

**AN ANALYSIS OF DELUSION ON ALEX IN FRANCESCA
ZAPPIA'S *MADE YOU UP***

THESIS

By:
Cahya Ningsih
18320064



DEPARTMENT OF ENGLISH LITERATURE

FACULTY OF HUMANITIES

UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG

2022

**AN ANALYSIS OF DELUSION ON ALEX IN FRANCESCA
ZAPPIA'S *MADE YOU UP***

THESIS

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

By:
Cahya Ningsih
NIM 18320064

Advisor:
Dr. Muzakki Afifuddin, M.Pd
NIP 197610112011011005



DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG
2022

STATEMENT OF AUTHORSHIP

I state that the thesis entitled “An Analysis of Delusion on Alex in Francesca Zappia’s *Made You Up*” is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in bibliography. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

Malang, May 20th, 2022

The researcher



Cahya Ningsih

NIM 18320064

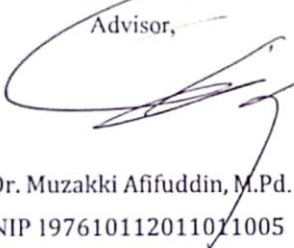
APPROVAL SHEET

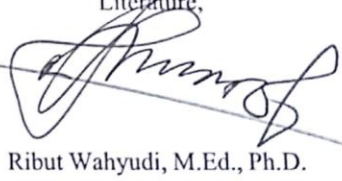
This is to certify that Cahya Ningsih's thesis entitled **an analysis of Delusion on Alex in Francesca Zappia's Made You Up** has been approved for thesis examination at faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of *Sarjana Sastra* (S.S).

Malang, May 20th, 2022

Approved by
Advisor,

Head of Department of English
Literature,


Dr. Muzakki Afifuddin, M.Pd.
NIP 197610112011011005


Ribut Wahyudi, M.Ed., Ph.D.
NIP 198112052011011007

Acknowledged by Dean,


Dr. M. Faisol, M.Ag.
NIP 197411012003121003



LEGITIMATION SHEET

This is to certify that Cahya Ningsih's thesis entitled **An analysis of Delusion on Alex in Francesca Zappia's *Made You Up*** has been approved by the board of examiners as one of the requirements for the degree of *Sarjana Sastra* (S.S.) in Department of English Literature.

Board of Examiners

Malang, June 10th, 2022

Signatures

1. Agung Wiranata Kusuma, M.A.
NIP 198402072015031004 (Main Examiner)
2. Hafidhun Annas, M. Hum.
NIP 198807292019031009 (Chair)
3. Dr. Muzakki Afifuddin, M.Pd.
NIP 197610112011011005 (Advisor)



Approved by
Dean of Faculty of Humanities



Dr. M. Faisol, M.Ag.
NIP 197411012003121003

MOTTO

“Change your mind and you can change your
world.”(Made You Up Novel by Francesca
Zappia)

DEDICATION

My sincere gratitude and warmest respect are that I dedicate this work to my mother and father. In addition, I did not forget the tea and cakes that could always accompany me throughout the night, writing and crying.

ACKNOWLEDGMENTS

Bismillahirrohmaanirrohiim

Praised be to Allah, the Almighty and Most Merciful, the Lord of the World, the master of the Afterlife, who blesses this universe at all times of the day and night. Praise be to Allah for assisting one of his followers in completing this thesis, "An analysis of delusion on Alex in Francesca Zappia's Novel Made You Up." His mercy and peace be upon the prophet Muhammad SAW, who has brought us all out of darkness and into the light of life. I'd want to convey my gratitude in particular to:

1. Rector of UIN Malang, Prof. Dr. M. Zainuddin, M.A.
2. Dean of the Faculty of Humanities, Dr. M. Faisol, M.Ag.
3. Head of the Department of English Literature, Ribut Wahyudi, M.Ed, Ph.D.
4. I highly express my gratitude to my advisor, Bapak Dr. Muzakki Afifuddin, M.Pd, whose great suggestions and patience enabled me to finish this thesis.
5. My family, especially my parents and siblings, Ibu Sutini, Ibu Juminten, Ayah Dwi Danar P.b, and Mas Dian. Without their support in so many aspects, I would not be able to be who I am today.
6. Ika Cahya Hartiningsih, my best friend since I entered this college, thanks for giving me so many experiences and thoughtful life. I Love you much.
7. All my favorite friends on earth: Ike Nur Safitri, Fatinatu Latifah, Shella

Alfarina,Salma Adillah, Z.b Dhiya Shihab, Raudahtul Jannah, Rida
Aulia, Kurniani N, Iqbatul Muhlisin, Ahmad Jais, Junita Ayu N, Ira
Atika, Putu Zahra, Yolandha Oktavia and so many more. I am forever
grateful to Allah that I met all the people in my life. Thank you for being
my savior. Life is less scary with your presence.

Malang, June 10th, 2022



Cahya Ningsih
NIM.18320064

ABSTRACT

Ningsih, Cahya (2022) An Analysis of Delusion on Alex in Francesca Zappia's *Made You Up*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Dr. Muzakki Afifudin, M.Pd

Keywords: literary criticism, psychology, mental disorder, delusion.

Delusions are deeply held beliefs or false impressions, even though they contradict reality and what is generally thought to be true. This study uses the theory of literary criticism because literary criticism focuses on literary works. The researcher analyzed the delusional disorder experienced by Alex using literary criticism theory with a psychological approach. This study aims to examine Alex's mental disorder in the book *Made You Up* using delusional theory within the scope of Literary Psychology. The researcher tries to find the dominant form of delusion experienced by the character and how the delusion affects personality development. The data is taken from the memoir *Made You Up* by Francesca Zappia in the form of sentences, conversations, and statements. Data were analyzed using the delusional theory by Leeser and O'Donohue. This study aims to examine as well as distinguish several types of delusions that occur. Therefore, this study will examine the sequence by sequence that occurs in the book. In this study, the results showed that Alex's delusions included threatening feelings, and having beliefs that were considered subjective. Then how do delusions affect Alex's personality development where he becomes emotional quickly, feels excessively anxious, and becomes depressed because he locks himself up in his room a lot. Some delusions are quick and immediate, while others are more enduring and persist over a long period.

ABSTRAK

Ningsih, Cahya (2022) Analisis Delusi pada Alex dalam Novel Francesca Zappia *Made You Up*. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing Dr. Muzakki Afifudin, M.Pd

Keywords: kritik sastra, psikologi, gangguan jiwa, delusi.

Delusi merupakan kepercayaan atau kesan keliru yang dipegang teguh, meskipun itu bertentangan dengan kenyataan dan apa yang secara umum dianggap benar. Penelitian ini menggunakan teori kritik sastra karena kritik sastra berfokus pada karya sastra. Peneliti menganalisis gangguan Delusi yang dialami oleh Alex menggunakan teori kritik sastra dengan pendekatan psikologis. Penelitian ini bertujuan untuk mengkaji gangguan jiwa pada Alex dalam buku *Made You Up* dengan menggunakan teori delusi dalam lingkup Psikologi Sastra. Peneliti mencoba untuk menemukan bentuk delusi yang dominan dialami karakter dan bagaimana delusi mempengaruhi perkembangan kepribadiannya. Data diambil dari memoar *Made You Up* karya Francesca Zappia berupa kalimat, percakapan, dan pernyataan. Data dianalisis menggunakan teori delusi oleh Leeser and O'Donohue. Penelitian ini bertujuan untuk mengkaji gambaran delusi yang terjadi pada karakter Alex. Oleh karena itu, penelitian ini akan mengkaji urutan demi urutan yang terjadi dalam buku tersebut. Dalam penelitian ini, hasil penelitian menunjukkan delusi alex meliputi perasaan yang mengancam, memiliki keyakinan yang dianggap subjektif. Kemudian bagaimana delusi mempengaruhi perkembangan kepribadian pada Alex dimana dirinya menjadi cepat emosi, rasa cemas yang berlebihan dan menjadi depresi karena banyak mengurung diri dikamar. Beberapa delusi bersifat cepat dan cepat, sementara yang lain lebih bertahan dan bertahan dalam jangka waktu yang lama

مستخلص البحث

نينجسيه، جاهيا، (٢٠٢٢). تحليل الوهم على شخصية أليكس في رواية "Made You Up" لفرانثيسكا زايبا. بحث جامعي. قسم الأدب الإنجليزية، كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج. المشرف: الدكتور مركي عفيف الدين، الماجستير.

الكلمات الأساسية: اضطراب عقلي، السيكلوجي، الوهم، انتقاد أدبي

الوهم معتقد راسخ أو انطباع خاطئ على الرغم أن تناقضها مع الواقع وما يعتقد بشكل عموم أنه صحيح. استخدم هذا البحث نظرية نقدية أدبية لأن نقد الأدب ركز على العمل الأدبي. وحللت الباحثة على اضطراب الوهم الذي يصيب لأليكس بنظرية نقدية أدبية بالسيكولوجي في مدخل البحث. الهدف هذا البحث لبحث عن اللمة لشخصية أليكس في رواية "Made You Up" بنظرية الوهم في ناحية السيكلوجية الأدبية. وتفصل الباحثة على نوع الوهم المعظم في الشخصية وكيفية الشخصية تصدى للوهم في نفسها. وتأخذ الباحثة البيانات من مذكرة "Made You Up" لفرانثيسكا زايبا في جملتها، حوارها، وتعبيرها. تحلل الباحثة البيانات بنظرية الوهم بالمنظور ليسر وأودونويو. الهدف هذا البحث لبحث وفرق أنواع الوهم. لذا، هذا البحث لبحث عن المنظمة الواردة في هذه الرواية. النتائج في هذا البحث هي أن يدل على أن شخصية أليكس له ٧ نوع من الأوهام منها الوهم العظم، الوهم التحكم، الوهم العدمي، الوهم الهوس الجنسي، وهم الذنب أو الخطي، الوهم الجسدي، والسعي وراء الوهم. وكيفية شخصية أليكس لدفع وهمه هي توثيق بشدة وتكرار الأوهام ومدتها. ويستطيع أليكس تحديد أو تنبؤ بكيفية حدوث أوهامه في أوقات معينة أو حول أنشطة أو أفعال معينة. وهذا يمكن أن يساعد لأليكس في معرفة كيفية تجنب المواقف التي قد تثير جنون العظمة أو الأوهام. وبعض من الأوهام سريعة وفورية، والبعض الآخر أكثر ديمومة ويستمر لفترة طويلة.

TABLE OF CONTENT

THESIS COVER	
STATEMENT OF AUTHORSHIP	i
APPROVAL SHEET	ii
LEGITIMATION SHEET	iii
MOTTO	iv
DEDICATION	v
ACKNOWLEDGMENTS	vi
ABSTRACT	viii
ABSTRAK	ix
مستخلص البحت	x
TABLE OF CONTENT	xi
CHAPTER I	1
INTRODUCTION	1
A. Background of the Study	1
B. Research Questions	10
C. Scope of Limitation	11
D. Significance of the Study	11
E. Definition of Key Terms	12
CHAPTER II	13
REVIEW OF RELATED LITERATURE	13
1. Psychology of Literature	13
2. Delusion	15
A. Definition	15
B. Symptoms of Delusional Disorder	16
C. Types of Delusional Disorder	19
1. Delusion of control	19
2. Delusion of Grandiosity	20
3. Somatic Delusions	21
4. Nihilistic Delusions	22
5. Delusional Jealousy (or delusions of infidelity)	22
6. Delusions of Guilt or Sin (or delusions of self-accusation)	24
7. Delusion of Mind Being Read	24

8. Delusions of Reference	24
9. Delusion of Erotomania	25
10. Delusion of Persecution.....	25
11. Delusions of Religion.....	26
CHAPTER III	27
RESEARCH METHOD	27
A. Research Design	27
B. Data Sources	27
C. Data Collections.....	28
D. Data Analysis	28
CHAPTER IV.....	29
FINDINGS AND DISCUSSION	29
A. How the Delusion pictured on Alex in Francesca Zappia's Made You Up	29
B. How the Delusion Effect in Personality Development on Alex in Francesca Zappia's Made You Up	35
CHAPTER V	51
CONCLUSION AND SUGGESTIONS	51
A. Conclusion	51
B. Suggestion	52
BIBLIOGRAPHY	53
CURRICULUM VITAE.....	56

CHAPTER I

INTRODUCTION

This section covers the introduction, which includes the study's background, research questions, aims, significance, scope, and limitations, as well as the description of key terms.

A. Background of the Study

Some people don't realize how necessary mental health. Not everyone has the same feelings, thoughts, and behaviors as others. This is due to abnormalities in behavior, ideas, and feelings that indicate a mental disorder. In Indonesia, it is noted that the issue of assault and violence perpetrated by people with mental disorders is currently being discussed, especially in cases of delusions. In fact, according to the doctor at RSJ Soeharto Jedjan, Reporting from DINKES BANTEN, Friday (26/02/2018) said that only patients who might not receive treatment could commit acts of violence like most of them just wandering on the streets but recently, this delusion is common in schizophrenic patients who have false thoughts and beliefs that trigger a disturbance in the value of reality "For example, paranoid delusions, or feeling chased and will be hurt by others. Usually, individuals do things following the type of delusion that exists by having high suspicion, having great power, feeling that they have abilities far above ordinary humans, feeling that they have severe disease or can infect other individuals.

The case of delusional disorder in humans is also an attraction for literary connoisseurs in creating new things, one of which is raising the issue of delusion in literary works with a film called *The Shutter Island*—reporting from Tags. Id (7/4/2022) This film is an adaptation of the novel by Dennis Lehane of the same name. Starring Leonardo Di Caprio and Mark Ruffalo, the film revolves around the investigation of two

United States Marshals, Teddy, and Chuck, into the disappearance of a patient named Rachel Solando from Ashecliff Hospital. During the investigation, Teddy finds evidence that the hospital is, in fact, a place where a group of people conducts dangerous experiments on their patients. At the end of the film, the audience is presented with another fact that the facts and data found by Teddy are only the product of his imagination. The plot twist of the surprising storyline is the main attraction in this Film.

Likewise, in a book by Francesca Zappia entitled *Made You Up*, a nonfiction literary work is written based on a true story. Events, establishments, organizations, or locales are intended only to provide a sense of authenticity. They are used to advance the fictional narrative. All other characters and all incidents and dialogue are drawn from the author's imagination and are not to be construed as accurate. This story is very worth reading because it teaches a lot about the meaning of life and new perspectives on the mental disorder of the main character, who has experienced delusion. It is evident from the rating obtained. On goodreads.com, this book gets a rating of 4.04 / 5. Emily May, one of a reader, reviewed this book with five stars, and she also said:

"Sometimes, I think people take reality for granted." I stand by my earlier claim - YA contemporary is where it's at this year. I thought this book was excellent. Compelling, addictive, really weird, and awesome. It was such an unusual novel; I can personally say I've never read anything quite like it, and it's an excellent book for discussion. Such an unreliable narrator, constantly blurring the lines between reality and hallucination. (May, 2019)

The researcher also absolutely agrees with the above review of this book. This book is indeed straightforward to read for the readers. Moreover, this book also provides new insights into how Alex makes reality unacceptable because he believes what is in his mind is also known as his world. He's always trying to capture the real thing with cameras and photographs. Distinguish what's in his head. He believed that the world he created was more actual than reality itself. It is a depiction of when a person has a delusional disorder. He kept thinking about what was in his mind, which was

unbelievable. As a time, traveler, he can't prove his superpowers to anyone else. Evidence of his delusions will be seen in the people around him, family, friendships, and romance. This book also teaches all readers to be grateful for what they have, such as infinite health.

The researcher analyzes characters in several ways by studying how characters face delusions in their daily lives by seeing how they interact with other characters. Because in the real world, people with delusional disorder, their presence is often considered a family disgrace and usually gets a bad stigma from society. For this reason, researchers are interested in raising this in their research problem because, in their opinion, someone who suffers from a delusional disorder can improve a little by getting used to interacting with people around them and can also help sufferers to understand and accept their illness. The researcher will also investigate Alex in Francesca Zappia's novel *Made You Up* from the above rationalization. In this literary work, the researcher will find out delusional disorder that occurs in him and be analyzed it using the Delusional Analysis theory. There are several types of delusion according to Leeser and O'Donohue (1999); Delusion of control, Grandiose delusion, Somatic delusion, Nihilistic delusion, Delusional jealousy, the delusion of guilt or sin (or delusion of self-accusation), Delusion of mind being read, Erotomania, and Persecutory delusion. Based on the above considerations, the researcher's thesis has entitled an analysis of Alex in Francesca Zappia's Novel *Made You Up*.

Made You Up by Francesca Zappia was chosen as the object of this research for three crucial reasons: first, this novel explains how Alex deals with delusions different from those of the general disorder sufferer who has many differences with himself. The second reason is that this novel has never been studied in literary studies because most other researchers look at the case of humans with mental disorders and researchers try to

examine it more deeply through the characters contained in scholarly works in this novel. The third reason is that the author of this novel uses his imagination to depict the main character, who has a delusional disorder, and makes the characterizations so real that the reader can feel the situation profoundly and correctly—the character of Alex, who suffers from paranoia and schizophrenia where the worlds are full of colors, objects, people, and sounds that may or may not exist. He couldn't trust his senses, so he took a picture of the world around him, knowing that any delusion would eventually fade and reality would be left in the picture. Alex was first diagnosed when he recounted an incident that no one else thought happened that way. Although haunted by these strange false memories, he always tells himself that it is part of his mental illness, and he must accept that his memories lie. And it is a charming little read with a diverse and exciting cast of characters.

This study will look at a literary work through the lens of delusion in literary criticism then researchers will also see the other side of human sufferers who experience delusional disorder because there is still little research on delusions in analysis in literary works. Several studies have been carried out using psychoanalysis theory, which is a significant issue in discussing the types and causes of delusions in the main characters. The first previous study was entitled *An Analysis of Delusion on The Leading Character Portrayed in Beth Revis' Novel A World without You* by Adillah, R (2019). This study used the theory of Leeser and O'Donohue to analyze how the depiction of the main character who experiences psychological disorders, namely delusions. In addition to the approach, the researcher also uses a qualitative descriptive method to analyze data taken from Beth Revis' novel *A World without You* and uses library research to collect data by reading and selecting quotes from *A World without You*. The delusion of control Bo experiences when he doesn't want his mind to be

controlled by his friend Ryan, who believes Ryan can control other people's thoughts. Bo's somatic delusions are pain-like sensations in his body when he summons the flow of time to go back in time to save his lover. The causes of these types of delusions are stressful environments.

The second previous study from Susanti, et al. (2021) entitled *Delusion Side of Arthur Fleck as the Main Character in Joker Movie by Todd Philips*. This study uses psychoanalysis and Munro theory which focuses on the leading character in this film. This research aims to see what delusions and treatments are found in the movie. The research is finding that this study revealed Fleck has a dynamic character. While he is described as a heartless killer, his delusional side is especially indicated in certain elements. Fleck has a vibrant personality, and certain features reveal his delusion. So, the movie turns out to be essential in learning, especially in learning English. Many people, including students, parents, and teachers, benefit from the film. The learning process becomes more accessible and more enjoyable because the movie method comes out in the learning method.

The third previous research is written by Gustin & Rizky, (2018) Entitled *Representation of Delusional Schizophrenia Patients in John Nash's Character in the Movie "A Beautiful Mind"*. In this research, the method used is the descriptive qualitative method. In object analysis, the author uses John Fiske's semiotic approach. The semiotic approach relates to the visualization of characteristics and symptoms, namely delusions in individuals with schizophrenia by actions he does to himself and others or the environment around him. The results of this study found that in the film "A Beautiful Mind," delusions are interpreted as the appearance of an imaginary friend figure that can only be seen by John Nash's character, which is obtained from the description at the level of reality (appearance, behavior, expression, and way of

speaking), the level of representation (camera, music, and sound), and the ideological level of delusions presented by John Nash.'s character. However, in 2021, Gita Sofiyanti's Thesis entitled Analysis of Schizophrenia at Caden Bosch, was published in the in-depth novel challenger Neal Shusterman's. Susan adds to the abnormal theory with this study, which takes a psychological perspective. The author's examination of the delusion sub-discussion in this study revealed that the main character is more dominating in experiencing positive symptoms, including delusions and other symptoms like hallucinations, confused thoughts and speech, and disorganized or catatonic conduct. The phrases that Caden Bosh utters about things that are not genuine (for example, Beliefs that someone is being persecuted) reveal at least a delusional influence in character analysis. In character analysis which shows at least a delusional effect, it can be seen from the sentences that Caden Bosh utters on things that are not real (For example, Beliefs that someone is being persecuted or that they are the Messiah).

Meanwhile, Haznawati, et al. (2018) Entitled "Perubahan perilaku akibat waham tokoh dalam novel Assalamualaikum Beijing karya Asma nadia (kajian sastra psikologi. This study investigates the description of changes in behavior due to delusions on the characters. It explains the impact of behavioral changes due to delusions on the characters in the novel. The results of this study include behavioural changes in the characters due to delusions, including; fear, ease of daydreaming, acting forcefully, aloofness, denying commitment, do not care, anger, pessimistic, easily sad, wanting to commit suicide, and feeling guilty. And the impact of changes in the characters' behaviour showed that it affected several feelings, such as Dewa, who experienced the effect due to changes in the conduct of being afraid, daydreaming, forcing, breaking commitments, not caring, and getting angry. Asthma figures who experience the impact

due to changes in behaviour do not care and are pessimistic. Anita's character is affected by changes in behaviour. She is angry, easily sad, and wants to commit suicide.

Then, Ward, T. et al. (2019) who investigate the research entitled Fast and slow thinking in distressing delusions: A review of the literature and implications for targeted therapy with applying the methods found from studies on belief flexibility, and the Bias Against Disconfirmatory Evidence (BADE) for improving cognitive treatment offered to delusion. This study aims to show how literature plays an essential role in the formation and maintenance of delusions in psychosis, including schizophrenia paranoia. The author has offered data on the critical subject reason in action,' which he claims may be understood through Kahneman's distinction between 'thinking fast and slow.' The implications for focused therapy are clinically helpful and allow possibilities to engage with broader theoretical domains such as decision-making, reasoning, and social psychology.

On the other hand, The Research entitled "The delusion of being human: incredible motives in the movie anomalies (2015) by Charlie Kaufman and Duke Johnson (Azmi, 2019). This research employs a qualitative approach, and the author uses Todorov's excellent theoretical framework to answer this topic. This research looked into the tremendous motives in the film Anomalisa, which is presently owing to the main character Michael Stones' Fregoli delusion. The results suggest that the great reasons in Anomalisa fall under the category of the tremendously spooky. The good reasons are present due to the main character Michael Stones' Fregoli illusion. According to the author, Michael's delusions are caused by factors affected by a sense of boredom and loneliness experienced by Michael.

Furthermore, study that examined delusion analysis to investigate all case reports on Capgras' delusion in the English language better to understand the differences

between organic and functional anthologies (Pandis et al., 2019). The method used in this study is All medical and psychiatric databases were searched, including the bibliographies of published case reports, narrative reviews, and book chapters. The results of this study found as many as 258 cases from 175 papers, where there were several other misidentification syndrome fraudsters; auditory hallucinations, other delusions, and formal thought disorders. Specific features of Capgras delusional content and associated signs suggest an organic or functional etiology. The delusion is more amorphous than many theorists think, which challenges their explanatory model.

Next, a study from Noviana, F (2017) Entitled 'Psychiatric Disorders of the Main Characters of Akutagawa Ryuunosuke's Novel Haguruma. This study discussed novel mental breakdown tendencies and symptoms in Haguru novels. The symptoms are anxiety, drug dependence, hallucination, delusion, paranoia, obsession, etc. This study used the psychological approach. This study shows All symptoms of psychiatric disorders, ranging from primary signs secondary symptoms to accompanying symptoms demonstrated by the main character and activities. His artistic work has strengthened the conjecture, and it can be said that the main character is schizophrenic.

The last previous studies combined hallucinations and delusions as distinct types of attributions, distinguished by whether or not the sensory perception is included only when it is relevant, and their presentation enables it. (Rodríguez et al., 2021). The method is described with variables and relationships as a guide for follow-up and intervention. The proposed model synchronically and diachronically delimits any attribution parameters that make sense in terms of the person's framework components and contexts, allowing significant research in the literature to be presented. This study shows a concept that unifies two phenomena as people's attributions about themselves and their circumstances, building on a long clinical tradition of discussing the

differences between hallucinations and delusions while assuming their similarities. Then, any attribution factor can be utilized as a guide to build considerable literature on both and eliminate analytical uncertainty. Such attributions make more sense in the two-way structure of relationships with components in one's framework and surroundings.

Based on the previous studies above, the researchers have provided a similar theoretical framework and focus on delusion disorder. However, according to the research, no studies based on the psychological approach and theory of delusion by Leeser and O'Donohue have been found in *Made You Up* Novel. To put it another way, this research aims to look into the portrayal of delusional conditions in the story, particularly in the leading character. As a result, the ten previous studies concentrated on delusional disorder by analyzing types, causes, and treatment, using psychological theory. The difference here is that the researcher focuses not only on how are delusions reflected to the main character Alex but also on how the personality development by the main character.

B. Research Questions

Based on the research mentioned above, this research raises two questions as follows:

1. How are delusions pictured on Alex in Francesca Zappia's *Made You Up*?
2. How does delusion affect the personality development of Alex in Francesca Zappia's *Made You Up*?

C. Scope of Limitation

The scope and restrictions of this study pertain to the dimensions and limits of the major problem's discussion. The scope and constraints of this research are established as follows, based on the research's core theme. Because this study aims to look into mental problems, the researchers will talk about delusions. In addition, other relevant sources

can be used to support and adapt the application of psychology of literature and theory of delusion by Leeser and O'Donohue in a later academic discussion. Furthermore, certain restrictions will limit the discussion to the form of delusion and manner in which the effect of personality development on Alex.

D. Significance of the Study

The researcher aims that the results of this study can be useful both theoretically and practically which are described in the following section. The results of this study are expected to support theories related to delusion in psychology of literature. This research can provide insight to readers, and this thesis can be a source of knowledge for students interested in learning more about Alex's delusions. Its practical this research may give contribution to the development of Psychology Course especially in how mental disorders process and result on someone with delusion, so this study can give benefit for students in terms of deeper knowledge about psychology condition, and also for the lectures, this research can be used as teaching material in term of analysis of delusion.

E. Definition of Key Terms

The researcher provides a significant or memorable word or term in the title, abstract, or text of a document or other item being used to avoid misunderstanding between one term and another term and help readers easily understand the content of this paper. Here are the key terms for this research:

1. **Delusions** are beliefs that are false and which indicate abnormalities in the content of the mind of the affected person so that the sufferer cannot distinguish between what is real and what is not accurate (Leeser and O'Donohue, 1999).
2. **Mental Disorders** is a cognitive disorder in individuals caused by a failure to adapt mental functions to react to external and external. (Mubasyaroh, 2013).
3. **Abnormal psychology** is a discipline of psychology that encompasses all types

of mental disorder and mental disorder analysis (Kartono, 1929).

CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter is a literature review. A literature review elaborates an overview of a particular topic to provide the related literature about the theories and associated studies. Several associated theories and studies are the theory of Delusion and the psychology of literature that is used to analyze the psyches of Alex, who people with Delusion in Francesca Zappia's novel *Made You Up*.

1. Psychology of Literature

Literature has been brought together with other sciences such as psychology, sociology, anthropology, gender, philosophy, history, and others due to the creation of different techniques in interdisciplinary science literary works. These fields reveal that language can be used as a medium of expression to interpret or interpret humans, personalities, cultural backgrounds, and interactions between humans and others, with this underlying the formation of modern approaches. The psychological method is thus one of the contemporary approaches to be explored. Literary works, which are expressions of each author's state of mind and personality structure, are influenced by psychological processes (Aras, 2015, p.3).

Literature is a popular topic for discussion. Literature is a creative artistic work in which the objects are people and their lives, and the medium is language. Literature is a way of employing beautiful words to express ideas or views about life and society. Literature is divided into three genres, including three forms (poetry, prose, and drama) (Ahyar, 2019). Literature encompasses a wide range of genres, including novels. Novels are literary works that do not escape the need to tell complete dramatic, romantic, or sad storylines, depending on the life-giver of the book they produce. A novel is similar to a

painting of a character's life that chronicles the character's journey through life. Books have a creative power that stems from the author's experience describing the characters' stories he creates. The novel is a literary work that deals with society's social issues. Since the 1920s, Indonesians who have educated people have used books to examine social problems (Cahya, 2016). Meanwhile, literary analysis is used to comprehend and explain the story's true purpose and what happened. Literature can be studied in a variety of ways. The system must be appropriate for the cases described in the study.

Psychology in literature is an analytical study for writers, such as a person who can be studied using psychological theories. On the other hand, academic psychology is a literary study that looks at work as a psychological activity. According to Wellek (1949), if the psychological study of writers is done as a type and as an individual, it may also be said to be a study of the creative process or a study of the kinds and psychological laws that exist in literary works that eventually have an effect. Wellek and Warren (2014) provide limitations if there are four studies in psychology in literature including, 1) a study of the creative process of the author, 2) a study of the author, 3) a study of the laws of psychology in literary works, and 4) a study of the reader of literature. Other psychologists have widely used this view because it is considered representative of academic psychology. It allows for a better grasp of literary psychology's enormous span. Literary psychology affects more than just one aspect of a literary work. They also claim that psychology and art have combined a successful literary work.

According to (Siswanto, 2005), A literary category is distinct from psychology. Literature is concerned with the fictional world and is classified as art, whereas psychology is concerned with the human psyche. Even though they are classified differently, both depart from humans and their lives as study sources. Because it is

impossible to isolate human behaviour from other parts of life, the study's primary focus is on human behaviour. According to Wellek Rene and Austin Warren (1949), psychology and literature are related. Because the playwright sometimes employs psychology theory in portraying the character or the environment, it is often the characters, the scenario, and the narrative that create a short story or drama based on the existence of psychology. The function of psychology itself is investigating the soul mind through characters in literary works, understanding human action, and responding toward another action. Literary is shown about life, and life itself is a considerable part of social reality.

2. Delusion

A. Definition

According to Leeser and O'Donohue (1999), delusions are false beliefs that signify an anomaly or a deviation or oddity that occurs in the content of thought of the affected person. A person's cultural or religious background, as well as their level of intelligence, does not affect false beliefs. The degree to which the person believes that assumption is valid is an essential component of delusions. A person suffering from delusions will firmly believe in their beliefs despite evidence to the contrary. Delusions are challenging to distinguish from overvalued opinions, which are irrational beliefs that a person has but about which the affected person has at least some uncertainty. A person suffering from delusions believes that the delusions are true.

The delusional disorder can make it difficult for sufferers to establish social interactions and lead productive lives. In a more severe stage, delusions can appear as a symptom of psychosis. This condition can be dangerous for both the patient and those around him. Therefore, people who suffer from delusional disorder need to get examination and treatment from a psychiatrist. A psychiatrist can perform a psychiatric exam to check the patient's condition.

B. Symptoms of Delusional Disorder

To help clarify the analysis of the definition of delusions in the DSM-IV, the research will summarize the epistemic criteria into four criteria or signs: (a) delusions are false, (b) they are based on an incorrect inference, (c) they are believed despite overwhelming evidence to the contrary, and (d) others do not believe them in the relevant subculture. In effect, the third criterion could be understood as an "irrationality criterion" that includes Jaspers's criteria of subjective certainty and imperviousness to counterparts meant. We might plausibly assume that one who holds a belief that is impervious to criticism and despite what others in the community believe has the belief with subjective certainty. The fourth criterion could be viewed as an ad hoc way of excluding certain religious beliefs as delusions. In psychiatry, traditional concepts of delusion largely stem from the work of Karl Jaspers whose writing have been (Jaspers 1993: 45). Jaspers's definition of delusional consisted of the following criteria:

1. The belief is held with extraordinary conviction and with profound subjectivity certainty.
2. It is maintained against the effect of other experiences and of convincing counter argument.
3. It is impossible with regards to its content.
4. An irritable, angry, or low mood, hallucinations (seeing, hearing, or feeling things that are not really there) that are related to the delusion (For example, a person who believes he or she has an odour problem may smell a bad odour.)
 - a. According to Karl Jaspers about the criteria of delusion, the writer is sure that if someone faced delusional disorders, someone would have so many powerful beliefs that they are convinced. With those convinced, they can

counter all the other arguments from people who do not trust those who face delusional disorder.

The signs and symptoms of delusional disorder differ primarily according to personality differences and the type of delusion with which a person is struggling. These symptoms also must not be due to the consumption of a drug or other substance. Despite individual differences in the disorder, the following are some common signs and symptoms of the delusional disorder:

1. Behavioral symptoms:

- a. Antagonistic behavior, such as filing lawsuits or sending many letters of protest.
- b. Aggressive behavior towards others that is consistent with delusions.
- c. Other behaviors that are consistent with delusions, such as scratching one's skin if one believes one's body is infested with insects.
- d. Poor occupational functioning directly related to the delusional belief.
- e. Relative lack of impairment in functioning other than that caused by the delusion.

2. Cognitive symptoms:

- a. Experiencing a delusion or delusions. Poor insight into irrationality of one's delusional belief(s).
- b. Believing that others are attempting to harm the person (persecutory type).
- c. Belief that others are in love with the person (Erotomantic type).
- d. Belief that one has great talents or a history of important achievements (grandiose type).
- e. Believing that one's spouse or significant other is unfaithful (jealous type).
- f. Belief that one's body has a foul odor, is malfunctioning or misshapen, or is

infested (somatic type).

- g. Other delusional belief (mixed or unspecified type).

3. Psychosocial symptoms:

- a. Social difficulties related to one's delusion(s).
- b. Tension in romantic relationships related to the delusion(s) Irritability.

According to Mullen in Munro, (1999; 70) the characteristics of a delusion include:

- a. The belief being held with total conviction.
- b. It is experienced as a self-evident truth, usually with a sense of great personal significance. For example: believing that other people are trying to hurt that person. They have an unshakable belief in something that is not true and is not based on reality.
- c. It is not amenable to reason nor modifiable by experience.
- d. The content is inherently unlikely.
- e. The belief is not held by those of a common social and cultural background.

Before the delusion occurs, it may be preceded by a delusional mood or "Wahnstimmung," which disappears with the sense of certainty accompanying the delusion.

C. Types of Delusional Disorder

1. Delusion of control

Delusions about he being controlled by a power specific from the outside; or "Delusions of Influence," namely delusions about himself being influenced by a particular force from the outside; or "delusion of passivity," that is delusions about himself being helpless and surrender to an outside power (about himself = refers to the movement of the body/limb or thoughts, actions, or sensations particular); "delusion perception," that is an unnatural sensory experience, which very special to him, usually mystical or miraculous (Sanjaya, 2015) Common examples of delusion of control include thought insertion (the belief that someone is inserting or planting thoughts in your

head) and thought withdrawal (the idea that someone is stealing your thoughts). a schizophrenic person with the delusion of control might believe that aliens are stealing their thoughts or the government is planting ideas in their minds.

Another example of delusion is a story that tells about a manager in a high-level organization. He got praised for 'his' work. And he believed it! He thought it was his work. He thought he was the most influential manager in the organization. Then she left him. she no longer did his job. He couldn't do it on his own. He couldn't type. He didn't know how to do formulas in excel. He couldn't get his job. He told his boss that he was going through a tough time because his wife had left him. The boss was supportive and gave him extra time, but he still couldn't do the work. He was spoken to, then transferred to another department and then another. Finally, one day he mouthed off to the wrong boss and was fired. Never in his wildest dreams did he think he was fired because he was The Most Important Manager -in his mind. He deluded himself into thinking he was in control.

2. Delusion of Grandiosity

People experiencing delusions of grandeur see themselves as excellent, highly accomplished, more critical than others, or even magical. The delusion may be persistent, or it may appear only periodically. Some people with delusions of grandeur also experience trusted Sources of other delusions, such as a fear of persecution or unusual religious beliefs. However, a delusion of grandeur is more than just very high self-esteem or an inflated sense of self-importance. It marks a significant disconnection from the real world. A person with delusions of grandeur may continue to believe in the delusion despite contradictory evidence. Delusions of grandeur can manifest in virtually limitless ways. Some of the most common types include:

- a. Over-inflated sense of worth.

In grandiose types of delusional disorders, the person has an incredibly out-of-proportion sense of their worth and value. People with this issue can sometimes taste the more delicate, more extravagant things in life.

- b. Believing in making some important discovery.

They may also believe they have made some important discovery that others do not understand.

- c. Over-inflated sense of power.

A person could believe that he is a genius or has the power. For example, a patient who has fictitious beliefs about their ability or authority may consider themselves to be ruling monarchs who deserve to be treated like royalty.

- d. Over-inflated sense of identity.

The person might also believe he has a unique identifier, such as being an adviser to the Prime Minister or even being a president.

- e. Over-inflated sense of knowledge.

For example, someone with no knowledge of the medical background is convinced that he can heal people who have cancer, or someone may believe he knows to predict the future.”

3. Somatic Delusions

People with somatic delusions believe that they have a disability in their body or have certain medical conditions. Patients can also sometimes feel certain physical sensations or dysfunctions. Types of somatic delusions are false beliefs that involve physical harm, disease, or disorder. For example, people with these delusions may believe that a foul odor emanates from their bodies, the belief that parasites are parasitic on their bodies, or that certain parts of the body have an unusual shape. Or they are not functioning correctly despite evidence to the contrary.

4. Nihilistic Delusions

Delusions centered on the absence of oneself or a part of oneself, other people, or the universe. A person suffering from this hallucination may believe that the world is coming to an end. For example, believing he has died and the people around him are spirits. A Scottish man met with an accident in 1996 and believed that he had died from the complications due to the accident. After the incident, he and his mother moved from Edinburgh to South Africa, where the weather was hotter. He explained the heat by stating that he was in Hell and only Hell could be so hot.

5. Delusional Jealousy (or delusions of infidelity)

Delusional Jealousy is a psychological disorder in which a person is preoccupied with the thought that their spouse or sexual partner is being unfaithful without having any actual proof, along with socially unacceptable or abnormal behavior related to these thoughts. According to Munro (1999), A person with this type of delusional disorder believes that their partner is unfaithful, possessive, and suspicious.

a. Over possessiveness

Possessive in delusional disorder is a pattern wherein people are possessive with/her partner in their lives.

b. Unfaithful

Sometimes referred to as the Othello syndrome. (The term Othello syndrome comes from a Shakespearian play in which a character in Othello kills his wife because he believes that she was unfaithful.)

c. Over suspiciousness

People with these traits are generally characterized by having a longstanding pattern of pervasive distrust and suspiciousness with/her partner and usually challenging to get along with/her partner, and often have problems

with close relationships.

The most commonly cited forms of psychopathology in morbid Jealousy are delusions and obsessions. It is considered a subtype of delusional disorder. Overvaluing an idea is defined as "a good, understandable idea pursued by the patient beyond the bounds of reason. The idea is not resisted and, although it is not a delusion, the patient characteristically attaches utmost importance to investigating and maintaining the partner's fidelity at a great personal disadvantage and to the partner's distress".

People with delusional disorder have beliefs, beliefs, or perceptions that don't align with reality. These ideas may contain elements of truth, or they may be entirely imaginary. Either way, they are not open to refutation with real-world evidence, even when such evidence is available in abundance. Delusional Jealousy (also known as unnatural Jealousy) is a type of delusional disorder, and as the name suggests, people with jealous delusions are entirely convinced that their partner is unfaithful. Delusional Jealousy, by its very nature, is so destructive that it can cause significant damage to valuable relationships and, in some cases, can lead to obsessive or even violent behavior.

Extreme Jealousy often leads to possessiveness, and relationships containing these elements can often end in violent attacks, stalking, harassment, or even worse. Their current or former partners murdered approximately 55% of murdered women, and extreme Jealousy was a factor in these cases. Most people with delusional Jealousy will not resort to violence. But even if things don't get to this point, delusions of Jealousy are a sign of a mental health issue that everyone involved shouldn't ignore (Silva, 1998)

6. Delusions of Guilt or Sin (or delusions of self-accusation)

Delusion of sin is a delusion in which the individual is convinced of having committed unpardonable sins, for example, being to blame for wars, droughts, and other

catastrophes. Intense fear of punishment frequently accompanies such a delusion.

7. Delusion of Mind Being Read

Delusion of Mind Being Read is a false assumption that other people can read one's mind. In contrast to mind broadcasting, the person does not believe that his thoughts are heard aloud.

8. Delusions of Reference

Delusion of Reference is a person mistakenly perceives those words, events or trivial things in their environment have personal relevance or meaning. Patients may assume, for example, that a specific newscast is directed at them, that music on the radio is explicitly played for them, or that the license plate of a car has a significant meaning associated with them.

9. Delusion of Erotomania

Delusion of Erotomania is a disorder that makes a person believe or strongly believe that someone is in love with him. People with erotomania believe that they are loved or admired by other people, usually people who are famous or have important positions, such as certain artists or figures. People with this delusional disorder can even stalk and try to make contact with the person who is the target of their delusions.

10. Delusion of Persecution

People with this type of delusional disorder believe that they (or someone close to them) are being mistreated or that someone is spying on them or planning to harm them. It is not uncommon for people with this delusional disorder to make repeated complaints to legal authorities.

a. Feel being mistreated

People with this trait have false beliefs about someone close to they are being mistreated by malevolent others, either specific individuals or groups.

b. Feel of being spied

Individuals with this trait often feel like someone close to them are spying on or following them.

These are the most common type of delusion, and they involve themes of being followed, abused, tricked, poisoned or drugged, conspiring against, being spied on, assaulted, or hindered in achieving one's goals. Someone with persecutory delusions might seem normal. But if their delusion is severe enough, it might become their everyday life sometimes; their false belief can be something improbable but not impossible. They may, for instance, suspect their neighbors of spying on them or fear that the police want to torture them. Their delusions are also irrational, believing an evil spirit plans to abduct them. Usually, the delusions spring from misinterpretations or exaggerations of real feelings and experiences. For example, they might perceive a stranger's innocent glance as threatening. Sometimes, this paranoia can be associated with Hallucinations. This is when you see, hear, or feel things that don't exist. Hallucinations aren't very common with delusional disorders. If you have them, they're related to you. If you falsely believe that your co-worker planted spoiled food in your car, you may think you smell something rotten.

11. Delusions of Religion

Delusions involving religion or spirituality. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, published by the American Psychiatric Association (DSM-5). Delusions are false ideas that persist despite evidence to the contrary and are not shared by other members of the person's society or subculture. Persecutory (i.e., belief that an individual organization will harm one or group), referential (i.e., the belief that gestures, comments, or environmental cues are self-directed), superb (i.e., belief that one has superpowers, wealth, or fame), erotomaniac (i.e.,

false belief that another person is in love with her), nihilistic (i.e., beliefs focused on bodily functions or sensations). Delusional disorder is referred to as "partial psychosis" in the literature because of the cognitive organization and rest of reality otherwise intact.

CHAPTER III

RESEARCH METHOD

This section covers the methods and steps for gathering and classifying data. The literary critique will be guided by the research technique. In general, research methods are concerned with the types of research methods that are suited for actual data collecting and data processing, as well as the justifications that are offered for why the research method parts were chosen.

A. Research Design

This study used literary criticism theory because literary criticism focuses on literary work. The researcher analyzed the delusion disorder experienced by Alex using literary criticism theory with psychology and literature. The researcher analyzes delusion by Leeser and O'Donohue's (1999) theory on the main character, who suffers delusion, the types and the way the primary character faces delusion from the Theory of psychology to explore the mental disorder in the Novel "Made You Up" by Francesca Zappia.

B. Data Sources

The Novel Made You Up, written by Francesca Zappia, is the primary data source in this study. Francesca Zappia's Made You Up Novel's primary data sources include words, phrases, sentences, paragraphs, or character discussions that contribute to the main character's adolescent delusional disorder experience. This

novel, 63 chapters, and 292 pages was published in 2015. Official publishers, such as Amazon, Goodreads, and others, purchase the e-book edition.

C. Data Collections

Data Collection There are several steps to collect data:

1. The researcher reads (close-reading) the novel *Made You Up* carefully to understand the intrinsic elements of the book.
2. Highlighting words or sentences that are related and relevant to the research problem
3. Record and understand the novel's intrinsic elements and collect related quotes, including dialogue and prologue, according to the problem formulation.
4. Classify data into several categories related to research problems.

D. Data Analysis

After collecting and surfing all the data for this paper, the researcher starts to analyze the data by classifying and identifying the data with the theory of delusion. After the paper. Then, the researcher concludes, according to Leeser and O'Donohue's perspective of delusion that, the researcher interprets the data using the researcher's opinion and adds some references.

CHAPTER IV

FINDINGS AND DISCUSSION

In this chapter, the researcher will provide the results of the analysis of the study. Moreover, a further description will be presented to interpret the study's objectives. There are two research questions that need to be answered by analyzing the data. The following finding and discussion will analyze: How are delusion pictured on Alex and How does delusion affect the personality development of Alex in Francesca Zappia's *Made You Up*?

A. How the Delusion pictured on Alex in Francesca Zappia's *Made You Up*.

Alex is a teenager living in India. Alex is a teenager who has a mental disorder called delusions Alex begins his story when he goes to a grocery store with his mother and father. His mother left Alex in the lobster tank in the middle of the central alley while he went to get Dad's pork from the deli counter. The lobster fascinated him. Everything from their name to their claws turns majestic red and addicting. At that moment, Alex thought the lobster was talking to him for help. The data above shows that when Alex saw some lobsters.

"Let me out," said the lobster. He always said that. I rub my hair against the glasslike the tank is a genie lamp and the action will work wonders. Maybe, somehow, I can get the lobster out. They looked very sad, all huddled on top of one another, their antennae twitching, their claws tied with rubber. I saw the reflection of BlueEyes in the glass of the lobster tank before he spoke. Big blue eyes. Blueberry blue. No, it's too dark. Blue ocean. Too green. Blue like all the blue crayons I own, all melted into one. (p.1)

Alex felt they looked sad, so at that time, Alex thought he wanted to help him get them out of there. Then Alex put his hand in the water towards the lobster, hoping it would claw at him and curl up and untwist its tail. But not. For two years after that fateful day at the supermarket, Alex thought he would genuinely free the lobsters. He felt they crawled away, found the sea, and lived happily ever after. When Alex was ten years old, his mother learned that Alex was some lobster savior. He also discovered that all the lobsters looked bright red to Alex. First, he tells Alex that he hasn't let go of the lobster and just puts his arm in the tank before he appears to be tugging at it, embarrassed. Then Alex's mother explained that the lobster only turned bright red after being boiled. Alex didn't believe him because they were never another color to him.

Alex's first friend is a hallucination: An entry glistens on his new resume as a lunatic. Then his mother took Alex to a child therapist, and Alex first recognized the word crazy. Alex's medication sometimes helps. Alex knows it works when the world isn't as colorful and exciting as it used to be. Like when he found out the lobster in the tank wasn't bright red. Or when he realizes that checking her food for trackers is silly (but does it anyway because it soothes the prickling paranoia in the back of her neck).

Alex also knows it's at work when he can't remember things clearly, feels like he hasn't slept in days, and tries to put his shoes behind him. Half the time, doctors aren't even sure if the medicine is working. That should reduce paranoia, delusions, and hallucinations, but they'll have to wait and see if it's possible for the patient to feel tired sometimes. Doctors initially thought some dehydration could.

have caused a lot of fluctuations in Alex's weight. The doctors were beneficial, but Alex developed his system of figuring out what was real and what wasn't. Alex took the picture. Over time, the reality remains in the photo while the hallucinations fade. Alex found what kind of things he wanted to make, and it couldn't be separated from the delusional thoughts in his mind. Each has criteria and symptoms how delusion pictured on Alex include;

The following data shows that Alex began to show delusions when he saw a billboard depicting a resident wearing a gas mask.

"Like billboards whose occupants wore gas masks and I reminded passersby that poison gas from Hitler's Nazi Germany was still a very real threat. I didn't have the luxury of taking reality for granted. And I wouldn't say I hated people who did because that's just about everyone. I didn't hate them. They didn't live in my world. But that never stopped me from wishing I lived in theirs (p.8)

The data above shows that Alex is delusional because of the belief he sees *"Like a billboard whose occupants wear gas masks."* This can be said to be delusional because what he sees and imagines on the billboard is not logically acceptable. Especially when he warned those around him that this was a real threat, *"and I reminded passers-by that the poison gas from Hitler's Nazi Germany was still a very real threat."* This includes delusion because, according to Munro (1999), delusional symptoms occur when a person has beliefs and is held with extraordinary conviction and with profound subjective certainty, as happened to Alex, who has thoughts, opinions, or perceptions that are not real. These ideas may contain an element of truth or be entirely imaginary when he chooses a billboard but what comes to his mind is something different from reality. Ultimately, people with

delusional disorder believe in subjective things for which there is no reality or truth. These delusions usually involve false perceptions or experiences. But in fact, the situation is either not true at all or is greatly exaggerated.

In addition, the second data shows that Alex is showing his delusions when he is on the stairs.

"It wasn't until I got to the stairs that I realized I was being followed. The hairs on the back of my neck prickled, and I grabbed for my camera as I spun around. Miles stood behind me.

"Are you doing that on purpose?" I asked. "Doing what on purpose?" he replied.

"Walking a few steps behind me, close enough so I realize you're there but not so close you look creepy doing it. And staring."

He blinked. "No."

"It sure feels like you are." "Maybe you're paranoid." I stiffened.

He rolled his eyes. "Guthrie?" he asked. (p.12)

The data shows Alex is having delusions because Alex feels that something is following him on the stairs, so he feels threatened. As data shows, *"It wasn't until I got to the stairs that I realized I was being followed." The hairs on the back of my neck got goosebumps, and I grabbed my camera while twirling.* Alex, who believed that he was being followed on the stairs even though no one was following him, indicated that he was experiencing delusions because he was showing symptoms where he felt he was being followed when he wasn't. According to Munro (1999), one of the symptoms of delusion has criteria such as believing that another person is trying to hurt that person. They have an unshakable belief in something that is not true and is not based on reality. Delusions are also related to situations believed to have occurred in real life, like the feeling of being followed,

poisoned, or cheated. As happened to Alex, He believes that someone looks scary doing it on the stairs". Usually, people with delusional criteria will have so many strong beliefs that they think. Those who believe can counter all the other arguments of those who do not accept them (Jaspers, 1993: 45). This is evidenced by what Miles said when Alex felt Miles make his hair throb and he felt, *"I realized you were there." but not so close you look creepy doing it. And stare." He blinked. "No." "Maybe you're paranoid," Miles said.*

However, the third data shows Alex is experiencing delusions when he looks at the art.

"Jetta gave Miles a dimpled smile, shoveling her curls behind her shoulders. "Nice to meet you," he said, holding out his hand as he waited as long as it took me to shake it. I do not.
"Are you French?" I asked instead. "Oi!" Overseas. Foreign spies.
The French Communist Party acted on Stalin's instructions during part of World War II.
French Communist spies.
Stop, stop, stop. I turned to Art, a black kid who was a foot and a half taller than me and whose chest would pop out of his shirt and eat someone. I gave him two on the delusion detector. I don't trust those peccs.
"Hi," he said. I waved weakly.
"It's another club, do you still believe the stupid thing about the Art," Miles said. "Theo, concession stand. Evan and Ian, bleach duty."
"Aye aye, Boss!" The triplets saluted and went to their posts. "Jettas, nets, and ball carts. Art, take the pole."
The other two left too.
I relaxed once they all left, though I still have to deal with Miles. Miles, who switched to scoreboard control and forgot about me. (p.28)

The data shows Alex was delusional when he saw the painting *"Stop, stop, stop. I turned to Art, a black kid who was a foot and a half taller than me, and his chest was about to pop out of his shirt and eat someone"*. Based on this, it proves that Alex is experiencing delusional symptoms because Alex shows criteria where he cannot realize that what he sees and imagines is real or false. This is by the four

criteria or signs of delusion in the DSM-IV book: a. false delusions, b. delusions are based on wrong conclusions, c. they believe despite much evidence to the contrary, and others do not accept them in the relevant subculture. Other evidence is reinforced by people around him who feel what Alex saw and imagined in the painting, not something real like in the sentence "This is another club, do you still believe stupid things about Art," Miles said.

On the other than, the last data show Alex is experiencing delusions when he saw Miles being the same two people.

"Go away!" I yelled at him. He didn't blink. His eyes were bluer than ever, bluer than they should have been in the darkness. The sun glowed behind them, melting them from inside like candle wax. The color seeped from his skin. "Alex!" Someone grabbed my arm. Spun me around. Miles was there, too. Except not bleeding. And his clothes weren't torn. And his eyes were the right shade of blue. I pulled my arm away and backed up. And ran into Miles. "Who are you talking to?" Miles—regular Miles—asked. Art was right behind him. "I . . .

I don't . . ." Oh no. There were two of him. I knew it was wrong, I knew there shouldn't be, but he reached up for my face, and I felt the cold roiling off his skin. The roots of my hair screamed as I tugged on them. "Both of you stay away from me." I pointed to both Miles, backing up onto the nearest lawn. One Miles was bad enough. Two were unbearable. Regular Miles frowned. "What are you talking about?" Keep your mouth shut, idiot! the little voice in the back of my head screamed. It wasn't supposed to be this bad.

He's not real.

He is.

He's not he's not.

A cold finger brushed down my cheek. Then how can he touch you?

Bloody Miles stared at me, his mouth curving into a wide grin. The blood-stained his teeth, too. Miles never smiled. Not like that.

I dropped to the ground as Bloody Miles lunged at me. The world went dark. (p.40)

The data shows that Alex is delusional because Alex sees Miles as two people. This is evidenced in Alex's sentence, *"I don't." Oh no. There are two of them. I know it's wrong. I know there shouldn't be, but he grabs my face, and I feel a chill run down his skin. The roots of my hair screamed as I pulled it. "You two*

stay away from me." I pointed at the two Miles and backed away to the nearest page."

Alex was delusional because he was showing delusional symptoms in the data above. Munro (1999) listed several symptoms of delusions, one of which was believing that someone else was trying to hurt the person. Be swayed by something that is not true and not based on reality.

The delusional disorder also involves delusions mistakenly related to situations believed to have occurred in real life, such as feelings of being followed, poisoned, and cheated. Alex is delusional because he has his criteria of having wrong beliefs when he sees Miles. He thought that Miles had two different forms. Not only that, but he also showed signs that he felt threatened by Miles' existence know there shouldn't be, but he grabs my face, and I feel a chill run down his skin. *"The roots of my hair screamed as I pulled it"* so that it is said to be a delusion. In addition, it is also reinforced by people who indicate that what Alex thinks is not the truth. *He's not real. He is. He's not, he's not. A cold finger brushed down my cheek. Then how can he touch you?*

B. How the Delusion Effect in Personality Development on Alex in Francesca Zappia's Made You Up

Delusional disorder is a condition in which most sufferers who experience this disorder often affect their personality development. These delusions usually involve false perceptions or experiences. But in reality, the situation is neither actual nor greatly exaggerated. People with delusional disorder can often continue to socialize and function normally, regardless of the subject of their delusions, and generally do not behave in markedly odd ways. This is unlike people with other psychotic

disorders, who may also experience delusions as a symptom of their disorder. But in some cases, people with delusional disorder may become so preoccupied with their delusions that their lives are disrupted. In harmony with the character Alex in *Made You Up*, which tells the story of a teenager with delusional disorder. Alex is a cheerful child and sees the world in his way, even if it's only in his mind.

*" He tripped up a little on the last word, but it didn't matter since I hadn't understood anything that had come out of his mouth.
"I like scientific classification," he said. "I don't know what that means," I said.
He pushed his glasses up again. "Plantae Sapindales Rutaceae Citrus." "I don't know what that means, either."
"You smell like lemons."
I felt a flurry of delirious joy because he'd said, "You smell like lemons" instead of "Your hair is red."
I knew my hair was red. Everyone could see my hair was red. I did not, however, know that I smelled like fruit.
"You smell like fish," I told him.
He wilted, his freckled cheeks burning. "I know." (p.2)*

The data shows that Alex is a cheerful child and sees the world in his way even though it's only in his thoughts. At his age, he can tell friends about what it smells like. His friend said he smelled like lemon. Alex, who heard this, made him feel delirious joy when his friend said, *"You smell like lemon."* It is said that Alex has various imaginations at his age. He could also tell that his friend smelled like fish: *"He's withered, his freckled cheeks are burning."*

However, the dialogue below shows that this changed with the passage of the story, where he realized that he was mentally ill. Realizing this makes him different because the mental illness impacts his uncontrollable emotional state, makes him more withdrawn from the environment, and causes him to lose motivation and ordinary to the things around him. Alex was also found to have

problems in thought processes, such as difficulty concentrating on his work so that he was fired, depression, and anxiety about things that he considered threatening himself.

After that I avoided him. I tried to avoid Celia, too. I walked around the school complaining about “attempts on my life.” and think to end my life. I glared at myself constantly and flipped my hair whenever I was near, highlighting how short forced to cut it. Even Stacey and Britney seemed a little wary of Celia now as if she’d set the fire herself. I didn’t talk to Miles for most of the week. Not even in our lab on Wednesday, when I broke our watch glass, spilling chemicals all over the table. Miles bent down to pick up the pieces. Then, since our lab was ruined, he fabricated data that ended up being more accurate than anyone else’s. (p.94)

Based on the dialogue above shows that the delusions experienced by Alex cause him to want to end his life, and he also withdraws from the environment around him.

“After that I avoided him. I tried to avoid Celia, too. I walked around the school complaining about “attempts on my life.” and think to end my life”. He glared at herself and flipped her hair as if looking at herself in a mirror.

But I didn't reassure him. "They're my friends. I mean, they are. Or were. I hope they're still my friends if they know. "If they're your friends, they won't care about your condition, Lex." Dad hugged me closer to his side. He smelled like rain. "Tell me" about them. "Do what you want, and don't stay away from your friends, let alone withdraw from social life." (p.67)

Based on the conversation above, it shows how Alex's delusions make him withdraw from his environment *“Do what you want, and don't stay away from your friends, let alone withdraw from social life.”* He told this to his father at the same time his father saw him silent in the room and directly made Alex's father ask what you were experiencing. He also advises not to lock himself in his room anymore and not to care about how his friends think about Alex's mental illness.

*18 years old I feel nothing feels or feels or looks good anymore. I don't know if it was me or the new drug. Food makes me want to throw up, blankets and clothes scratched and twisted, and every light blinds me. The world has gone Grey. **Sometimes I feel like I'm dying, or the earth is crumbling under my feet, or the heavens will swallow me whole. Some days I think I'll break down in the hallway or kitchen and fill the house with sobs.*** (p.86)

Based on the dialogue above, shows that Alex's psychological condition is disturbed, he always thinks about bad things that may not necessarily be his destiny. *“Sometimes I feel like I'm dying, or the earth is crumbling under my feet, or the heavens will swallow me whole. Some days I think I'll break down in the hallway or kitchen and fill the house with sobs”*. He thought that the world had gone grey and there were only a few hopes left for him as if there were no. This certainly affects their personality condition in Alex which in general teenagers his age can do new things that he has never tried but it is very difficult for him especially if one day he feels again how it feels to be ostracized in the surrounding environment because he doesn't try to believe in himself sometimes experiencing hallucinations.

“The night before my first day of senior year at East Shoal High School, I sat behind the counter at Finnegan's diner, my eyes scanning the dark windows for signs of suspicious movement. Normally the paranoia wasn't so bad. I blamed it on the first-day thing. Getting chased out of the last school was one thing— starting at a new one was something completely different. I'd spent all summer at Finnegan's trying not to think about I. “Yes, the symptoms of mono include reacting to things that aren't there, screaming for no reason at all, and flailing on the ground like you're about to be ax murdered.”

My face flushed with heat. “It was mono,” I whispered. “You're schizophrenic.” I stood there, blinking stupidly. Say something, idiot! If I didn't, he'd have no doubt. Say something! Say something! I turned and walked away.
I wanted to shoot Miles in the kneecaps more than ever, but I threw a stone at Miles. (p.9)

Based on the conversation above, Alex's delusion is why he was expelled from school. Alex is forced to leave his old school and move to East Shoal because his delusions are too bad *“The night before my first day of senior year at East Shoal High School, I sat behind the counter at Finnegan’s diner, my eyes scanning the dark windows for signs of suspicious movement. Normally the paranoia wasn’t so bad”*. At first, Alex scanned the dark windows for signs of suspicious movement. This was known to his friend when he saw Alex's behavior, so he was called schizophrenic. He also couldn't express his emotions, so there was a commotion between Alex and his school friends, which made Alex expelled from school because of actions that violated school rules *“I wanted to shoot Miles in the kneecaps more than ever, but I threw a stone at Miles”*.

“I called tucker at night and told him this night My mother’s voice lowered to a whisper. “You know they’re not like that anymore.” I hurried to the living room and curled up on the couch, drawing my blanket tightly around me. So much for feeling good. My mother had removed my intestines and used them to tie a noose around my neck. She just hadn’t kicked the stool out from under me yet. She couldn’t send me to one of those places. It was my mother. She was supposed to do what was best for me, not what would get me out of her hair the fastest. How could she even think of that? (p.90)

Based on the dialogue above shows that the delusion of seeing appears when seeing his mother. First, when he saw his mother as a threat, and he felt that she had taken his intestines and used them to tie his neck. Then, whenever he saw his mother, sometimes delusions appeared and made him so scared that at that time, he could only cover himself with a blanket so as not to see the figure of his mother. *Somuch for feeling good. My mother had removed my intestines and used them to tie a noose around my neck. She just hadn’t kicked the stool out from under me yet.*

She couldn't send me to one of those places".

Then my mother had taken me to see a child therapist, and I'd gotten my first real introduction to the word insane. Schizophrenia isn't supposed to manifest until a person's late teens, at the earliest, but I'd gotten a shot of it at just seven years old. I was diagnosed at thirteen. My medication helped sometimes. I knew it was working when the world wasn't as colorful and interesting as it normally was. Like when I could tell the lobsters in the tank were not bright red (p.8)

The data shows that he was diagnosed with schizophrenia at thirteen. However, with all his efforts to treat the mental illness he made, Alex got better when the medicine helped him overcome the delusions. This is evidenced by Alex's sentence, which states *"My medication helped sometimes. I knew it was working when the world wasn't as colorful and interesting as it normally was. Like when I could tell the lobsters in the tank were not bright red"*.

Half the time, the doctors weren't even sure what the medicine would do. "Well, it should lessen the paranoia, delusions, and hallucinations, but we'll have to wait and see. Oh, and you'll probably feel tired sometimes. Drink a lot of fluids, too—you can get dehydrated easily. Also, it could cause a lot of fluctuation in your weight. Really, it's up in the air." The doctors were oodles of help, but I developed my own system for figuring out what was real and what wasn't. I took pictures. Over time, the reality remained in the photo while the hallucinations faded away. (p.8)

Based on the data above, Alex tries not to find out about his illness. He had a habit of carefully examining his surroundings, whether it was a foreign place or one he had been. He said that *"The doctors were oodles of help, but I developed my system for figuring out what was real and what wasn't."* Alex took pictures of the odd-looking things in the area to see if what he saw was the same as the one in the photo. *"Over time, the reality remained in the photo while the hallucinations faded."*

Everyone believed me. Everyone except Miles, Tucker, and Art. art, because he'd carried me during my episode. Tucker, because his parents were doctors, could tell when someone didn't know the symptoms of schizo. Miles, for the obvious reasons. I did my perimeter check three times while I hid Erwin behind his bushes on the front walk, and my eyes were drawn again to the roof, where the men in

suits monitored the parking lot. It took me a few minutes to realize that public high schools didn't have men in suits watching their parking lots. I took a picture of them. I wasn't sure if the pictures would help anymore, but doing it made me feel better. Like I was doing something to help myself. Like that was still possible (p.92)

Based on the data above shows that Alex did a mobile check, and he also did other ways to overcome his delusions. For example, when he saw someone in a suit, he thought it was one of the students attending school. He overcame his delusions by taking pictures of the moment" *I took a picture of them. I wasn't sure if the pictures would help anymore, but doing it made me feel better. Like I was doing something to help myself. Like that was still possible* ' He finally realized that the man in the suit was watching the parking lot and things he was sure of when he managed to photograph them.

"I spotted Celia Hendricks on the edge of a bigger group of students who didn't look like they were putting any effort toward actually watching the game. Parents filed into the gym from the rotunda, holding popcorn and hot dogs and wearing shirts that read "Go, Sabres!" "What a ridiculous sport," said a woman near me, her voice laced with acid. "Volleyball. They should call it 'sluts in spandex.'" I searched for the disgruntled parent, but teenagers surrounded me. I squeezed myself into a smaller space. "Did you hear that woman?" I asked Tucker. "What woman?" "The one who said the thing about volleyball players being sluts." Tucker looked around. "Are you sure that's what you heard?" I shook my head. "Must've been nothing." I'd learned a long time ago that asking someone else if they heard something was much safer than asking them if they saw it. Most people didn't trust their ears as much as they trusted their eyes. Of course, auditory hallucinations were also the most common kind of hallucinations. Not good for me. (p. 30)

The data shows Alex's care overcame his delusions to become normal when he felt he was hallucinating what he saw. He asked Tucker what Alex saw and heard in the dialogue that showed the two talking. *"Did you hear that woman?" I asked Tucker.*

"What woman?" "The one who said the thing about volleyball players being sluts." Tucker looked around. "Are you sure that's what you heard?" This he did to determine if Alex was having delusions or maybe it was real but asking other people if they heard something was much safer than asking if they saw it. Most people don't trust their ears as much as their eyes. Of course, auditory hallucinations are also the most common type of hallucination.

I checked my bag. Books, folders, notebooks, pens, and pencils. My cheap digital camera—one of the first things I'd bought when I'd gotten the job at Finnegan's—dangled from its strap around my wrist. I'd already taken a picture of four suspicious-looking squirrels lined up on the red brick wall outside my neighbor's house this morning, but other than that, the memory card was empty. (p.23)

According to the data above is another of the characteristics the situation where Alex overcome the delusion. The characteristic of this delusion is the sufferer who feels threatened by an object so that he is found suspecting a squirrel that is lined up on a red brick wall outside a neighbor's house. "I'd already taken a picture of four suspicious-looking squirrels lined up on the red brick wall outside my neighbor's house this morning, but other than that, the memory card was empty". This suddenly disturbed Alex's mind when usually someone could think that the squirrel was unique and clever but different from what he saw and thought. For that, he took pictures of the four squirrels so that he could distinguish that what he saw. He uses the camera to be able to take pictures of everything she sees, whether it is accurate or not.

My next three classes of the day were like the first. I walked into the classrooms and spun in a circle, checking everything. If I found something strange—like a World War II-era propaganda poster on the wall—I took a picture of it. I was asked four times if my hair was dyed. My AP Macro teacher let me know it was

against the rules. I told him it was natural. He didn't believe me. I showed him the picture of my mother and my little sister, Charlie, that I always carried with me, because their hair was the same. He sort of believed me. I sat in the chair closest to the door and kept a watchful eye on him for the rest of the period. (p. 22)

Based on the data above, it can be seen that Alex uses the photos he takes to make sure what he sees is his imagination or not, and it is helpful to prove to the teacher about his hair color. This is evidenced in Alex's words to his teacher " I showed him the picture of my mother and my little sister, Charlie, that I always carried with me because their hair was the same. He believed me. I sat in the chair closest to the door and watched him for the rest of the period.

Einstein's definition of insanity is doing the same thing repeatedly and expecting different results. I continued to shoot, hoping to look at it and find out that the subject was a hallucination. I did a round-the-clock examination, thinking that I would eventually be able to walk paranoia-free. (p.45)

Alex keeps a log documenting his delusions' intensity, frequency, and duration. This can help Alex figure out how to avoid situations that could trigger paranoia or delusions. "*I continued to shoot, hoping to look at it and find out that the subject was a hallucination. I did a round-the-clock examination, thinking that I would eventually be able to walk paranoia-free*". Some delusions are quick and immediate, while others are more enduring and persist over a long period. Wherever Alex goes, he always carries a camera to capture every moment he sees. When he gets home, Alex will print the photos to determine which ones are real and which ones are not. Even though he sometimes knows his brain plays weird tricks, Alex can't help but be paranoid. He was always doing parameter checks, ascertaining who was around him and checking for signs of the danger threatening to attack him.

But it also makes Alex uncomfortable living in his delusions because one of the ways he uses his camera is to distract the people around him. However, this is still the only solution to overcome his delusions. At this moment, he could become a more confident and cheerful human being than before. This is evidenced when Alex begins to act normal when he mingles with his friends again. He also began to participate in activities outside of school and was able to overcome his problems. His attempts to become normal with his camera bear fruit, where when he finds his delusions appear, he can immediately notice them.

"Har har," I replied, trying to act cool. Beat down the crazy, said the little voice in the back of my head. Don't let it out, you idiot. The only reason I'd taken the job here was that I needed to appear normal. And maybe a little bit because my mother forced me to take it. (p.19)

Based on the data above shows how Alex overcomes delusions, namely by taking work to make himself look normal even though he realizes that the side always sides his thoughts with delusions. *"The only reason I'd taken the job here was that I needed to appear normal. And maybe a little bit because my mother forced me to take it."* Still, he tries to fight the thoughts that arise when his delusions arise by staying calm and focused on that moment.

I didn't have time to worry about what other people thought of me, yet I had to— if I seemed too on edge, too paranoid, it wouldn't matter what my grades were. If anyone decided I was crazy or dangerous, I could say goodbye to the future and hello to the Happy. Miles walked back into the gym and settled at the scorer's table. He turned, stared at me for half a second, and quirked an eyebrow. (p.29)

Based on these data, it can be seen how Alex becomes someone who is confident and leads to positive thoughts. *I didn't have time to worry about what*

other people thought of me, yet I had to—if I seemed too on edge, too paranoid, it wouldn't matter what my grades were. If anyone decided I was crazy or dangerous, I could say goodbye to the future and hello to the Happy”. He doesn't even want to worry about what people think of him. He even determined that if those around him were disturbed by his delusions, he would leave that place and start a new life with a new person.

I walked over to Tucker. Then I thought, hey, I can hug him. I'm sure he wouldn't mind if I hugged him and did it as a friend request. But I know that physical contact means certain things in the normal world of social behavior, and while I trust Tucker more than most people I know, I don't want to tell those specific things in his direction. I also met Jetta, who I then greeted. Jetta! I smiled and waved as I walked away. Any feelings I'd hurt by not shaking her hand had been forgotten. "Um. See you," I replied. (p.35)

These data show that Alex's change in nature begins to accept and begins to show a cheerful attitude when he tries to start approaching Tucker. “*I walked over to Tucker. Then I thought, hey, I can hug him. I'm sure he wouldn't mind if I hugged him and did it as a friend request. But I know that physical contact means certain things in the normal world of social behavior*”. He tries to act of service to his friends even though before that, he stayed away from his friends because of the effects of the delusions he was experiencing.

The only reason our mother stopped homeschooling me was that my therapist said I would do better around people my age. It led to my involvement in Hill park's Graffiti Gym in East Shoal. At that moment, I felt familiar guilt stab me in the stomach every time I saw Charlie. I am his older brother. I should set an example and lead so much so that people would say, "Hey, you're Alex's brother, aren't you? You two really look alike!" instead of "Hey, you're Alex's sister, right? Is are you crazy too?" (p.43).

Based on these data, it shows that Alex's efforts to become normal are starting to show. “*The only reason our mother stopped homeschooling me was that*

my therapist said I would do better around people my age. It led to my involvement in Hill park's Graffiti Gym in East Shoal. At that moment". Previously Alex attended a regular school, but because of a fight with his friend, he was expelled from the school so Alex did home schooling. However, his efforts to become normal have shown a bright spot because he no longer has to attend homeschooling school. The therapist conveyed this directly and said that Alex would do better around people my age and that it was expected because of Alex's involvement in the Graffiti Gym Hill Park in East Shoal. He is also aware of his position as an older brother who should set an example for his younger brother so that people don't call him crazy anymore.

I didn't often ride my bike in the dark, but I walked now. baseball bat clinking against the heels of my Converse, the nighttime breeze brushing against my legs, I trekked through my backyard and into the woods of Hannibal's Rest. The creek whispered up ahead. I took the last bend in the road and stood face-to-face with Red Witch Bridge. I didn't need a perimeter check because this was where the worlds met. Everyone thought they saw or heard strange things here, and I didn't have to hide the fact that I really saw or heard too. (p.43).

The data below also shows a change in Alex's personality. Who has started to carry out activities as usual? *"I didn't often ride my bike in the dark, but I walked now "*. Previously, he rarely rode his bicycle at night because his delusions made him more frequent in dark or night situations. *My delusions became more frequent in the dark. More than once, when I was little, I heard voices coming from beneath my ride, my bed claws reaching around the mattress to get me. (p.37)*

I had my camera pointed at her. I'd gotten it out before I realized that her burning hair was not a delusion. "You were right next to me!" she screeched. I shoved my camera into my pocket and tried to retreat, but the bench hit the backs of my knees. "You think I did it?" "You were RIGHT. NEXT. TO. ME. Who else?" you are schizophrenia right

*I don't know. Only the ten or so people behind you.
I stood there looking stupid, because that's what I do when I'm accused of something I
didn't do. "Celia grabbed at the burnt tips of her hair, her face contorting in rage. (p.77)*

Based on the conversation, it shows that Alex can handle his problems on his own when he is confronted by people who accuse him of doing something he didn't do. "I stood there looking stupid, because that's what I do when I'm accused of something I didn't do. "Celia grabbed at the burnt tips of her hair, her face contorting in rage". He was also able to prove that what he saw was not a delusion even though he had taken the camera out of his bag. This could indicate that Alex is not having the usual delusions. He even became a calm person and was not easily carried away by emotions as usual.

That night was a fun night when I felt normal. I disassembled the fort of pillows enough to make the sofa sit up again. Dad and I watched the History Channel and played chess all day, and in the middle of the night, my mom and Charlie joined us. Charlie and I played behind a life-size statue of George Washington in the corner, reliving the Delaware crossing. When it was just Dad and me, he would ask about school and what I was doing while he was away. (p.88)

The data above shows Alex's cheerful attitude: "That night was a fun night when I felt normal." This happens when Alex and his family can gather and play together. Alex also enjoys watching channel history and playing chess all day" *Dad and I watched the History Channel and played chess all day, and in the middle of the night, my mom and Charlie joined us. Charlie and I played behind a life-size statue of George Washington in the corner, reliving the Delaware crossing.*" That night also showed the intimacy between Alex and his father " *When it was just Dad and me, he would ask about school and what I was doing while he was away.*"

By the end of the third week, the world balanced on its axis. Dad stayed home,

Mom stayed happy, and I got to go back to school on Monday. Sure, I wanted to puke from the anxiety rolling around in my stomach, but now I could get back to my (admittedly late) college search, catch up on all that schoolwork, and see my friends again to play together (p.89)

The data shows that Alex is acting normally. He even came back to get on with his life. “*Sure, I wanted to puke from the anxiety rolling around in my stomach, but now I could get back to my (admittedly late) college search, catch up on all that schoolwork, and see my friends again to play together*”. In addition, he seems enthusiastic about completing all school assignments and meeting with his friends, even though Alex was previously found to be indifferent to his friends due to the impact of delusions that had made him stay away from the environment and choose to isolate himself. Now he looks cheerful in the face of his day by spending his days as a schoolboy doing assignments, meeting friends, and playing together.

I'm already a teenager. I wanted to sneak out at night (not under the impression I was kidnapped by the Communists) and do what I was supposed to do. I want to do good for other people. Real people. Real people. People who knew there was something different about me and didn't care. (p.130)

Alex's personality change was also aimed at him, who when he was a teenager, he wanted to do what he liked to do positive things, and he also began to not care about how people around him commented about him”. *I want to do good for other people. Real people. Real people. People who knew there was something different about me and didn't care*”.

Based on the description above, this study concludes that personality development means self-willingness to regulate the internal aspects of oneself or inner attitudes and external aspects of self- behavior, where most people present themselves or see the outside of themselves in perception from the other. To get it

all, Alex must proactively increase self-awareness, self-knowledge, self-intelligence, self-identity, talents and potential, self-quality, and realize dreams and goals in life with a clear vision. Including having a prominent personality to be responsible for personal health, career, finances, relationships, emotions, habits, and belief in the values of life that are championed. However, this is different because Alex has a delusional disorder.

The delusional disorder he experienced affects his personality development, which should allow personality development to create harmonious relationships in the social environment because participants have the correct self-concept. A good self-concept helps a person realize the positive and negative sides of himself, what kind of environment he is in, and what actions are allowed and not allowed in that position. But delusions have an impact on personality development were.

Research finds how delusions affect personality development in Alex, including most of its effects on some sufferers who have difficulty expressing emotions where they are found to be unable to control their emotions anywhere, so they are expelled from school and make them have to transfer to another school. Alex is also more often withdrawn from social circles and loses the motivation to be expected and mediocre towards the things around him. Alex was also found to have problems in thought processes, such as difficulty concentrating on his work, so he was fired, depression, anxiety about things that he considered threatening him, and his delusions got worse when he saw his mother at night. His delusions also appeared due to an obsession with Miles which made him unable to concentrate fully, and Alex was also found to be trying to commit suicide.

However, this is different when Alex does various ways with all the mental illness treatment efforts. Alex has become better at interacting with his environment. Alex used to stay away from his friends because he was ashamed of the mental disorder he had. He also began to participate in activities outside of school. He even ignored people's thoughts of him. He could also overcome delusions in his way, namely by taking pictures and observing things around him. He can also attend public schools because previously, he was home-schooled. At the end of the story, Alex seems more enthusiastic about living his life even though he lives accompanied by delusional thoughts.

CHAPTER V

CONCLUSION AND SUGGESTIONS

After analyzing Alex's *Made You Up* using literary criticism through the theory of Delusion, the researcher comes to the next part, the last chapter, which consists of a conclusion and suggestions. This chapter will consist of a conclusion that reckons with the analysis, which has been done in the previous chapter. Moreover, the researcher will also give suggestions related to this study for the readers, especially for the following researchers who use similar theories or subjects as used in this study.

A. Conclusion

In the case of delusions that occurred in Alex, the researcher concluded that the delusions that occurred in Alex were not isolated and pure symptoms; it is always immersed in the context of delusions and other psychiatric symptoms. Alex has a form of delusion where Alex often experiences misperceptions in thinking about what he thinks is real. He also often feels threatened by the presence of the people around him.

Some of the delusions experienced by Alex affect personality development. However, most of the effects that occur in sufferers experience things such as; Difficulty expressing emotions, withdrawing from social circles, and Loss of motivation. Not interested in carrying out daily activities, ignoring personal hygiene, causing problems in thought processes such as difficulty concentrating, experiencing depression, anxiety, and often trying to commit suicide. In addition,

the things that Alex experienced were withdrawing from family and friends, decreased performance at school, difficulty sleeping and emotional fast.

However, this is different when Alex does various ways with all the mental illness treatment efforts. Alex has become better at interacting with his environment. Alex used to stay away from his friends because he was ashamed of the mental disorder he had. He also began to participate in activities outside of school. He even ignored people's thoughts of him. He could also overcome delusions in his way, namely by taking pictures and observing things around him. He can also attend public schools because previously, he was home-schooled. At the end of the story, Alex seems more enthusiastic about living his life even though he lives accompanied by delusional thoughts.

B. Suggestion

This study only focuses on the delusional analysis of the main character. Some of the many aspects and scopes can be analyzed by attaching other approaches or theories to this book. The researcher suggests that further researchers explore this book in more detail using other techniques and critics. It can also be analyzed through different problem formulations such as the causes of delusions, the impact of delusional, and the treatment of delusion. In studying a novel or literature, the researcher must read more often and carefully to understand the theory, approach, and subject/object of analysis to obtain the best research accurately and in detail.

BIBLIOGRAPHY

- Adillah, R. (2019). *An Analysis of Delusion on The Leading Character Portrayed in Beth Revis' Novel A World Without You*. Unpublish Dissertation. Sumatera Utara: Universitas Sumatera Utara.
- Ackerman, E (2021) *Psychoanalysis: A Brief History of Freud's Psychoanalytic Theory*. Retrieved from <https://positivepsychology.com/psychoanalysis>. (Desember 2021)
- Juni, A. (2019). *Apa Itu Sastra Jenis-jenis Karya Sastra dan Bagaimanakah Cara Menulis dan Mengapresiasi Sastra*. Sleeman: Deepublish. Retrieved from https://repository.unimal.ac.id/5007/2/Isi%20Buku%20Apa%20Itu%20Sastra_v.3.0_Unesco.pdf
- Aras, G. (2015). *Personality and individual differences: literature in psychology- psychology in literature*. *Procedia-Social and Behavioral Sciences*, 185, 250-257. <https://doi.org.10.1016/j.sbspro.2015.03.452>
- Boeree, G. (2006). *Personality Theories Psychology Department Shippensburg University*. Documento en línea recuperado, 12.
- Cahya, B. T. (2016). *Analisis psikologi sastra dan nilai pendidikan dalam novel entrok karya okky madasari serta relevansinya sebagai materi pembelajaran sastra di sekolah menengah atas*. *Jurnal penelitian bahasa, sastra indonesia dan pengajarannya*, 4, 176–187
- Indonesia, F., & Edisi, I. V. (1995). *Departemen Kesehatan Republik Indonesia. Direktorat Jendral Pengawasan Obat dan Makanan*.
- Gagan (2018) *Dinkes Prov Banten, Halusinasi dan Delusi, Penyebab Pasien Skizofrenia Bisa Lakukan Kekerasan*. Retrieved from <https://dinkes.bantenprov.go.id/read/berita/825/Halusinasi-dan-Delusi-Penyebab-Pasien-Skizofrenia-Bisa-Lakukan-Kekerasan.html>. (April 2022)
- Desy Putri, C. (2016). *Analisis schizofrenia pada karakterisasi gebi dalam novel paranoid oleh vasca vannisa*. Doctoral dissertation. Surabaya: Universitas Wijaya Putra).
- Djojuroto, K. (2006). *Analisis Teks Sastra dan Pengajarannya*, Yogyakarta: Penerbit Pustaka.
- Fink, P. J. (1992). *Stigma and mental illness*. American Psychiatric Pub.
- Gita, S. (2021). *An analysis of schizophrenia on Caden Bosch in Neal Shusterman's Challenger Deep novel*. Doctoral dissertation: Universitas Islam Negeri Maulana Malik Ibrahim.
- Gustin and Riski P (2020). *Representation of Delusional Schizophrenia Patients in John Nash's Character in the Movie A Beautiful Mind*.
- Kartono, K. (2020). *Psikologi abnormal dan abnormalitas seksual*.
- Latin. (2002). *Kesehatan Jiwa. Konsep dan Aplikasi*. Malang: Pers Universitas Muhammadiyah Malang.
- Liddle, P. F. (2001). *Disordered mind and brain: the neural basis of mental symptoms*. RCPsych Publications.
- Llewellyn, S. (2009). *In two minds? Is schizophrenia a state 'trapped' between waking and dreaming?*. *Medical hypotheses*, 73(4), 572-579.

- <https://doi.org/10.1016/j.mehy.2009.05.033>
- Leeser, J., & O'Donohue, W. (1999). *What is a delusion? Epistemological dimensions. Journal of Abnormal Psychology, 108*(4), 687. <https://psycnet.apa.org/doi/10.1037/0021-843X.108.4.687>
- Notosoedirjo & Latipun. (2005). *Kesehatan Jiwa, Konsep dan Aplikasinya*. Pers Universitas Muhammadiyah Malang.
- Pandis, C., Agrawal, N., & Poole, N. (2019). *Capgras' delusion: a systematic review of 255 published cases. Psychopathology, 52*(3), 161-173.
- Kutha Ratna, N. (2004). *Teori, metode, dan teknik penelitian sastra*. Yogyakarta: Pustaka Pelajar.
- Rodríguez-Testal, J. F., Senín-Calderón, C., & Moreno, R. (2021). *Hallucinations and delusions as low-quality attributions: influencing factors and proposal for their analysis. Frontiers in Psychology, 3136*.
- Sanjaya, T. A. (2015). Wanita 46 Tahun dengan Skizofrenia Paranoid. *Jurnal Agromedicine, 2*(4), 370-376.
- Shambuchino, Chuck. (2015). 7 Things I've Learned So Far, by Francesca Zappia . Retrieved From <https://www.writersdigest.com/whats-new/7-things-ive-learned-so-far-by-francesca-zappia> (January 2022)
- Siswanto. (2005). *Metode penelitian sastra: analisis psikologis*. Muhammadiyah University Press.
- Sari, P. (2019). *Dinamika Psikologi Penderita Skizofrenia Paranoid yang sering Mengalami Relapse. Jurnal Psikoislamedia, 4*(2), 124-136.
- Sari, A. K. (2019). *The delusion of being human: fantastic motives in the movie anomalisa (2015) by charlie kaufman and duke johnson. Ijlecr-international journal of language education and culture review, 5*(1), 77-86. <https://doi.org/10.21009/IJLECR.051.09>.
- Silva, A. J., Ferrari, M. M., Leong, G. B., & Penny, G. (1998). *The dangerousness of persons with delusional jealousy. Journal of the American Academy of Psychiatry and the Law Online, 26*(4), 607-623.
- Susanti, H. B. (2021, July). *Delusion Side of Arthur Fleck as the Main Character in Joker Movie by Todd Philips? . In International Conference on Education Universitas PGRI Palembang (INCoEPP 2021) (pp. 902-904)*. Atlantis Press.
- Torres, Felix. (2020 August). *What is Schizophrenia?* Retrieved from <https://psychiatry.org/patients-families/schizophrenia/what-is-schizophrenia> (August 2020)
- Mubasyaroh, M. (2013). *Pengenalan Sejak Dini Penderita Mental Disorder. Konseling Religi, 4*(1).
- Munro, A. (1999). *Delusional disorder: Paranoia and related illnesses*.
- WHO (2017). *Depression and other common mental disorders Global Health Estimate*. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/mental-disorders>. (January 2022)
- Maslim, R. (2001). *Diagnosis gangguan jiwa, rujukan ringkas PPDGJ-III*. Jakarta: Bagian Ilmu Kedokteran Jiwa FK Unika Atma Jaya, 64-65.
- Ward, T., & Garety, P. A. (2019). *Fast and slow thinking in distressing delusions: A review of the literature and implications for targeted*

therapy. Schizophrenia

Research, 203,80-87.

<https://doi.org/10.1016/j.schres.2017.08.045>.

Widya, H Arif Mustofa ,Riza Dwi Tyas.W (2018). *Perubahan perilaku akibat waham tokoh dalam novel Assalamualaikum Beijing karya Asma nadia.*

Wellek, Rene & Austin Warren. (1949). *Theory of Literature. Orlando: Harcourt Brace & Company.* Wiramihardja, Sutardjo A. (2015). *Pengantar Psikologi Abnormal.* Bandung: Refika Aditama

CURRICULUM VITAE



Cahya Ningsih was born in Bekasi on August 23th, 1999. She graduated from SMA Negeri 2 Babelan Bekasi. She started her higher education in 2018 at the Department of English Literature at UIN Maulana Malik Ibrahim Malang and finished in 2022. During her study at the university, she participated in Festival Budaya events, Dancer performer, and did a part-time job as an English private tutor in Rumah Bahasa and Staff Accounting in the Tax consulting office.