

**ANDREW'S SCHIZOPHRENIA IN *SHUTTER ISLAND* BY
DENNIS LEHANE**

THESIS

**Submitted as Partial Fulfillment of the Requirements for the Bachelor
Degree of English Department Faculty of Arts and Humanities,
Sunan Ampel Surabaya University**



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The Writer,

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Shafira Azhari Salsabila

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CHAPTER I

INTRODUCTION

1.1 Background of the Study

In their life, people can experience shocking events. These events can make people suffer psychologically, leading them to gain trauma. Trauma appears when people having certain emotional injuries. Corsini's definition of trauma quoted in a journal of the University of Pretoria is the result of a painful event, physical or mental, causing immediate damage to the body or shock to the mind. Psychological traumas include emotional shocks that have an enduring effect on personality (48).

However, the same painful event can be traumatic for one person but not for another, for instance, death can be traumatic for certain people, yet not for others. It is because every human has a distinct defense mechanism. A defense mechanism is human's psychological mechanism to reduce unpleasing feeling or thought. In dealing with trauma, our defense mechanism tries to accept reality, considering it as memories that may naturally fade as time goes by. For some cases, the event is so much pain to accept, that may be the original cause of some psychological problem. Some people are struggling to overcome their trauma and end up having a mental disorder.

Trauma can occur in a life-threatening situation and it is commonly experienced in war. In 1945, during World War II, a lot of people lost their family

and experienced terror. They perceived too many painful memories that in some cases even lead them to show symptoms of mental disorder.

World War II is one of the historical events when a lot of people feel depressed, leading them to own mental disorders. Veterans Affairs Canada in their research entitled *Post-traumatic Stress Disorder (PTSD) and War-related Stress* found that many soldiers were labeled as having "combat fatigue" as they were often addressed strong feelings of guilt. For some veterans, the fact that they survived while others did not can be very stressful (5). The consequences of the Second World War in Europe were overwhelming for the mental health of German boys and men. 4.3 million of German soldier were missing or dead, 25% of all German boys grew up as orphans. Many survivors suffered from severe emotional trauma (Schwamm 1).

According to Cubukcu, some traumas can affect people's identity and how they perceive themselves and others, thus lead to mental disorder. A central claim of contemporary literary trauma theory says that trauma creates a speechless fright that may damage or divide identity (Cubukcu 1). One of the mental disorders is schizophrenia. As Mueser and McGurk, quoted by Amriani said that Schizophrenia is a serious psychological disorder marked by delusions, hallucinations, and loss of contact with reality, disorganized speech, social withdrawal, and deterioration of adaptive behavior (14).

The issue of schizophrenia can appear in literary works, such as novels. One of the novels that depict a character who experiences schizophrenic

symptoms in the 1940s is *Shutter Island*. *Shutter Island* is a novel by Dennis Lehane which was published in 2003. The novel follows a man named Andrew Laeddis, a patient in Ashecliffe Hospital for the criminally insane. He was a former U.S. marshal in World War II who becomes mentally unstable after experiencing some traumatic events. There are some main events that are traumatic to Andrew and leading him to show schizophrenia symptoms and being delusional. The events including his guilt of killing hundreds of unarmed soldiers during World War II and Andrew's guilt of not taking his wife, Dolores to psychiatrists that led her to murder her three children, resulting on Andrew ending up killing her with no other choice and lost his entire family.

The story mainly follows Andrew's delusional thought as the result of his traumatic memories that are too painful to be remembered by him. It leads him to start hallucinating and being delusional, which can be identified as the symptoms of his schizophrenia. As the result of not being able to face reality, Andrew's mind created a new identity, believing himself as a man named Teddy Daniels, a detective who is in a mission with a new partner named Chuck Aule. He believes that he was sent to investigate a missing patient, Rachel Solando, in Ashecliffe Hospital.

Mueser and McGurk explain that people with delusions commonly believe that they are very important, famous, or powerful. They often become convinced that they are someone else, such as the president or God, or that they have some special ability or talent (14). This is what has been delivered in the novel as Andrew believes himself as Teddy Daniels, the story follows his alternate reality,

creating notions such as the evil experiments happening in the lighthouse by Nazi and unreal characters such as Solando, Chuck and even Laeddis (whom Teddy believes him as another person who killed his wife).

The story takes place in 1954 when there is a war of source among doctors about how to treat the mentally insane, particularly those with violent natures. To many contemporary doctors, these patients were considered no longer human or monster and essentially unable to be cured. It led to the rise of lobotomy's use on the patients to make them easier to control. It is this debate that constructs the story of the novel where Dr. Cawley and Dr. Nehring used a particular patient of theirs to try a new-radical treatment at Cawley's behalf. They elaborate a role-play therapy also known as the Psychodrama, which he hopes it will allow them to break through to their most dangerous yet violent patient, Andrew Laeddis, who suffer total mental break after the death of his wife and three children.

The interesting point in Lehane's *Shutter Island* is the using of psychodrama as Andrew's schizophrenia treatment. Psychodrama is a psychotherapy approach to resolve conflicts and gain insight through action. It is done through role-playing, thoughts, feelings, and behaviors emerge simultaneously to develop new cognitive patterns (Klein 6). In *Shutter Island*, the psychodrama was staged in detail, based on Andrew's delusions while he is being a patient in Ashecliffe. It was done through role-playing method involving made-up characters in Andrew's delusions including Chuck Aule played by Andrew's personal doctor named Dr. Sheehan and Rachel Solando who is in fact is a nurse in the Ashecliffe.

The use of psychodrama in the novel, by the doctors, led by Dr. Cawley, is aimed to trigger Andrew's past to show him the reality. Dr. Cawley provided clues that lead to Andrew's reality in order to make him realize the truth by himself, that all this time what he believes was true is just his imagination and that he is Andrew Laeddis, the 67th patient in Ashecliffe who killed his wife, Dolores.

The writer is interested in analyzing Lehane's *Shutter Island* by using a psychological approach, specifically Freudian Psychoanalysis theory. She is interested in analyzing schizophrenic character as the result of traumatic experience to know their schizophrenia symptoms and Andrew Laeddis is one of them. The writer is also interested in analyzing the use of psychodrama as a treatment of a schizophrenic patient in the novel.

1.2 Statement of Problems

According to the background of the study, writer wants to find the answer to the following questions:

1. How is Andrew's schizophrenia described in Lehane's *Shutter Island* novel?
2. How is the treatment of the schizophrenic patient being performed in the novel?

1.3 Objectives of the Study

The purpose of the research is to discover the answer to the problems formulation. Hence, the aims of this study are:

1. To describe Andrew's schizophrenia in *Shutter Island* novel.

2. To portray the treatment performed to the schizophrenic patient in the novel.

1.4 The significance of the Study

Theoretically, this study is expected as guidance for the readers of *Shutter Island* novel to provide helpful information in order for them to have a better understanding of the novel. Moreover, the writer also hopes that this study can be helpful to know how Freudian Psychoanalysis theory is used in the novel.

Practically, the writer expects that this study would give insight about the symptoms of schizophrenia and its treatments. Besides, it shows Andrew's schizophrenia as he suppresses his hurt and sadness which are relatable to most of the human's problem in real life so it could encourage the readers to choose a positive way to face their problem to prevent any possibility of mental illness.

1.5 Scope and Limitation

To avoid the vagueness, it is necessary to make a clear limitation for the study into a narrow scope, so the analysis can be specific and clearly understood. This study focuses on Andrew's Schizophrenia and how is the treatment for his schizophrenia in *Shutter Island* novel by Dennis Lehane. Then, this study uses Freudian Psychoanalysis and Defense Mechanism in order to limit the analysis.

1.6 Method of the Study

1.6.1 Research Design

The writer conducts the study by using a descriptive qualitative method. This research method is used to analyze Andrew's Schizophrenia and its treatment, using Freudian Psychoanalysis theory.

1.6.2 Data and Data Source

The primary data are from the novel *Shutter Island* by Dennis Lehane specifically sentences that represent Andrew's schizophrenia. The secondary data are from the e-books, online resources, and journals that relate to the analysis.

1.6.3 Data Collection

To analyze the data, the researcher uses some steps, including:

1. Reading and understanding *Shutter Island* novel by Dennis Lehane.
2. Reading and understanding some related sources about Freudian Psychoanalysis theory to support the research.
3. Selecting and collecting the data about the symptoms and treatments of Andrew's schizophrenia from narration and conversation in *Shutter Island* by Dennis Lehane.

1.6.4 Data Analysis

After collecting the data, the researcher conducts the analysis as the following steps:

1. Analyzing Andrew's schizophrenia by describing the symptoms performed by Andrew.
2. Analyzing the treatment of Andrew's schizophrenia.
3. Making a conclusion based on the result of the analysis.

CHAPTER II

LITERATURE REVIEW

2.1 Theoretical Framework

2.1.1 Psychoanalysis

The term psychoanalysis was firstly framed by Sigmund Freud in 1896. Freud supplies a distinct description of the psychoanalysis as a procedure for the investigation of mental processes which are almost inaccessible in any other way (74). It is a therapeutic method for the treatment of neurotic disorders. Psychoanalysis is a convenient way of analyzing the disorders in order to get a better understanding of the human (Semi 96).

Psychoanalysts claimed that one of the basic principles of psychoanalysis is a traumatic experience. It is when a person experiencing a painful accident or event that can cause a person to regularly forgotten events in their early stage of life. Semi added that it is unbearable for humans and is regularly repressed into the unconscious mind, making them not being able to remember such traumatic things to avoid the anxious feeling (342).

A. Freud's Structure of Mind

Freud posited that human's mind contains of three structures; the conscious, the subconscious, and the unconscious. He suggested that the mind is like an iceberg, where the conscious represent 10% of it floating above the water and the unconscious making up 90% below. According to psychoanalytic theory,

most of what controls our behaviors, thoughts, and feelings are guided by the unconscious.

The first level is the conscious mind, it includes our current thinking processes, it is a large part of our current awareness (Chalmers 3). Later, thoughts that are stored in the conscious mind may hold back and become unconscious thoughts. Ricoeur, quoted in Sousa, has stated that every thought in the human mind always placed in the conscious mind beforehand and later can be repressed by time, becoming the unconscious thoughts (2).

The next level is the subconscious mind which includes those things of which we are aware but not taking into consideration. Miller and Neisser identify that in the subconscious, these thoughts and feelings are in a role to exert influence on our conscious awareness and actions to a certain extent but they have not disappeared. In the subconscious level, unconscious thoughts are latent but capable of becoming conscious because it is not being totally repressed (Balconi et al. 2).

The unconscious is the third part of the mind divided by Freud. In this level of mind structure, the thought processes are out of our direct control. The unconscious mind thinks and acts independently from our conscious. If subconscious thoughts are still capable of becoming conscious, the unconscious thoughts are not being able to become conscious because it is being repressed (Freud 4).

B. Freud's Structure of Personality

The human mind has its three parts of the mind which are conscious, subconscious and unconscious, working in coordination. The activities executed in the mind could determine and influence a person's personality. In Freud's theory of personality, he includes three components, the id, the ego, and the superego. He coined these terms to get a better understanding of how personality works and how mental illnesses can develop. The first component is the id, which is fully operating in the unconscious mind. The id is the reservoir for the instincts, urges, and dispositions (Schultz 54).

Due to the fact that the id is where human's basic desires derive from, it is necessarily related to the satisfaction of bodily needs and drives including hunger, thirst, sex, and other natural body desires (Lapsley and Stey 2). The id operates in accordance with the pleasure principle. The pleasure principle aims toward pleasurable things, persisting that every desire should be satisfied with no regard for the consequences. The id is a selfish, pleasure-seeking structure and insistent part of mind which seeks for immediate satisfaction of its needs and does not tolerate postponement for any reason. (Schultz 55).

The ego or the self is the master of rational in the human's personality. Its purpose is to help the id obtain what it craves but still by considering the difference between imaginary and reality. So it determines which need should be prioritized. Because it is aware of reality, the ego decides when and how the id instincts can best be satisfied. It determines appropriate and socially acceptable situations that could satisfy the id desires (Schultz 55).

which are forbidden by society and to make the ego perform in accordance with accepted values. It is usually formed since early childhood through punishment and praise for children to learn which acts are considered good or bad according to their parents. The superego can be divided into two components; the conscience and the ego ideal. The conscience formed by the feelings of guilt when people do something they consider to be bad (the punishment). Meanwhile, the ego-ideal consists of good behaviors for which children have been praised (the praise). So it gives people feelings of pride when they do something correct and in a standard for good behaviors (Schultz 56).

Sometimes the id, the ego, and the superego struggle to work in harmony. It could be the ego that is too weak to cope with id's demands, unrestrained id desires, and other inharmonies. Freud said that whenever the mind had trouble to reconcile the needs of these three parts of the mind, psychological problems could occur. He suggested that in order to overcome these anxieties, the ego applies defense mechanisms. Defense mechanisms are not necessarily conscious. They decrease the tension by covering up our threatening impulses (Siegfried 3).

2.1.2 Defense Mechanisms

Freud states that the ego deals with the demands of reality, the id, and the superego as best as it can. However, when the anxiety becomes overpowering, the ego must defend itself. It does so by unconsciously blocking the impulses or distorting them into a more acceptable, less threatening form. Freud assumed that in order to deal with conflict and problems in life, the ego employs a range of defense mechanisms (Boeree 7).

Defense mechanisms mostly operate at an unconscious level and it behaves defend someone from unpleasant feelings and thoughts. Defense mechanism attempt to cope with traumatic memories or stress to help to create a better feeling for the individual (Grohol 1). According to Freud cited by Cervone and Pervin, Defense Mechanism may occur in forms below:

A. Denial

Denial of reality is commonly seen where people attempt to avoid acknowledging some painful feelings, events or thoughts have occurred. Anna Freud proposed that it operates unconsciously, involves blocking external events from awareness. If some situation is just too much to handle, the person refuses to accept experiencing them (81). For instance, a man who has witnessed his wife's death having a trauma and denying that his wife is gone.

B. Displacement

Displacement is the redirection of impulses, thoughts, and feelings (usually aggression) onto a powerless substitute object or person (Freud 43). The use of displacement usually occur when someone is unable to express their feelings directly to the person they have an issue with. By the use of displacement, people displace their emotions into destructive activity and it tends to be expressed in a negative way. For example, when someone having a fight at home and expressing their anger to their friends at work.

C. Sublimation

Anna Freud said that this is similar to displacement, but takes place when we manage to displace our emotions into a positive and useful action rather than destructive activity (52). Sublimation is simply the channeling of unacceptable impulses, thoughts, and emotions into more acceptable ones, making it into a productive activity. For instance, many great artists even athlete have had problems and have used the sport or art as the medium to express themselves in a different way (Grohol 4).

D. Regression

Regression is the reversion to an earlier stage of development to make a stand of unacceptable impulses or thoughts (Grohol 1). When people are troubled or frightened, they will act like a child rather than act in the way they supposed to be. For instance, a girl who is always hugging her favorite blanket when she is afraid of something. regression A defense mechanism that occur when a person returns to a life stage that once provided substantial gratification (Kearney and Trull 520).

E. Rationalization

Rationalization is an effort to put certain behavior, feeling or act in a different way or explanation, in order to avoid a feeling of threatened. Rationalization is the cognitive distortion of "the facts" to make an event or an impulse less threatening (Freud 46). For example, when a girl likes her classmate, she tells her friend that he is ugly when she is getting asked about him.

F. Reaction Formation

This is where a person goes beyond denial and behaves in the opposite way to which he or she thinks or feels. By using the reaction formation, the id is satisfied while keeping the ego in ignorance of the true motives (Freud 47). For example, a student is getting a D score for her math test, instead of getting angry to the math teacher, she is being overly kind towards her teacher.

G. Repression

Repression deals with an act of blocking distressful thoughts by placing it in unreachable areas of the unconscious mind. It is so threatening and traumatic to the self that it is maintained away in the depths of the mind, buried in the unconscious part of the mind (Boeree 96). In repression, a thought, idea, or wish is dismissed from consciousness, turning them into repressed memories. For instance, a child is abused by a parent later has no recollection of the events, but has trouble in a relationship.

H. Projection

This involves individuals attributing their own feelings, thoughts, and impulses onto another person (Freud 49). Grohol stated that it is performed when the feelings are considered unacceptable to be expressed (2). People defend against the recognition of their own negative qualities by projecting them onto others (Boeree 94). For instance, a woman might hate her neighbor, then she solved the problem by believing that her neighbor hates her.

2.1.3 Schizophrenia

National Institute of Mental Health States that schizophrenia is a serious mental illness that affects how someone alternates in perception, thinking, feeling and behavior (2). According to Freud in Semiun's book, normal people have the power to control the instincts of the id and the superego through their ego (13). So schizophrenia occurs when the ego does not have the power to control the instincts of id. Furthermore, Freud defined schizophrenia as a regression to severe frustration and conflict with others.

According to Nevid, et, al., there are a number of factors that can lead to the development of schizophrenia, including biological factors and psychosocial factors. Biological factors include genetic factors such as neurotransmitter imbalances and abnormal brain structure. Psychosocial factors deal with the environment of the person which may lead him or her to be schizophrenic. Evidence suggests that the diagnosis of schizophrenia has a genetic component but it is significantly influenced by environmental stressors or factors (136).

As claimed by Szasz, a manifest schizophrenic breakdown is usually precipitated either by the loss of an external object or by the need to make a significant relationship with such an object. The loss of an object is a general and fundamental sort of "trauma". Object loss is painful but bearable by the process of mourning. This is can occur only in a relatively well-developed personality. When it is unbearable and the person who lost the object cannot take it any further, schizophrenia may be developed within them (422).

Freud believed that schizophrenia developed from two processes: regression to a pre-ego stage; and efforts to reestablish ego control. He proposed that when someone's world is extremely harsh, people who develop schizophrenia regress to the earliest points in their development (the stage of primary narcissism), in which they recognize and meet only their own needs. This regression leads to "self-centered" symptoms such as neologisms, loose associations, and delusions of grandeur. Freud's theory posits that attempts to reestablish ego control from such a state fail and lead to further schizophrenic symptoms (Comer 198).

A. Symptoms of Schizophrenia

According to the National Institute of Mental Health (NIMH), schizophrenia symptoms can be grouped into three categories:

1) Positive Symptoms

a. Hallucinations

According to an article by NIMH entitled *Schizophrenia*, hallucinations happen when a person sees, hears, smells, tastes, or feels things that are not real. It happens when a person sees, hears, smells, tastes, or feels things that are not real. "Hearing voices" is common for people with schizophrenia. People who hear voices may hear them for a long time before family or friends notice a problem (2).

The hallucinations may occur in any sensory modality, for instance, auditory, visual, olfactory, gustatory and tactile, but the most common case is in auditory hallucinations. It is usually experienced as voices that have been

perceived in someone's mind. People with schizophrenia usually hear voices that normal people do not, a made-up voice that does not actually exist (Comer 194). The voices could be constantly comments on a person's behavior, telling them what to do or if two or more voices are conversing (Kearney and Trull 352).

b. Delusions

A delusion is when a person believes things that are not true and that indicates an abnormality in the affected person's content of thought. Sometimes people believe that they are in danger and others are trying to hurt them (2). The characteristic of a delusion is the degree to which the person is convinced that what they believe is true. A person with a delusion will hold firmly to the belief regardless of evidence to the contrary (Kiran and Chaudhury 1). According to Sims, a delusion is a false, unshakeable idea or belief which is out of keeping with the patient's educational, cultural and social background; it is held with extraordinary conviction and subjective certainty (16).

Delusions may occur in a variety of themes such as persecutory, referential, somatic, religious, or grandiose. The most common delusion is persecutory delusions when the person believes he or she is being spied, tricked, tormented or ridiculed. Next is grandiose delusions which a recent article from Penn State College of Education defines as an individual who is convinced to have special powers, talents, or abilities. Sometimes, the individual may actually believe they are a famous person or character (for example, a great detective). More commonly, a person with this delusion may believe they have accomplished

some great achievement for which they have not received sufficient recognition, for example, the discovery of certain scientific theory (2).

c. Thought Disorder

National Institute of Mental Health explains that thought disorder occurs when a person has ways of thinking that are odd or illogical. People with thought disorders may have trouble organizing their thoughts. Sometimes a person will stop talking in the middle of a thought or made-up words that have no meaning (3).

2) Negative Symptoms

They refer to social withdrawal, difficulty showing emotions, or difficulty functioning normally. Negative symptoms include:

- a. Talking in a dull voice
- b. Showing no facial expression, such as a smile or frown
- c. Having trouble experiencing happiness
- d. Having trouble planning and sticking with an activity
- e. Barely talking to other people, even when it is needed (3).

3) Cognitive Symptoms

These symptoms are not easy to see, but they can make it hard for someone to have a job or take care of themselves. Cognitive symptoms include:

- a. The difficulty of using information to make decisions
- b. Problems using information immediately after learning it
- c. Trouble in paying attention (3).

B. The Treatments of Schizophrenia

1) Psychodrama

The technique of psychodrama was developed by the psychiatrist, Jacob Levy Moreno (1889 – 1974) in Vienna at the turn of the 20th century. Often referred to as the father of group therapy, Moreno developed the first therapy designed to treat people in groups rather than exclusively in a one-to-one setting, as was the standard set by Freud during this period (Klein 6).

Psychodrama applies directed dramatic action to examine problems or issues raised by an individual. The purpose of psychodrama is to deal with conflicts and gain insight through action to improve the patients' skills in problem-solving. Through role-play, thoughts, feelings, and behaviors emerge simultaneously to bring to light what is being carried (and often repressed) in the psyche. Psychodrama uses methods of enactment, sociometry, group dynamics, role theory, and social systems analysis to facilitate positive change in individuals and groups so that new perceptions and emotional patterns, physical and emotional well being, and a new skills can develop (Klein 6).

Psychodrama generally takes place within a group where the protagonist receives unqualified attention to explore whatever basic issues or problems they wish to. American Society of Group Psychotherapy and Psychodrama composed the basic elements of psychodrama as:

- The protagonist: Person(s) selected to "represent theme" of a group in the drama.
- The auxiliary egos: Group members who assume the roles of significant others in the drama.

- The audience: Group members who witness the drama and represent the world at large.
- The stage: The physical space in which the drama is conducted.
- The director: The trained psychiatrist who guides participants through each phase of the session.

2) **Psychosurgery**

The World Health Organization Psychosurgery, in 1976 defined psychosurgery as the selective surgical removal or destruction of nerve pathways for the purposes of influencing behavior (Jacob 1). Based on the definition, surgery can be defined as psychosurgery if the predominant reason for performing the operation is to influence or control the behavior or emotions of a patient. One of the types of psychosurgery is lobotomy. Lobotomy is a surgical procedure performed to damage the frontal lobe of the brain, which sits directly behind the forehead. The most scandalous type of lobotomy was the transorbital lobotomy which is developed by Dr. Walter Freeman, an American psychiatrist and member of the American Psychiatric Association and his colleague Watts in 1946. Together they developed the transorbital lobotomy, which its procedure consisted of the insertion of an ice pick instrument, with the blow of a hammer, approaching the brain through the roof of the eye socket, to the frontal lobes (Jacob 3).

Although its mechanisms can be ethically debated, the introduction of psychosurgery as a medical treatment has helped the lives of many patients (Jacob 1). However, as the time went by, it became clear to both the medical and the general community, that prefrontal lobotomy produced “zombies”, or people

without emotions who were completely emotionless to everything they did. It became evident that the lobotomy had harmed important mental functions, such as acceptable behavior and the capability to plan actions (Jacob 3).

At the present, psychosurgery has rarely been performed on schizophrenic because the advent of the antipsychotic medications in the 1950s causing more medicine has found to treat the schizophrenic disease to help to control excessive psychomotor activity and aggressive behavior (Jacob 3).

3) Medication (Psychopharmacology)

Psychopharmacology has long been used as a treatment to schizophrenia and other mental diseases, even before the psychosurgery was found. However, the lack of effective medicine and therapeutic alternative, causing some psychiatrists chose to develop other treatments. In 1946, psychosurgery would most likely have kept as a common method of treatment for mentally ill patients (Jacob 4).

It is not until 1954 when the drug company Smith, Kline & French received the United States Food and Drug Administration approval for the antipsychotic drug chlorpromazine (4). More drugs have been found that is considered to be more effective to be used as a treatment for some mental disorders. Besides, not everybody finds antipsychotics helpful and they can cause unpleasant side effects. (Amriani 30-31).

The FDA then approved for more other antipsychotic agents and antidepressant drugs. It became clear that these drugs would become more popular as they were cheaper, more effective and of course safer than psychosurgery. The

realization by the medical communities and people in general by the hope that these medications provide for mentally ill patients marked the beginning of the end of the frontal lobotomy era and a significant change in the way neurologists and psychiatrists treated patients with psychiatric disease (Jacob 4).

2.2 Previous Studies

In this study, the writer found some studies which have been done previously. The first study is an undergraduate thesis entitled *The Schizophrenic in C.E Christiansen's "The Roommate"* by Nur Amriani in 2017. The writer in her research focused on Kraeplin and Rosen theory to analyze the types of schizophrenia and its healing as described in *The Roommate* movie. The findings showed that there are four kinds of schizophrenia found in the movie, there were simplex schizophrenic, hebephrenic schizophrenic, catatonic schizophrenic and paranoid schizophrenic and the most dominant was hebephrenic. The researcher found how to heal the schizophrenic disease as described in *The Roommate* is by taking medication.

Amriani's study used Kraeplin and Rosen theory, while the researcher used Freud's psychoanalysis theory to analyze her problems. Amriani also focuses on the types of schizophrenia as her first research problem while this study focused on how Andrew Laeddis's schizophrenia is described in the novel *Shutter Island* by Dennis Lehane. For the second research problem, both studies focused on the treatment of the character's schizophrenia. However, in Amriani's research there is only one treatment can be found which is a medication, while this study

found three types of treatment to deal with Andrew's schizophrenia, namely psychodrama, medication, and psychosurgery.

Another related literature to be included is a study conducted by Gofur in 2015 entitled *Schizophrenia on the Main Character of The Shutter Island Film based on Sigmund Freud's Psychoanalysis Theory*. It aimed to know the main character's schizophrenia using psychoanalysis approach. Even though it uses the same approach with this study, which is psychoanalysis by Freud, it only focuses on how Andrew's schizophrenia was described in the movie. On the other hand, this study uses a novel as the data source to analyze Andrew's schizophrenia and the treatment of his schizophrenia described in the novel. Gofur's research did not discuss the treatments used in *Shutter Island* novel for Andrew's schizophrenia although it is one of the biggest problems that develop the plot.

In addition, a related study was also conducted by Erwin Bagus Dwiyono and Sarif Syamsu Rizal, M. Hum by the title; *Andrew's Denial Towards Reality Caused by Past Trauma Described in Dennis Lehane's Shutter Island* in 2016. The study has chosen the same novel but it used two approaches which are the structural approach to analyzing the specific descriptions, conflicts, and settings. The psychological approach used to analyze the causes and effect of trauma suffered by Andrew. However, they only focused on the main character's traumatic experience also on conflicts, and settings of the novel, while this study will analyze Andrew's schizophrenia as the effect of his trauma and how it was treated in the novel which is set on the Second World War.

CHAPTER III

ANDREW'S SCHIZOPHRENIA IN *SHUTTER ISLAND* BY DENNIS LEHANE

In this chapter, the researcher analyzes Andrew's schizophrenia based on the data from *Shutter Island*. The researcher divides the analysis into two parts, first, the researcher analyzes Andrew's schizophrenia based on psychoanalysis point of view and second, the researcher analyzes the treatments that are used to cope with Andrew's schizophrenia.

3.1 The Depiction of Andrew's Schizophrenia

Before describing the two research problems, the researcher finds it necessary to give a brief description of some traumatic events in Andrew's past as determining factors of his schizophrenia as being described in the novel. Andrew's subconscious mind created a defense mechanism to forget his trauma that is too painful for him to be remembered. The story follows the main character, Andrew Laeddis, a schizophrenic patient in the Ashecliffe, a hospital for the criminally insane. He was once one of the United States Army in World War II, who has been assigned in Dachau, against Nazi. Andrew was first haunted by his time serving at the army during World War II, in the concentration camp. He considered himself as a monster for killing all those innocent people at the camp, and this being a big influence of what Andrew feels later. He and the American army then brutally slay the remaining German soldier, the horrific sights never left Andrew's mind.

dead. After this tragic accident happened, Andrew cannot live a single day without guilt. He assumed that the death of his children is indirectly happened as the consequences of his regretful decision. This becomes the break that leads Andrew to possess schizophrenia. It rises as Andrew could not face his reality and instead creating an alternate reality.

Even from the very beginning, it can be seen how much Andrew blocks specific things in reality that are connected to his family's death. The writer concludes that Andrew entangled mental illness because of his unresolved conflict between the id, ego, and superego as the result of his trauma. Then it repressed into his unconscious mind, causing the rises of regression of him making an alternate reality of his earlier stages of life. That is why he creates Teddy Daniels persona who is also a U.S marshal just like him but with erasing all his tragic memories unconsciously.

Andrew's regression leads him to the creation of his new persona, Teddy Daniels. His id, which is already dominating his mind function then unconsciously develops hallucinations and delusions. These two psychological issues are taking control of Andrew's mind, forming schizophrenia. The following paragraph shows the explanations about hallucinations and delusions as Andrew's schizophrenia symptoms which are depicted in the story:

3.1.1 Delusions

As a result of his trauma, Andrew created Teddy Daniels persona, in a form of dissociative identity disorder. He created a fantasy narrative, thinking that

he is Teddy Daniels, a U.S. marshal who is on duty with his new partner Chuck to investigate a case of a missing patient in the Ashecliffe. Meanwhile, Chuck is actually Andrew's doctor in real life who is supposed to watch Andrew's behavior and way of thinking in detail.

"I assume everyone knows why we're all here," Teddy said. "You had an escape last night. Far as we can tell, the patient vanished. We have no evidence that would allow us to believe the patient left this institution without help. Deputy Warden McPherson, would you agree?" (55)

Andrew's delusion is formed as a way to protect himself from anxiety. His delusion of being a marshal named Teddy Daniels becomes one of his defense mechanism in the form of denial. Anna Freud proposed denial involves blocking external events from awareness. If some situation is just too much to handle, the person just refuses to experience it (81). Teddy's inner thought wants to deny his past and unconsciously creating a fantasy to avoid his painful memories in the past.

Teddy has a similarity to Andrew where both of them are U.S marshal. However, Teddy is unburdened by this horrible event in his past. Then as the result, it is completely mentally blocked out by Andrew, pushed into the unconscious mind when Teddy persona takes over. Andrew was sent into Ashecliffe, a hospital for the criminally insane, where he stayed as a patient for 2 years. The similarity of both identities where both of them are U.S marshal represents Andrew's regression as his defense mechanism. The regression happened when someone places themselves as their previous stage of life.

what Andrew need the most is to be able to run away from his guilt in the past. His id wants that to happen and unconsciously removes his traumatic memories.

Later Chuck asked him about the name Andrew Laeddis and Teddy opens up about who he is within his fantasy. Describing Laeddis as a maintenance man in their building who set the fire that killed his wife. He does not mean to kill Laeddis though, saying he is had enough of that. He describes to Chuck about his time at World War II, when he killed all the guards. He told Chuck that it was not warfare, it was murder and he felt guilty about doing that.

As he persisted about the experiment, he decided to do more investigation in the institution. Teddy thought that his actual reason for being sent to Ashecliffe is to expose what his Senator beliefs as a radical experiment where they create an army through psychosurgery, specifically lobotomies, to make them easier to control. Although it is just his made up fantasy, he created a very good narrative with every single detail within. In order to support his theory, he created “the senator” role as the one who leads him into the investigation through George’s story after being released from Ashecliffe. Another grandiose delusion is performed by Teddy as he gets more and more persisted about his investigation.

“Senator Hurly, Democrat, New Hampshire. Heads up a subcommittee on public funding for mental health affairs. He saw what kind of money was being funneled to this place, and he didn’t like it. Now, I’d come across a guy named George Noyce. Noyce spent time here. In Ward C. He was off the island two weeks when he walked into a bar in Attleboro and began stabbing people. Strangers. In jail, he starts talking about dragons in Ward C. His lawyer wants to claim insanity. If ever there was a case for it, it’s this guy. He’s bonkers. But Noyce fires his lawyer, goes in front of the judge, and pleads guilty, pretty much begs to be sent to a prison, any prison, just not a hospital. Takes him about a year in prison, but his mind starts coming back, and eventually, he starts telling stories

“Fuck you!” George yelled again. “You spent the last year of your life planning? Planning to kill. That’s all. Kill Laeddis. That’s your fucking game. And look where it got me. Here. Back here. I can’t take here. I can’t take this fucking horror house. Do you hear me? Not again, not again, not again.” (215)

“They knew. Don’t you get it? Everything you were up to. Your whole plan. This is a game. A handsomely mounted stage play. All this”—his arm swept the air above him—“is for you.” (216).

His violence towards George could be identified as his operation defense mechanism in the form of displacement. Displacement is the redirection of an impulse (usually aggression) onto a powerless substitute target (Freud 43). As a schizophrenic patient, Andrew is continuously shows violence to other patients even nurses in Ashecliffe. It shows that people with mental illness could have unstable feelings or emotions. They could be not being able to control of accepted moral and ideas as can be performed by the superego as the normal people do because the id is regularly dominating the ego.

When Teddy asked him about Laeddis’s whereabouts, George is indeed given the readers clues about his true self as Andrew. Clues that the man he is looking for all this time is indeed himself and that George is already sick of all Andrew’s fantasy. As the matter of fact, Noyce is truthful and straightforward to Andrew but he does not understand what the man is talking about since it does not fit in with his fantasy version of the man story. Teddy’s conversation with George plays a substantial step leading to Andrew’s sanity. However, he can only tells Teddy indirectly as clues in order to lead him gathers the puzzle pieces by himself. Even after being provoked by facts and clues about the reality, he still does not want to perceive it.

In his delusions, Andrew tends to play the victim, where this time he believes he is being drugged. This can be included as another example of persecutory delusions. In fact, the drugs are indeed given to him to help him coping his hallucinations, to help him get his common sense back.

3.1.2 Hallucinations

Another symptom of schizophrenia can be found in Andrew character is the hallucinations. Andrew's hallucinations rise as the result of his guilt for what happened to his family. The feeling of guilt is just too much for him to handle, so his unconscious mind performs a defense mechanism to cope with it. He started to delusions and hallucinating as a result of his regression. As he regrets his action in the past, his mind starting to create a better yet false memory for him to be remembered, even creating a new identity for himself in his fantasy.

As he keeps delusional and hallucinating, he started having a hard time differing the reality and the fantasy. His false memory becomes more and more comfortable for him to be remembered. It helps him get away from his memories that keep haunting him all this time. Andrew's id keeps wanting this pleasant feeling and getting free from guilt. His superego could not fight the id's desire that is already overpowering his mind, resulting on him becomes a schizophrenic.

The hallucinations may occur in any sensory modality, but the most common case is in auditory hallucinations. It is usually experienced as voices that have been perceived in someone's mind. In the novel, the auditory hallucinations

withdrawal from his medications. Rachel's information about the radical experiment that is going on in the island is part of Andrew's fantasy to support his own theory but in his perspective, he has been backed up by the story of Rachel Solando.

When he reached the last of them, he was at the shore, and he spied Chuck's body and walked over to it and realized it wasn't a body at all. Just another rock, bleached white by the sun, and covered in thick black ropes of seaweed. Thank... something. Chuck was not dead. He was not this long narrow rock covered in seaweed. (237)

Another visual hallucination of Andrew's mind is when he saw Chuck's body down the cliff, lying motionless after falling down. After descending down the cliff, he realized that there is nobody there, feeling relieved that Chuck might be still alive. He even climbing down the cliff after he saw Chuck's body that turns out to be only his hallucination. In this case, Andrew's superego is taking over because he chooses to do something helpful to other people. After listening to Rachel's explanation about the ghost-making experiment, instead of trying to get out of the island immediately, he is persistent in looking for Chuck, trying to save his partner. Although most of the time Teddy is overtaken by his id's desire, there are also times when his superego convinced the ego to think about other people.

3.2 The Treatments of Andrew's Schizophrenia

The researcher found 2 kinds of treatment described by Dennis Lehane in *Shutter Island* to heal Andrew's schizophrenia, they are psychodrama and medication (psychopharmacology):

3.2.1 Psychodrama

Psychodrama applies directed dramatic action to examine problems or issues raised by an individual to deal with conflicts and gain insight through action. In this case, the psychodrama was presented through role-play methods. As Andrew schizophrenia follows his delusional story where he involved people around him into his fantasy world, Dr. Cawley who believes in modern psychological treatment created this method.

The story mainly follows the narrative where Andrew's psychodrama treatment is being carried out. Dr. Sheehan who plays the role Chuck, Andrew's U.S Marshal newly met partner together with Dr. Cawley confront Andrew with the reality by clues in order to look at Andrew's problem-solving skills. Their purpose is to lead him to realize that what he has been thinking all this time is just fantasy and he is, in fact, Andrew Laeddis.

Dr. Cawley, assisted by Dr. Sheeshan, stage an elaborate role play as one final desperate attempt to break to the real Andrew. They are getting everyone in the facility involved. Each was playing a part to fit into Andrew's fantasy. The attempt is to lead him through his fantasy and play into it at every step to prove to him that it is not real. Cawley decided to reveal the truth to Andrew gradually. In

psychodrama, the purpose is to facilitate a patient's own process rather than teaching them directly about the truth.

In the end, they hope by doing that, it will bring him to face his past and hopefully could bring Andrew back to sanity. This method is all about proper planning, details, and timing. In order to make Andrew believe that he is all delusional, they have to make him realize the fact by himself. At the end of the story, when Andrew is all sure with the human experimenting in the lighthouse, Dr. Cawley confronts him with the real fact so that the main character can accept it after proving all of his fantasy is not real.

Based on the basic elements of psychodrama composed by American Society of Group Psychotherapy and Psychodrama, it matched the characters in their role in the psychodrama carried out in the novel. Andrew as the protagonist in this role-play as he is the person selected to "represent theme" of a group in the drama. This whole role-play follows his delusional narrative in order to bring him back to his common sense. The auxiliary egos are represented by Chuck and Rachel Solando because they both played the most significant role in the drama. Chuck plays the role of Andrew's partner, making him to be the one who is in control of Andrew's behavior from the beginning until the end. Meanwhile, Rachel is the key of this role-play, to show how similar she is to his wife, Dolores and how Rachel's missing case does not make any sense at all. The audiences are represented by other actors such as the nurses, the guards, the ward officers and the patients. The Ashecliffe is the stage where they take place on. The director is represented by Dr. Cawley, the mastermind behind this entire experiment.

A clue was found by Teddy in Rachel's room during her disappearance. This created message is part of the mystery set up by Cawley. THE LAW OF 4. WHO IS 67? (Lehane 47). It means the four names that are an anagram for one another, Teddy Daniels with Andrew Laeddis and Rachel Solando and Dolores Chanal. While the 67th patient is indeed himself in reality, Andrew Daniels.

Since Andrew is a violent patient, who never hesitates to use violence to those who distract him from his fantasy, they can not let him act on his own. So he is being teamed up with a partner, Chuck as he is someone Teddy has never met before but inherently seems to trust. In real life, Chuck is Andrew's doctor, Dr. Sheehan, here playing the part of his partner. This is why they get along right after the first meeting. It represents one of the elements in the psychodrama, where people around the schizophrenic person together joining his or her fantasy, playing as actors. In this case, in order to be able to bring Andrew back to his reality and accepting his traumatic memories, Dr. Cawley creates clues that refer to his real life as Andrew, not Teddy. Andrew's psychodrama treatment also supported by hidden details such as audio. There is a scene when Teddy and Chuck are in Dr. Naehring's room, Cawley played a record of the music that Andrew also heard during World War II, at Dachau.

Cawley, behind them, placed a record on the phonograph and the scratch of the needle was followed by stray pops and hisses that reminded Teddy of the phones he'd tried to use. Then a balm of strings and piano replaced the hisses. Something classical, Teddy knew that much. Prussian. Reminding him of cafés overseas and a record of collection he'd seen in the office of a subcommandant at Dachau, the man listening to it when he'd shot himself in the mouth. He was still alive when Teddy and four GIs entered the room. Gurgling. Unable to reach the gun for a second shot because it had fallen to the floor. (73)

By hearing the music, he remembers himself sadistically let the Germany colonel gurgling in blood after shot himself, watching him for about twenty minutes until his death. It proves that psychodrama can use visual even audio relating to patient's forgotten memory to confront them to remember it.

The use of psychodrama as a treatment in the novel is to avoid the use of psychosurgery on the main character, Andrew Laeddis. At the time, the story takes place in 1954 when there is a war of source among doctors about how to treat the mentally insane, particularly those with violent natures. To many contemporary doctors, these patients were considered no longer human or monster and essentially unable to be cured. It led to the rise of lobotomies use on patients to make them easier to control. In the novel, this old-school perspective is represented by Dr. Naehring who has no compassion for his patients. On the other hand, more modern philosophy of treatment began to emerge in counterbalance to this. This perspective represented by Dr. Cawley who believes in treatment without the use of psychosurgery but by treating them with care in compassion to hopefully cure them or at least help them face their issues at the core of their madness.

In addition to the reasons for avoiding the use of psychosurgery, the psychodrama is also carried out to help patients interact socially with those around them. Andrew who lost all members of his family did not have anyone else to talk about his trauma. Therefore, the role of Chuck as a friend and a colleague was very important for Andrew to be someone he trusts enough to talk about his problems. By talking out his problems, thoughts, and feelings to Chuck, Andrew

seemed to be more open to other people. If this continue to happen, he could probably getting rid of his violent nature and getting closer to sanity.

The use of psychodrama is widely performed to deals with patients with trauma, depression, even mental illnesses including schizophrenia. Besides this treatment is safer than radical treatment such as psychosurgeries, psychodrama also includes other people to participate in the role-play, making a social interaction which is important in dealing with cases like depression. In real life, the use of psychodrama regularly noted successful as a treatment for trauma survivors. Research by American Conceling Association in 2004 entitled *Treating Trauma: Using Psychodrama in Groups* found that role-playing in psychodrama gives the patient opportunity to explore un-expressed emotions and let them say or do things they wished to have said or done (3). There is a case of two girls who endured sexual trauma participated in a role-play. One of the girls believes that she was a guest on the Oprah Winfrey show and was being asked about the issue of sexual abuse. Trauma survivors might feel better supported by telling their stories to empathizing group members (7).

3.2.2 Medication (Psychopharmacology)

Psychopharmacology has long been used as a treatment to schizophrenia and other mental diseases. It became clear that these drugs would become more popular as they were cheaper, more effective and of course safer than lobotomies that have been widely performed during World War II. The consumption of certain drugs for a schizophrenic patient can help them reduce their symptoms like

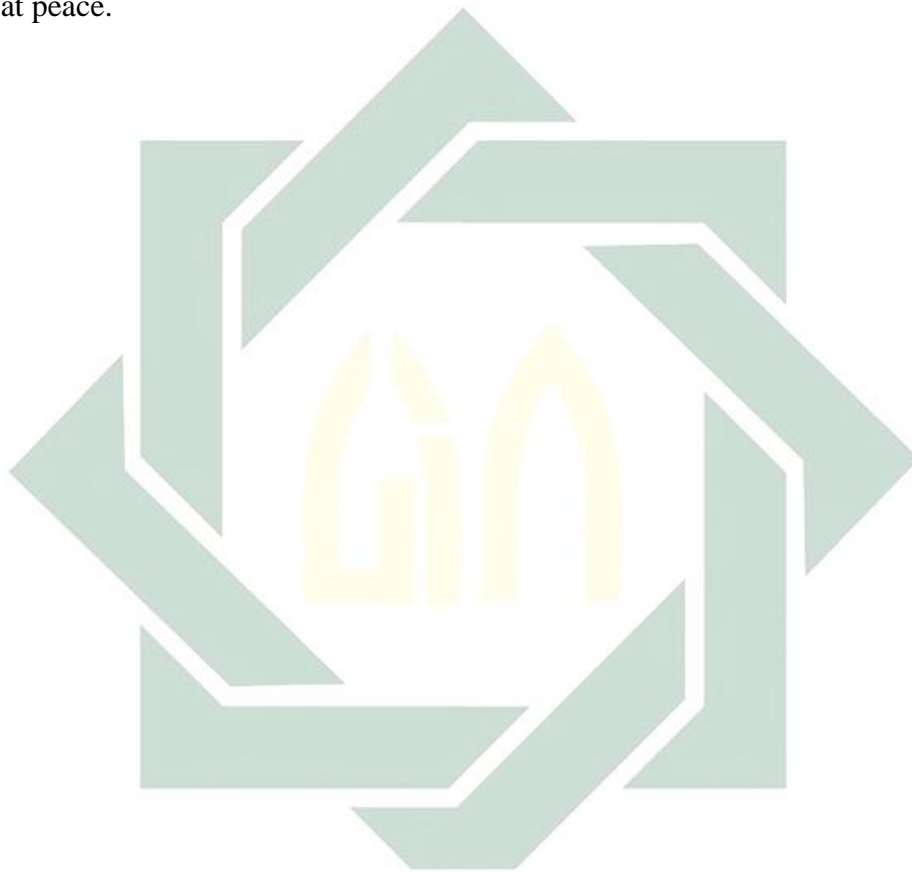
number of cognitive deficits associated with schizophrenia. In addition to such clinical aspects, cigarette smoking has also been linked with the familial vulnerability to schizophrenia (Kumari and Postma 2). There is considerable empirical support (idea) that smoking in schizophrenia may represent an attempt to self-medicate, some of the cognitive depicts of the disorder. (2)

It is believed that people with schizophrenia, anxiety, and depression are helped by the consumption of nicotine as it helps their feelings and minds relax and function better. In addition to effects on its own, smoking/nicotine may modulate the metabolism of other psychoactive agents. Therefore, the effects of smoking status on the metabolism of psychoactive drugs may be an additional way in which smoking could influence measures of brain function in some psychiatric populations (Boksa 148).

Andrew was a smoker ever since his time serving the Army. This might be one of his ways to calm his mind besides of from drinking. After believing himself as Teddy, he continues to lit his cigarette as his habit of being a marshal and it seems to keep him away from his anxieties and nightmares. At the first part of the story, when he still smokes some cigarette, he shows no particular signs of violence yet. After he decided to stop consuming it, he shows a few signs of aggression and having more nightmares repeatedly.

The withdrawal of his cigarette is worsening his symptoms of schizophrenia, as he became more anxious and stressed out. Article entitled *Nicotine-Not All Bad* added that nicotine is highly addictive. One aspect of

addiction is withdrawal, and the symptoms of nicotine withdrawal usually begin within hours and consist of craving, irritability, anxiety, and restlessness (1). So for a schizophrenic patient like Andrew who already has problems such as depression and anxiety is very possible to smoke cigarettes as the way to help him feel at peace.



CHAPTER IV

CONCLUSION

Shutter Island, a novel by Dennis Lehane follows Andrew Laeddis as the main character who is a schizophrenic patient. He unconsciously develops the mental illness as the result of the traumatic experiences. There are several events in the past that lead him to build anxiety such as his guilt of killing hundreds of unarmed army in World War II, the guilt of not taking Dolores to the psychiatrist, but the most painful memory for him is the death of his family.

Andrew's schizophrenia in the novel follows his delusional thoughts where he believes himself as a man called Teddy Daniels who is in a mission with his new partner, Chuck Aule, to investigate a missing patient case named Rachel Solando. His unconscious mind created a new identity for him and people around him because it cannot withstand the pain from his trauma.

As he develops the anxiety and depression, his three functions of personality in his mind, the id, the ego, and the superego, could not work cooperatively as the normal people do. As the result, as a schizophrenic patient, Andrew's id becomes dominant and most of the time, it takes control of the ego. His superego is hardly performed in the story. However, there is one time he performed his superego as he persisted in looking and saving for Chuck while he knows the danger of lingering around the island that he already believes as the place that performs human experiments.

Andrew who could not bear to accept the reality unconsciously performs defense mechanism. His defense mechanisms are formed as the way his mind try to escape the reality and are carried out along with his schizophrenia. There are three types of defense mechanism performed by him which are regression, projection, displacement, and denial.

The story mainly follows Dr. Cawley's psychodrama as the treatment used in the attempt to heal Andrew's schizophrenia. As the psychosurgeries are considered as inhuman to the patient and can be concluded as not the best method in treating a schizophrenic patient. Psychodrama is performed to lead the patients into their fantasy, making a role-play as in their narrative world, then help them to realize and acknowledge their trauma, and to solve the problems by themselves. The purpose is to show them that what they believe as the reality is not real in order to lead them back to their common sense. The application of psychodrama also helps Andrew to have a social interaction especially by forming a close relationship with Chuck. Talking out a problem to other people is considered very important in the treatment of mental illnesses including schizophrenia.

Another treatment used in the novel is the medication in the form of pills and cigarettes. The pills are continuously given to Andrew ever since he becomes schizophrenic to calm his emotion down from anxiety. The consumption of cigarettes is concluded as one of the compelling medication for patients with mental illness. It helps the patient to relax and diminish the level of anxiety.

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