

The Characters' Schizophrenia as seen in *Bulan Nararya* Novel

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Abstract—This research is aimed to describe the mental symptoms and disorders as occur on the characters of *Bulan Nararya* novel. This research uses qualitative descriptive method with literature psychology. Through this approach, the schizophrenia mental disorder as experienced by the characters will be analyzed uses literary psychological approach. The research subject is *Bulan Nararya* novel. The data is collected using reading, noting, and literature research techniques. The result states that the types of mental disorder symptoms on the characters are seen in two aspects, such as positive and negative symptoms. The positive symptoms involve two variants, which are haluzination and delusion. The negative symptoms involve four variants, which area affective, apathy, avolition, and disorganization. The mental disorder which occurs on the characters is schizophrenia. It has different types, which are catatonic, paranoid, and hebephrenia schizophrenia.

Keywords—*mental disorder, schizophrenia, psychoanalysis, literature psychology.*

I. INTRODUCTION

A literature is seen as the author's reflection or expression. The expression is built as the author's life understanding. The author expresses his expression in a form which is called as literature work. A literature work cannot be separated from human's daily life. There are many elements of literature, for example art, culture and other varieties values that can be enjoyed with high beauty value [1-3]. A novel is a literature work as the author's imagination and total comprehension result. The character and characterization are the part of novel elements [4,5]. The properties, behavior, and moral value insertion in the character use characterization method.

Many reviews can be used in the research as the analysis subject and object. Literature psychology approach is utilized in this review. The humanity aspect such as psychological condition of the characters is the main object of literature psychology. There is a literature which discusses mental disorder as experienced by the character. A fact is not presented as it is; however, the author is able to preset the character and soul of the character as weighted literature work. Halgin in [6] defined schizophrenia as a disorder with a set of symptoms which involve thinking context, shape, perception, affect, sense of self, motivation, behavior and interpersonal function disorders. Furthermore, Halgin in [6] stated that schizophrenia is a complex and multi aspects disorders that have some forms. The view causes a fear and misunderstanding towards the schizophrenia patients so that it also causes condemnation for them, not sympathy or

attention. This disorder attacks an individual's identity so that it cuts the connection between mind and feeling. The patients' mind contains of disturbed perception, incorrect idea and illogical thinking concept.

The Novel of *Bulan Nararya* as written by Sinta Yudisia has been selected because it discusses the life of characters that experience psychological disorder so that the novel can be analyzed using literature psychology. There are many humanity problems in this novel.

The rest of this paper is organized as follow: Section II describes proposed research method. Section III presents the obtained results and following by discussion. Finally Section IV concludes this work.

II. RESEARCH METHOD

This research uses qualitative descriptive research method [7]. It is utilized because the research data is in forms of words, phrases, sentences or paragraphs as in the novel. The approach is literature psychological approach. The research analyzes the characters of the novel. Their mental disorders are analyzed using psychological science.

III. RESULT AND DISCUSSION

A. The types of Schizophrenia symptoms

Schizophrenia is one of severe abnormal behaviors which is called as other people as crazy behavior [8-10]. The patients show many different psychotic symptom types with an indication that they have lost the contact with reality. Schizophrenia is one of mental symptoms that weaken the patients. It is included in wide category of psychotic.

Vazire and Oltmanns in [11] divided schizophrenia symptoms into three dimensions, first: Positive symptom which includes hallucination and delusion. Second, negative symptom includes affective and emotional disorder, apathy, avolition, and alogia. The third is disorganization. The mental symptom types in the novel can be classified into positive and negative symptoms. The three symptoms have variants. The mental disorder symptoms on the character are presented on Table I.

TABLE I. MENTAL DISORDER SYMPTOMS

Character	S y m p t o m									
	P o s i t i v e					N e g a t i v e				
	Hallucination		Dilution		Affective		Avolition		Disorganization	
	F	%	F	%	F	%	F	%	F	%
Nararya	15	78.94	1	5.26					3	15.78
Yudhistira	2	16.67	1	8.33	1	8.33			8	66.67
Sania	1	14.28					1	11.11	5	71.42

The prominent mental disorder of Nararya character is positive mental disorder. Hallucination which often emerges on the character becomes positive mental disorder variant. She also experiences positive mental disorder with another variant, which is delusion. Besides positive mental disorder, Nararya also experiences negative mental disorder with disorganization variant. Disorganization becomes the only one variant of negative mental disorder symptom experienced by Nararya.

Another character that experiences mental disorder is Yudhistira. He is Nararya's patient at the clinic. Of the research result, Yudhistira experiences negative mental disorder symptom with prominent disorganization variant. Strange behavior which is performed by Yudhistira becomes the indication that he experiences a mental disorder. Beside them, the affective attitudes which are performed by Yudhistira is the variant of negative mental disorder symptom. Yudhistira experiences positive mental disorder symptoms with hallucination and delusion, but they are not as prominent as disorganization.

Sania is also a character that experiences mental disorder, however it is not told as much as Nararya and Yudhistira. Sania's prominent mental disorder is negative mental disorder with disorganization variant. It is similar to Yudhistira who experiences negative symptom more. Of the three characters in *Bulan Nararya* novel [12], it can be concluded that Nararya character experiences positive mental disorder with prominent hallucination variant, while Yudhistira and Sania experiences the negative one with prominent disorganization variant.

Nararya character experiences occurrence that makes her to experience hallucination. Nararya experiences bitter love story. She should give up on divorce with Angga. The more painful thing is when Angga secretly gets married with Moza, Nararya's bestfriend. The divorce with Angga and busier work at Mental Health Centre makes her to have a lot of things in mind. The following is the hallucination quote as experienced by Nararya after she has many problems:

"Aku menggosok-gosokkan sepatu, berpikir cleaning servis lupa membersihkan bagian depan ruang kerjaku. Mataku mudah berpaling dari mahkota bunga yang tercabik-cabik. Tapi, pupil ini mematung pada bola basah yang bercampur dengan sampah bebunga. Lendir. Warna yang lebih gelap dari warna lantai yang kecokelatan. Cairan kental, tak mudah dihalau oleh ujung sepatuku. Mataku mengerjap, dan syaraf cone pada retinaku tak salah menangkap isyarat warna dari cairan tercecer di depan. Berkilat. Merah kehitaman. Darah. Otakku hanya memberikan satu perintah bagi instink: lari. Sepertinya semua barang-barang terlepas dari tubuhku" [13].

On the quote, Nararya experiences hallucination by seeing the roses shreds. Besides, she also sees dark thick liquid spilled on the floor. The liquid is the blood mixed with the rose shreds. The marriage of Nararya and Angga which is on the critical point makes her frustrated. She needs mediation, but it results in nothing. Every night she imagines the occurrence as a misfortune. The following is delusion quote which is experienced by Nararya.

"Moza sedikit mengotori persahabatan kami dengan kesalahan yang dapat kumengerti, tapi sulit kumaafkan. Seringkali dia muncul dalam mimpi, mencekikku, lalu melepaskan cengkraman dan berbalik menangis. Saat pernikahanku dengan Angga berada di titik kritis setelah menginjak usia sepuluh tahun tanpa tanda-tanda perbaikan, kami butuh mediasi" [12].

Moza, her best friend, secretly approaches Angga. She often appears in Nararya's dream as somebody who hurts her. The appearance of Moza in her dream is because of Nararya's jealousy towards her. Thus, it can be concluded that the delusion which is experienced by Nararya is Delusion of Jealousy.

B. Forms of Mental Disorder

Headings, or heads, are organizational devices that guide the reader through your paper. There are two types: component heads and text heads.

Halgin in [6] divided schizophrenia into five types: Catatonic, Disorganization, Paranoid, Indifferency, and Hebrephrenia Types. Kartono in [4] mentioned that there is schizophrenia type which is called as hebrephrenia. It is when the mental and soul becomes dull. The awarness is still clear, however the awarness within herself is disturbed. The patients experience total disintegrity, do not have identity, and are not able to differ themselves with the environment. Besides, this type of patients experienced severe derealization and deperzonalization. The types of patients are illution and delusion because their mind always digresses. Hallucination and delusion quickly change.

There are four characters that have schizophrenia mental disorder in *Bulan Nararya* novel. The four characters have different schizophrenia types. Nararya is the main character of the novel. She is a therapic at a clinic. She experiences schizophrenia after her divorce. The schizophrenia which is experienced by Nararya is included in paranoid schizophrenia type because the character experiences fear, jealousy, envy, and suspion towards Angga and Moza. The character tries to avoid frustations and psychological difficulty as if the hallucination experienced by her hurt herself. Of the characteristics, the type of schizoprenia as experienced by Nararya is paranoid type of schizoprenia.

Besides Nararya, Yudhistira as the other character also has mental disorder. The metal disorder which is experienced by Yudhistira is catatonic schizophrenia. It is included in catatonic category because it is clearly mentioned in the novel that the character has catatonic schizophrenia mental. Besides, the symptoms experienced by the character refer to catatonic schizophrenia patients.

The third character that experiences mental disorder is Sania. She is one of patients at Nararya's clinic. Sania experiences depression sweet mental disorder. Depression manic disorder on severe level can cause the patients to hurt themselves or other people around them, even suicide. It is

mentioned that the character of Sania in the story tries to suicide because she knows that her friends at the clinic will leave her.

Nararya is the character that works as a therapist at the clinic. However, after she has divorced with Angga who secretly gets married with her best friend, Moza, Nararya distracted. Finally, Nararya experiences positive and negative mental disorder. The positive mental disorder symptom which is experienced by Nararya is hallucination and delusion. The negative mental disorder symptom experienced by Nararya is disorganization. The Hallucination which is often experienced by Nararya is the hearing of taps and seeing of rose petal shreds mixed with rancid blood. Besides, she also hears taps before seeing the rose shreds mixed with blood.

The schizophrenia type experienced by Nararya is paranoid. According to Halgin in [6], it is the type of schizophrenia that involves auditory hallucination which often occurs. The following is the quote of Nararya who experiences auditory hallucination:

"Kadang terdengar suara ketukan di daun jendela. Darah tersirap. Uap beku merambat sumsum tulang belakang. Rasa takut dan berani saling tumpang tindih. Saat didekati, suara itu melemah dan menghilang."

Another quote which indicates that Nararya experiences auditory hallucination is:

"Bayangan itu. Gesekan langkah. Ketukan. Aku menajamkan telinga. Berdiri kaku. Bahkan tak berani mengeluarkan suara halus saat memasukkan satu demi satu barang-barang ke dalam tas."

Another characteristics of paranoid type as mentioed by Halgin in [6] is to have severe interpresonal problem because of their suspicion and argumentative style. The character of Nararya experiences the symptoms is proven in the following quote.

"Moza sedikit mengotori persahabatan kami dengan kesalahan yang dapat kumengerti, tapi sulit kumaafkan. Seringkali dia muncul dalam mimpi, mengecekku, lalu melepaskan cengkraman dan berbalik menangis. Saat pernikahanku dengan Angga berada di titik kritis setelah menginjak usia sepuluh tahun tanpa tanda-tanda perbaikan, kami butuh mediasi."

Of the quote, Nararya perceives that Moza has hurt her. She find a difficulty to forgive her best friend. Moza always presents in each her dream and it hurts her because she is jealous and suspicious towards Moza. The character of Yudhistira as Nararya's patient also experiences positive and negative disorder symptom. The positive mental disorder symptoms experienced by Yudhistira are hallucinatio and delusion. The negative disorder syptoms which are experienced by Yudhistira are affective and disorganization. The following the quote that proves Yudhistira has psychomotoric disorder.

"Berada di ruang lelaki ini membuatku kikuk dan merasa sedikit payah. Dia membersihkan semua barang yang kusentuh, sebagaimana dia mempersiapkan sebuah kursi plastik untukku lengkap dengan perlakuan istimewa: disinfektan semprot dan tisu."

Another quote that indicates Yudhistira to experience strange behavior is as follow:

"Nama bunda, nama kakak-kakak perempuannya, tak punya pengaruh yang membuat dirinya reaktif, tetapi menyebut nama Diana? Yudhistira bangkit berdiri, masih mampu mengendalikan diri untuk tidak menendang kaki-kaki kanvas dan kaleng-kaleng cat minyak. Dia menuju pintu, menyemprot disinfektan, melap pegangan dan membuka lebar. Dia mengusirku."

Besides experiencing the previous disorder, Yudhistira also experiences behavior disorder. The following proves that Yudhistira has rigid behavior. If it is seen from the symptoms which appear, Sania experiences schizophrenia mental disorder. The type of schizophrenia experienced by Sania is catatonic. This type is similar to what has been explained on the character of Yudhistira. The following is the quote that Sania experiences psychomotoric disorder.

"Sania ada di sana. Tercekik, tak bisa bernapas, tersenggal. Tubuhnya mengejang."

Another quote that indicates Sania to experience mental disorder with rigid behavior is as follows.

"Sania yang tersinggung, membalas semua dengan bersikap kaku, kejang, menggera lalu berteriak-teriak marah."

Besides, Sania also experiences mental disorder symptoms by hurting herself. The following is the quote that indicates Sania to hurt herself.

*"Dia hanya berkali-kali menyakiti diri sendiri."
"Aku bertahan di belakang punggung Sania, menahan kedua belah tangannya dari mencakar kepala. Kalau posisiku berada di depannya, aku pasti tidak kuat menahan tendangan kaki dan harus menindih tubuhnya agar tak bergerak liar."*

The effort to hurt herself and try to suicide from the previous quote indicates that the patient has Schizophrenia mental disorder.

IV. CONCLUSION

The types of mental disorder symptom on *Bulan Nararya* novel are seen on two types, (a) positive symptom ad (b) negative symptom. First, positive syptom involves two variants, such as hallucination and delucination. All novel characters experience hallucination, while the delusion is only experienced by one of them. The frequency of hallucination indicates that the characters more dominantly experience positive symptom. The hallucination is manifested on the character of Nararya in the novel. The mental disorder type which occurs on the character is schizophrenia mental disorder. The mental disorder of schizophrenia on each character is different. In *Bulan Nararya* novel, the character of Nararya experiences paranoid schizophrenia. Meanwhile, characters of Yudhistira and Sania experience catatonic schizophrenia.

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