

ABSTRACT

Eksya Aditya Nurul Azmi. 200511100130. English Study Program. A Literary Analysis Of Dissociative Identity Disorder In Novel Love Me Whole By Nicky James. Advisor: Prof. Suryo Tri Saksono

This research aims to explore the depiction of Dissociative Identity Disorder (DID) in the novel "Love Me Whole" by Nicky James, focusing on its symptoms, impacts, and management strategies. By analyzing the narrative and characters in the novel, this study examines how DID is represented and its effects on the main character, Oryn Patterson. The qualitative method is applied in this study as it allows for an in-depth exploration of the novel's text, capturing the complexity of DID as it is revealed in a literary context. Using theory from American Psychiatric Association. This approach allows a comprehensive understanding of how DID symptoms are illustrated, the disorder's impact on the character's life, and the coping mechanisms utilized. The primary data source for this study includes the author's narration and character dialogues, providing detailed examples of DID symptoms and management within the novel.

The results indicate that Oryn Patterson exhibits several key symptoms consistent with the DSM-5-TR criteria for DID, including fragmentation of identity, significant memory gaps, and dissociative episodes. These symptoms are portrayed as coping mechanisms developed in response to severe childhood trauma. The study also finds that DID profoundly affects Oryn's emotional well-being, relationships, and daily functioning, leading to challenges in maintaining stability and managing responsibilities. Therapeutic interventions, including engagement in therapy and the development of a supportive network, are depicted as essential in helping Oryn understand and manage his condition. Personal development strategies, such as journaling and grounding techniques, further assist in integrating his identities and coping with dissociative episodes.

Keywords: *Dissociative Identity Disorder, DSM-5-TR, narrative analysis, qualitative study, literary depiction*

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Penelitian ini bertujuan untuk mengeksplorasi penggambaran Gangguan Identitas Disosiatif (DID) dalam novel "Love Me Whole" karya Nicky James, dengan fokus pada gejala, dampak, dan strategi penanganannya. Dengan menganalisis narasi dan karakter dalam novel ini, penelitian ini memeriksa bagaimana DID digambarkan dan pengaruhnya terhadap karakter utama, Oryn Patterson. Metode kualitatif diterapkan dalam penelitian ini karena memungkinkan eksplorasi mendalam terhadap teks novel, menangkap kompleksitas DID sebagaimana terwujud dalam konteks sastra. Dengan menggunakan teori dari American Psychiatric Association. Pendekatan ini memungkinkan pemahaman komprehensif tentang bagaimana gejala DID diilustrasikan, dampak gangguan ini terhadap kehidupan karakter, dan mekanisme penanganan yang digunakan. Sumber data utama untuk penelitian ini mencakup narasi penulis dan dialog karakter, yang menyediakan contoh terperinci tentang gejala DID dan manajemennya dalam novel.

Hasil penelitian menunjukkan bahwa Oryn Patterson memperlihatkan beberapa gejala kunci yang konsisten dengan kriteria DSM-5-TR untuk DID, termasuk fragmentasi identitas, kesenjangan memori yang signifikan, dan episode disosiatif. Gejala-gejala ini digambarkan sebagai mekanisme koping yang dikembangkan sebagai respons terhadap trauma masa kecil yang parah. Penelitian ini juga menemukan bahwa DID sangat memengaruhi kesejahteraan emosional Oryn, hubungan sosial, dan kemampuan fungsional dalam kehidupan sehari-hari, yang mengarah pada tantangan dalam mempertahankan stabilitas dan mengelola tanggung jawab. Intervensi terapeutik, termasuk keterlibatan dalam terapi dan pengembangan jaringan pendukung, digambarkan sebagai hal yang penting dalam membantu Oryn memahami dan mengelola kondisinya. Strategi pengembangan pribadi, seperti jurnal dan teknik grounding, membantu dalam mengintegrasikan identitasnya dan mengatasi episode disosiatif.

Keywords: Gangguan Identitas Disosiatif, DSM-5-TR, analisis naratif, studi kualitatif, penggambaran sastra

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