderline Personality Disorder on the relationships comes through the conflict, and some arguments with loved ones or other friends (Pedneault, 2019). It is showed in the narration below:

“They argued as well, and then Dawson caught a glimpse of her fiery nature. Their disagreements weren't constant, but they weren't infrequent, either; remarkably, no matter how quickly things flared up, they almost always ended equally fast. Sometimes it was about little things—Amanda was nothing if not opinionated—and they'd bicker furiously for a while, usually without any sort of resolution. Even in those instances where he became truly angry, he couldn't help admiring her honesty, an honesty rooted in the fact that she cared more about him than anyone else in his life.”(p.20)

The author showed that both Dawson and Amanda were having argument. In this moment of arguing, he caught a fiery nature in her soul. No matter how they almost always ended things equally fast when it flared up. It is because their

disagreement was not constant and also infrequent. But, sometimes, they had bicker furiously about little things for a while without any resolution. Even when he became truly angry in some cases, he could not help admiring her honesty. Her honesty showed that she is the one who cared more in his life. At this moment, Amanda was an opinionated person than Dawson. It is because it was the difficult feeling that he felt when arguing with his loved ones. When he had to argue with her, he feels the inner conflict between his heart and mind. It is because of the feelings of doubt between his heart and mind that he felt when arguing with her (Sabarini, 2018).

Hence, according to Sigmund Freud's repression, what happens to Dawson was included in the stage of secondary repression. It is because he gave way to Amanda to give out all her opinion. It occurs when he becomes aware of the material being suppressed (Cherry, 2019).

Besides the impact of Borderline Personality Disorder on the relationships with the loved ones, there is also another impact on the relationships with family. The author showed the conflicts on the family in the stated narration below:

“Dawson said nothing, feeling something close to hatred as he glared at his father from the corner of his cell. He vowed then and there that whatever happened, he would never speak to his father again.”(p.49)

It is when Dawson was mocked by his father in the prison when he visited him. He was mocking him about his relationships with Amanda. When his father was mocking him, he said nothing to him, but he glared at him from

the corner of his cell. He glared at his father signalling a feeling of hatred to him. Because of that moment, Dawson vowed to himself that whatever happened, he would never speak to him anymore. It is because he lost the person who was supposed to respect in his life. A father who is not worthy of respect makes him burdened because, after all, his father is still his father. This kind of emotion greatly affected Dawson's mentality until he felt there was nothing he could trust.

Therefore, what happened to Dawson is included in secondary repression. It reinforced by the statement that he would never speak to him anymore after he was mocking him in prison. It happened when he becomes aware of the material being suppressed (Cherry, 2019). For Dawson, that makes him frustrated because of the feeling of anxiety and despair from the mocking of his father. He also felt the inner conflicts between his heart and his mind. It is because of the feelings of confusion, fear, and stress because of those conditions (Sabarini, 2018).

3.2.2. Law

Borderline Personality Disorder has also impacted the law in Dawson's life. It is because the anger associated with Borderline Personality Disorder can cause aggression and impulsive behaviour. The aggression is feeling caused by anger such as assaulting, throwing things, or against other people's property. Moreover, the impulsive behaviour of it, such as careless driving, substance abuse, shoplifting, and engaging in other illegal actions (Pedneault, 2019). The

author showed the impact of Borderline Personality Disorder to the law as follow:

“The truck, Marilyn was told, was owned by Tuck Hostetler. The driver, who would soon be charged with felony death by motor vehicle and involuntary manslaughter, was eighteen years old and already in handcuffs.

His name was Dawson Cole.” (p.48)

This statement told about Dr. Bonner, who is the physician in Oriental city that got an accident. The accident happened on September 18th, 1985. He left the house and started out on his usual route, which took about thirty minutes. Meanwhile, that night when the accident happened to Dr. Bonner made him never come back home again. There was a truck that skidded and lost control in the road then crashed into him. Marilyn, Dr. Bonner's wife, learned that the truck was owned by Tuck Hostler, who famous for collecting various trucks in town. Hence, the driver would be charged soon with felony death by motor vehicle and involuntary manslaughter. Dawson Cole, who was eighteen years old, was the driver at that time, and he was already in handcuffs.

Thus, the anger of his Borderline Personality Disorder can cause impulsive behaviour such as careless driving. It reinforced by the accident that he caused and made a physician died (Pedneault, 2019). Hence, according to Sigmund Freud's repression, what happens to Dawson included in the stage of secondary repression. It strengthened the statement that he already got the criminal record as his family tree did. It occurs when he becomes aware of the material being suppressed (Cherry, 2019).

3.2.3. Physical Health

The last impact of Dawson Cole's Borderline Personality Disorder is on physical health. It is associated with an unhealthy lifestyle such as smoking, alcoholic, and lack of exercise (Pedneault, 2019). The author showed it in the narration below:

"In the mornings, everything ached, especially his back and shoulders. He wondered how many more years he could continue working on the rig; there was a lot of accumulated wear and tear in his body, and every passing year seemed to compound his injuries."(p.92)

It is when Dawson felt everything ached in the morning, especially in his back and shoulders. He was working on the rig for many years after he released from prison. He wondered how many years more he could continue working there. It is because there were a lot of accumulated weary and tears in his body. For Dawson, every year that he passed seemed like he added his injuries in his body. It is because of his lifestyle was unhealthy when he was working.

Hence, according to Freud's repression, what happens to Dawson was included in the stage of secondary repression. It reinforced by the ached in his body, and he starts wondering how many years more he could continue working on the rig. It is because what he did seemed to add his injuries every passing year (Cherry, 2019). Thus, at this moment, Dawson felt that he got a nightmare. A nightmare that caused by the ached in his body, and he was wondering about continuing it or not. It is because the nightmare could affect the feeling of confusion, anxiety, and fear (Sabarini, 2018).

3.3 The Effort in Overcoming Borderline Personality Disorder

According to Recovery Village, there are two ways to overcome Borderline Personality Disorder. The disorder could be overcome with treatment and without treatment (Wandler, 2109). Meanwhile, the researcher only showed the research of Dawson Cole's effort in overcoming Borderline Personality Disorder with treatment.

Borderline Personality Disorder has a primary treatment approach called talk therapy. It focuses on reducing impulsiveness, improving functionality, and managing emotions. There is one approach used for a treatment called Dialectical Behaviour Therapy (DBT). It helps patients to manage their emotions that deal with stress and improving relationships. Moreover, there are no drugs approved specifically for this personality disorder, according to the Food and Drug Administration (FDA). Therefore, some medications that could be used by people who experienced this personality disorder included anti-depressants and mood stabilizers (Wandler, 2019).

Hence, there are other steps to manage Borderline Personality Disorder than some medications. The actions that could take are to be an active part of the treatment plan, grounding exercises, have an emergency safety plan, get support, and practice self-care (Wandler, 2019). Meanwhile, the researcher showed the steps of grounding exercises and practice self-care of Dawson's efforts in overcoming the disorder based on the data in the novel.

3.3.1. Grounding Exercises

The objective of grounding exercises is to think about the present instead of what happened in the past or the future. There are different types of grounding exercises, such as visual and auditory grounding exercises, tactile grounding exercises, listening to a meditation, using essential oils for aromatherapy, and breathing exercises (Wandler, 2019). In this section, the researcher showed the visual and auditory grounding exercises and breathing exercises based on the data in the novel.

One of the grounding exercises is visual and auditory grounding exercises that used senses to bring back to the present. Take a breath, look around, and try to notice the small details included in visual exercises. While in the auditory exercises was try to notice the smallest sounds and its differences (Wandler, 2019).

The author showed the auditory grounding exercise in the narration as follow:

“In the mornings he could hear birdsong drifting from the trees, and in the evenings he’d listen to the way the crickets and frogs sometimes synchronized their rhythm a few minutes after the sun when down. It was usually soothing, but every now and then the sound made him think of home, and when that happened he would retreat indoors, forcing the memories away. Instead, he tried to focus on the simple routines that dominated his life when he was back on solid ground.”(p.7)

The sounds of nature are always peaceful mind in every condition, moreover, for Dawson that is very helpful to relax his mind and soul. The morning has its sounds and also in the evening. The sound of birdsong drifting

from the trees heard in the morning. While in the evening, the sounds of crickets and frogs sometimes synchronized their rhythm. Usually, that situation can make him feel soothing. But nowadays, that sounds made him think of home. He would back inside the house and forcing the memories away when it happened.

On the contrary, he tried to focus on the simple routines that dominated his life. It has been repression in Dawson's mind that he forced the memories away from his conscious mind into the unconscious. It reinforced by the statement that "when that happened he would retreat indoors, forcing the memories away". What happens in him included in the stage of secondary repression that occurs when he becomes aware of the material being suppressed (Cherry, 2019).

The other visual and auditory grounding exercises stated in the narration below:

"The road was quiet as he entered Oriental's small downtown. He passed two antiques stores, a hardware store, and a few real estate offices; on the opposite side of the street, Irvin's Diner was already open for business, with a handful of cars parked out front. Over his shoulder, the fog on the river had begun to lift, and breathing deeply, he caught the living scent of salt and pine."(p.93)

It is when Dawson Cole was jogging around the town before going to see Tuck's attorney. As he entered Oriental's downtown, the road was quiet. He passed some stores and a few real estate offices on the other side of the street. He also saw the Irvin's Diner was already open with several cars parked out front. While over his shoulders, the fog on the river was beginning to lift, and when he was breathing deeply, he caught a scent of salt and living pine. What happens in

him was included in the stage of secondary repression that occurs when he becomes aware of the material being suppressed (Cherry, 2019).

The other type of grounding exercise is breathing exercises that learned about the exhale and inhale system. It aimed to focus on how it feels and then relax with it (Wandler, 2019). The author stated in the narration below:

“He pushed away the troubling thoughts and rolled down the window, breathing in the earthy scent of pine and brackish water as the road wound among the trees.”(p.55)

In the narration above, Dawson showed that he feels relax when doing breathing exercises. He has pushed away his troubling minds and breathing in the earthy scent of pine and brackish water. This situation had makes him feel relax and comfortable. It has been repression in Dawson's mind, and it included secondary repression. It reinforced by when he tried to push away the troubling thoughts. It occurs when he becomes aware of the material being suppressed (Cherry, 2019).

3.3.2. Practice Self-Care

Borderline Personality Disorder can be managed better by the patients when they are physically healthy. By their physical health, they can find ways to relax and reduce stress with something enjoyable, such as a healthy diet, exercises, and getting enough sleep (Wandler, 2019). Meanwhile, Dawson managed his personality disorder by exercising in the morning. It showed in the narration below:

“Outside, the morning was already bright. A thin layer of haze on the river hovered like a low-level cloud, but the sky above was a brilliant blue and clear in every direction. The air was already warm, foretelling hotter weather to come. He rolled his shoulders a few times and was jogging before he hit the road. It took a few minutes before his body began to feel limber and he settled into an easy pace.”(p.93)

It is when he was in Oriental before he met with Tuck's attorney. Dawson begins coming out of the house in the morning that is already bright with a thin layer of haze on the river. Even the fog hover the river like a low-level cloud, and the skies were a brilliant blue and clear in every direction. At that time, the air was already warm, foretelling that the hotter weather would come. He begins the exercises by rolling his shoulders a few times and jogging before he hit the road for a few minutes. That is warming up for his body before it began to felt limber. Then, he can settle his exercise at an easy pace. He felt enjoy when doing exercises in order to overcome his personality disorder. Besides, he does the practice to relieve the feeling of frustration that can be handled with positive activities, such as exercises, to sing and traveling (Sabarini, 2018).

He did the exercises not only in the downtown of Oriental, but he was also exercising when he was staying in the hotel around the beach. The author showed it in the narration below:

“Dawson ran on the packed sand near the water's edge, halfheartedly chasing the terns as they darted in and out of the waves.”(p.183)

It is when Dawson stayed in the hotel near the beach. He ran on the packed sand that is near the water's edge on the beach. He saw that many people were chasing the waves in and out half-heartedly. Furthermore, he does this exercise in order to relieve the feeling of frustration about his past through the

situation on the beach. It related to the example of repression theory that feeling of frustration could be handle with positive activities, such as exercises, singing, and traveling (Sabarini, 2018).

Besides, he tried to enjoy the situation. Dawson's mind always has something to think about. However, as he ever did in his effort to overcome his personality disorder, he pushed away from the troubling thoughts. The author mentioned it in the narration below:

“Trying to escape his thought, Dawson increased his pace, his breaths coming harder. He removed his shirt without slowing down and used it as a towel to wipe the sweat from his face. He zeroed in on the pier in the distance, resolving to run even faster until he reached it. Within minutes, the muscles in his legs were burning. He pushed on, trying to focus narrowly on driving his body to the limit, but his eyes kept flicking from side to side, unconsciously scanning the beachgoers for a sight of the dark-haired man.”(p.184)

It is when Dawson began thinking about the disturbing thoughts in his mind. He tried to escape from his thought by increasing his pace when running until his breaths were coming harder. He was still at that pace when he removed his shirts without slowing down his run. Then, he used it as a towel to wipe the sweat in his face. After that, he zeroed the pier in the distance and finishing his running there, with the run even faster. He tried to focus on pushing his body to pass the limit until he felt burning in his legs. However, his eyes kept flicking from side to side until unconsciously, he scanned the beach visitors as a sight of a dark-haired man.

Hence, according to Sigmund Freud's repression, what happened to Dawson included in the stage of secondary repression. It is because of a compilation of his repressed thoughts about the dark-haired man's sight. It

reinforced by the statement of the narration that his eyes kept flicking side to side because he scanned the beach visitors as a dark-haired man's sight. It showed the stage of secondary repression clearly that it acts as conscious desires and experiences to make them unconscious (Cherry, 2019).



CHAPTER IV

CONCLUSION AND SUGGESTION

After analyzing the data, the researcher has a conclusion and suggestion related to the previous chapter. In this chapter, the researcher presents the outcome of the whole analysis and suggestion for further study related to this research.

4.1 Conclusion

After doing this research, the researcher is finally able to answer the questions and came to the conclusion of Dawson Cole's Borderline Personality Disorder found in *The Best of Me* novel by Nicholas Sparks. From the analysis above, the researcher found that there are some causes of Dawson Cole's Borderline Personality Disorder. He got the causes of his environment and his individual factor. The environmental causes he got from physical abuse, early separation from his caregiver, emotional neglect, and parental insensitivity. It can be made him repressed his feelings and thoughts that can impact his life. Dawson's Borderline Personality Disorder could affect his life through his relationships, law, and physical health. It discovers the way in how he overcomes his Borderline Personality Disorder through grounding exercises and practice self-care.

4.2 Suggestion

The last is a suggestion from the researcher of this research. The researcher suggests to the future researcher to investigate the same novel or the same issue to have further and complete analysis. This research uses a novel as the main subject to fulfilling the aim of the investigation. Thus, the next researcher may also find the other theory in investigating *The Best of Me* novel. It can focus on the conflicts of the main character's social and analyze it deeper about their sociology. In the end, this research still lacks in many aspects. The researcher hopes that the next research can explore another different topic also since this novel has so many interesting themes that can be explored and analyzed. Those are the researcher's suggestions after the researcher finished the analysis of Nicholas Sparks' novel entitled *The Best of Me*.

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CURRICULUM VITAE



Afiyati Amlul Jariyah was born in Sidoarjo on September 27th, 1994. She graduated from Darussalam Islamic Boarding School in 2015. During her study at Boarding School, she actively participated in academic and non-academic activities, such as class competition, OSIS, and also sport field. She started her higher education in 2015 at Department of English Literature of UIN Maulana Malik Ibrahim Malang and finished in 2020. During her study at University, she joined JC photography and committee of English Festival of Faculty of Humanities.