

CHAPTER I

INTRODUCTION

1.1. Background of the Study

Mental health is an important aspect for an individual. According to the World Health Organization (2005), "Mental health is a state of well-being in which each individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." According to the Ministry of Health Indonesia, good mental health is a condition when the mind is in a peaceful and calm state. On the other hand, people who have disturbed health will experience mood disorders, the ability to think, and emotional control. Thus, people with mental health problems will not be able to function normally in their day-to-day lives.

According to Trauma-Informed Care in Behavioral Health Services (2014), there are several factors that can affect an individual's mental health they are Genetics, Personality, Chronic Stress, Substance Abuse, and Past Trauma. A history of mental disorders in the family can meaningfully increase a person's risk of experiencing similar disorders. Temperament, or the way a person responds to something can also affect their mental condition. Pessimistic thinking patterns can also cause mental health problems. Moreover, prolonged stress can cause difficulty in managing emotions and thoughts, resulting in decreased mental condition. Substance abuse such as alcohol and drugs can also be a cause of mood disorders and

anxiety. Lastly, traumatic experiences such as violence, abuse, or loss of a loved one can interfere with mental health.

One of the worst possible effects of mental health problem is violence in the forms of suicide. This is understandable since the problems faced by people with severe mental health condition are coming from within, resulting in the feeling of powerlessness and helplessness. To most of them, physically nullifying themselves becomes an only option to escape the pain of their thoughts or even to regain control over their lives.

However, this last resort is actually not the only option for those who feel trapped inside their mind. The human psyche is a marvelous creative machine that can offer an escape to those who have hit the wall without physical termination of the self. One of the escapes is through psychological dissociation. According to Pierre Janet (1889), dissociation is a form of mental disintegration, where certain ideas, memories, or functions escape from the control of the conscious will and lead an independent existence. People dissociate as a natural response to experiencing trauma, extreme stress, or intense emotional overwhelm. This psychological process enables the mind to create a sense of distance from painful or distressing experiences. By temporarily disconnecting from reality, emotions, or even their own sense of self, a person can shield himself/herself from the psychological consequences of situations deemed as overwhelming.

Dissociation is often a benign response to stress. It gives individuals a chance to temporarily detach from unbearable emotions or experiences. An

example of mild form of dissociation is daydreaming or "zoning out". Dissociation functions as a coping mechanism for managing acute stressors (Spiegel et al., 2011). However, when it becomes chronic or extreme, dissociation can develop into severe mental health conditions, particularly in individuals who have endured intense physical or psychological trauma. Prolonged abuse, childhood neglect, or the sudden loss of loved ones are among the traumatic experiences that can trigger pathological dissociation. These experiences can lead to serious conditions such as dissociative identity disorder (DID) (Van der Hart, Nijenhuis, & Steele, 2006). DID used to be called as multiple personality disorder (MPD) and is characterized by the existence of multiple identities within an individual that show distinct behaviors and memories (Greene, Rathus, & Nevid, 2005).

DID is a quite complex mental disorder that present itself uniquely in each afflicted individual. The nuances of DID lie in its intricate interplay between identity, memory, and consciousness. For example, people afflicted by DID could experience amnesia, where one alter is unaware of the experiences or actions of another, creating gaps in memory and a fragmented sense of self (Dorahy et al., 2014). Furthermore, the alternate personalities may differ significantly in age, gender, temperament, and even physical health. This shows how the mind attempts to manage intense trauma (Spiegel et al., 2011). DID highlights the resilience of the human mind in the face of unimaginable suffering (Van der Hart, Nijenhuis, & Steele, 2006).

However, in many popular cultural products, such as literary works and

movies, DID is often used as an element that provides thrill, suspense, or excitement for the audience. Hence, it is rendered as a mere spectacle. Yet, there are several cultural products such as novels and films that attempt to explore the complexity of this mental condition. One of them is Dennis Lehane's *Shutter Island*. This psychological thriller novel explores the thin lines between imagination and reality from the encounters of U.S. Marshal Teddy Daniels at Ashecliffe Hospital. The novel's deployment of narrative which blurs Teddy's perceptions and reality, leaves open the possibility for a psychoanalytic reading of Teddy's character. While DID is often sensationalized at the cost of depth of understanding, *Shutter Island* manages to explore the symptoms of DID such as fractured identity and repressed memories in depth. It invites contemplation and avoids simplification, making it an interesting object of study to further delve into the tangled reality of DID and its complexity.

The study of Teddy Daniels' psychological disorder is both important and interesting for a couple of reasons. First, it highlights the ways in which literature can serve as a medium for exploring complex mental health conditions, which offers readers a deeper understanding of specific human experience. Second, it demonstrates the relevance of Freudian psychoanalytic theory in investigating the intricacy of psychological phenomena that was theoretically identified in the post-Freudian scientific legitimacy in the field of psychology.

This study seeks to uncover the psychological mechanisms underlying

Shutter Island's main character's behavior by applying the concept of DID and Sigmund Freud's concepts of Latent Content, Manifest Content, and Dream-Work. Hopefully, this study will have the potential to contribute to more general discussions about how mental illness is represented in literature.

1.2. Problems of the Study

Based on the explanation above, the research questions sought to be answered in this study are:

1. What are the signs of Dissociative Identity Disorders suffered by *Shutter Island's* main character?
2. How does Dream-Work turn the Latent Content into the Manifest Content in *Shutter Island's* main character's dream-like hallucination or distorted reality that is caused by his Dissociative Identity Disorders condition.

1.3. Purposes of the Study

Based on the problems of the study, the purposes of this study are:

1. To explain the signs of Dissociative Identity Disorders suffered by *Shutter Island's* main character; and
2. To explain how Dream-Work turn the Latent Content into the Manifest Content in *Shutter Island's* main character's dream-like hallucination or distorted reality that is caused by his Dissociative Identity Disorders condition.

1.4. Hypothesis

This study hypothesizes that the main character of the novel *Shutter*

Island suffers from DID.

1.5. Previous Studies

Several studies have already chosen *Shutter Island* as their object. The first research was conducted by Alfina Dewi Fortuna with the title Defense Mechanism On The Main Character Of *Shutter Island*. As Psychoanalysis Study which was conducted in 2020. This research used a qualitative approach to look back at the trauma of the main character in *Shutter Island*. Based on research, there are 3 causes of the trauma that Teddy experienced, regret for not taking his wife to a psychiatrist, and killing his wife. These three things are connected into 4 types of Ego defense mechanisms, namely Repression, Denial, Projection, and Displacement.

Further research was carried out by Riski entitled The Analysis of Plot In Dennis Lehane's *Shutter Island* Novel (2020). This research discusses the storyline in the novel *Shutter Island* uses Freytag's Pyramid theory. Furthermore, this study uses a qualitative research approach. Then interpret the five plot steps of the theory using Freytag's Pyramid theory. The first is Exposition, the second is Rising Action, then there is Climax, and the fourth is Falling Action, then the last is Denouement.

The third research was then conducted was conducted by Mutaqin in 2020. This research is entitled A Study of Film Adaptation in Dennis Lehane's *Shutter Island* (2020). This research discusses the adaptation process from novel to film in *Shutter Island* by Dennis Lehane. The researcher used descriptive qualitative and used Eneste's theory. The researcher saw the

adaptation process in intrinsic elements such as plot, characters, setting, and theme. The results of this study show that the adaptation process from novel to film occurs in every intrinsic element except the theme. Intrinsic elements that differ from novel to film such as plot, characters, and setting. However, the theme does not change at all. After the adaptation process to film, the original story becomes less complex.

The fourth research was carried out by Salsabila. The research was entitled Andrew's Schizophrenia in *Shutter Island* by Dennis Lehane (2019). Salsabila discusses the schizophrenia suffered by Andrew, the main character of the novel *Shutter Island*, and his recovery. This research uses psychoanalytic theory, namely Freud's Personality Theory and Defense Mechanisms to analyze Andrew's schizophrenia. The results show that Andrew's Id dominates the way it works his Ego works, where the Superego is almost absent from the story.

The next research was conducted by Ahmad Luthfi. This research is entitled Unresolve Psychological Problem in Dennis Lehane's *Shutter Island* (2018). This thesis explains the problem of Andrew Laeddis's hallucinations that appear in the novel. This research uses the theory of Literary Psychology by Sigmund Freud (theory of psychoanalysis) and the theory of Self-Defense Mechanisms by Anna Freud. The results of this study are that Andrew Laeddis experienced three types of hallucinations, namely: Visual Hallucinations, Auditory Hallucinations, and Temporal illusions. There are 2 Defense Mechanisms carried out by Andrew Laeddis, namely: Denial of

reality and Regression. The Id dominates and the Ego is very weak, causing Andrew Laeddis to be unable to overcome the hallucinations he experienced.

Table 1. Previous Studies

| No | Title | Material object | Formal object (theoretical framework) | Methodology and findings |
|----|------------------------------------------------------------------------------------------------|-----------------------|------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| 1. | Defense Mechanism On the Main Character Of <i>Shutter Island</i> (2020) by Alfina Dewi Fortuna | <i>Shutter Island</i> | Theory of Defense Mechanisms by Sigmund Freud. | There are three things are connected into four types of Ego Defense Mechanism, namely Repression, Denial, Projection, and Displacement. |
| 2. | The Analysis of Plot in Dennis Lehane's <i>Shutter Island</i> Novel (2020) by Riski | <i>Shutter Island</i> | Freytag's Pyramid Theory. | The first is Exposition, the second is Rising Action, then Climax and the last one is Denouement. |
| 3. | A Study Of Film Adaptation in Dennis Lehane's <i>Shutter Island</i> (2020) by Mutqin | <i>Shutter Island</i> | Descriptive Qualitative and Eneste's theory. | The result of this study show that the adaptation process from novel to film occurs in every intrinsic element except the theme. |

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|----|-----------------------------------------------------------------------------------------------------|-----------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4. | Andrew's Schizophrenia in <i>Shutter Island</i> by Dennis Lehane (2019) by Salsabila | <i>Shutter Island</i> | Psychoanalytic Theory (Freud's Personality Theory and Defense Mechanisms) | The result shows that Andrew's Id dominates the way it works, where the Superego is almost absent from the story. |
| 5. | Unresolved Psychological Distortion in Dennis Lehane's <i>Shutter Island</i> (2018) by Ahmad Luthfi | <i>Shutter Island</i> | Freud's Personality Theory and Defense Mechanisms by Anna Freud | The results of this study are that Andrew Laeddis experienced three types of hallucinations, namely: Visual Hallucinations, Auditory Hallucinations, and Temporal illusions. There are 2 defense mechanisms carried out by Andrew Laeddis, namely: Denial of reality and Regression. The Id dominates and the Ego is very weak, causing Andrew Laeddis to be unable to overcome the hallucinations he experienced. |

1.6. Theoretical Framework

1.6.1. Freudian Psychoanalysis

Sigmund Freud was a psychologist and neurologist. Freud came from the city of Austria and was the founder of the study of Psychoanalysis. Freud mastered many fields such as neurology, philosophy, psychiatry, psychology, psychotherapy, psychoanalysis, and literature. Freud is the figure who created psychoanalysis. It is a theory that can understand the human soul. Freud also developed several psychotherapy approaches, such as Psychoanalysis, the Level of Human Consciousness, the Elements of Human Mind, Dream Analysis, and Defense mechanisms. This study will use the theory of Sigmund Freud which discusses the Dream Analysis. It is because the main character in the novel *Shutter Island* experiences a series of dreams that prove that he suffers from DID. These levels and elements will be explained further below.

1.6.1.1. The Levels of Human Consciousness

According to Cummings and Sanders (2019), "Sigmund Freud divides Human Consciousness into 3 levels: Conscious, Preconscious, and Unconscious." Salsabila (2019), also states that the Conscious mind includes our current thinking processes, it is a large part of our current awareness. Consciousness is a complex level of awareness, which concerns all thoughts, feelings, and views seen. Consciousness is defined as our subjective awareness of ourselves and our environment (Koch, 2004). Thoughts and feelings at the level of Consciousness can be felt by the individual directly

and are realized by the individual. For example, when Nana is driving a car, Nana will continue to focus on the road, traffic signs, and other vehicles passing by. So Nana's mind and attention will be focused on driving, this time Consciousness works.

Pre-Consciousness is a level of awareness that consists of information that is not consciously aware of but can be accessed if necessary. According to Balconi (2017), at the Subconscious level, Unconscious thoughts are latent but capable of becoming Conscious because it is not being totally repressed. This level of Consciousness is located in the middle, namely between 'Conscious' and 'Unconscious'. and the last is Unconsciousness. An example of Preconscious memory is when you have childhood friends, you do not constantly remember the names of your childhood friends. However, when someone mentions their names, those names easily come to mind.

Unconsciousness is the lowest level, beyond individual awareness, and is difficult to realize. Thoughts and feelings at this level usually take the form of suppressed conflict. Even though this level is not realized by the individual, this level of Unconsciousness has a strong influence on the individual's behavior. According to Friscilla (2023), Freud says that the Unconscious mind is the primary source of human behavior. In a journal written by Siegfried (2014), Freud giving idea that the content of unpleasant words that are not realized is like feelings of pain, anxiety and Conflict. Meanwhile, according to Frawadany (2019), the tip of the iceberg like Conscious mind of humans, and the invisible part ten of the iceberg is the

Unconscious mind. This level is the deepest and most hidden part of the mind. Freud believed that the Unconscious has a major influence on our behavior and personality. An example of this level is when you dream, your Conscious mind rests, Dreams are a manifestation of the repressed Unconscious mind. In simple terms, dreams are a way to understand the Subconscious.

1.6.1.2. The Elements of Human Mind

According to Freud, there is a personality structure consisting of three components, namely Id, Ego, and Super Ego. The Id is the most important part of the personality and is usually located in the Unconscious. The Id is usually a drive for pleasure or satisfaction without paying attention to existing reality. According to Freud (1989), we approach the Id with an analogy, we call it chaos, full of passion, and filled with energy that comes from instinct but is disorderly and tries to fulfill a need for satisfaction. This explanation illustrates that the Id is a personality that is based on the principle of satisfaction and tries to fulfill that decision without thinking about long-term effects or thinking using logic. According to Freud (1923), it is the dark, inaccessible part of our personality; what little we know of it we have learned from our study of the dream work and of the construction of neurotic symptoms, and most of that is of a negative character and can be described only as a contrast to the Ego. This quote explains the Subconscious and mysterious nature of the Id. The Id can be seen from the Subconscious. However, indirectly we can understand it with a distorted form of

manifestation. One example of the Id is when a baby cries because he's hungry. Babies don't yet have a developed Ego or Superego. Therefore, the Id only has the urge to fulfill its basic needs and expresses this through crying.

The Ego is the next component in a personality structure. The Ego sees things based on reality. The Ego is located between Consciousness and Pre-Consciousness. The Ego will usually satisfy the Id's desires in a realistic way. The Ego will consider using logic, and see the consequences of the decisions it will take. The Ego and Id cannot be separated because the Id is the one who provides the impetus to have a desire based on satisfaction, while the Ego is the one who will logically digest whether the desire is realistic and see the long-term consequences of the decision to be taken. "The Ego is not sharply separated from this id; its lower portion merges into it" (Freud 1989). The Ego is also a component that will mediate between the Id and the Superego. The Ego works with logic that will regulate the behavior of an individual. According to Freud (1923), "The Ego is first and foremost a bodily Ego; it is not merely a surface entity, but is itself the projection of a surface." Freud explained that the Ego develops from the body, especially in the early experiences of the body interacting with the outside world. The Ego is formed through a perception of our body with the outside world. The Ego functions as a mediator between the Id and the outside world, the Ego itself is real and tries so that the Ego can encourage the Id to understand reality and accept reality. For example, someone wants to eat chocolate but postpones it because they're on a diet. The ego realizes that the id's desire is to eat chocolate.

However, this conflicts with the goal of the diet (the ego), so the person may choose other options, such as eating fruit or not eating chocolate at all.

The Superego is another main component that represents morals and ethics within an individual. The Superego is located at all levels of Consciousness, namely Conscious, Pre-conscious, and Unconscious. Thus, the Superego can influence behavior from full awareness to Unconsciousness. The Superego tries to look at the ethical and moral standards that already exist in the surrounding environment. According to Storr (2001), the Superego is a moral part of the personality and represents internalized standards and values from parents and society. The Superego consists of two main parts, the first is Conscience. Conscience is the part that punishes behavior that violates morals by feeling guilty when violating these moral standards. and the second is the Ego ideal. The Ego ideal is a component that rewards behavior that follows moral standards, such as feeling happy when helping someone in trouble. For example A person who feels guilty when lying. This is the basis of the Superego, which creates feelings of guilt for lying and violating moral norms and values.

1.6.1.3. Self-Defense Mechanisms

Self-defense is a period where the human soul tries to choose the influences of good and bad that enter (Hall, 1954,). According to Anna (2018), Self-defense mechanisms are generally used to analyze literary works, whether novels, short stories or poetry. This conception of defenses as a part of normal personality functioning opens the way for considering Defense

Mechanisms (Hall, 1954). There are Types of Defense Mechanisms by Sigmund Freud, as follows:

- **Denial**

Denial is a Self-Defense Mechanism that makes someone refuse to accept a painful reality. According to Arminata (2022), simply put, someone chooses to avoid situations that can make someone emotionally uncomfortable. Arminata said when someone tries to deny reality, they assume that the unpleasant experience does not exist as a form of protecting themselves.

Denial is a primitive form of oppression. In this case, a person denies what creates fear. Therefore, a person denies his reality and creates unhappy feelings. While primary repression protects the child from being overwhelmed by instinctual demands, denial functions to ward off upsetting perceptions of the external world (Freud, 1894). A small example of Denial is when a heavy smoker experiences lung damage and the doctor tells him to stop smoking. The denial response would be to assume the doctor is overreacting and comparing him to his grandfather, who was also a heavy smoker but lived a long life.

- **Projection**

Projection is the transfer of unwanted or disliked traits to others by reducing tension and reasons that are actually pretended to maintain oneself

in a safe position (Sanyata, 2009). Projection tends to be reversed as a justification for existing beliefs. According to Arminata (2022), Projection is done to break the connection between the conscious ego and certain thoughts. In simple terms, Projection is a condition where someone Unconsciously throwing their thoughts and feelings onto other people in order to maintain their mental state so that they can be accepted by themselves.

For example, a student feels stressed during an exam and chooses to cheat. He will feel guilty and anxious about his actions. However, his Projection behavior is that he says, "I saw a lot of people cheating earlier." To alleviate his feelings of guilt for cheating, he brings up other people who have done the same thing and assumes that his mistake is normal. He doesn't need to feel guilty or anxious about the cheating he has done, and he doesn't need to face the reality that he is actually dishonest and cheating.

- **Identification**

Arminata said identification is a self-defense mechanism used to increase self-esteem by equating oneself with others (Arminata, 2022). According to Hall (1954), Identification is the most complex Defense Mechanism among other Defense Mechanisms. The Identification process begins at an early age. Children will imitate the behavior of their parents or other figures in their lives. A person unconsciously equates himself with others.

- **Repression**

Repression is the most basic Self-Defense Mechanism and suppresses traumatic thoughts, feelings, memories unconsciously and is suppressed into the Subconscious. Repression creates a memory and idea that can be a threat to build a barrier against anxiety (Hall, 1954). Repression is an attempt to suppress the urges of the Id when the Ego begins to feel threatened and these urges are suppressed in the Subconscious. Because we use Repression to protect ourselves from danger, in order to eliminate it, we must recognize that the idea or memory is no longer dangerous (Schultz & Schultz, 2017). For example

- **Displacement**

In general, Displacement is moving something. According to Sanyata (2009), Displacement is diverting feelings from the actual target to another object. They do not vent emotions to the source but choose other objects to avoid anxiety and seek emotional satisfaction. For example

- **Dissociation**

Dissociation is a condition where someone is separated from thoughts, feelings, memories, and identity. Baga said Dissociation is using another Consciousness by disconnecting another consciousness. (Baga, 2021). Dissociation can also be thought of as a disconnection or severance of the connection between memories of the past, awareness of identity and

immediate sensations, and control of body movements that are often caused by traumatic experiences, intolerable problems, or disturbed relationships (Li and Spiegel, 1992). Freud has repeatedly emphasized dream analysis as the main path to our unconscious, and to study the mysteries of the unconscious mind, he developed dream analysis or dream interpretation. It is seen as a way to tap into this unconscious mind and is often used to treat many disorders, including DID (Amrita, 2021). For example:

1.6.1.4. The Interpretation of Dreams

The Interpretation of Dreams is one of Freud's books that discusses Dreams in depth. According to Yusuf (2010), Freud claims that all Dreams are disguised expressions of important desire fulfillment originating from the libido that is often mixed with the remains of confusing everyday experiences. Sigmund Freud said that dreams are a way to know the Unconscious. According to Damayanti (2012), Freud explains that the basic core of dreams is a form of desire fulfillment from the subject that occurs in a Conscious state as a guide from the Id and Superego. According to Nugrayana (2020), Dreams are an abstract subconscious message to the Conscious mind. Dreams contain desires, fears, and Unconscious emotional activities. There are 2 parts to a dream, namely Manifest Content and Latent Content. According to Nugrayana (2020), Manifest Content is a picture of the picture in a dream that is seen clearly.

In general, Manifest Content is a concept that refers to events or experiences that occur in dreams. According to Naisah (2021), the content of

the dream manifest is a dream that is remembered by the person who dreams. For example, I was walking on the beach, suddenly I ran because I was chased by a big dog. The object in this dream is a big dog, and there was an event of being chased and feeling scared and running.

Meanwhile, Latent Content is the interpretation of the Manifest Content. According to Nugrayana (2020), "Latent Content is hidden and unconscious desires and thoughts". Latent Content is a symbolic meaning or hidden meaning, in contrast to Manifest Content which describes dreams literally. Latent Content involves the interpretation of the symbols that appear in dreams. The process of understanding this Latent Content requires a more detailed understanding. Latent Content can be interpreted through the Manifest Content of dreams (Naisah, 2021). Freud explained that there are four dream processes, the first of which is: Condensation, Displacement, Symbolization, and Secondary Revision.

- **Condensation**

According to Simply Psychology (2024), Condensation is a combination of several ideas or people into an object or event in a dream. In general, this process is a process that gives rise to ideas and material in one dream and can be summarized into an object or image. Condensation can be a way to understand that manifest dreams have less content than latent dreams (Naisah, 2021). For example, when someone dreams about someone whose face they don't know, but they recognize that person's identity, even though they have a different face.

- **Displacement.**

Displacement is the transfer of emotional meaning from an important object to a less important object. Dreams in this process produce distorted forms of dream expectations. In Displacement, the desire for an object is transferred to another object. Dreams allow a person to express repressed desires because these desires cannot be realized in normal life. (Karmaka, 2013). For example, when someone is feeling upset because of a relationship that is about to end and is thinking about breaking up or not. In his dream, he feels like he is on a cliff. The cliff is a form of Displacement from the decision that will be made in the future that is repressed so that it is transferred into the dream in the form of a cliff. For example; displaced fear, someone who is afraid of authority (e.g., a father) may dream of being chased by a wild animal rather than an actual authority figure.

- **Symbolization.**

Symbolization is the process which ideas are repressed in dreams that are censored and represented as objects that symbolize the subconscious mind in dreams. According to Naisah (2021), Visual imagery is a process of strange personal symbols manifested in visual images. The images presented look abstract. The images used may be a function of creativity, unique experiences, and experiences in their own worldly matters. (Semiun, 2016). For example, when someone is worried about someone's death but they don't want to face the feeling, the person might dream of a wilted flower. In this context, a wilted flower can be a symbol of feelings that are being

experienced but cannot be expressed and accepted in real life.

- **Secondary Revision.**

The last is Secondary Revision. Secondary Revision is the last stage of the dream process. Everything that is depicted, symbolized, condensed, and replaced can be rearranged, the puzzle can be understood, and the meaning of the dream can be known. For example, when someone dreams of a burning house. This dream looks very chaotic, however, when the person wakes up from their dream and tries to remember and understand the dream. They will remember and use logic that the burning house was their childhood home. This can be interpreted that they have had a big change in their life and have even become a symbol of the loss of childhood that has been passed. For example; Someone dreams and understands the plot. For example, dreaming of being on a beach and then suddenly finding themselves in a forest. After waking up, they'll make up a story about going to the beach and getting lost in the forest.

1.6.2. Dissociative Identity Disorder

Dissociative Identity Disorder (DID) is a condition in which a person has at least two or more personalities. DID was previously known as multiple personality disorder (MPD) until 1994, when the DSM-IV (*Diagnostic and Statistical Manual of Mental Disorders*) changed its name to emphasize that the disorder is caused by dissociation, not just separate personalities. “Dissociative Disorders are characterized by a disruption of and/or discontinuity in the normal integration of consciousness, memory, identity,

emotion, perception, body representation, motor control, and behavior” (American Psychiatric Association, 2013, p. 291).

Dissociative disorders can cause a breakdown in normal mental connections from aspects of mental function and consciousness. This includes consciousness, memory, identity, emotion, perception, and motor control. There are two main symptoms of dissociative disorders as described by the American Psychiatric Association (2013) Dissociative symptoms are experienced as a) unbidden intrusions into consciousness and behavior, with accompanying losses of continuity in subjective experience (i.e., "positive" dissociative symptoms such as fragmentation of identity, depersonalization, and derealization) and/or b) inability to access information or to control mental functions that normally are readily amenable to access or control (i.e., "negative" dissociative symptoms such as amnesia). (2013, p. 291)

People with Dissociative Disorders can experience sudden disturbances in their thoughts without being aware of them. This symptom is called positive dissociation. Another major symptom is the inability to access information or control mental functions that are easily accessed or controlled. This symptom is called negative dissociation, for example, amnesia. Dissociative Identity Disorder, based on DSM–V (2013), DID have characteristics, namely have two or more personalities (known as Multiple Personality), Dissociative amnesia (memory loss), to Depersonalization. Dissociative disorders are often found when someone has experienced trauma

and severe stress. American Psychiatric Association (2013)

“Dissociative identity disorder is characterized by a) the presence of two or more distinct personality states or an experience of possession and b) recurrent episodes of amnesia. Dissociative Disorders fragmentation of identity may vary with culture (e.g., possession-form presentations) and circumstance.” (p.292).

DID disorder is characterized by the presence of two or more distinct personalities and recurrent amnesic episodes. However, the degree of these personalities varies depending on psychological motivation, stress levels, cultural factors, internal conflicts, and emotional resilience. This identity disorder can appear more clearly if the individual is in a situation of severe social pressure. According to American Psychiatric Association (2013),

“Individuals with dissociative identity disorder typically present with comorbid depression, anxiety, substance abuse, self-injury, non-epileptic seizures, or another common symptom. They often conceal, or are not fully aware of, disruptions in consciousness, amnesia, or other dissociative symptoms.” (p.294).

Individuals with DID generally also experience other mental disorders, such as depression, anxiety, substance abuse, self-harm, and non-epileptic seizures. They also often experience dissociative flashbacks. Dissociative flashbacks are a state where they re-experience past events. People with DID usually have a history of traumatic experiences such as abuse in the past, both as children and adults.

1.7. Research Methods

Hornby (1974) stated that a method is a way of doing something. In a study, the method plays an important role because it guides the research process. In general, two main methods are used, namely, data collection methods and data analysis methods. Data collection methods relate to how researchers collect what is needed, while data analysis methods focus on how the data is understood and processed to obtain information results that are relevant to the research objectives.

1.7.1. Data Collection Method

Data collection is the process of searching for and collecting information to answer research problems. Data collection is one of the important initial steps in research. Whereas, Primary data is the main data that will be used by researchers in their research. The primary data used in this study is a novel entitled *Shutter Island* (2003) by Dennis Lehane. The type of data collection used is qualitative. According to Creswell (2016), qualitative research is a process of understanding based on different methodological traditions and exploring human social problems. Meanwhile, according to Silverman (2008), qualitative research is a field of research that aims to understand phenomena through the meanings given by people and usually involves the collection and analysis of non-numerical data. According to Abdussamad (2021), "Qualitative research is an approach to conducting research that is oriented towards natural phenomena or symptoms".

Qualitative research is a way to deeply understand a problem by looking at it directly from a human perspective. Researchers don't use numbers or statistics, but instead collect data in the form of stories, interviews, or direct observations. The goal is to explore "why" and "how" an event occurs, not just "how many." Therefore, this research focuses on the qualities (meaning, experience, and context) of a real-life phenomenon. This study uses the observation method as a way to collect data. As explained by Gautama (2017), observation is a technique for collecting data by observing and recording the conditions or behavior of the object being studied. In this study, observation was carried out through an in-depth reading of the novel. Data were collected from various fictional elements in the novel, such as plot, characters, themes, settings, and symbols. In addition, researchers also used additional sources such as books, articles, and academic journals to support the thoughts and arguments presented in this study.

1.7.2. Data Analysis Method

Analyzing data is a process of changing raw data into data that has information that can answer questions from a study. In this study, the first step taken is to read in depth (close reading). Close reading is an effort to understand the contents of the reading material thoroughly (Tarigan, 1984). The analysis begins with a discussion of DID. DID is a mental health condition where a person has two or more identities. The analysis of this study also begins by identifying the signs of DID experienced by the main character in the novel *Shutter Island*. This will be analyzed by looking at various

elements of fiction in the novel, such as storyline, point of view, conversation, symbols, characters, and themes. This study highlights the traumatic experiences experienced by the main character in the novel *Shutter Island*, which trigger DID.

The analysis then continues with a discussion of how Dream-work Mechanisms play a role in changing Latent Content into Manifest Content in the form of hallucinations or distorted reality. In *Shutter Island*, the main character's psychological condition makes the boundaries between dreams, illusions, and reality very blurred. This study will explore how the symbols that appear in her hallucinations reflect her inner conflicts and traumatic experiences. Various processes in Dream-work, such as Condensation, Displacement, and Symbolization, will be discussed to see how latent contents, such as hidden desires, guilt, or repressed memories are transformed into images or stories that feel real in her mind. By connecting these dreams and hallucinations with her Dissociative Identity Disorder condition, this study aims to dig deeper into how her subconscious mind works, using a Psychoanalytic approach as its main framework.