

CHAPTER 1

INTRODUCTION

. This chapter consists of five subchapters: background of the study, research question, objective of the study, significance of the study, and scope and limitation of the study.

1.1 Background of the Study

Dissociative Identity Disorder (DID), formerly known as multiple personality disorder, is described in the DSM-5 as a condition where an individual has two or more distinct personality states (American Psychiatric Association, 2022). In some cultures, DID may be seen as a form of possession. Each personality state has its own identity, life history, and way of interacting with the world (van der Hart & Horst, 1989). The earliest known case of DID dates back to Jeanne Fery in the sixteenth century (van der Hart, Lierens, & Goodwin, 1996), showing that this disorder has been around for a long time, even though people back then did not understand it well.

According to the National Library of Medicine, DID is a rare psychiatric disorder, affecting about 1.5% of the global population. It is often linked to severe childhood trauma and abuse. Typically, the symptoms can be traced back to ages 5 to 10, with alters starting to develop around age 6 (Lynn et al., 2014).

Literary works often reflect real-life issues, including mental health disorders like DID. Literature can educate people, raise awareness, and help readers understand the experiences of those with DID. Through elements such as characterisation and conflict, literature can vividly depict the impact of DID on individuals and their relationships. According to van der Kolk (2015), The greatest sources of our suffering are the lies we tell ourselves, (van der Kolk, 2015), which

literature can help uncover by showing the internal and external struggles faced by characters with DID.

Literature can provide insights into the symptoms and experiences of DID, helping readers to recognise and understand the disorder better. For instance, a novel can illustrate how different alters manifest and interact, offering a detailed look into the daily life of someone with DID. Raising Awareness: By bringing DID into the public eye, literature can raise awareness about the disorder. This increased awareness can lead to greater empathy and support for those affected. For example, Flora Rheta Schreiber's "Sybil" brought significant public attention to DID, sparking discussions about mental health and trauma (Schreiber, 1973). Reading about characters with DID allows readers to experience the world from their perspective, fostering empathy. Reading literary fiction improves theory of mind," which means readers better understand others' thoughts and feelings (Kidd & Castano, 2013).

Love Me Whole tells the story of Oryn Patterson, a 28-year-old with DID, who shares his life with five distinct alters. The central question posed by the novel is: How can you love someone who is not always the same? This question encapsulates the core struggle faced by individuals with DID and their loved ones.

Love Me Whole offers a detailed and subtle depiction of DID through the character of Oryn Patterson and his five alters, Reed protective and athletic jock, representing strength and guardianship. Cohen is A flamboyant and sociable young man, showcasing a vibrant and outgoing personality. Cove self-destructive individual with a haunting past, embodying the pain and trauma Oryn has experienced. Theo is An emotionless and orderly individual, whose primary concern is maintaining control and structure. Rain five-year-old child is obsessed with Batman, symbolising innocence and vulnerability.

Each of these alters interacts with Oryn's world in unique ways, demonstrating the complex nature of DID. The novel explores how Oryn manages his relationships and daily life while accommodating the needs and behaviours of

his alters. It also delves into the emotional and psychological challenges that arise from having DID, both for Oryn and those close to him. The representation of DID in *Love Me Whole* is significant for several reasons. Firstly, it provides an accessible narrative for readers to understand the disorder better. By humanising the experience of DID through a relatable character, the novel fosters empathy and awareness. Literature plays a crucial role in shaping public perception and understanding of mental health issues by providing personal and emotional insights that go beyond clinical descriptions (Morrison, 2016).

Moreover, the novel addresses the complexities of forming and maintaining intimate relationships when living with DID. It highlights the disorder's impact on romantic relationships, showcasing the challenges and adaptations required from both partners. This aspect is particularly important as it underscores the need for patience, understanding, and open communication in relationships involving individuals with DID. Kaysen (1993) notes that, the understanding of mental illness is often enhanced through the exploration of personal stories that reveal the human side of clinical diagnoses (Kaysen, 1993).

This exploration of personal stories aligns with the psychoanalytic perspective, which sees DID as a defense mechanism against severe psychological stress, particularly from early childhood trauma. Sigmund Freud's theory explains that defense mechanisms keep repressed memories in the unconscious to protect the conscious mind. Freud suggested that the mind employs various strategies to avoid the pain of acknowledging traumatic experiences. According to Lois Tyson, defense mechanisms are the processes by which the contents of our unconscious are kept in the unconscious, helping individuals cope by pushing distressing memories and thoughts out of conscious awareness (Tyson, 2014). Thus, the novel not only highlights the relational challenges faced by individuals with DID but also illustrates the psychoanalytic concept of defense mechanisms, demonstrating how traumatic experiences can shape personal interactions and mental health.

In the case of DID, the creation of multiple personalities can be viewed as an extreme form of this coping mechanism. When the trauma is too overwhelming for a single identity to handle, the mind splits into distinct personalities, each taking on different aspects of the trauma. This fragmentation allows the individual to function by compartmentalizing the traumatic experiences into separate identities (Putnam, 1997). As Putnam (1997) explains, The mind's ability to dissociate is a survival mechanism, creating alternate identities to handle different facets of trauma that a single consciousness cannot bear.

The DSM-5 criteria for diagnosing DID provide a framework for understanding the disorder's complexity (American Psychiatric Association, 2023). Identity disruption is characterized by two or more distinct personality states, which may be described in some cultures as an experience of possession. This disruption in identity involves marked discontinuity in the sense of self and sense of agency, accompanied by related changes in affect, behaviour, consciousness, memory, perception, cognition, and sensory-motor functioning. These signs and symptoms may be observed by others or reported by the individual.

Recurring gaps in the recall of everyday events, important personal information, and/or traumatic events that are inconsistent with ordinary forgetting. Individuals with DID often experience memory loss that cannot be explained by normal forgetfulness. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning. DID often leads to significant challenges in an individual's personal and professional life.

The disturbance is not a normal part of a broadly accepted cultural or religious practice. DID is distinguished from culturally or religiously accepted practices that might involve trance or possession states. the symptoms are not attributable to the physiological effects of a substance (e.g., blackouts or chaotic behaviour during alcohol intoxication) or another medical condition (e.g., complex

partial seizures). This ensures that the diagnosis of DID is not confused with other medical conditions or substance abuse effects.

This helps analyse Oryn's character and the manifestation of his alters in *Love Me Whole*. Oryn's identity disruption, memory gaps, and significant distress align with the DSM-5 criteria, providing a clear lens through which to understand his condition.

This study will analyze the novel *Love Me Whole* by Nicky James, published in 2018. This novel has not been studied before, providing a unique opportunity to explore a fresh perspective on DID. Some previous studies that underline the making of this thesis are Janitra Asia and Samanik (2018), in their article "Dissociative Identity Disorder Reflected in Frederick Clegg's Character," which looks at DID in John Fowles' "The Collectors." Using qualitative research, the study explores the origins and manifestations of DID, aiming to better understand the disorder and its effects.

The second one is Jessika Kristi (2020). Her thesis, "Comparing Dissociative Identity Disorder (DID) Portrayed in Sidney Sheldon's *Tell Me Your Dreams* and Alice Jamieson's *Today I Am Alice: Nine Personalities, One Tortured Mind*," compares the portrayal of DID in two literary works. It examines the protagonists' symptoms and experiences, highlighting how different narratives and cultures influence the depiction of mental illnesses.

And then Regina Nurul Fitriani's Thesis, In her 2019 thesis "Dissociative Identity Disorder of Maria in *Look Away Film*," Fitriani used Sigmund Freud's psychoanalysis to analyze Maria's personality disorder in the film "Look Away." The focus was on psychosexual development, dissociative identity, and defense mechanisms. Fitriani found that Maria's character, due to imperfect psychosexual development, creates an alter ego, Airam, as a defense mechanism.

Rizky Mirani Desi Pratama's Thesis 2016, Pratama examined DID in Flora Rheta Schreiber's "Sybil" through her thesis "Dissociative Identity Disorder of

Main Character in Sybil Novel by Flora R. S. Based on Psychological Perspective." The study used psychoanalytic theory to analyze the main character's behavior and psychological condition. Freud's theory of the unconscious mind, including the id, ego, and superego, helped understand the complexities of the character's DID.

Thesis on "Split" Movie: Another study titled "Illocutionary Act of Dissociative Identity Disorder in the Main Character of the Split Movie" analyzed the main character's speech styles and interactions using theories by John Searle (1976), J.L. Austin (1962), and Janet Holmes (2013). This study focused on how different alters communicate and interact, offering insights into the linguistic aspects of DID.

While previous studies have explored DID in various literary works, none have analyzed *Love Me Whole* by Nicky James. This study aims to fill that gap by using the American Psychiatric Association's definition of DID to analyze the novel. *Love Me Whole* offers a new look at DID, helping to increase understanding of its symptoms and causes. By examining this novel, the study hopes to raise awareness about DID and show how literature can influence our understanding of mental health.

1.2 Research Questions

- 1 What DID symptoms are portrayed in the main character, Oryn Patterson, in the novel *Love Me Whole* by Nicky James?
- 2 What are the impact of DID on the main character, Oryn Patterson, in the novel *Love Me Whole* by Nicky James?
- 3 How the main character, overcome his DID, in the *novel Love Me Whole*?

1.3 Objectives of the Study

1. To show the symptoms of DID (Dissociative identity disorder) based on the main character, Oryn Paterson, in the novel *Love Me Whole* by Nicky James.

2. To figure out what are the impact of DID on the main character, Oryn Patterson in the novel *Love Me Whole* by Nikky James
3. To figure out how the main character, deal and overcome his Disorder as someone who have DID in the novel *Love Me whole*.

1.4 Significance of the Study

The writer is expected to provide two benefits, both theoretically and practically, explained as follows

- 1 Theoretically, this study provides two benefits, firstly, this study is expected to provide an understanding of how to analyze disorder, mainly Dissociative identity disorder, in a literary work. Secondly, this study will become a source of knowledge for understanding the symptoms and causes of DID in the character from a novel.
- 2 Practically, this study can be used as a reference in the academic field, especially for literature students discussing topics related to psychoanalysis in literature. This study can benefit readers by giving them information about dissociative identity disorder and how it works.

1.5 Scope and Limitation of the Study

- 1 The scope of this study uses the American Psychiatric Association theory of DID to analyze the cause and also a symptom of dissociative identity disorder in the novel titled *Love Me Whole* by *Nicky James*.
- 2 The limitation of this study is that it only focused on utterances from the main character, Oryn Patterson, in the novel *Love Me Whole* by Nicky James.